

WANT ADS

MATTRESSES
BOX SPRINGS
New renovated, feted cotton, innerspring, choice of firmness, size and color. Satisfaction guaranteed. Made in San Antonio by Western Mattress Co. Free pick-up and delivery. Ph. 734-5611, Gorman. 3-16fnc

DEAD ANIMAL SERVICE
As Near As Your Telephone \$5.00 Service Charge in the Gorman area. Phone 386-3303. Hamilton, Texas. 3-12fnc

AIR CONDITIONING - HEATING - Certified Lennox Dealer. Commercial Refrigeration. Bill Lamb, De Leon, Phone 893-2510. 6-22fnc

BILL'S AUTO SALVAGE in Eastland. Phone 629-2776, Res. 629-1553. 24 Hour Wrecker Service. We buy junk or wrecked cars. 6-27fnc

COWANCHE MATTRESS COMPANY
All sizes Mattresses - Innerspring or Cotton. Renovate. Repair. Built to order. Pick up and Delivery available. Workmanship and satisfaction guaranteed. 710 East Central, Comanche, Phone 615-356-2138. 9-26fnc

IRRIGATION EQUIPMENT - A complete line of irrigation equipment. Submersible, centrifugal, and turbine Pumps, Pipe, Fittings, Volume Guns and Circle Systems. Let us help you with your irrigation needs. Machine Shop and parts for pump repair - Test Pit Facilities. Also come take a look at our Herbicide-Chemical Applicator for chemical distribution through irrigation lines. Largest supply in Central Texas. KIMMELL IRRIGATION SUPPLY, INC., DE LEON, TEXAS 76444, HWY. 16, 817-893-6266. 12-11-fnc

FOR LEASE - 46 acres Irrigated Peanuts. A. D. Pittman. 734-2380. 1-15fnc

FAT CALVES FOR SALE - 2 large, several small steers and heifers. Call W. F. Jeffs, 734-2023 or 734-3212. 2-26fnc

FOR SALE In De Leon: Mobil Home 8x50, 2 bedroom, lot fenced yard, storage room, garage, well. James Brown. 734-2515 or 734-2478. 2-26fnc

FOR SALE - Day At Glance Books. Progress Office.

SINGER SEWING MACHINE - pay repair bill of \$38 and the machine is yours. Also clean and adjust all makes and models in your home. For appointment call 734-2410. Progress office. 4-3-25p

FOR SALE - 1965 GMC Pickup. 1/2 ton, wide bed. V-6 engine. Call George Rodgers, 734-2364. 2-3-18c

WHITE PINE ELECTRICAL CO. of Eastland is serving Gorman and area for commercial, residential and industrial electrical service 24 hour emergency service. Phone 629-2881. 4-4-1p

SEX - Now that I've got your attention, please call if I can be of service (for Pest Control Problems). I would appreciate your business. B&J EXTERMINATING SERVICE, 356-3625, Comanche. 4-3-25p

HELP WANTED - Dishwasher at Kountry Kitchen Cafe. Apply in person. 3-4-fnc

FOR SALE - In De Leon - 5 room house to be moved. Will sell cheap. Also for sale several good young Hereford bulls. Harry Huddleston, Call 893-2433. 3-3-18p

FOR LEASE - 11 7/10 acres peanut allotment. Contact Estelle Craddock, Gorman, 734-2410. 1-29fnc

REAL ESTATE - \$20 A. Pastureland, 60 Coastal, Deer, near pavement \$325. A - 100 A All Coastal and Love Grass real good fences, 3 tanks, filter water tap. N. W. Gorman. \$375 A.; \$18,000 Loan - 100 A., 1/2 Cult., 29 peanuts, pavement, 1 well, \$450 A. - 154 A. Most all improved grass, good 1,000 bale barn, Spring Branch 4 tanks, near Carbon. \$425 A. 29% down. Cogburn Realty, 893-6666, De Leon. 2-19fnc

FOR SALE - Mobil Home in De Leon. 10x50 ft. two bedroom central heat and carpet. Call Troy Morris, 893-6408 after 6 p. m. 2-3-18c

FOR SALE - 1974 Grand Torino, 37,000 miles, air, 360 engine. Good condition. Call Randy Rainey, 734-2662, night 758-2695. 3-11fnc

FOR SALE - New and used typewriters and adding machines. Also all types of machines cleaned and repaired. Contact Estelle Craddock at

FOR SALE - Rubber Bands Typewriter and Adding Machine Ribbons. Gorman Progress, 734-5410.

HELP WANTED - Experienced cooks, restaurant only. Apply in person. No phone calls please. Kountry Kitchen Cafe. Gorman 3-18fnc

FOR RENT on place or Lease Off - 29 acres Peanut allotment. 744 lbs. Mrs. S. G. Fair. 734-2137. 2-3-25c

FOR RENT - Mobil home space. Storage space available. Mrs. Sunny Kellogg, call 734-2347. 10-9fnc

SHAKLEE FOOD SUPPLEMENTS - See James Brown Gulf Station. 734-2515. 2-12fnc

THE GORMAN PROGRESS
Entered as Second Class Mail at the Post Office in Gorman Texas 76454 Under the Act of March 3, 1879. Published on Thursday at Gorman, Eastland County Texas 76454.
JOE BENNETT, Publisher
ESTELLE CRADDOCK, Editor
ONNIE BENNETT,
SUBSCRIPTION RATES
Eastland and Comanche Counties
\$3.50 per year
All other subscriptions - \$5 per year
Plus Sales Tax
Display Rate - 75c per column inch
Classified Advertising - 3c per word
Minimum Charge - 60c

FOR SALE - Dymo Labeling System for household and student record keeping. At the Progress Office.

