

FRUIT PANTRY PATTER



By PAT NILSON, CHDA

This is the first in a series of articles discussing food and its effects on your body, or the nutrients in food. The beginning of each month will feature an article about a particular nutrient. The remainder of the month, recipes sent by you of foods high in that particular nutrient will be published. Anyone reading the paper may send recipes. They must be:

A good source of that month's nutrient
A recipe you have tried or eaten
Signed with your name and town.

Nutrition is turning the food you eat into parts of you. It is the vitamins, minerals, proteins, carbohydrates, and fats that all work together to make YOU. You are skin, muscles, and hair made up of millions of cells. Underneath these are bones holding you up, also made of cells. Food we eat is changed to nutrients to make strong cells and bodies, to give us good health. By eating a wide selection of foods every day, you are reasonably certain of getting the essential nutrients needed to run your body. Each day we should eat foods from the four basic food groups: Meat, Fish, and Poultry; dark green and leafy vegetables; bread and cereals and milk.

February will be Vitamin C month. Vitamins are "helpers". They help your body make better use of other food nutrients as they help convert foods into energy and aid in the development of healthy body tissues. Each individual's personal need for vitamins will vary according to his physical condition. Those sick and injured, pregnant women, children, and those on a special diet will have special vitamin requirements. Teenagers and elderly persons are more likely to be short on vitamins than others.

Some vitamins can be stored in the body if more than is needed daily is eaten. These are fat soluble vitamins--Vitamin A, D, E, and K. In cooking they dissolve in fat such as oleomargarine but not in water. Other vitamins cannot be stored and must be obtained daily. These water soluble vitamins are C and the B Vitamins. They dissolve in water during cooking and are lost when the water is poured out.

Vitamin C, also called ascorbic acid, is the vitamin in lemons and limes that cured and prevented scurvy in British sailors. Citrus fruits--oranges, grapefruit, lemons, limes, tangerines--are excellent sources of Vitamin C. Other good sources include dark green leafy vegetables, strawberries, cantaloupes, broccoli, collards, green peppers, red cabbage, tomatoes and turnip greens.

This Week In Jayton



President Nixon, after spending his first year in office doing mostly talk, has finally gotten around to doing something solid and controversial. Monday he vetoed a high priced HEW spending bill. The Congress added a lot of items onto the Health, Education and Welfare spending bill that Nixon thought was unadvised and inflationary, so, in front of the whirling TV cameras, he signed the veto. Congressional leaders who framed the bill, now are trying to get enough votes to override his veto.

New fashion trends, we are told, will bring skirts down. The fashions that are now hitting the market will hem just above the knee, and will be full cut. We shall wait and see if the young ladies will go for them.

An Avalanche Journal reports writer says that every one except the hippies are supporting Tech's new football coach. Well, this is not quite true. Most everyone, it seems, seems to be happy with him on the whole. Many church leaders praise him on the order to the boys, saying in effect, "You must go to church every Sunday" but there are some people who think the rule may violate the constitutional rule of freedom of religion. "Can a college of law legally force his students to attend church" one person asked.

"Under no circumstances should fungicide treated grain be fed to meat and dairy animals. Not only is there the possibility of killing the animals, but also the fungicide material can be deposited in the tissue of the animal and if the meat is consumed, poisoning could result," states Frank A. Orts, meat specialist of the Texas Extension Service, in a notice sent out to all county agents.

Jaybirds Continue With Undefeated District Record

Jimmie Bural Candidate For Commissioner

Jimmie Bural of Girard was in the Chronicle office Thursday and authorized us to announce that he is a candidate for the office of County Commissioner of Precinct No. 2 of Kent County. He said he would be around to see each voter during the campaign, and any consideration you will give him would be appreciated.

4-H Club Has Meeting Jan. 20th.

The Little Homemakers 4-H Club met on January 20 at the Courthouse with Danelia Sartian presiding. Secretary, Janet Johnson, reported seven in attendance.

The club elected Jane Reed and Sally Trevino as game leaders. The President announced the stock show.

The program was titled, "What Makes a House Comfortable?"

The next meeting of this group will be February 3.

Barbara Baker, Reporter

School Census In Progress

There only remains a few days during this month for taking the school census. The census will include those between the ages of 6 and 17 inclusive.

If you have a child who will be six years old before September 1, 1970, and will begin school at that time, please call or contact Jarril Parker, 237-2991.

Hill Funeral On Wednesday

Funeral services for Mrs. Sisie Kidd Hill, 69, were held Wednesday at 2:30 p.m. in the Aspermont First Baptist Church with the pastor, the Rev. Fred Thomas officiating, assisted by the Rev. James Wood.

Burial was in the Oriana Cemetery.

Surviving are two daughters, Mrs. Honor Belle Gholson of Aspermont; a son, W. R. (Buddy) Allen of Hamlin; five sisters, Mrs. Eldora Smith, Mrs. Alvin Smith and Mrs. Van Dickerson, all of Peacock, Mrs. Tina Hahn of Aspermont and Mrs. Vick Oden of Denison; three brothers, Arthur Kidd of Jayton, John of Peacock and James O. of Jayton; nine grandchildren and 11 great-grandchildren.

Bob Davis of Abilene was seeing friends in Jayton the first of this week.

Mark Taylor To Get Pilot Badge Soon

Mark Tyler Taylor a Hardin Simmons senior student from Jayton has qualified for the pilot badge in the ROTC program.

These badges are awarded to cadets enrolled in the ROTC flight training program after successful completion of solo flight.

These are the first to be awarded since the program began at HSU during the fall semester.

Funeral For Woody George Held Tuesday

Services for Woody George, 55, who was killed in a grain elevator accident in Dimmitt Tuesday were at 2 p.m. on Wednesday at the Bedford Street Church of Christ with Harold McCollum, minister, officiating. Burial was in the Westlawn Memorial Park.

George, formerly of Girard, Texas, had resided in Castro County 30 years and had been employed by the Beugel & Sons Elevator Co. since 1957.

Survivors include his wife, Edith; a son, Donald of Tacoma, Washington; two daughters, Mrs. Joyce Bishop of Crosbyton and Mrs. Lina Llenen of Dimmitt; his step-mother, Mrs. George Vice of Canyon; three brothers, Carl of Spur, Mack of Tulsa and Roy of Liberal, Kansas; a sister, Mrs. Maxine Ballard of Dimmitt, and four grandchildren.

Virgil and Kenny Judy were here this weekend visiting Mrs. Dorothy Judy and Harold Wayne.

Mrs. Oleta Moore visited her mother and father in DeLeon and attended a funeral there this week.

