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# THE HART BEAT

measuring the pulse of a growing community

FARMERS STATE  
BANK  
Member F.D.I.C.  
HART, TEXAS

VOL. 5-NUMBER 40

HART, CASTRO COUNTY, TEXAS, THURSDAY, APRIL 13, 1967

10 CENTS A COPY



WELDON "BIRD DOG" TRICE, speaker at the Hart Athletic Banquet, held Saturday night in the school cafeteria is pictured here with his wife, Supt. Andy Gardenhire and Principal Weldon "Doc" Bates.

## Athletic Banquet Held Here Saturday

Hart athletes were guests of honor at the Hart Booster Club's annual banquet which was held Saturday, April 8 in the school cafeteria.

Coaches and their wives and the faculty were also guests.

Invocation was by Bro. Douglas Gossett and the welcome was by Doc Bates with response by Bob Crick.

Dinner music was furnished by Mrs. Margaret Rambo.

Doc Bates introduced the guests and made the presentation of awards. Don Ewing made the introduction of the coaches, and introduction of

players, assisted by Jim Rich. Speaker of the evening was Weldon "Bird Dog" Trice, athletic director of Pampa High School.

Serving the meal were girls from the eighth grade classes.

### Riding Club

### Attend Playday

Members of the Hart Riding Club attended the monthly play day activities held at Lubbock Sunday, April 9.

Eleven local families were represented by the 23 contestants entering from Hart. There were 165 contestants from this district, with a total of 1,025 entries.

Games consisted of key hole, poles, flags, rings, barrels, potatoes, relay, ribbon, and wagon. Of the 810 awarded, Hart brought back 177 of these.

There were 16 firsts, 10 seconds, 10 thirds, 12 fourths and four fifth places.

### Lion Officers

### Are Selected

Twenty seven members and guests attended the meeting of the Lions Club held Monday at noon.

The nominating committee, composed of Joe Bailey and Norland Dudley, submitted names of several members to serve as officers for the coming year.

Recommended were Kenneth Lambert, Lion Boss; Richard Franks, secretary-treasurer; David Willis, first vice-president; Kenneth Warren, second vice-president; Willis Hawkins Jr., third vice-president; Stewart Newsom, Lion Tamer; Andy Gardenhire, tail-twister; and W. T. Sanders, DeWayne Brown, Claude Cox and Bill Rich, directors.

Guests included Robert Hawkins; members of the FFA - Jerry Smith, Jerry Parker, Bob Crick and George Bennett; Assistant FFA teacher, Gary Bizzell and Dr. Eggenberger, Agriculture Dept. of Texas Technological College, Lubbock.

Ed Harris distributed charter for local Boy Scouts and Cub Scouts, sponsored by Lions Club and also cards bearing names of officers of the national Boy Scout organization.

### Hart Students

### In Literary Event

Approximately 400 pupils and faculty members from area schools were on hand Friday at Wayland College for the spring 4-B Interscholastic League literary events.

Hart Schools are in this district and brought back several honors to their school.

First place winners will compete in the regional meet scheduled for April 22 at Texas Tech.

Placing third in the Informative Speaking - High School division was Jerry Smith. Third place winner in Oral Reading, Junior High division was David Harris.

In the Shorthand contest, high school, Cheryl Newman placed third, while in the Spelling and Plain Writing, elementary, Jean Foster and Reta Heck tied for second place.

In the Poetry Interpretation - High school girls, Rebecca Futrell placed third in the Persuasive Speaking - High school boys, Bob Crick placed third.

possible. If a farmer is going to use non-certified seed, a germination test should be made to know how much seed will be necessary for a good stand.

## 'Funny Numbers' On Checks Required After Sept. 1

Federal Reserve officials in Dallas announced early that, effective Sept. 1, 1967, the Reserve Banks will no longer process checks which do not carry the magnetic ink symbols of the writer's bank. They pointed out the 86 percent increase in check volume since the start of the Magnetic Ink Character Recognition Program eight years ago and to the fact that more than 1.1 million checks are being handled daily at the four offices of the Federal Reserve Bank of Dallas.

High-speed computers are being used to sort checks at more than 60,000 per hour, but these computers require the magnetic ink symbols in order to function. Fed officials point out that checks without the symbols must be handled on low-speed machines and that only 1,500 per hour can be accommodated on such machines.

Of prime importance to the general public is the proposed withdrawal of counter checks and changed checks. Banks are cooperating fully in preprinting their Transit symbols on checks they provide for their customers. However, some super markets and drug and department stores, as well as churches and other organizations, provide counter drafts which bear no magnetic ink symbols.

The new restriction on handling nonpreprinted checks will mean slower collection for this type of check and a much more costly collection process. In effect, the nonpreprinted check will be handled as a noncash collection, meaning that credit

cannot be given the receiver of the check until it has been completely processed through the drawer's bank.

Federal Reserve officials, with the cooperation of commercial banks, are mounting a special campaign to educate the general public on the need to carry their personalized or preprinted checks. The program is also aimed at requesting stores to withdraw all counter checks and to encourage stores to refuse to cash checks which do not have the magnetic ink symbols.

The Dallas Bank officials indicate that the Eleventh Federal Reserve District has the lowest preprinting ratio of the twelve Federal Reserve Districts and that the problems this creates are especially acute in the Southwest. They are appealing to the public and businessmen throughout the area to support this

### Increase Seen

## Soybeans Are Up And Coming Crop

"A word to the wise should be sufficient."

It is evident that West Texas in 1967 is going to see a considerable increase in acreage planted to soybeans. The big question in every farmer's mind is, "What variety am I going to plant and where am I going to get the seed?"