Political Calendar

The following persons have authorized this newspaper to announce their candidacy for office, subject to action of the May 1st Democratic Primary.

U. S. Congressional Congressman, 17th District:
OMAR BURLESON (re-election)

State Senator, 22nd. District:
TOM CREIGHTON (re-election)

State Rep., 54th District:
JOE C. HANNA (re-election)
BOB VAUGHT

Eastland County Sheriff:
RONNIE (R. B.) WHITE
JOHNNIE W. MORREN

For County Commissioner Precinct 3, Eastland County:
JOHN A. (Johnny) INGRAM
L. T. OWENS (re-election)

RCG LEASING, INC.
Medicare Approved Medical Supplies
SALES & RENTALS
629-8052
104 W. Commerce EASTLAND

Dr. Fehrman H. Lund
Optometrist
405-6 Exchange Bldg. 629-1177 - EASTLAND
313 Main St. - RANGER
Ranger - 10:05:30 Tuesday
8:30 to 12:00 Fridays
Closed Thursday & Saturday Afternoons

HOME IMPROVEMENT SERVICE
Custom Built Cabinets
General Carpentry
Paneling
Electrical Service
Plumbing
B. C. True
PHONE 734-2183
GORMAN

RCG LEASING, INC.
Medicare Approved Medical Supplies
SALES & RENTALS
629-8052
104 W. Commerce EASTLAND

LOST - Two kittens, 2 1/2 months old; one gold and white, one gray. Lost or picked up by someone on Saturday. If you have them, please call David Currie. Thank you. 1-3-18c

WILL DO BABY SITTING in my home. Dayonly. Martha Rainey, 734-2504. 2-3-25c


FOR SALE - Baldwin Professional Amplifier, 75 watt, 2 channels. Equipped with volume, bass, treble, reverb, tremolo and super sound. Including Fuzz Box. All in excellent condition. \$225. Call Brent Foster, 734-2712. FREE - Barn Yard Fertilizer. Yours for the hauling. Mrs. Eula Robbins, 734-2680. 1-3-18c

FOR SALE - 13 ft. Admiral upright Deep Freeze, good condition. Also two sets of mobil home axels and wheels. Call 734-2029. 1-3-18c
FREE - Beautiful, cuddly, loving little Kitten that will make a great pet. Call Mrs. Joe Bennett after 5 p. m. at 734-2401.

FOR SALE - Grain fed calves with rush locker appointments for March 29. Will weigh approx. 650 pounds. Durwood Burgess, Phone 734-2758. 2-3-25c
FOR SALE or TRADE - Five Room House with Bath in Gorman. One block off Desdemona Hwy. 734-2751.

WANTED - Lady or teenage girl to stay Friday afternoon and night with elderly lady. If interested please call 734-2327. 1-18fnc
TO GIVE AWAY - Size 40 black dress, good condition. Call 734-2453. 1-3-18c
FOR SALE - Bermuda King Grass Sprigger. Like New. Call 915-893-5663. 2-3-25p

WE SALUTE OUR FARMERS during



NATIONAL PEANUT WEEK

We extend our Best Wishes to Peanut Farmers, Shellers and Buyers in the 120 Texas Counties where the peanut plays a vital roll in the local economy.

A. O. EASLEY TRUCKS, INC.
Phone 734-2673 Gorman, Texas

NATIONAL PEANUT MONTH




THE FARM AND PEANUTS ARE A VITAL PART OF OUR ECONOMY!

We Salute THE AREA PEANUT FARMER AND FARMERS PEANUT CO., INC

Shell Peanut Company
BUYERS and SHELLERS of SPANISH & FLORUNNER PEANUTS
PEANUT DRYING and STORAGE
SPANISH and FLORUNNER PEANUT SEED
893-2034 COMYN, TEXAS

National Peanut Week



Congratulations Farmers ...

... WE JOIN THE NATION IN OFFERING YOU OUR BEST WISHES!

TODD'S VARIETY STORE
"AUTHORIZED FACTORY SERVICE MAN"
Radio, TV & Electrical Sales & Service
WE GIVE S&H GREEN STAMPS
(excluding Electrical Supplies and Service)
PHONE 734-5621 GORMAN, TEXAS

NATIONAL PEANUT WEEK



We Join The Community In Paying Tribute To The People In This Area In The Peanut Industry During ...

NATIONAL PEANUT MONTH

GILMORE'S AUTO CENTER
Freddie Gilmore, Mechanic and Owner
Don Williams, Mechanic
Phone 734-2100 GORMAN

WE SALUTE OUR FARMERS During NATIONAL PEANUT MONTH

BARBECUE NIGHT EVERY MONDAY
FRIED CHICKEN EVERY TUESDAY
FISH & SHRIMP EVERY THURSDAY
STEAK NIGHT EVERY FRIDAY
MEXICAN FOOD EVERY SATURDAY
BARBECUE TO GO BY THE POUND
ALSO RED BEANS - POTATO SALAD
HOME MADE PIES
Watch for Our New Hours of 5 a. m. To 12 p. m. Starting Soon

Kountry Kitchen Cafe
OPEN 6 A. M. TO 8 P. M. - 7 DAYS A WEEK
734-2136 DOWNTOWN GORMAN



There is Comfort in Knowing All is Attended To Your Satisfaction

HIGGINBOTHAM FUNERAL HOME
KIM COCKERHAM

Sentinel American Life Insurance Co.
734-2272 or 734-2150 Gorman

EASTLAND PAINT & BODY SHOP
All Types of Wreck Rebuilding
- FREE ESTIMATES -
WINDSHIELDS INSTALLED - INSURANCE CLAIMS
GENE MILLICAN
Owner and Manager
629-1543 - Night 629-2363
304 E. Main EASTLAND, TEXAS

MONUMENTS
Era Maupin, Agent
RILEY - GARDNER MEMORIAL - HAMILTON
SEE DISPLAY AT MAUPIN SERVICE STATION
P. O. Box 484 Gorman, Texas 76454

**WE SALUTE
LOCAL FARMERS**

During - - -



DRESSY DAYS ARE HERE AGAIN!