Mrs. Henry Cathey and Mrs. Cloise Crowson were visiting Mrs. Charles Sheppard of Lubbock in the Methodist Hospital there.

Russell Wright of Girard was attending to business in Jayton, Monday of this week.

Deadline Drawing Near For Texas Voter Registration

Kent County Tax Assessor-Collector urges all qualified voters to register as this is necessary to be eligible to express their views in the 1970 elections. "Unless you are registered by the end of January, there is no way you can

The Jayton Jaybirds won two games this past week and continued their undefeated conference record.

Tuesday night they bested the Roaring Springs quintet 85-64 as Dusty Smith led the delegation with a total of 26 points.

Friday night they rolled

Knox City 73-60 in a non-conference conflict. In this game Ricky Hall was high with 27 points.

The girls also won 54-44 over Knox City with Kitty Cave piling in 33 points.

In the Tuesday night affair the girls won 47-21 with Kitty Cave topping the list with 23.

R. R. Newton Is Appointed Census Chief

Appointment of Richard R. Newton of Wichita Falls, Texas, as District Manager of the 1970 Census of Population and Housing in this area was announced today by Director Percy R. Millard of the Census Bureau's Regional Office in Dallas.

Mr. Newton, a graduate of Pennsylvania University, is the owner and operator of an oil production business in Wichita Falls.

From the District Office located at Scott & 8th Street in Wichita Falls, Mr. Newton will supervise all phases of the census in the following counties: Archer, Baylor, Clay, Coke, Cooke, Denton, Dickens, Fisher, Foard, Glasscock, Hardeman, Haskell, Howard, Jones, Kent, King, Knox, Jack, Mitchell, Montague, Nolan, Palo Pinto, Shackelford, Stephens, Sterling, Stonewall, Taylor, Throckmorton, Wichita, Willbarger, Wise, and Young.

On January 26, following several days of intensive training in the Regional Office, Mr. Newton will come on duty and begin setting up the District Office. He will direct a force of 40 crew leaders and 609 census takers throughout the area.

Taking the 1970 Census nationally will require the services of 12,000 crew leaders, 160,000 census takers, and 333 district managers, in addition to 13,000 office personnel.

Mr. and Mrs. Nathan S. Darden of Sierra Vista, Arizona want to be among the many that read our weekly Chronicle. We wish to them many hours of enjoyment.

Mrs. Gary Hogan, Donny, Halley and Hather of Mesquite visited the Lee Parker's last week.

H. T. Stanaland Seeks Election As Commissioner

Hamlin Stanaland of Jayton has notified the Jayton Chronicle that he is a candidate for County Commissioner of Precinct No. 4 of Kent County.

Stanaland is a long time resident of the county.

His statement to the voters will come at a later date, he told the Chronicle on Wednesday.

Mrs. Ed Parton Is Honored With Shower

Mrs. Ed. Parton was honored at a baby shower Monday night at the home of Mrs. Carroll Johnson. Mrs. E. T. Sartain, Mrs. Bennie Smith, Mrs. K. P. Brantner, and Mrs. James Luna were co-hostesses. She received many lovely and useful gifts during the evening for their new son, Bryan Edward.

County To Sponsor Chest X-Ray Unit

The Kent County Commissioners Court had a light day here Monday, the minutes in the office of the County Clerk show.

They voted to sponsor the mobile chest X ray unit again this year. It is put on by the West Texas TB Association. The Court will pay the local expenses of the unit.

They voted to purchase from the Thos. Fowler Agency liability insurance to cover the roads and bridges in Kent County.

Also the usual vote to pay the current bills which were presented.

Mr. and Mrs. Roy Dotts had visiting them over the weekend Mrs. Dotts mother and father, Mr. and Mrs. W. F. Collins of Burleson and grandfather, H. A. Coats of Cisco.

Mr. and Mrs. Willie Smith of San Angelo are here visiting Mr. and Mrs. Ralph Brantner and Mr. and Mrs. Ray Smith.

Mrs. Travis Smith is spending a few days in Anson with the Birby Claytons.

4 County Accidents Checked By The Patrol

The Texas Highway Patrol investigated four accidents on rural highways in Kent County during the month of December, according to Sergeant Frank Jircik, Highway Patrol supervisor of this area. These crashes resulted in one person killed, six persons injured and an estimated property damage of \$15,675.00.

What will the decade of the 1970's be traffic wise in Texas? Here are some facts that could give you an idea. There were 25,000 persons killed during the 1960's. If the past and present trend continues the 1970's will be another record decade.

The Sergeant reminded all motor vehicle owners that still have their inspection stickers on the lower right-hand side of their windshields that April 15 is the deadline for having the new stickers placed on the lower left-hand side of their windshields. Only about 16 percent of the registered vehicles in this county has been inspected.

1970 Feed Grain Program

The 1970 feed grain program will be very similar to the 1969 program. The diversion payment rates will be based on 40% of the total price support rate whereas it was 45% in 1969.

Notices of yield and feed grain bases will be available in the near future. It appears that yields will be larger than they were in 1969. The sign-up period for Wheat, Feed Grain and Cotton will be the period starting February 2 and ending March 20th.

No advance payments will be made this year. Any questions concerning the operation of these programs should be directed to the local ASCS Office in Jayton.

Sen. Ratliff Announces For A New Term

State Senator David Ratliff of Stamford announced today that he has filed with the County Democratic Chairman for reelection to the office of State Senator, District 24.

Senator Ratliff is presently Chairman of the Senate Oil and Gas Committee and serves on nine other standing Senate Committees. He is also serving on the Legislative Council and has served on the State and Local Tax Policy, Vocational and Technical Training and other important Interim Study Committees.

The 24th Senatorial District is composed of 21 counties consisting of Borden, Callahan, Coke, Coleman, Fisher, Garza, Glasscock, Haskell, Howard, Jones, Kent, Mitchell, Nolan, Rannels, Scurry, Shackelford, Sterling, Stonewall, Taylor, Throckmorton and Young.

A formal announcement of his candidacy will follow in the next few weeks.

Floyd Harvey and Roger Pierce are home from AGM College this week visiting with friends and their parents.

Some Facts On Foods

Have you noticed the letters BHT and BHA listed as preservatives in some foods? The letters refer to butylated hydroxytoluene and butylated hydroxyanisole.

These chemicals allow you to buy fresh tasting foods. They are preservatives and antioxidants for fats and oils in the foods you buy. Neither is harmful to health.

A Company must prove to the Food and Drug Administration that a Chemical is safe for human use before they add it to any food, says Jimmie Kay Ullom, Extension foods and nutrition specialist.