There are a number of varieties considered acceptable for this area. The variety chosen by an individual will have

to depend on his own situation. Regardless of the variety chosen, one extremely important fact must be taken into consideration. Soybeans are no longer a "step-child crop." If you are going to expect a profitable yield from your 1967 crop, the germination of the seed you planted must be known. Normal recommendations on seeding rate could result in a severe loss in yield if germination of the planting seed

happened to be quite low. Due to a set of unfavorable weather conditions, many fields of soybeans grown in 1966 for seed have low germination. Combine damage at harvest or rough handling can crack the seed coat and reduce germination of soybeans. Immature seed at time of killing frost also can contribute to low germination. It is strongly recommended that registered or certified seed be obtained if

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# THE HART BEAT

Published each Thursday at Hart, Texas, 79043, P. O. Box 311, with offices in Hart, Phone 938-2247.



Entered as second-class matter at the Post Office in Hart, Texas.

Mike Wall ..Editor-Publisher  
Lela Gallion .....News Editor

Any erroneous reflection upon the character, firm or corporation which may appear in the columns of The Hart Beat will be gladly corrected upon being brought to the attention of the publisher.

## IN DUMAS

Jim Reid was in Dumas over the weekend to visit a friend, John Smith, who was injured when a loader overturned, severing his hand.

## VISIT JACKS

Mr. and Mrs. Roy Dickerson and baby of Levelland visited over the weekend here with her parents, Mr. and Mrs. J. E. Jacks.

## LEGAL NOTICE

Sealed proposals addressed to Mayor E. E. Foster, Hart, Texas, will be received until 2:00 P. M., April 24, 1967, where they will be opened and read aloud at the City Secretary's office in Hart, Texas.

Proposals will be for municipal water system extension and improvements.

All bids will be accompanied by Bid Bond or Certified Check in the amount equal to five (5%) percent of the bid. The successful bidder will be required to furnish 100% Performance and Payment Bonds. Failure to comply will result in disqualification of the Bidder.

Plans and Specifications may be obtained at the office of B. L. NELSON & ASSOCIATES, INC., Consulting Engineers, 1500 Main Street, Lubbock, Texas, PO 2-8129, upon payment of Ten (\$10.00) Dollars which shall be refunded upon return of Plans and Specifications.

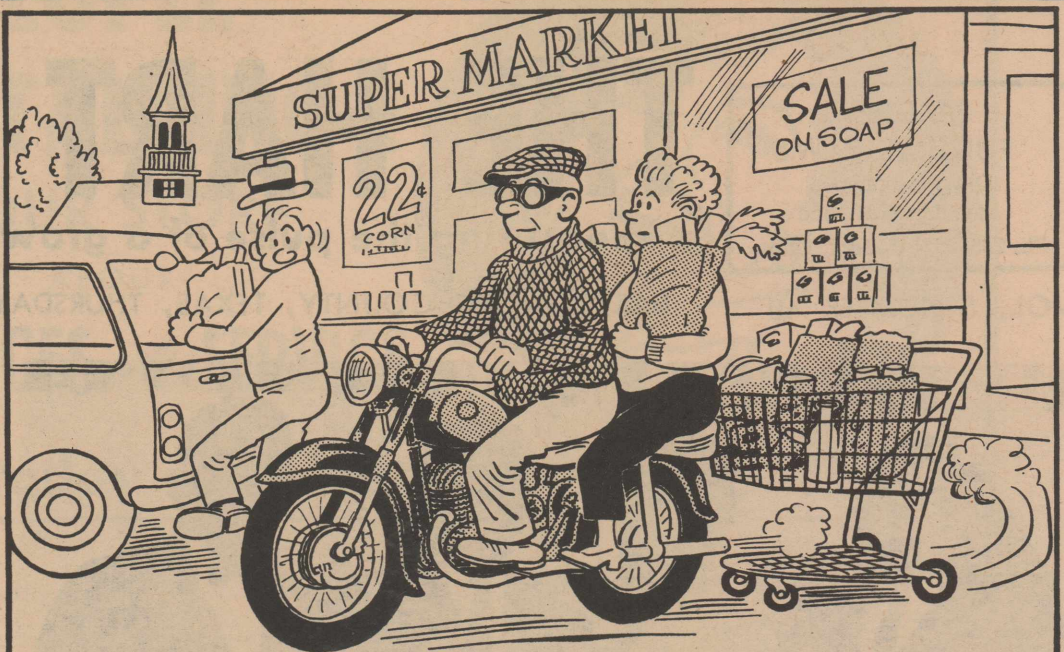
The City of Hart reserves the right to reject any or all bids and/or to waive any or all informalities.

Bidders must furnish in their bid a letter naming the manufacturer and place of manufacture of any materials included in their bid which are not American made.

CITY OF HART  
E. E. Foster, Mayor

## Community Capers

By Al Smith



THE MIDDLE INCOME FAMILY WHO CAN'T AFFORD A CAR -

SLIGHTLY EXAGGERATED BUT TRUE

AL SMITH 4-1-67

## Spring Season Brings Tetanus Danger

With the advent of the spring season of 1967 most of us are beginning to get out of doors again. There are gardens and lawns that need work and outdoor chores of all sorts that have accumulated during the winter.

With the return of outdoor activities comes once again the hazard of minor accidents, cuts and scratches. Most often these aren't serious and will heal quickly if properly cleaned and protected.

But sometimes these little scratches can be more serious. Sometimes they are the channel through which you could get tetanus (lockjaw).