The frankly feminine, leg-flattering hem is back! And nothing perfects that lanky lady look better than these pretty white steppers, poised on taller, self-covered heels. Crossover bands

**BLACK and WHITE -
Only \$16.95 Pair**



**Our OLIN FERTILIZER and Good
COMANCHE CHIEF PEANUT
SEED provide "Power" for the
Peanut Farmer**

**OUR BEST WISHES TO AREA FARMERS FOR A
BOUNTIFUL HARVEST IN 1976**

Johnson's Seed & Fertilizer

758-2222

DESDEMONA, TEXAS

LASATER'S

DEPARTMENT STORE

GORMAN, TEXAS 76454

**KOKOMO
NEWS**

By MRS. GLENN JORDAN

A revival is now in progress at Kokomo Baptist Church with services at 7:30 p. m. each evening. Bro. Darrell Dossey, pastor of the St. Joe Baptist Church, is the evangelist. Woodrow Browning is leading the music and Mrs. Claude Fuller is the pianist. God's word is being proclaimed and Bro. Bob Watson, pastor, and the members of the church cordially invite everyone to come and worship with us. You will receive a blessing for having been in the House of the Lord, singing praises to the Lord and yielding to His spirit.

Albert Hendricks rendered the special music at the Sunday morning service. Visitors were Mr. and Mrs. Jimmy Guthrey and Mr. and Mrs. Wesley Rogers and Gina of Gorman.

Bro. Bob Watson, Mr. and Mrs. Jim Jordan, Mr. and Mrs. Glenn Jordan and Woodrow Browning held services at Lawndale Home on Sunday afternoon.

Mr. and Mrs. David Porter of Abilene visited with her parents, Mr. and Mrs. Oren Webb, James and Stacy, on Saturday.

LaVon Snider of Brownwood is spending this week with her mother, Mrs. C. L. Snider, and Danny while she is on Spring vacation from the Library of Howard Payne.

Mr. and Mrs. Buster Johnson of Carbon were supper guests of Mr. and Mrs. Vernon Fields and Lindell on Monday night.

Mr. and Mrs. Willis Morrow of Levelland are visiting with Mr. and Mrs. J. L. Morrow and Mr. and Mrs. Larry Morrow, Lance, Layne and Lenny and Mrs. L. R. Higginbottom.

There was a fire at Larry Morrow's one day last week, starting from an electric fence that burned a storage building, saddles, irrigation pumps and he pump house and pump to his home water system. The Morrow's were not at home at the time the fire started, and by the time it was discovered and the fire dept. from Carbon arrived, it was too late to save the buildings and contents, but the fire was quickly put out, thus preventing it spreading to the home.

Mr. Bill Kelly of Snyder spent Saturday night with Mr. and Mrs. Jim Jordan. Mr. and Mrs. Clifford Nelson were visiting with the Jordans on Sunday afternoon.

Mr. and Mrs. Jim Bennett and Mrs. Jimmy Little accompanied Mr. and Mrs. Vern Garrett to Fort Worth on Tuesday for Mr. Garrett to enter St. Joseph's Hospital for medical tests.

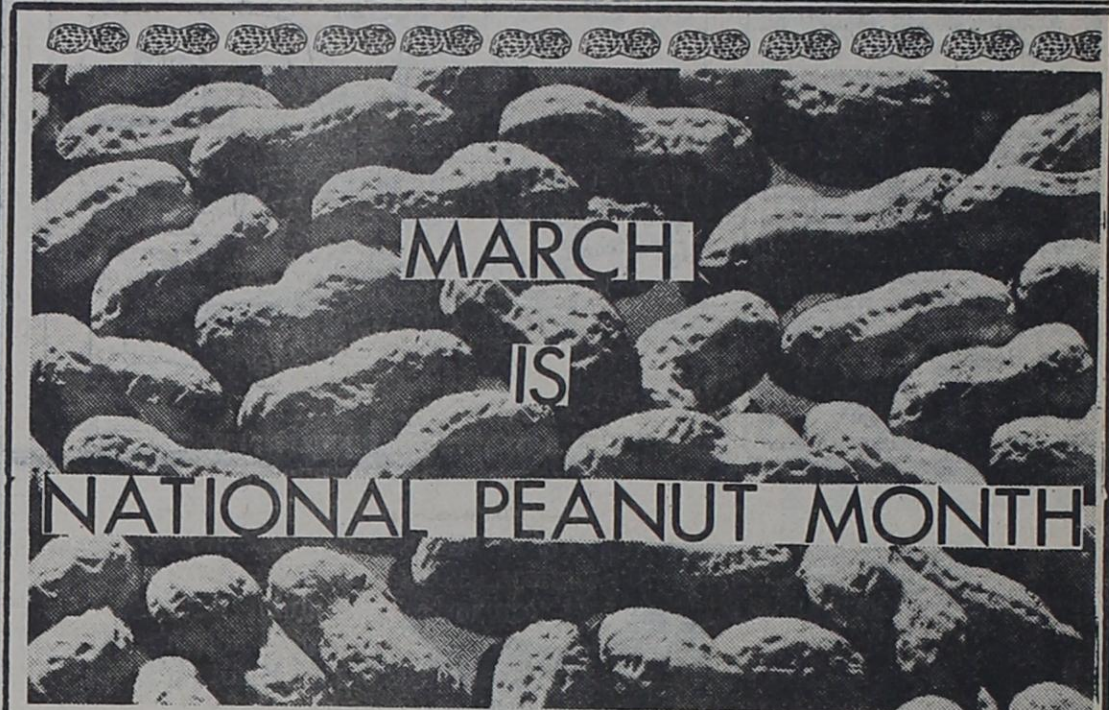
Mrs. Claude Fuller and Mrs. Dwayne Snell were shopping in Brownwood on Tuesday.