About 15 years ago, manufacturers of BHT and BHA submitted to the FDA results of their experiments during which animals were fed substantial amounts of chemicals without any harmful effects.

As a result, FDA allowed its use in food. Food fats usually contain both BHA and BHT in equal amount.

Pat Nilson
Visiting Mrs. Travis Smith Saturday were Mr. and Mrs. Robert Bybee and family of Lubbock, Mr. and Mrs. Eldon Smith and boys of Lubbock, Mr. and Mrs. Bobbie Raley and family of Amarillo and Mr. and Mrs. Ray Smith.

West Texas Utilities Co. Employees Set Safety Record

A new all-time safety record was set on December 31 when the employees of West Texas Utilities Company completed the year without a lost-time accident.

During the twelve-month period WTU's 1040 employees worked a total of 2,221,674 man hours.

During its long history of providing electric service to

customers in West Texas, never before has such a record been achieved. Several times during the past 10 years the perfect record was almost reached. In 1960 only two

lost-time accidents were recorded. Three were charged to the Company's record in 1963; four in 1964; and only two in 1967. Since 1957 only 57 lost-time accidents have

been recorded in the 10-year period.

Last September the WTU employees received special recognition when they were presented the Safety Achieve-

ment Award by the Bureau of Safety. This came after they had worked more than 2,000,000 man-hours without a lost-time accident. The last recorded was in October,

1968. The record now reads: fourteen months without a lost-time accident.

The Jayton Chronicle

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Girard Potshots

I have just finished a book, "The Tragedy of Lyndon Johnson"—by Erief F. Goldman. The book is the property of the Kent County Library. You should read it. I think less of the Kennedy Clan, if that be possible, since reading the book. Read it and be your own judge.

Mrs. Wes Stinnett, a former resident of Girard is seriously ill in Hendrick Memorial Hospital in Abilene.

The Elbert Walkers and the Raymond Hoopers enjoyed eating out in Dickens and then back to the Hooper home for a session of dominoes the other night.

George Willis has been on the sick list of our community for several days now.

Thanks to Mrs. Ollie Bural for a years subscription to the Jayton Chronicle and to Mrs. Raymond Hooper for the Texas Spur.

Mrs. Raymond Morgan from Roscoe and her daughter, Mrs. Lynn Williamson of Baytown visited mother and grandmother, Mrs. Ted Darden one day and night last week.

Four local men have already announced for Commissioner of Precinct 2 and maybe more before this goes to press. At this writing four have announced. They are: the incumbent, Carlos Dickerson, Clifford Scott, Garth Gregory and Jimmy Bural.

Back in the 1930's, in the depression days I was Justice of the Peace of Precinct 2, Fisher County for six years. In those days a J. P. was paid on a fee system. The more fines we collected -- the better my pay. While J. P. I married a lot of couples; and recently I checked up on the couples, where I had "tied the knot", and they are all still married. I was "dubbed" by friends as "The Marrying Justice".

Mr. and Mrs. Ellis Rivers of Ft. Worth visited her sister, Mrs. George Darden on Wednesday and Thursday of last week.

The local HD Club met at the Community Center in Girard last Wednesday. Fourteen members were present and Mrs. Carlos Dickerson was hostess.

Mr. and Mrs. Alton Clark have purchased several town lots from Mrs. Lewis Williams and will soon erect a three bed-room home on the land.

Mr. and Mrs. Virgil Kilpatrick spent last week in the home of daughter in Snyder, Mr. and Mrs. Al Ray Young.

Woody George, who was killed last week in an elevator accident in Dimmitt, was reared in this community and attended school in Girard, Mrs. Bertie James of Spur raised him and his brother of Spur.

Mrs. Peak, mother of Bill Peak of Girard, is now residing in nursing home in Rotan after spending some time in the Rotan Hospital.

Thanks to Jimmy Dural for a years subscription to the Jayton Chronicle.

Another candidate "threw his hat in the ring for Commissioner-- on last Friday. He is Buck Thompson, who lives west of Girard and a long time resident of this community.

While driving to Spur last Thursday, we noticed a flock of geese flying south. Kinda' made us shiver in our boots to think what kind of weather may be just around the corner.

Mr. and Mrs. Fletcher Rich made a trip to Kress last Saturday on business.

Mr. and Mrs. M. A. Dardens and the George Dardens were in Rotan on business last Saturday.

Visiting the Tom Hunnicuts last Friday were their son, Mr. and Mrs. Jack Hunnicut from Lubbock.

Med Wade, local mail carrier came to town last Saturday afternoon, riding a big sorrel horse and it was hard to tell who had up the biggest sweat, Med or the horse.

Woodrow Hodges was on the sick list all last week.

Mr. and Mrs. Elvis Spradling and children from up Hopesville way visited last week end with his mother, Mrs. Ruth Spradling.

The Charlie Kimmel family have all been ill with the 'flu and reported as improved last Sunday.

Visiting recently in the George Willis home were: Mrs. G. H. Brown, Mrs. Jim Wyatt, Girard and Mr. and Mrs. J.K. Porter of Wellington.

Another Great-grand-daughter for the Tom Hunnicuts. Her name is Jill Rubel and her home, Chicago, born Dec. 30th.

Kenny Judy, Lubbock; Sonny and James Buchta and Leroy Hanel of Dayton, Texas visited with Dorothy and Harold Judy over the weekend.

Mr. Lee Craig of Coleman, Texas was visiting friends and attending to business in Jayton Monday of this week.

Mrs. Slim Myers of Spur was visiting in Jayton on Saturday of last week.

Mr. and Mrs. C. H. Meadors are home after spending some time in the Rotan Hospital.

Dr. O. R. Cloude

CHIROPRACTOR
Spur, Texas.

Leave your clothes at Jayton Supply and Furniture for Dry Cleaning for Fred Hymer.

LITTLEPAGE Funeral Home
"Dignified Personalized Funeral Service."

Sympathetic Attention to Every Detail
24 Hour Ambulance Service
989-3535 Aspermont, Tex.