Tetanus-producing spores lie dormant in the soil of your garden, the dirt of your garage, and the dust inside your house. These spores can infect you

through the tiniest wound -- a pin scratch, a bee sting or a small cut, says a pamphlet of the American Medical Association.

Tetanus spores may remain in your body for long periods without producing the disease. Or, they may produce poison effects in five to fourteen days, even though the wound has healed.

First signs of tetanus are irritability and restlessness. Muscles rapidly become rigid, eventually causing a clenched-jaw leer that gives tetanus its nickname -- lockjaw.

When symptoms appear, the outlook is grim, even with the best treatment. To avoid the deadly consequences, be sure you are immunized with tetanus toxoid. When you are immunized, your body manufac-

tures antibodies that will fight tetanus toxin. A booster is needed every ten years and whenever you are injured.

If you aren't protected, in an emergency there is no time for immunization. If you have no built-in immunity, your physician may inject tetanus antitoxin. An emergency shot, however, is not always effective.

Your only long-range guarantee against tetanus is immunization with tetanus toxoid. Only one of every four Americans has this protection. Have you?

### VISITING SHIVES

Mr. and Mrs. Jerry Shive and daughter of Dallas, are here visiting with his parents, Mr. and Mrs. Eldon Shive and family, while Jerry is vacationing.

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FOR SALE-Nice 2 bedroom house - newly carpeted. Call 938-2131 or 938-2289. 35-tfc.

"PRINCESS NYLA" skin consultant and analysis. Facial will be given by Helen Mauldin April 20-21-22 at Ruby's Beauty Shop. Come in or call for appointments. 938-2322. 40-2tc.

### WANTED

WANTED-- Your insurance business. All lines. Insurance at cost. Castro County Farm Bureau branch office, Hart, Texas, E. L. "Sonny" Hochstein, agent. Office hours, Monday through Friday, 9-12. Located at the Sun View Fertilizer office, phone 938-2307. 27-tfc.

FOR SALE--Gregg Cotton Seed, 5 year old acid delinted. First year from registered. 50 lb. bags, treated. Call F. L. Bass. 938-2464. 38-tfc.

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## Food For Journey Is Topic Of Program

Mrs. H. E. Loman presented the program "Food For Journey" at the last meeting of the Hart WSCS which met Thursday April 6 at 9 a. m. at the Methodist Church.

Mrs. Loman was assisted by Mmes. H. H. Parker, C. B. Landers, W. C. Crick and L. L. Swindle.

In the business session of the meeting the District WSCS meeting in Plainview was brought up for discussion. The meeting will be at the Trinity Methodist Church in Plainview,

April 13 and ladies are to bring a sack lunch.

Those present were Mmes. Loman, Parker, Landers, Crick, Swindle and Douglas Gossett.

## Good Neighbor Club Has Meet

Good Neighbors Club met Tuesday, April 4 in the home of Mrs. Kenneth Lambert. A covered dish luncheon was served at the all-day meeting.

Those present were Mmes. Ray Bennett, Percy Hart, Paul Brooks, W. C. Crick, T. R. Davis, J. D. Murray, Wade Bennett, E. E. Foster, D. L. McLain, H. E. Newman, Homer Hill and Vasca Kittrell.

## District Officers Meet Here

District Riding Club Officers met here Monday night, April 10, in the Community Room of the Farmers State Bank.

President Barton Spencer of Littlefield, vice-president Cleve McLain of Hart and secretary Mary Ella Stone of Littlefield led a round table discussion on ways to improve the playdays.

### VISIT LANCASTERS

Relatives visiting in the home of the Lester Lancasters Sunday were nieces, Mrs. Jarrell Edwards and Jana of Lubbock, Mrs. Jack Minter of O'Donnell; mother, Mrs. C. C. Lancaster of Portales, N. M.; Mr. and Mrs. Otto Lancaster, a brother and wife; also of Portales; and Mr. and Mrs. J. W. Franklin of Abernathy, a sister to Lancaster.

### VISIT WILLIAMS

Mr. and Mrs. W. M. LeFevre of Wortham, Tex., visited in the home of Mr. and Mrs. J. B. Williams last week.

## HAPPY BIRTHDAY

APRIL 16  
Jim Tucker

APRIL 17  
Edna Kittrell  
Eloise Malone  
Jerri Bailey

APRIL 18  
DeWayne Brown

APRIL 21  
David A. Nelson

APRIL 22  
Kent Allen Irons

## COMING EVENTS

APRIL 17  
Fire Dept.

APRIL 18  
American Legion

APRIL 20  
W. S. C. S.  
Beta Sigma Phi

### RETURN HOME

John Jacks and son, Rodney of Douglas, Ariz., returned home Monday after spending a few days visiting his parents, Mr. and Mrs. J. E. Jacks.

## Keith Reed

## Is Honored

Keith Reed, son of Mr. and Mrs. Bob Reed, was honored on his seventh birthday with a party in the home of his parents, Tuesday April 4.

Games were played and refreshments were served.

Guests included Brett Aven, Matt King, Kelly King, Kent Hill, Mike Clevenger, Shorty Lacy, Glenn Black, Johnny Newsum and the honoree's brother, Leslie Reed.

### VISIT LAZBUDDIE

Mr. and Mrs. J. B. Williams, Mr. and Mrs. Glenn Keeter of Lubbock, Mr. and Mrs. Pat Foy and family of Abilene and Lynn Williams of Lubbock had lunch Sunday with Mr. and Mrs. Larry Green of Lazbuddie.

### IN HEREFORD

Mr. and Mrs. Hubert Maples spent Sunday in Hereford visiting her sister, Mr. and Mrs. K. R. Hunter.