Mrs. Bob Watson is recuperating at home following surgery at Blackwell Hospital. We miss you Vera Jean. Hurry and get well.

NEWS

Kay Ann Craddock of Richardson, Estelle Craddock, and Willy Pinto of Monterrey, Mexico spent the spring holidays with his parents, Dr. and Mrs. A. E. Pino. Willy has passed the educational course for Foreign Medical Graduates which entitles him to do his internship in the U. S. when he graduates in August. This is a high honor to receive and denotes that Willy has made excellent grades in medical school.

GORMAN PROGRESS, Eastland Co., Texas, MARCH 18, 1976



**Our Congratulations
To Our Area
Peanut Farmers
Who Are The Hub of The
Economy of Our Community**

**WE JOIN WITH YOU IN THIS MONTH
OF RECOGNITION WITH OUR
"SPECIAL 13TH SALE"
WHICH CONTINUES THROUGH MARCH**

**In Our Celebration of Our 51ST YEAR As Your
CHEVROLET DEALER We Are Offering You The
"BEST DEAL" You Ever Heard of On Any NEW
CHEVROLET PASSENGER CAR, TRUCK Or PICKUP.
ALSO All Kinds of USED CARS, TRUCKS, PICKUPS**

SMITH BROS. CHEVROLET CO.

SALES Chevrolet SERVICE

W. C. "Check" Smith, Owner-Mgr.

**"The Oldest Chevrolet Dealership in Eastland County"
734-2233 KENT & ROSS ST. GORMAN**

**Some important things to
know (and teach your kids)
about power lines.**

The most important thing to know and remember about power lines is that they have enough voltage to cause a serious shock.

If your children want to fly kites, be sure they fly them in an open area well away from any overhead power lines. And never try to rescue a kite from a power line or pole. Call us instead.

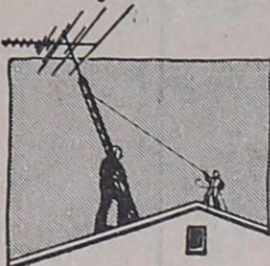
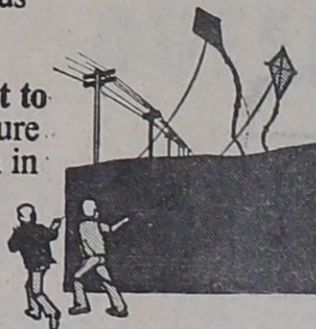
If you're installing a new television or CB antenna, be sure enough distance is allowed so that even a falling antenna would miss the power line. Don't try to

do the job on a windy day. And if you drop the antenna, let it fall, because it may touch a line on the way down. If your antenna comes to rest on a power line, don't touch it. Call us immediately.

Whenever you're working with long metal objects such as ladders, pipes, gutters or tree trimmers with metal poles, be sure to stay clear of power lines.

Caution the kids about climbing in trees next to power lines. Tell them never to touch the lines under any circumstances.

We hope you'll follow these safety rules around your house and neighborhood. They're very important.



School Hill News

By Mrs. Bill Riddell

Mr. and Mrs. Earl Jack and family, Mr. and Mrs. Roger Armstrong and family, all of Highland, visited Sunday night with Mr. and Mrs. J. C. Moon and family.

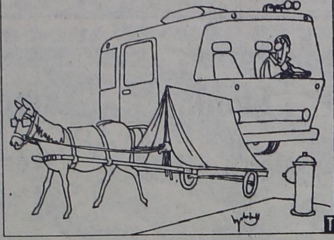
I have spent a few days this week with my mother, Ruby Stokes of Lingleville, who has been in the Dublin Hospital with pneumonia.

Loretta Lewallen and family of Fort Worth, spent last weekend with her mother, Renia Hogg.

Mr. and Mrs. Ralph Elston visited Saturday night with Mr. and Mrs. Rodger Elston

and girls of Lingleville. Mr. and Mrs. Joe Staude and family spent part of last week with his mother, Mrs. J. O. Staude, of Fort Worth. Renia Hogg visited one day

this week in Gainesville with her brother and family, Mr. and Mrs. Clanton Pilgrim. Gene and Niki Grimshaw of Kokomo visited with the Riddells on Monday night.



NATIONAL PEANUT WEEK

THE FARM AND PEANUTS ARE THE CENTER OF OUR ECONOMY!

Congratulations . . .

. . . to All of the People Connected with the

PEANUT INDUSTRY

SHELL 7 TILL 11

SELF SERVICE GAS — TRUCKERS DISCOUNT
Cliff and Ruby McCormick, Managers
The Motel in Convenient Food — 7 Days a Week
Willard and La May Mann, Owners
Phone 734-2319 Hwy. 8 & Kent GORMAN

Congratulations . . .