Call Pittman Floor Covering for your floor needs. Free estimates. Pittman Floor Covering, Inc. 401 Oak St. Sweetwater, Texas. Call 235-3308. 41-tfc

See BLACKSHEAR LOCKER for your beef and pork for locker and home freezer. We do all meat processing and slaughtering under government inspection. We slaughter on Monday, Wednesday, and Fridays. Call 272-4371 Spur, Texas
BLACKSHEAR LOCKER

SEE ME FOR GRAVEL. Gravel and stucco or plaster sand for sale, delivered to your location or loaded on your truck at the pit.
CLAUD SENN

FLOWERS

For Every Occasion
Jayton Flower and Gift Shop
Mrs. P. O. Harrison
Phone CE7-3985
GIRARD REPRESENTATIVE
Tom Hunnicutt
Phone 284-2256

What They Wore...by PHYLLIS JOYCE

CHANEL N°1
PERHAPS NO OTHER DESIGNER HAS INFLUENCED 20TH CENTURY WOMAN AS MUCH AS GABRIELLE "COCO" CHANEL.
SHE WAS THE FIRST TO MAKE A SUNTAN, SHORT HAIR BOB AND THE IDEA OF PANTS FASHIONABLE. IN THE '20'S SHE LAUNCHED ANOTHER FASHION FIRST--THE CARDIGAN.

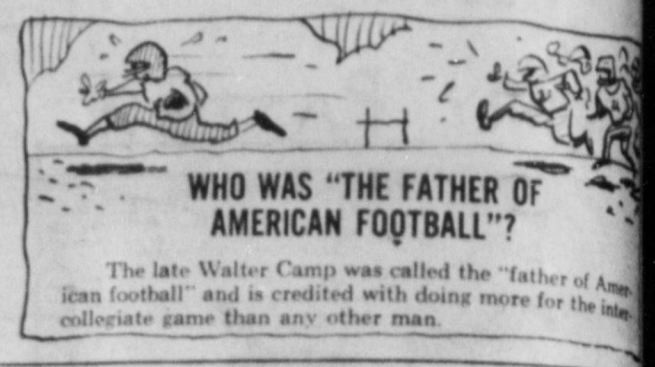
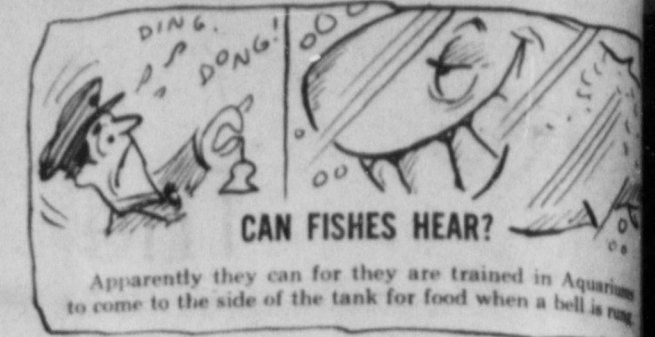
CHANEL WAS THE FIRST WITH THE HARDWARE LOOK, TOO, LONG BEFORE THEY EVER APPEARED AS A DECORATIVE DEVICE SHE WAS SEWING TINY CHAINS INTO THE SEAMS OF HER SUITS TO MAKE THEM "HANG RIGHT."

IN 1939 CHANEL RETIRED-- ONLY TO REOPEN HER FAMOUS SALON 15 YEARS LATER IN ORDER TO CHALLENGE DIOR'S "NEW LOOK." ALWAYS DESIGNING FOR THE MODERN-DAY ACTIVE WOMAN, SHE ONCE AGAIN MET MILADY'S NEEDS WITH POCKETS LIKE PURSES... AND SLIM SKIRTS CUT TO ALLOW FREEDOM OF MOVEMENT.

"COCO" A MUSICAL PLAY DRAMATIZING CHANEL'S LIFE IS NOW ON BROADWAY STARRING KATHERINE HEPBURN.

TOODAY... WHEN BUYING WOMEN'S OR CHILDREN'S APPAREL LOOK FOR THIS LABEL-- THE SYMBOL OF DECENCY, FAIR LABOR STANDARDS AND THE AMERICAN WAY OF LIFE.

Mr. and Mrs. Robert Harper and Chad were visiting their daughter, Mr. and Mrs. Mike Owens and girls over the week-end.



Dr. John W. Kimble
OPTOMETRIST
Spur Chamber of Commerce Office Tuesday Afternoon

Service & Quality a Specialty...
Kent County Residents call Collect day or night
CE7-3692 or CE7 3316 or CE7 2637
ROGENE'S FLOWERS

Attend The Church of Your Choice

of heroes

It's pretty exhausting to have two big brothers that excel in everything!

Of course, there are advantages. Like the time a bully beat me up--my brothers followed me to school for two weeks. They wouldn't have fought him, but he didn't know that. Every night they worked out with me. Finally, I took him on and won.

My brothers are first-rate in everything--studies and athletics. There's nothing wishy-washy about them--if they don't think something's right, they say so. When there was a "walk-out" at school, they squashed it, practically single-handed.

Because our parents have always taken us to church and taught us God's way, my brothers are strong-principled and good. I aim to be like them.

Your church is a training ground for integrity!

THE CHURCH FOR ALL... ALL FOR THE CHURCH
The Church is the greatest factor on earth for the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should attend services regularly and support the Church. They are: (1) For his own sake. (2) For his children's sake. (3) For the sake of his community and nation. (4) For the sake of the Church itself, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deuteronomy 11 Samuel Luke	8:11-20	16:5-14	12:9-21	10:23-33	3:14-21	9:23-28
11:8-16						

McAteer's Dept. Store
Kent Co. Rest Home
Farmers Gin
Lula's Beauty Shop
Goodall Ford Sales
Jayton Flower & Gift
Odell and Laverna Harrison
Jayton Chronicle
Mr. & Mrs. Bobbie T. Gallagher

Kent Co. State Bank
The Teen Scene
Hall-Wild Chevrolet
Girard Farm Supply
Vencil Lumber & Supply
R. Edward Hall Mobil Sta.

Bill Williams Service & Supply
Jayton Supply & Furniture
Cheyne Welding Shop
Thos. Fowler Ins. Agency
Spot Grocery

PANTRY PATTERN
from page 1

ORANGE PLUS PERFECT SALAD
by Pat Nilson, Jayton

2 packages (3 oz. each) orange flavored gelatin
2 cups boiling water
1 1/2 cups freshly squeezed orange juice
2 large oranges, peeled, cut in bite size pieces (1 1/4 cups)

1/4 cup dairy sour cream
1/4 cup chopped pecans
Lettuce cups

Dissolve gelatin completely in boiling water; add orange juice. Chill until thick and syrupy, but not set. Drain orange pieces thoroughly; combine with about 2 1/4 cups thickened gelatin. Pour into 6 x 10 inch rectangular dish or fill 8 individual molds two-thirds full; chill. Combine remaining gelatin with sour cream; beat or blend until smooth. Fold in pecans. Carefully spoon sour cream mixture over top of orange gelatin layer; chill until firm. Cut into squares, or unmold and serve on lettuce cups. Recipe may easily be doubled and served for a large buffet dinner. Serves 8.