### IN PLAINVIEW

Bessie Mae Cox was in Plainview Monday evening on business.

## Want HIGHER Sorghum YIELDS?

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# FOOD BARGAINS



WATCH OUR WINDOWS FOR WEDNESDAY SPECIALS

<b>COFFEE</b>	WHITE SWAN 1 LB.	<b>65¢</b>	<b>MILK</b>	WHITE SWAN TALL CAN	<b>8 FOR \$1</b>
<b>CHARCOAL</b>	CHUCK WAGON BRIQUETS 5 LBS.	<b>39¢</b>	<b>OLEO</b>	SUPER SAVE QUARTERED	<b>5 FOR \$1</b>
<b>TEA</b>	NESTLE INSTANT 2 OZ.	<b>79¢</b>	<b>TUNA</b>	WHITE SWAN FLAT CAN	<b>4 FOR \$1</b>
<b>PORK &amp; BEANS</b>	VAN CAMP'S 300 SIZE				<b>7 FOR \$1</b>

**FRYERS** STRICTLY GRADE 'A' WHOLE LB. **29¢**

**PORK CHOPS** NICE LEAN CENTER CUT LB. **79¢**

**PICNICS** SMOKED, LEAN WHOLE LB. **35¢**

**HAMBURGER** LB. **49¢** **3 LBS \$1.19**  
FRESH LEAN

CAL-IDA FROZEN **FRENCH FRIES** 2 LB. BAG **4 \$1**

**AVOCADOS** EA. **10¢**

**POTATOES** RED 10 LB. BAG **39¢**

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## NAZARETH NEWS

By Mrs. Gus McLain

Ph. 945-2337

Mr. and Mrs. Raymond Annen were supper guests of Mr. and Mrs. Gene Hubbard, Malia, and Trina Friday evening in Amarillo to celebrate Annen's birthday. Mr. and Mrs. Lerry Spencers were also guests.

Mrs. Gus McLain and family spent Saturday with Mr. and Mrs. E. R. McLain of Hart.

Many cases of chicken pox still causing absences from school.

Mrs. Anthony Acker is able to be out and is feeling much better. Hugh Wayne who was severely burned is doing very well.

Mrs. Donald Stulting was honored with a bridal shower Friday April 7 at the Legion Hall. About 60 were present. The hostess were the sixth grade room mothers and the varsity girls' mothers. Many lovely and useful gifts were received.

Lots of rain and hail fell around Nazareth Friday April 7. Some reported two inches and the hail to match.

Elmer Schulte had a narrow escape from serious injury Friday afternoon when a nut came loose on a pump they were setting and part of the pump hit him on the arm and in the ribs.

Sister Generose of Amarillo spent the weekend with her mother, Mrs. Frank Huseman and other relatives.

Mr. and Mrs. Lanny Beznern's small daughter has been hospitalized last week undergoing some tests.

Roger Huseman, two year old son of Mr. and Mrs. Alphonse Huseman, underwent surgery Tuesday April 4 at Plains Memorial Hospital. He was dismissed Friday April 8.

Mr. and Mrs. Pat Braddock of Plainview are the proud parents of a daughter born Tuesday April 4. She weighed 7 lbs. and her name is Stella Josephine. She has one brother.

Carl Burt was admitted to Plains Memorial Hospital Monday night.

Catholic Daughters met Wednesday evening. A hat show

was the entertainment for the evening. Rose Mary Wilhelm had the silliest hat, Joan Durbin the cleverest and Dorothy Kleman the prettiest. Many good laughs were had by the crowd.

Eddie Schulte's home received minor damage Thursday when he was burning grass and the flames went under the siding on his house and burnt through the floor in a bedroom.

### Mike Clevenger Is Honored

Mike Clevenger was honored on his eighth birthday with a party in the home of his parents, Mr. and Mrs. Wister Clevenger, Friday April 7.

A western motif was carried out in the decorations of the party. Refreshments of birthday cake, ice cream, and punch were served, followed by playing of games.

Those present were Keith Reed, Leslie Reed, Kent Hill, Mark Bennett, Kevin Parker, Kerry George, Gary Jackson, Kerry McLain, Brian Irons, Terry Myers, Charles Ray Jones and brother of the honoree, Russell Clevenger.

#### IN AMARILLO

Mr. and Mrs. Hubert Maples and Dean Sanders were in Amarillo last week on business.



DORIS BENNIGHT

### Recipe Of The Week

Doris Bennight, daughter of Mr. and Mrs. L. W. Bennight, has submitted a cookie recipe for our readers this week.

She is a 16-year-old freshman at Hart High School and attends the First Baptist Church.

She is an active Future Homemaker of America.

#### SCOTCH SHORTBREAD COOKIES

2 c. oleo or butter

1 c. sugar  
5 c. flour  
1 T. almond flavoring

Mix above ingredients until well blended. Chill dough before rolling out. Cut out in fancy shapes and bake at 300 degrees for 20 to 25 minutes. (Makes a large batch).

These cookies are not very sweet but are real easy to roll into shape.

#### VISIT COXES

Those having lunch and spending the day Sunday in the home of Mr. and Mrs. R. W. Cox were - Mr. and Mrs. Miles Cox, Mrs. Bessie Mae Cox, Claude Cox and family, Bob Bowden and family, and Mrs. Frances Height and son Lonnie of Broadview N. M. and Edwin Cox of Manteca, Calif.