. . . to All of the People Connected with the

PEANUT INDUSTRY

THE FARM AND PEANUTS ARE



THE CENTER OF OUR ECONOMY!

A. E. Smith Warehouse and Dryers
MOTOROLA TV & RADIO
Arlton E. Smith, Owner

Phone 734-5790 Gorman, Texas

NATIONAL



Congratulations Farmers . .

We join the nation in offering you our best wishes
GORMAN EXXON

LARRY - TERRY

PHONE 734-2615 Hwy. 8 West GORMAN

THE



FAMILY

Is the Center of Our Social Group
We salute our Farm Families



Gorman Insurance Agency

Owners - James Jay and Beresice Jeffs
PHONE 734 - 2312 GORMAN

Congratulations . . .

to the PEOPLE of the PEANUT INDUSTRY



Eat Some Salted SPANISH Peanuts Every Day . . . the Kind We Grow!

GORMAN GULF STATION

CONGRATULATIONS To The PEANUT FARMER



BLACKWELL CLINIC
A. E. PINO, M.D. — J. R. CANUT, M.D.

WE SALUTE OUR FARMERS ON



NATIONAL

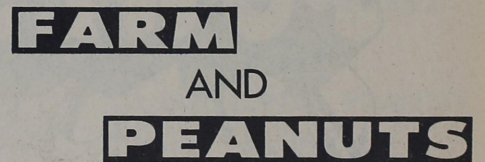


WEEK

Mr. Peanut Farmer, we are proud to salute you during this National Peanut Week.

LAWNDALE HOME

THE



Are Important to Our Economy

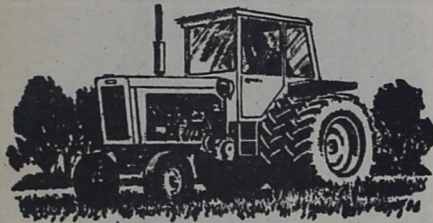
We Extend Our CONGRATULATIONS To The Peanut Farmers . . . To Gorman Peanuts . . . To Southwestern Peanut Growers' Association . . . And To The Texas Peanut Producers Board For Their Fine Contributions To The Entire Peanut Industry.

COMANCHE COUNTY TELEPHONE COMPANY

BEST WISHES

To Our Local Farmers on

NATIONAL



Thanks To All of You who have worked so diligently to make Peanuts one of the leading products in our nation today.

For the best in Farm Equipment See -

KEITH IMPLEMENT CO.

SALES — J. I. CASE — SERVICE
Phone 893-2171 DE LEON, TEXAS

WE JOIN THE COMMUNITY...
IN PAYING TRIBUTE To The
People In The Peanut Industry
During - -



FOSTER FLORAL

Mr. and Mrs. Gene Foster
PHONE 734-2219 GORMAN

WE SALUTE
OUR FARMERS
during...



WE CAN FURNISH YOU WITH
MASSEY FERGUSON TRACTORS
LONG COMBINES
PEARMONT Peanut Diggers
YOUR PATRONAGE Appreciated

Comanche County Tractor Company

HOMER E. STEPHENS
893-6711 DE LEON

Mr. and Mrs. Gene Baker spent the weekend in Tyler with their daughter, Mr. and Mrs. Carter Hart and family, and while there attended the Azalea Trail.

**"DEALING"
With David**
Today, I want to continue talking about what I consider the fundamental human need:

that of a genuine, deep love and acceptance of one's life. I am convinced that man was meant to live at peace within himself, filled with a deep joy. I am also convinced that few people really do love themselves properly, and are truly happy.

In fact, very few people even approach the realization of their full potential. It has been said that the average person accomplishes only 10 percent of his promise. He sees only 10 percent of the beauty in the world about him. He hears only 10 percent of the music and poetry in the universe. He is only 10 percent open to his emotions, to tenderness, to wonder and awe. His mind embraces only a small part of the thoughts, reflections and understanding of which he is capable. His heart is only 10 percent alive with love. He will die without ever having really lived or really loved.

I hope the above does not describe your existence. But if it does, go to the Christ who is the "bread of life" and invite him to open your heart and eyes, and show you the beauty of who you are, and of the world around you. I would really hate to think that you or I might die without having

Mrs. Frank Dean visited last weekend in Eastland with Mrs. Sam Poe.
really lived and really loved.
David Currie

People once thought that holding a lion's ear to a deaf ear would restore hearing.

For maximum nutrition when preparing mashed potatoes cook them in the peel and peel before mashing.

Our Best To The Farmers Of Area During . . .



SEE US FOR YOUR
Lilliston Peanut Digger - Shaker -
Windrower and Peanut Combines.

ALL KINDS OF —
John Deere Tractors & Tools

COME IN AND SEE THE
Finest Farm Equipment
Ever Built

LILLISTON DEALER And



CLARK TRACTOR & SUPPLY

WHOLESALE — RETAIL
JERRY CLARK, Manager
Gorman Hwy. Phone 893-2442 De Leon

CONGRATULATIONS...

to the people of
THE PEANUT INDUSTRY
in our Area On



FOR THE BEST IN
FARM EQUIPMENT SEE
JOB E EQUIPMENT CO.

WE SALUTE OUR FARMERS

DURING...

NATIONAL
PEANUT
WEEK
NATIONAL
PEANUT
WEEK



THE FARMER IS A VITAL
MAN TO OUR ECONOMY

Friendly Service Agency
Wallace Cook, Mgr.