Next week will feature a recipe using a Vitamin C food. Be sure to send yours in.

Mr. Cox's point row head-ache. The west side of the farm will be parallel terraced next year.

ume of outside water that comes in from the north. This system was installed with one change in pattern that practically eliminated

Aerial photograph of the Marshall Cox farm looking to the southeast showing parallel terrace system with a waterway to handle the large vol-

News on Parallel Terracing

What about cost versus standard terraces? Sure, parallel terraces cost more to build but like a lot of things, you get what you pay for. In a long range program, parallel terraces will pay dividends that will far exceed those from standard terraces and will pay back the difference in cost many, many times over. Also, a farmer with a large amount of acreage that needs to be terraced but thinks he can't afford parallel terraces needs to take another look. By starting at the top of the slope and building a series of terraces each year, a farmer can keep the cost within his operating budget and draw Government Cost Share assistance on the terraces built. It may take a few years to complete a terrace system but each terrace that is built will start paying dividends and the cost per year will be negligible.

Much has been said about the cutting of the soil during construction of parallel terraces. And a lot of farmers believe that the productivity of their fields will be seriously affected for many years. The Soil Conservation Service now shows this to be untrue on most soils. The deep soils that make up most of the land area in Kent County can be cut much deeper than was

originally thought and still be brought back to full productivity within three years. However, new methods in constructing parallel terraces now makes it unnecessary to make deep cuts on most fields. By using internal blocks, much of the cutting and filling can be avoided and still have a good system. These internal blocks are built with a wide base and a shallow slope to allow farming operations to be carried out over the blocks with no difficulty or damage to equipment. Also, cut areas can be treated by adding 2 lbs of iron and 2 lbs of zinc per acre with your fertilizer. And by planting a high residue crop the first year or by planting a winter cover crop these areas will produce almost at increased production by three years. Iron and zinc can be added at a very low cost per acre.

If you have fields that need terraces your local Soil Conservation office, assisting the Duckcreek Soil and Water Conservation District is available to assist you in any way possible. Come by the office in Jayton or contact Ed Parton, District Conservationist or Carroll Johnson, Soil Conservation Technician and we will be glad to assist you in planning, application and engineering of your terrace

system. Or if you have any questions about parallel terraces or other conservation practices we will be glad to assist you.

Home Is Peculiar Purchase

A home is a peculiar kind of purchase—quite different from buying other items such as a coat or a television set, which you own outright. Although you may be the only purchaser involved in a home buying transaction, others may also claim rights in the property. Sometimes these rights prove valid.

For example, there may be an easement to restrict your use of the land. The seller of the home may not have paid his taxes—and the debt may be



"I took a short cut through town this morning!"

lodged against the real estate as a lien. A previously undisclosed heir of a former owner may appear and claim a share of the value of the home. These are just a few of the kinds of problems that can and do occur. Your deed to the property does not eliminate claims that others may have. It simply transfers the seller's right of ownership to you.

Everyone Must Register To Vote

Under New Texas Law, EVERYONE, even PERSONS OVER 60, regardless of where you live, MUST REGISTER NOW to be eligible to vote in the 1970 elections.

Deadline Jan. 31

APPLICATION FOR VOTER REGISTRATION CERTIFICATE COUNTY, TEXAS

Name of Voter _____ Date _____, 19____
 Home Address _____ City _____ Zip Code _____
 (If Route and Box No., also show Street or Road) _____ (If Known)
 Sex Male Age _____ years. If under 21 years, give full date of birth _____, 19____
 Female

Voting Precinct (if known) _____ (Name or Number)

I certify that applicant is a citizen of the United States and has resided in Texas more than 1 year and in the county and city (if residing in a city) more than 6 months immediately preceding the date of this application, except as listed under EXCEPTIONS below. I understand the giving of false information to procure the registration of a voter is a felony.

EXCEPTIONS for New Residents	Mo.	Day	Year
Show date of arrival:			
If in Texas less than 1 year			
If in County less than 6 mos.			
If in City less than 6 mos.			

Signature of Voter or Agent* _____
 Agent's relationship to Voter _____
*Only a husband, wife, father, mother, son or daughter may apply for registration as agent for the voter.

Mail Certificate to following temporary address _____ if not to be mailed to home address above.

Clip this form, fill it out and mail to your County Tax Assessor, or contact your local Tax Assessor for an Application Form.

TEXANS FOR VOTER REGISTRATION

U. S. SENATOR RALPH W. YARBOROUGH
HONORARY CHAIRMAN

Kindness Brings Inner Beauty

There's nothing so beautiful as the face of an individual with reflection of the inner joy, graciousness, gentleness and kindness. It need not have the classic outline of a movie star but it needs to mirror an inner goodness to be a true beauty. Down through the ages comes axiom, "As a man thinketh in his heart, so is he." To us that can mean, "If you would be beautiful, think beautiful thoughts." As individuals, we may choose freely what we think, yet we know our thoughts right there stay on our face, however senseless we persist in ugly thought habits.

Blend, stretch, pound, exercise, cream, rouge and powder all we will, nothing of real beauty comes of it without that lovely glow from inner good thoughts which come shining through. What we need is a base of change of our thinking. It is no easy process. It requires constant watchfulness. We've had our old thought habits for so long. We are letting them run us instead of controlling them. We must practice until good thinking becomes an equal compelling habit. We begin our practice by examination.

How much time and thought do we give to envy, jealousy, hatred, selfishness, gossip, bad temper and criticism? We have these faults

but do we ever think to say FORGIVE ME. When sorrow comes, some times we think of losing a loved one but not always so, but of course it is truly sor-

row. The worst sorrow is when we see the work of our Lord defeated, and not a child left in church. Then we think and think and pray, then we thank God for his love, kind-

ness and forgiving for us 'til we are able. Then comes the words, "FATHER FORGIVE THEM, THEY KNOW NOT WHAT THEY DO." by Florence Willis



Start saving now for next Christmas. Join our Christmas Club today.