#### IN FARWELL

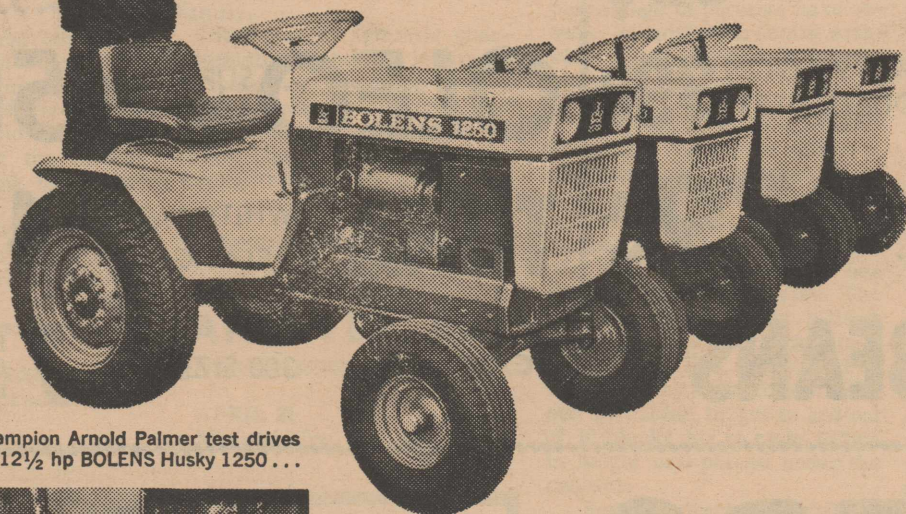
Mr. and Mrs. Lloyd Farris and Ricky visited Sunday in Farwell with Mr. and Mrs. Elmer Scott.

### WHO'S NEW

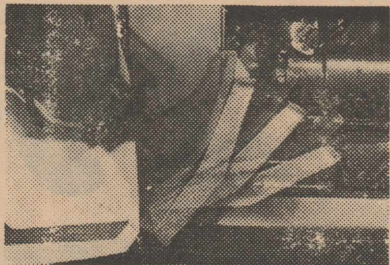
Mr. and Mrs. Rodney Smith are the parents of a baby boy, born April 7 in Northwest Texas Hospital in Amarillo. The baby weighed in at 6 pounds 8 ounces and was named Jeffrey. He has one brother, Randy. Maternal grandparents are Mr. and Mrs. Roy Cluck of Dimmitt and paternal grandparent is Mrs. T. U. Smith of San Angelo.



### Huskiest Husky Joins Powerful BOLENS Team!



Golf Champion Arnold Palmer test drives the new 12½ hp BOLENS Husky 1250 . . .



**Exclusive safety and convenience features give commercial size Husky 1250 all-purpose, all-season performance.** The new "1250" is the toughest Husky BOLENS ever offered. Testing it on the difficult Latrobe, Pennsylvania golf course, Arnie breezed through the hardest turf care and tillage work in record time! Here's why:

- Hydrostatic Transmission, exclusive "1250" automatic, needs no clutch, belts or chain drive. Fingertip touch gives you infinite speed variation to match dozens of chores.
- Instant One-Foot Pedal Control . . . like having a third hand. Provides greatest safety with instant, one-foot braking, speed variation, forward-reverse.
- Fast-Switch Power-lock Hitch delivers power directly from power-take-off (PTO) to attachments. No finger-pinching belts.
- Hydraulic Lift Lever hoists Husky 1250 attachments; "Position Gauge" lets you regain original height. All controls easy to see and reach. PLUS: Hose coupling on rotary mower base for quick flushing and cleaning while mower is running; Foam-padded, adjustable seat; Parking brake for positive hill-holding safety.

The Husky 1250 is powerfully perfect for commercial, industrial, farm and large estate use. See your BOLENS dealer soon: ask for the specifications catalog. Remember, you expect more from BOLENS . . . and it's all standard.



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 **BACON** CRISPRITE 1 LB. **59c**  
**HAMBURGER** LB. **39c**  
**CHUCK ROAST** LB. **49c** | **SALT PORK** LB. **39c**

**CATSUP** HUNT'S 5 FOR \$1 | **PLUMS** SHURFINE 2 1/2 CAN 4 FOR \$1  
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**MARGARINE** SHURFRESH 1 LB. SOFT 39c | **SO-SOFT** 59c

**GARDEN FRESH PRODUCE**  
**CARROTS** CELLO BUNCH 10c  
**LETTUCE** LB. 19c  
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**FROZEN FOODS**  
**MORTON CHICKEN POT PIES** 5 FOR \$1  
**MORTON CREAM PIES** CHOCOLATE, LEMON, COCOANUT 3 FOR \$1

FORMERLY HARLIN FOOD

**PAY AND SAVE**

## Utilization Of Castorbeans Discussed By Agronomist

Lloyd Langford, associate agronomist at the High Plains Research Foundation was asked about the utilization of castorbeans in the interplanting system in connection with the 1967 feed grain program. In the interview Mr. Langford said:

"Farmers should now give consideration to planting castorbeans in the interplanting method with cotton, for increased profits in 1967. This system of planting two rows of cotton, a fallow row and two rows of castorbeans, etc. can be used successfully with the 1967 feed grain program.

"Rulings have been passed to permit castorbeans to be planted on the 20 percent mandatory feed grain diverted acres with a minimum fee withheld from the growers A. S. C. payments. The fee to grow castorbeans is equal to the total county support rate, multiplied by 20 percent, times the growers projected yield, times 70 percent. For example, if a farmer's projected yield is 90 bushels (4,940 pounds) of grain sorghum per acre, the fee would be \$14.90 per acre of planted castorbeans.