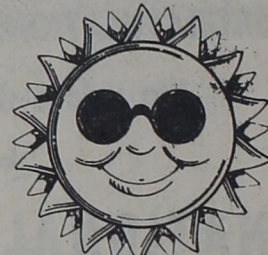
Tell City

SOLID HARD ROCK MAPLE

Suggestions for a
distinctive Family Room...



Dozens of
groupings for your Dining Area



Take a vacation
from summer heat!

Plan ahead...Big selection of models
to choose from!

We can add it, or replace
it. The most efficient way.
Payne Central Air Condition-
ing. Made to keep
operating costs down. The
cool way.

FREE ESTIMATE
SALES,
INSTALLATION
AND SERVICE



Call...or come by

HIGGINBOTHAM'S

BASSETT BEDDING SALE

DISCONTINUED TICK BEDDING

ALL FIRST QUALITY - New Shipment Will Be UP
IN PRICE! HURRY - QUANTITIES LIMITED!

MATTRESS - FOUNDATION Reg. \$134.90 Set - Now

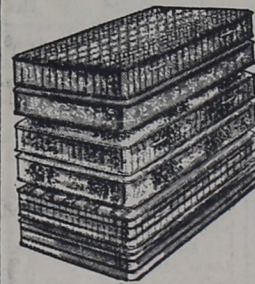
TWIN BED SET \$119.95

SUPREME FOUNDATION Regular Bed - Firm Reg. \$158.90 Set - Now

DELUXE MATTRESS \$142.95

Firm Reg. \$199.95 Set - Now

QUEEN SET \$189.95



SEE OUR RED TAG SALE ITEMS

TAGGED To SAVE You MONEY

Items Include LIVING ROOM SUITES - BEDS -
DRESSERS - NIGHT STANDS & LAMPS

We join the community in paying tribute to the
people in this area in the Peanut Industry during
this special week.

HIGGINBOTHAM'S

STORE 734 - 2227 — LUMBER YARD 734 - 2419
FUNERAL HOME — AMBULANCE
DAY or NIGHT — PHONE 734 - 2272

Lawndale News

Darwin May of Andurews visited Belle Touchstone. Mrs. P. K. Scott and Jo Wyatt visited Mable Trammell. Also Elizabeth Chapman visited Mable Trammell. Harvey and Bea O'Neal of Breckenridge visited Martha Norris.

Annis Lasater of De Leon, Mary Lee Cagle of Eastland, Randy Overstreet of Sayre, Okla., and Cindy Nelson, also of Sayre, visited Mary Overstreet. Annis Lasater also visited Mr. and Mrs. E. L. Lasater.

Albert and Odessa Johnson visited Gordon Tate.

Aletha Yarbrough visited Emma Simmons.

Kay Snider visited Ila Pulley.

Cecil, Rena and Ken Robertson of Odessa visited Lexie Wright.

Bilite Stacy of Carbon, Bernice Rodgers of Gorman visited Mary Timmons, Lillie Boney and Mrs. Bennett.

J. B. and Cora Love of Fort Worth and Lillie and Carl Per-

rin visited Hattie Love. Edith Bostick and Willie Lee Maynard of Rising Star visited the home.

Mr. and Mrs. Paul Newsom of Gorman visited with Sadie Burns.

Mr. and Mrs. Foster Murray of Eastland visited in the home.

Ina Reynolds, Iola Johnson, Lenis Rice, Michael and Monica Norris of Carbon visited John Johnson.

Neva Thompson of Grand, Mo. came to visit Mrs. Shugart.

Bob Watson of Kokomo Baptist Church came at 2:30 for worship services Sunday afternoon. Those helping him were Woodrow Browning, Mr. and Mrs. Glenn Jordan, Mr. and Mrs. Jim Jordan.

The Church of Christ came at 6:30 for worship services with Bill Wilson minister. Would the ones who come to help, please sign the guest book so we will know who comes.

Monday is news day. Steve Talley of Eastland came around noon. Had paper work to do. Tuesday is usually Bingo day but I had to attend a director's meeting in Al-

CARBON NEWS

By VELMA HASTINGS

The menu for the Carbon School Cafeteria for the week of March 22-26 is as follows:

Monday - Corny Dogs, lettuce and tomato salad, rice, Jello and Milk.

Tuesday - Macaroni and bany. Always learn new things that help me in my work.

At 2 p. m. on Wednesday we had a nice crowd out for Bible study. Joe O'Neal of Kokomo brought this for us.

On Thursday night at 6:30 is always the best part of the week, as its Singing nigh. All the residents who can go at all are there. We sometimes are so crowded they are down the hall in wheel chairs. Had lots of good singing. All enjoyed it very much. Thanks for being here.

Friday at 1:30 we played Bingo. They sure turn out for this. Also had a lobby full. We have Jessie Lemley, Mrs. Maxey in local hospital. Mrs. Shugart in Ranger. We miss them and hope they get back soon.

Desdemona News

By KOONE GUTHERY

Mrs. Neta Gee flew to Calif. on Sunday to visit her daughter, Mr. and Mrs. Joe Prater and family.

Mr. and Mrs. Charlie Worden of Kermit visited his sister, Mr. and Mrs. Paul Dietz, on Tuesday.

Mr. and Mrs. W. A. Collum and Mr. and Mrs. Bill Collum, Jr. and boys attended the wedding of Lisa Ranne in Fort Worth. Lisa is a granddaughter of the W. A. Collums and a niece to Bill.