KENT COUNTY STATE BANK

DIETARY CONTROL OF CHOLESTEROL SUBJECT OF FREE BOOKLET

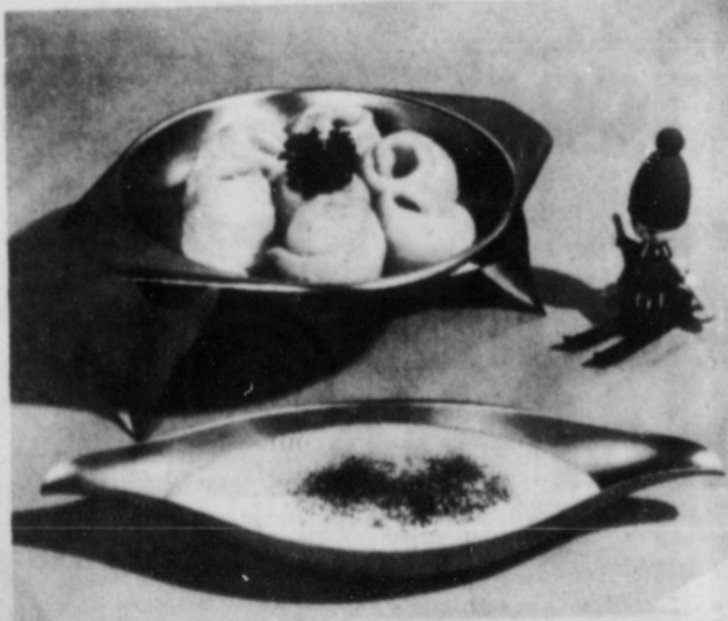
Doctors all over the country have reached the startling conclusion that most Americans eat too much saturated fat. Many doctors now suggest that all of us—including children—improve our food habits by selecting more foods high in polyunsaturated fats and less of those containing saturated fats or cholesterol.

The low-saturated-fat diet diet it is, who it's for and how to plan it) is the subject of a new booklet, "Dietary Control of Cholesterol." Free from Fleischmann's Margarine, the freshly illustrated 48-page booklet also includes model menus and exchange lists to help you plan meals for the entire family, and dozens of delicious recipes. For those who wish to lose weight, menus are divided at three different calorie levels and every recipe indicates the number of calories per serving.

The low-saturated-fat diet requires only moderate changes and can be delicious and easy to follow. It emphasizes the use of foods containing a greater proportion of polyunsaturates such as vegetable oils, margarine, fish, poultry and nuts. While most vegetable oils are beneficial in such a diet, scientific studies over a ten-year period show that none is more effective than corn oil in a low-saturated-fat diet. Fleischmann's Margarine is made from 100 per cent corn oil, over half of which is in liquid form, making it a prime choice for low-saturated-fat diets. Its delicate flavor is an asset at any meal.

"Dietary Control of Cholesterol" features more than 75 recipes for soups, main dishes, vegetables, salads, dressings, sauces, desserts and breads. Some of the intriguing main dishes include Chicken à l'Orange, Veal Scallopine, Flank Steak with Herb Sauce, Pepper Steak and Flounder with Horseradish Sauce suggested here.

For your free copy of "Dietary Control of Cholesterol" write: Fleischmann's Margarine, P.O. Box 36F, Mount Vernon, New York 10559.



Dishes like Flounder and Horseradish Sauce make low-saturated-fat dieting a pleasure. Recipe is featured in new booklet from Fleischmann's Margarine.

FLOUNDER AND HORSE RADISH SAUCE

2 teaspoons salt
1-1/2 pounds fillet of flounder
1 tablespoon Fleischmann's Margarine
4 teaspoons flour
1-1/2 to 2 tablespoons horseradish, drained

Combine water, onion, carrot, parsley, bay leaf and salt; simmer 10 minutes. Roll fillets and dip into stock. Simmer 10-12 minutes or until fish turns white and flakes easily. Remove from liquid; reserve 1 cup stock. Add more water if necessary. Melt Fleischmann's Margarine; stir in flour until well blended. Gradually add reserved fish stock, stirring constantly. Simmer 10 minutes or until liquid is of sauce consistency. Remove from heat and stir in horseradish. If desired, garnish fish with parsley and sprinkle sauce with paprika. To serve, spoon sauce over fish. Makes 4 servings. 125 cal./serv.

Tips on Golf Technique

DAN SIKES, PLAYER "SWWG"*



THE HIPS IN THE GOLF SWING

At Tobago, we asked Dan Sikes to demonstrate the role the hips play in the golf swing.

"The movement of the hips is a very powerful one and must be fully and correctly accomplished by anyone aspiring to hit the ball for long distances.

"I position my hips in a semi-sitting position at address. This pushes my weight down towards my heels. As you can see I allow my hips to move away from the target as I go into the backswing. At the top of the backswing you can see that I have made a big, deliberate turn, a full swing. On the downswing, I rotate the hips towards the target and the weight begins shifting to the left side. As I reach impact, I tuck my right elbow into my right side. My head and shoulders are as they should be, behind the ball. The left side has turned away, allowing the hands to pass through the hitting area.

"And as I reach the conclusion of the swing, my hips, as you can see, are facing the target."

[See Miller Barber, Bob Murphy & Dan Sikes—Tobago, W. I., Jan. 24]

Check your local TV listing for time and station
SHELL'S WONDERFUL WORLD OF GOLF

SALE

Starts Thurs. Jan. 29th.

Thru Sat. Jan. 31st.

Half Price Or Lower

On Ladies Ready To Wear

Blouses Sweaters Dresses
Skirts Pants Coats
Jump Suits

MCATEER'S Department Store

Jayton, Texas

FONDUE WITH ORIENTAL ADAPTATION

A Swiss dish adapted by the French goes Oriental in this recipe. Borrowed originally from the Swiss cheese fondue, is the French method of cooking beef in a common pot, known as Boeuf Bourguignon. Here, however, the popular fondue method of cooking is used to prepare Polynesian-style butter-fried chicken served with an unusual pineapple sauce.

First choice of French and Oriental fondue cooks is peanut oil, the tasteless cooking oil which does not impart any flavor to cooked foods. Furthermore, peanut oil has a high smoke point which keeps it from burning or smoking when held at the relatively high temperatures necessary for fondue cooking.

Also important for successful fondue-ing is the right equipment. That's why the makers of Planters Peanut Oil are offering fondue sets at a special low price. There are two authentic designs: a copper pot on a wrought iron stand for only \$10.95 (retail value \$13.95) and an aluminum pot in a choice of pineapple or avocado based enamel with white flowered design for \$7.95 (retail value \$12.95). In addition, a set of six fondue forks with "color-coded" wooden handles for easy identification is only \$2.50.

You'll find an order blank, together with fondue serving suggestions and recipes, in a leaflet attached to every bottle of Planters Peanut Oil. Or send your check plus label or cap liner to: Planters Oil Fondue Office, Box 1203, Brooklyn, New York 11202.



Popular fondue goes Oriental in this intriguing new variation. Chunks of chicken are fried in hot peanut oil and dipped in Polynesian Pineapple Sauce. Fondue pot is offered below.