"There are two ways the diverted acres can be used in the interplanting system. Number one, the fallow rows in the above described system can be used as feed grain diverted acres with no payment penalties. The rows planted to castorbeans can also be used as feed grain diverted acres with

an approximate \$14.00 to \$15.00 per acre payment penalty. Number two, the fallow rows can be used as cotton diverted acres with no payment penalty. The rows planted to castorbeans can be used as feed grain diverted acres with the approximate \$14.00 to \$15.00 payment penalty.

"The net profit from producing castorbeans and increased yield and fiber quality of cotton should exceed the fee or payment given up to plant castorbeans. Castorbeans producing 2,000 pounds per acre at \$5.00 per hundred weight will gross \$100.00 per acre. Production expense of \$50.00 per acre, plus the \$15.00 fee would net the farmer approximately \$35.00 per acre more than if the feed grain diverted acres were left idle.

"Interplanting cotton with castorbeans in a skip-row design increases the lint yield, fiber quality, and maturity and requires less irrigation water. This should increase net profit to the farmer. Also, higher castorbean yields can be produced by interplanting."

For more details, consult the High Plains Research Foundation, your castorbean company, or the A. S. C. S. Office.



COACHES OF HART ATHLETES were honored guests at the Hart Booster Club's annual banquet held Saturday night in the school cafeteria. Pictured left to right are, head coach Don Ewing, assistant coach, Jim Rich and junior high coach, Ronald Shaw.

## Rheumatoid Arthritis Treatment Suggestions Given By Medical Ass'n

Rheumatoid arthritis is potentially the most serious of the major forms of rheumatic diseases, says Today's Health Guide, the American Medical Association's manual of health information for the American family.

Rheumatoid arthritis characteristically occurs in attacks of pain and swelling in the joints, weakness, fatigue, and stiffness, especially in the mornings. The attacks may last for weeks, months or years, but

usually the intensity of the disease fluctuates.

The disease varies in severity from time to time, seldom completely disappearing, though a few people have recovered completely. A small percentage of patients have severe, steadily-worsening arthritis that finally results in crippling and deformity.

The best treatment usually includes a variety of different methods and techniques. Rest is a cardinal principle of management and is usually prescribed as a number of hours per day. Details of rest are outlined by the physician. The bed should be firm; pillows under the knees or back should be avoided. The feet should be supported by a footboard. The bed is easier to get in and out of if blocks six to eight inches in height are placed under the casters.

Rest is alternated with ex-

ercises and activity. Prescription of the proper balance is the physician's responsibility. Specific exercises are prescribed, among which are muscle strengthening exercises. Joint deformity can be prevented or made less severe by daily putting the joints through a full range of motion. If pain lasts for more than 15 to 20 minutes after exercise, it has been too much.

Rest is necessary to reduce joint inflammation but exercise is required also to retain muscle and joint function and prevent gradual onset of deformity. Proper balance of rest and exercise is the keynote.

Warm or hot tub baths once or twice daily are helpful. Hot towels wrung out of hot water, applied to the joints and then wrapped in plastic sheets provide muscle relaxation. Infrared lamps are sometimes useful.

Drug treatment is often prescribed by the physician.

The family members of the patient with rheumatoid arthritis are his most important allies. They should be trained in home care and instructed in special techniques of treatment. They should understand the nature of the disease and participate in the overall treatment program.

## SCOUT NEWS



Brownie Troop 23 met Wednesday April 5 at 3:30 p. m. at the Scout House for a regular meeting.

Mrs. Lowell Richburg gave the lesson on manners. They played outside with the junior Scouts, Debbie Bailey and Roxanne Irons supervising.

Serving refreshments was Mrs. Alvis Bryant assisted by Darla Bryant, Tammy Bates and Sharla Carson.

Flag bearer was Darla Bryant and color guards were Sharla Carson and Tammy Bates.

Those present were Retha Aven, Tammy Bates, Darla Bryant, Donna Dudley, Kim Davis, LeAnn Friday, LaDonna Hart, Sandy Heck, Lisa Hill, Jana Mapp, Lisa Nelson, DeAnne Richburg, Debbie Lacy, Rhonda Rowland, Patricia Smith and Sharla Carson.

Leaders present were Mrs. Richburg and Mrs. Alvis Bryant.

Girl Scout Troop 158 met Tuesday April 4 for a regular meeting.

Mrs. Ralph Futrell gave a program entitled "Pointers on Styling."

A style show was held April 11, and a trip to Camp Rio Blanco was scheduled for April 21.

Guests present were Mrs. George Heck, Mrs. Arthur Cheves and Mrs. Ralph Futrell.

Girls present were Nancy Graves, Brenda Cheves, Jeton Jones, Debbie Heck, Janet McLain, Carol Miller, Marsha Seago, Dee Clevenger, Debra Hardy, Kathy Alexander, Kathy Kennedy, Elizabeth Stephens, Lisa Lacy, Diane Lancaster, Brenda Covington, Sue Bates, Sharon Brooks and Carolyn Cole.

### VISIT WELTY'S

Mr. and Mrs. Randall Welty and girls of Hobbs, N. M. visited this weekend with his parents, Mr. and Mrs. J. W. Welty.

### VISIT RICHBURGS

Mr. and Mrs. Jimmy Black of Snyder visited this weekend in the home of Mr. and Mrs. Lester Richburg and Patricia.

## SCOUT NEWS



Boy Scout Troop 246 met at the Legion hall Monday afternoon for their regular meeting.

A flint and steel fire-building contest was held between the four patrols with the Rattlesnake Patrol being named the winner.

Advancement work was then carried on. John Guana completed his second class requirements. Kim Dyer and Richard Martinez completed the tenderfoot tests.