Philip Lewis, son of Mr. and Mrs. R. G. Lewis is doing student teaching in Clyde now. Our community is always proud of these young people.

Mr. and Mrs. Paul Dietz took Mrs. Lora Abel to Amahillo over the weekend to visit her daughter, Ruth, who is in the hospital there. We wish her a "speedy" recovery.

Stacy Landers, son of Mr. and Mrs. Ronnie Landers, has been on the sick list.

Mr. and Mrs. R. L. Sharp visited the weekend with their daughter, Mr. and Mrs. Burl

Harper and Jennifer of Mesquite.

This reporter is trying to get names and birthdates of all our "shut-ins" in this area. We are trying to start a "shower-card" club as the days and weeks are long to these and to be remembered with a card does mean so much to them. So, if you have a friend or loved one who has a birthday coming up soon, please contact Vonnie Guthery of Desdemona. Even if their birthday has already passed - we can send "cheer" cards. Thank you for helping on this.

Remember every Thursday night is our Community "42" nite. Come and join the fun. Visitors are welcome.

Our monthly musical is Saturday, March 20th. A good place to come hear good music and visit your friends and neighbors. Plenty of sandwiches, pie, coffee and drinks.

Mrs. Pug Guthery and Belinda visited her brother, Mr. and Mrs. Mack Keith and family in Gorman Sunday. It was the Keith's 23rd anniversary.

Also celebrating anniversaries Sunday were Bro. and Mrs. L. C. Landers. It was their 33rd.

Mrs. Lorene Koonce, Mrs. Vera Brown of De Leon, Mrs. Myrt Reid and Mrs. Maude Fuqua visited Sunday with Mrs. Velia Roberts and Mrs. Nora Lane, who are patients in Eastland Hospital. We wish them a "speedy" recovery.

Mrs. Evah Sparkman visited Sunday with her son, Mr. and Mrs. Homer Joe Sparkman and family in Stephenville.

Mr. and Mrs. Wayne Barker Mr. and Mrs. Neil Weaver, Ronnie Barker of De Leon, and Miss Marsha Wisdom visited Mr. and Mrs. Gary Barker of Teague on the weekend.

Our Thought for Today - A good listener is not only popular everywhere, but after a while he knows something.

Heart Attack: Prevention Is The Best Prescription

"Surgery isn't the answer to coronary heart disease. Simple prevention is the best remedy a doctor can prescribe."

That's the opinion of Dr. John T. Shepherd, president of the American Heart Assn., who views prevention as the most sensible approach to combat the epidemic of heart disease.

More than 680,000 Americans will die from heart attack this year. Well over 200,000 will suffer fatal strokes.

A major cause of these two killers is atherosclerosis, a form of hardening of the arteries. This is a progressive disease in which fatty deposits accumulate on the walls of the arteries. It's similar to lime building up in a water pipe over the years. Eventually, the artery channels become so narrow that blood can no longer reach heart or brain centers. When this happens, the result is a heart attack or stroke.

"Everyone of us - from young children to 85-year-old grandmothers - has atherosclerosis to a degree," Dr. Shepherd explains. "It can begin early in life, but it can be slowed by controlling the coronary risk factors."

A diet high in saturated fats and cholesterol is one factor that contributes to coronary artery disease. By eating foods low in fat and cholesterol, it may be possible to avert a heart attack or stroke.

High blood pressure and cigarette smoking are two other factors closely tied to coronary artery disease.

"It's not unusual for high blood pressure to occur at a fairly young age," Dr. Shepherd notes. "We've detected it in teenagers. This is why regular checkups beginning at an early age are so im-

portant. A diet high in saturated fats and cholesterol, high blood pressure and excess cigarette smoking all work to increase the risk of heart attack and stroke."

Other important risk factors that encourage heart disease are a lack of regular exercise and a tendency toward overeating.

The Heart Association spokesman says it's equally important for everyone to know and be able to recognize the early warning signs of heart attack.

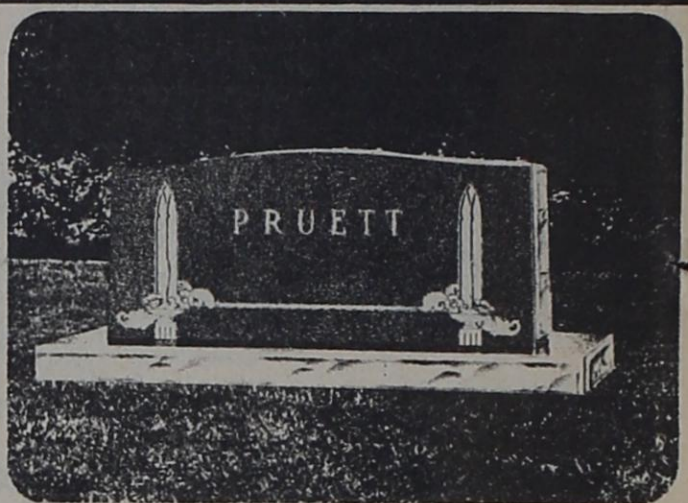
They are: Prolonged, oppressive pain or unusual discomfort in the center of the chest; the pain may radiate to the shoulder, arm, neck or jaw; sweating may accom-

pany the pain or discomfort; nausea, vomiting and shortness of breath may occur; sometimes these symptoms subside and then return.

The American Heart Association provides information on the early warning signs of heart attack and how you can change your lifestyle to reduce your risk. But literature and heart-saving programs cost money, reminds Dr. Shepherd.

"That's why the Heart Assn. is conducting its annual Heart Fund drive. Remember to give generously when a volunteer calls at your home."