CHICKEN FONDUE WITH POLYNESIAN PINEAPPLE SAUCE

2 large chicken breasts, boned and skinned
1/2 cup milk

Cut chicken into 1-inch chunks. Arrange on serving dish; set aside.

Combine milk and egg in bowl; beat with rotary beater until blended. Add biscuit mix; beat until smooth.

Spear chicken with fondue fork. Dip into batter to coat all sides of chicken; drain off excess. Immerse into deep hot (400°F) Planters Peanut Oil. Fry until well browned. Serve with Polynesian Pineapple Sauce (follows). Makes about 4 servings.

Polynesian Pineapple Sauce: In a medium...

1 egg
1 cup all-purpose biscuit mix
Planters Peanut Oil

sauté 2 tablespoons finely chopped onion in 1 tablespoon Planters Peanut Oil until onion is transparent. Remove from heat; stir in 1-1/2 cups unsweetened pineapple juice, 2 packages instant chicken broth mix, 2 tablespoons cornstarch, 2 tablespoons sugar, 1/2 teaspoon ground ginger, generous dash white pepper and 2 tablespoons soy sauce. Return to heat; bring to a boil, stirring constantly. Boil 1 minute longer. Stir in 1/8 teaspoon almond extract just before serving. Serve hot.

FUN WITH FIGURES

George Parker Bidder, a 19th-century Englishman, was a human computer. Typical of the problems he could solve in his head is this one: If a pendulum swings 9 1/2 inches in one second, how many inches will it travel in 7 years 14 days 2 hours 1 minute and 56 seconds if each year consists of 365 days 5 hours 48 minutes and 55 seconds? Bidder had the answer—2,165,625,744 1/2 inches—in less than a minute!

A tuning fork that executes 260 vibrations a second produces a middle-C note. But so does a buzz saw if run at a speed where 261 teeth cut into the wood every second.

More than 6,000 business changes daily are recorded in each edition of Dun & Bradstreet's financial reference book, which comes out every 90 days with 200,000 new items of information.

Between the time Julius Caesar introduced leap year in 45 B.C. to correct the calendar and the late 18th century, the calendar gained about 30 days. To rectify the error, Pope Gregory XIII decreed in 1582 that the day following October 4 should be designated October 15—instead of October 5.

Miss Joyce James and Miss Beverly Alford of Lubbock visited in the home of the Jack Williams over the week-end.

Mr. and Mrs. Milton Sandell, Jr. of Hamilton, Mr. and Mrs. Frank Sandell and Frank Skinner of Lubbock visited Mrs. M. S. Sandell and Hartense North over the week-end.

Graveside services were held in the Jayton cemetery Monday for Mrs. John (Edna Pearl) Hamilton of Portales, New Mexico. She is a sister-in-law of Mrs. Alpha Hamlin, Mr. and Mrs. Rube Grice and Mr. and Mrs. Ben Hager.

Mr. and Mrs. Ladell McAteer visited Mrs. Bill Gregory in the Stamford Hospital Friday night. Mr. and Mrs. Toby Marton and sons have moved to Snyder.

Ernest Goodrich and his mother, Mrs. Sallie Goodrich, spent last week in Norman, Oklahoma, visiting Gene Beth Dotson.

Jerry Dan Goodrich, formerly east of Jayton, has a very nice position with the government and is planning to plant out from Las Vegas, Nevada.

A. W. Johnston of Roswell, New Mexico, is very ill. He is 81 years old.

Mrs. Earl Hahn and Mrs. Jackson East visited in Girard and Antelope Community Center Friday and had lunch with Mr. and Mrs. G. Brown.

Mrs. John Harrison spent two weeks with daughter, Pauline Evans and family and Neale Wootley and family in Odessa.

Mr. and Mrs. Eugene Lee and daughter moved to Hereford, where he is now working. Mrs. Bill Stone of Beggs Ranch was in Jayton Monday on business.

THE FAMILY LAWYER

Talking Back to the Boss

Fred, a toolmaker, saw red when the foreman told him he was doing something wrong.

"Step outside," Fred cried angrily. "We'll fight it out."

But instead of accepting Fred's challenge, the foreman informed him that he was fired. In due course, Fred put in a claim for unemployment compensation. However, in a court test, his claim was turned down. The court pointed out that he had lost his job solely because of his own bad temper.

Unemployment compensation laws usually do disqualify, in varying degree, the man who is fired for insubordination. The reason is



that these laws are intended to help the workman who is the innocent victim of economic forces, not the workman who makes his own trouble.

But it is also true that, in keeping with the beneficent purpose of unemployment compensation, the workman usually gets the benefit of the doubt. That is, he will not be disqualified if his misconduct was nothing serious.

For example, a court refused to disqualify a workman who had been fired just for remarking to his supervisor:

"You don't do much of anything."

The court said this offhand comment was simply too insignificant to deprive the man of his right to compensation.

Furthermore, the courts will take into account any provocation that might have brought on the workman's outburst. In another case, a mechanic paused in his work to wait for further instructions. His employer, passing by, began to swear at him for being idle, refusing to listen to any explanations.

Finally the mechanic said:

"Don't you cuss me. Fire me."

The employer did fire him for his "insolent" attitude. But when the matter was taken to court, the judge ruled that the man was still entitled to full unemployment benefits.

"We believe in elementary justice," said the judge, "that an employer possesses the inherent right to resent verbal abuse on the part of his employer."

SEW A QUICKIE



In this season of skinny dress shapes and body-hugging silhouettes, the T-shirt look is tops. It drapes, it swings, it's fun to wear—what more could you ask?

Just one thing, and now you have it, McCall's Patterns has designed a T-shirt dress that's as easy to sew as it is to wear. Available in misses and junior sizes, "Quickie" Step-by-Step Pattern #2257 is especially recommended for knits. A scoop neckline and trim button trim add endearing young charm to the classic design. Suit yourself to a T with long or short sleeves, regular or "mini" hemline, matching slacks—it's all included in the pattern. Best of all, you can whip up this instant wardrobe item with only a few basic pattern pieces.

Secrets

A secret is something which you find out by reading the gossip columns. —Sun-Democrat, Paducah, Ky.

No Argument

There isn't anything that can be sliced so thin that it has only one side. —Independent, Waverly, Ia.

Mathematical Paradox

Mrs. Clara Belle Simmons of Cleburn was in Jayton attending to business Monday of this week.

Mrs. Guy Brown is in the Rotan Hospital receiving medical treatment.

Mrs. Benia Story of Post was visiting the Lock Walls of Cleburn, Tuesday of this week.