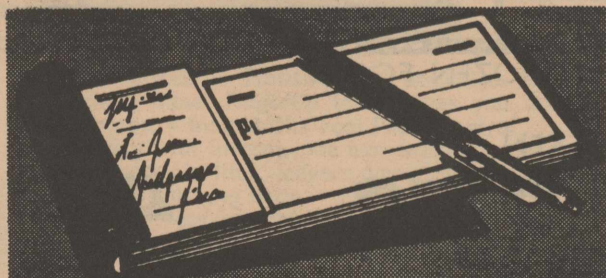
Plans were made for artificial respiration practices next week.

There were 20 boys and one leader present.

## HAPPY ANNIVERSARY

APRIL 21  
Mr. and Mrs. Freiden

**a·vail·a·ble** (ə va'lə bəl),  
**adj.** 1. suitable or ready  
for use. 2. valid



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IN OBSERVANCE OF SAN JACENTO DAY.

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MEMBER F.D.I.C.

### CALIFORNIA VISITOR

Edwin Cox of Manteca, Calif. spent the week with his parents, Mr. and Mrs. Wade Cox and visited other relatives.

### IN HEREFORD

Bessie Mae Cox and Ted Cox were in Hereford, Monday morning to take their brother-in-law, Edd Cox of Manteca, Calif., to the train.

## KITTRELL ELECTRONICS

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**KITTRELL ELECTRONICS**

# KITCHEN KORNER

By Lela Gallion

There are a few strawberries appearing on the market these days and they always taste so much better than the frozen ones even though the frozen ones are real good.

## STRAWBERRY-PINEAPPLE CUPS

- 1 9-ounce can (1 cup) pineapple tidbits
- 1 c. sliced drained strawberries sweetened fresh, or thawed frozen
- 1 c. tiny marshmallows
- 1/4 c. broken pecans
- 1 envelope (1 tablespoon) unflavored gelatin
- 1/4 c. mayonnaise or salad dressing
- 1 c. heavy cream, whipped

Drain pineapple, reserving syrup. Combine pineapple and strawberries, marshmallows, and nuts. Soften gelatin in 3 tablespoons of the reserved pineapple syrup. Heat remaining syrup just to boiling and add to gelatin. Stir to dissolve. Add to fruit mixture.

Fold mayonnaise into whipped cream, then fold into fruit-nut mixture. Fill paper bake cups placed in muffin pans. Freeze firm.

Makes 16 servings.

## BACON CORNETTES

- 10 to 12 slices bacon, diced
- 1 c. sifted enriched flour
- 1/4 c. sugar
- 4 t. baking powder
- 3/4 t. salt
- 1 cup yellow corn meal

- 2 eggs
- 1 c. milk
- 1/4 c. salad oil or soft shortening

Cook bacon till crisp; drain. Sift together flour, sugar, baking powder, and salt; stir in corn meal. Add eggs, milk, and salad oil.

With rotary or electric beater, beat until just smooth, about 1 minute (do not overbeat). Stir in bacon bits.

Drop batter from spoon into greased muffin pans, filling 2/3 full. If desired, top with a few bits of uncooked bacon. Bake in hot oven (425 deg.) 20 to 25 minutes.

Makes about 1 dozen muffins.

## JELLIED STRAWBERRY CUPS

- 1 9-oz. can (1 cup) pineapple tidbits
- 1 c. sweetened halved strawberries
- boiling water
- 1 pkg. strawberry-flavored gelatin
- 2 T. lemon juice, fresh, frozen, or canned
- Dash salt

- Canned pineapple slices
- Leaf lettuce
- Whole strawberries

Drain pineapple, reserving 1/2 cup syrup. Drain sweetened berries (be careful not to mash them), and to the juice add enough boiling water to make 1 cup; pour over gelatin and stir to dissolve. Add pineapple syrup, lemon juice, and salt to gelatin mixture. Chill until partially set.

Gently stir in berries and pineapple tidbits. Pour into individual molds. Chill till set. Frame each pineapple slice with a leaf lettuce; unmold salad atop. Garnish with whole berries. Pass bowl of mayonnaise or salad dressing. Makes 5 to 6 servings.

## APRICOT UPSIDE DOWN HAM LOAVES

- 1/2 c. brown sugar, firmly packed
- 2 T. apricot syrup
- 12 peeled apricot halves, well drained
- 4 c. corn flakes
- 2 eggs, slightly beaten
- 1 T. prepared mustard
- 1 lb. ground ham
- 1/2 lb. ground lean pork
- 1/2 lb. ground veal
- 1 c. milk
- 1/2 t. salt
- 2 T. chopped green pepper

Put 2 teaspoons brown sugar in bottom of each of 12 greased muffin cups. Pour 1/4 teaspoon apricot syrup over brown sugar in each cup. Place apricot half, cut side down in each. Crush corn flakes slightly. Combine eggs and mustard. Add corn flake crumbs and remaining ingredients, mix thoroughly. Pack lightly over apricot halves. Bake in moderate oven (350 deg.) about 1 hour. Loosen around edges, turn upside down and serve at once. Yield: 6 servings, 2 loaves each.

## VISIT BOWDENS

Mr. and Mrs. Arno Cox of Hobbs, N. M. spent last week in the home of their daughter and family, Mr. and Mrs. Bob Bowden.

# Pre-Boot Irrigation Increases Yields In Grain Sorghum Crops

"Results of the 1966 study on the irrigation of grain sorghum definitely point out the necessity of a well timed pre-boot irrigation. A six day delay in this irrigation reduced yields in our test approximately 1,000 pounds per acre." James Valliant, Soil Scientist, who is directing the irrigation research program at the High Plains Research Foundation, said in an interview this week.