The Heart Fund Drive for Gorman is slated for Sunday, March 14th.



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cheese, green beans, carrots, brownies and milk.

Wednesday - Beef patties and gravy, corn, cabbage and carrot salad, apple sauce and milk.

Thursday - Johnny Knows It, blackeyed peas, spinach, genie bars and milk.

Friday - Hamburgers, lettuce, tomatoes, onions, pickles french fries, peaches and milk.

Visiting Mrs. Pearl Snodgrass during the weekend were her brothers and families, Mr. and Mrs. Jake Rhyme of San Antonio and Mr. and Mrs. Phillip Rhyme of Phillips. They also attended the funeral of their sister, Mrs. Mary Jackson.

Mr. and Mrs. Woodrow Haden of Birmingham, Ala. visited her cousin, Mrs. Harry Hall on Thursday.

Our people have been saddened by the passing of many of our neighbors. Some of them have moved away years ago and some recently. Mrs. Iona Butler, who passed away last week and Mrs. Clara Broker had lived here until recently. Mrs. Millie Barnett passed away in Eastland last Tuesday. Mr. G. A. Mason, another former Carbon resident, died in Fort Worth last Monday with burial in Breckenridge. Mrs. Mary Jackson, whose home was still in Carbon, passed away last Wednesday morning and Mr. Edd Ramsey on Thursday evening of last week, leaving many friends to mourn.

Mr. and Mrs. Raymond Camp of Fort Worth spent Saturday night with Mr. and Mrs. Buster Johnson after attending the funeral of J. E. Ramsey Saturday afternoon.

Mr. and Mrs. Bobby Tucker and Robert Tucker attended the funeral of Galen Hardin in Sweetwater last week.

Mrs. Fred Tucker attended a nurses conference in Arlington part of last week.

Mr. and Mrs. Mack Stubblefield visited Mr. and Mrs. Doug Bryant and Heather of Amarillo during the weekend.

Mr. and Mrs. Marvin Hale visited Mr. and Mrs. Charles Brant, Kevin, Karen and Kelley of Mozelle.

Carroll Sandlin of Lubbock is visiting his parents, the D. D. Sandlins, this week.

Mr. and Mrs. J. A. Cates of San Angelo spent the weekend with Mr. and Mrs. Jim Weaver. Also visiting were Mrs. Lovla Mae Pierce of Oklahoma City and Mr. and Mrs. Bert Jackson of Fort Worth.

Sunday visitors of Mr. and Mrs. John Snider were Mr. and Mrs. R. D. Hill of Brownwood and Mrs. Johnny McGee of Ranger.

Mr. and Mrs. Edd Rogers of Bend, Oregon visited his brother and family, Mr. and Mrs. Cullen Rogers, last week.

Mr. and Mrs. Marvin Lee of Rowlett spent Sunday with Mr. and Mrs. Henry Harle.

Mr. and Mrs. Bryan L. Hayes and family and Mrs. Opal Hayes visited Mr. and Mrs. Bill Cavanaugh and family of Perkins, Okla. during the weekend. Mr. Cavanaugh is in an Oklahoma City hospital and is improving.

The Carbon Young Homemakers will meet March 25th at 1:30 in the Homemaking Cottage. A program on cut and fresh flower arranging will be given by Gene Foster of Gorman. All members are urged to be present for this meeting and to bring prospective new members.

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Senior Citizens

My! What a week for me. I am still suffering from that fall in town some three weeks ago. My knee and crippled hands are still giving me fits. I wonder if the "Rock Gang" have put a hex on me or an Exorsist. If so, take it away, please.

We played 84 one night. Had to get Lorene in Big Foots place. He had to take care of his dogs and cats, so Mama said. Granny Kent was at her loveliest best. Just yelling and gnashing her teeth. Though Mae was fairly calm. My Boss has that quilt going again. I met Pete Ramsey at the bank last Monday. He looked at the rough corns in my hands and said that looked like the effects of hard manual labor, not from meedle work. A non believer!

Fats and Murel are figuring on another vacation. Eye trouble, so it seems. Cat Fuzz is still on paid vacation at Hendricks. Hurry home, we miss you and Double Six.

Our office has a full house at times now. J. E. Porter was initiated by losing a few games. Man he gets on a high horse. Doc finally got his patient out of the hospital. Stay in there Doc. I knew you should be fit for something besides just a common thief. Monroe suckered Wash Pot and sold him a new car. Now

he is trying to learn him how to back out on the highway. Ho says that Wash Pot is some dumb cluck. The Fisherman and Tennessee are ready to learn the Monarch how to fish. Trailer Clyde and Pepper Clyde were both with us last week. I will say one thing -- Bud can really take Speck on a winning streak. About the only one that can. Cowboy Pickens has tried and had to give up. Uncle Sam must have learned how to play on his vacation, as he will play more than three games now. Judge Gilbert is getting to where he likes to play a few more games now. The Spreader caught a few small fish last week. Archie lets his cow feed ing interfere with his playing: too much at times.

Marcy and I are still sideline players. Though I make too many wrong guesses at times.

In 1790 (during Washington's first term) my great-great-grandfather, John Bennett (just a teenager) and his teenage brother, moved from S. Carolina to Winchester County Tenn. My great-grandfather, Rev. Eli Bennett, was born there. He was a Methodist preacher for over 50 years.

My grandfather, Wash Bennett was born there in 1848. Also my father was born there in 1876. They moved to Texas in the 1880's and on to Gorman in 1892. They were looking for a place to raise cotton. They

Continued 7

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