Mr. E. E. Ford of the Refar Community was visiting in the Jayton Chronicle, Wednesday afternoon. The conversation came to the days of his working with the County Agent when the office was on the up-stairs of the Chronicle Building. I enjoyed the visit and hope there will be more visitors and good conversations in the near future. I hope the Chronicle will give him and his family pleasant reading.

FOR SALE: 49' head of cross bred cows, good ages and heavy springs. Theford Fry, Spur, Tex. Phone 272-3112.

POLITICAL ANNOUNCEMENTS

The persons listed below are candidates for the offices under which their names appear, subject to the Democratic primaries.

Announcement fees are as follows: For Precinct offices \$20.00 all other offices \$25. Payable cash in advance, if we like has not been established.

FOR COUNTY TREASURER
F. C. (Ozell) Harrison
(Re-Election)

FOR COUNTY JUDGE AND EX OFFICIO CO. SUPT.
Bobbie T. Gallagher
Re-election 2nd Term

FOR COUNTY AND DISTRICT CLERK
Hartense North
Re-election

FOR STATE REPRESENTATIVE
Renal B. Reason
Re-election

FOR JUSTICE OF THE PEACE, Prec. No. 4
Marvin Gene Hall
Re-election, 2nd Term
W. H. (Bill) Harrison

FOR COUNTY COMMISSIONER, Prec. No. 2
Garth Gregory
C. C. (Cliff) Scott
Carlos Dickenson
Re-election
Jimmie Bural

FOR COUNTY COMMISSIONER, Prec. No. 4
Donnie Carriler
W. C. Dibreil
Re-election
Hamlin Stansland

DRIVERS NEEDED
Train NOW to drive semi truck, local and over the road. You can earn over \$4,000 per hour, after short training. For interview and application, call 214-742-2924, or write Safety Dept, Nationwide Systems, Inc., 4747 Gamma, Dallas, Texas 75207. IS-21c

FOR SALE—3 houses on 4 lots one and a half blocks from school. Call 237-2074 after 5 p.m. or weekdays.

People, Spots In The News

DOOPS: Chappell of NYU meets up with Princeton's Rider en route to basket.



EDDIE WILLIAMS in her "almost-gown" at movie premiere in Hollywood.



MINOR CASUALTY: Finger scratch mildly bothers this daughter of South Vietnam soldier at Duc Lap Special Forces camp.



Register To Vote
W. C. Dibreil
FOR RE-ELECTION

Sale-priced Torino... special edition of the Car of the Year

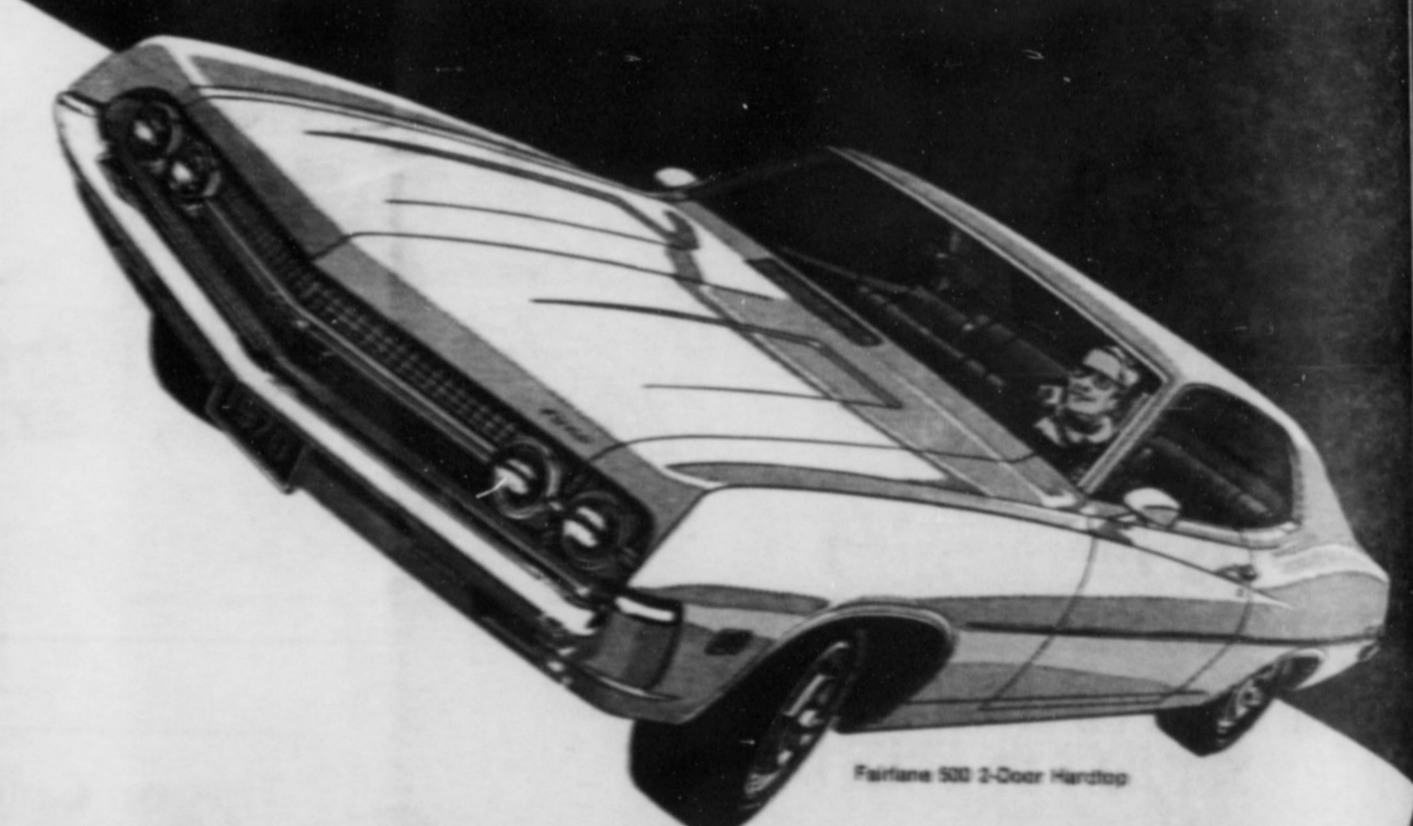
The facts favor Ford! We took our lowest-priced hardtop—added special equipment at special savings

It's no watered-down "bargain" special! Comes complete with extra goodies like a vinyl roof, dual racing mirrors, whitewalls, color-keyed carpeting, wheel covers, and body side molding with vinyl insert.



Goodall FORD Sales - Jayton

January SALE Starts Thursday January 29th. JOINER Department Store Jayton, Texas



SIXTH ANNUAL Ford Dealer White Sale ENDS FEB 28