"A preplant irrigation plus irrigation at the pre-boot and flower stages of growth in 1966 again produced the greatest practical efficiency."

"A four year average showed no significant increase in yield with three summer irrigations over two summer irrigations."

Commenting on the future of grain sorghum, Valliant said that grain sorghum will probably be planted on more irrigated acres than any other crop in the High Plains of Texas in 1967 because of the feed grain program requiring only a 20% acreage diversion. With the increase in planted acreage, the use of irrigation water will also increase. This will require the farmer to carefully plan the most practical use of his available water.

THE DECLINING LEVEL IN THE GROUND WATER FORMATION MAKES THIS ADVANCE PLANNING MORE IMPORTANT EACH YEAR.

Efficiency of water use is highly important to the grain sorghum producer. For this reason, the High Plains Research Foundation is continually studying ways and means to maintain and improve

the income from grain sorghum with reduced amounts of underground water.

In irrigating grain sorghum the approximate 20 day period beginning with the 6 to 8 leaf stage and ending with head emergence is the most critical. Pre-boot is the period when the small head can be seen forming if the plant is stripped down. During this period, the producer should watch soil moisture and signs of plant wilting closely to determine

when to irrigate. "The more definite periods of moisture needs are fairly easily seen at certain stages of growth, such as pre-boot, flower, milk, and in some cases, the soft dough stage."

Further information on the timing of irrigation of grain sorghum and other crops can be found in the 1966 Annual Research Report to be published in the near future by the High Plains Research Foundation.

## VISIT'S MOTHER

Mr. and Mrs. Robert Brooks spent Sunday in Plainview visiting her mother, Mrs. A. T. Matsler.

## School Menu

April 17 to 21, 1967

MONDAY- Meat loaf and catsup, candied sweet potatoes, english pea salad, whole wheat rolls, buttered rice, milk and butter.

TUESDAY- Lima beans, ham shanks, buttered spinach, whole kernel corn, onion slice, cornbread, peanut butter cake, milk and butter.

WEDNESDAY - Corn dogs and mustard, potatoes insauce, green beans tomato casserole, tossed salad, apple cobbler, milk and butter.

THURSDAY- Hamburgers, mustard onion pickle relish, tater tots, orange drink, fruit cup, milk and butter.

FRIDAY - Vegetable beef stew, filled crackers, one half sandwich, spring salad, plain jello, whipped topping, milk and butter.

## VISIT REEDS

Mr. and Mrs. G. T. Reed, Mr. and Mrs. Beverly Reed and son, Roy Glenn visited Tuesday evening in the home of Mr. and Mrs. Bob Reed and sons.

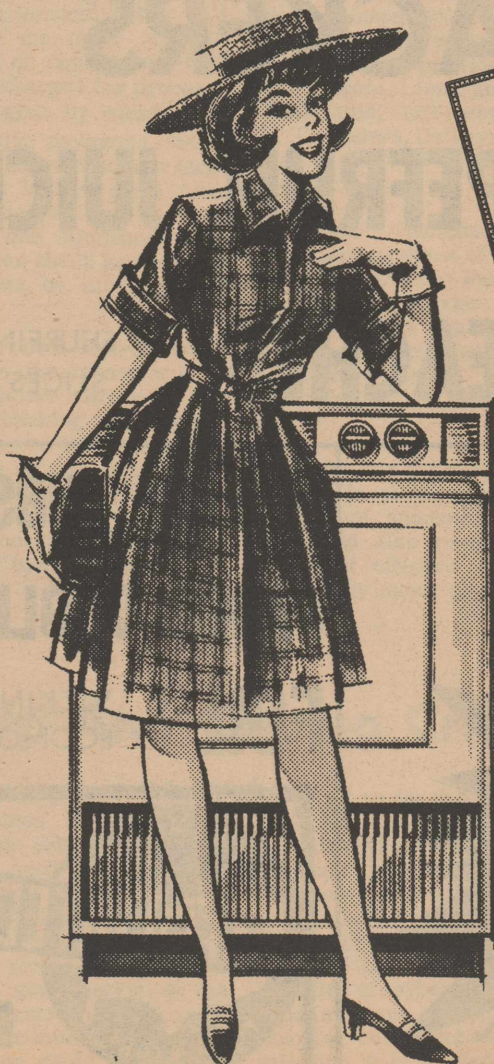
## VISIT PARENTS

Mr. and Mrs. Marlin Cox of Hobbs, N. M. spent Saturday in the home of his father and mother - Mr. and Mrs. Wade Cox.

## VISIT RICHBURGS

Lee Richburg of Memphis visited here this weekend with his grandson and family, Mr. and Mrs. Lowell Richburg and DeeAnn.

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JIM BLACK - HART, TEXAS

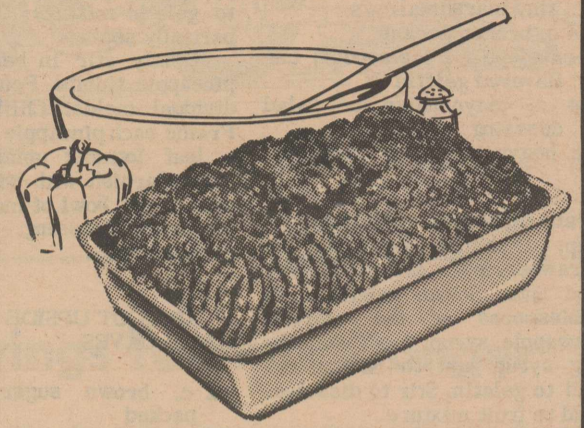
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