

Accent ON HEALTH

Texas Department of Health Resources
Fratris L. Duff M.D., Director

Good health isn't something to envy in other people.

You can do many things to maintain your own health—or better it. And now is the time to come to grips with yourself by making some good-health resolutions, says the Texas Department of Health Resources.

Texas would be a much healthier state if everyone worked toward these goals, and you and your family can contribute to your own well-being and that of your community.

Promise during 1976 to give your body at least as good care as you give your car. Periodic examinations are the best way yet devised to detect bodily disorders while they can still be treated successfully. It might be considered preventive maintenance. So let your doctor look you over thoroughly once a year whether you're

ailing or not. Make it twice yearly if you're middle-aged. Your physician can give you the proper schedule.

Dental troubles may not kill you, but sometimes they can make you wish you were dead. Check in once yearly with your dentist to make certain your teeth and gums are in good shape.

Do your clothes seem to fit a little more snugly these days? If so, it could mean you're putting on weight, which is a lot harder to take off than it is to put on. It's difficult during the holiday season to pass up the goodies which come our way. But if you've overdone it, resolve to start passing up the candied yams, gravies and cream-filled tidbits which almost invariably spell extra pounds and perhaps an early grave.

Too much weight contributes to high blood pressure,

and may be associated with hardening of the arteries and various forms of heart disease. Also, it means impaired vigor, greater surgical risk and greater danger from otherwise minor illnesses.

On the other hand, if you've noticed an unusual loss of weight, you should consult your physician.

A good, physician-prescribed exercise regimen will keep your body in shape, tone up your heart muscles and put the spring back into your step.

There are many pursuits which people of all ages may undertake in order to get the needed exercises. While jogging might be all right for some people, brisk walking may be recommended for others.

Statistics linking smoking to cancer and heart disease continue to pile up, and it is tougher and tougher to rationalize the smoking habit. If you still smoke, now's the time to quit. Tomorrow could be too late.

Safe driving is a habit everyone should get into. Drive and walk defensively, and you'll be less apt to wind up as one of the state's statistics.

While disease in Texas continues to be relatively low, the threat of epidemics hasn't subsided. Check the immunization records of your entire family—not just the children—as a safeguard against diseases and their complications.

Getting plenty of sleep is another resolution which will be of benefit—especially during the cold winter months when the body's defenses should be at their peak. And, avoid getting chilled.

Nutrition goes hand in hand with proper rest. To provide your body with the essential nutrients to make it function properly, proper diet is necessary. Resolve to put tasty and nutritious foods to work for your body. Don't overlook fresh fruits and vegetables.

People living in towns and cities owe it to themselves and their neighbors to obey local and state laws pertaining to health protection. For example, if your town has a dog leash law, adhere to it. Keep your animals in good health and protected from rabies, which is still a threat—even more so in rural areas.

There's another good resolution you can make. Resolve to give an occasional thought to such awesome problems as water conservation, pollution abatement, juvenile delinquency, drug abuse and the growing number of elderly people in our society. Lend your support as a responsible citizen to community efforts to solve them. After all, they affect you, too.

Your health should be of great concern to you. So get the good health habit by putting some healthful resolutions to work.

You'll live longer and enjoy life more, believes the Department of Health Resources, which wishes you a happy ending to 1975 and a healthy year ahead.

Want to buy? Sell? Results? Want ads will work for you. Haskell Free Press

New Column In Free Press

Whatever was going on in Texas a hundred years ago?

“Washington County: The Brenham Opera House is nearly completed, and is indeed a fine structure.”

“Fort Worth—For Sale: 80 acres of timber, about five miles from here. Price is \$6 per acre.”

“Navarro County—Corsicana shipped from Sept. 1 to Dec. 29, 10,053 bales of cotton, 33,700 pounds of wool, 58,403 hides and 1,383 head of livestock.”

It all happened in 1876. Texans will learn more about their state as it was during America's Centennial in a new column to be distributed through the Texas Press Association.

It is called “Tejas 1876,” and the material has been compiled from 100-year-old newspaper accounts by the Department of Mass Communications at Texas Tech University, Lubbock.

Sarah J. Stone, now a member of the faculty at West Texas State University, was the principal researcher for the project while she was a graduate student at Texas

Tech. She earned the master of arts degree in mass communications last August.

The column takes a week at a time and begins with Jan. 1-7, 1876, with this entry:

“Fort Worth—Happy New Year—this is the first day of January, 1876. Quite a number of drunks and downs were reported for Christmas Week, but not a single fight as far as we have learned. Truly Fort Worth is a peaceable town.”

Dr. Billy I. Ross, chairman of the Department of Mass Communications at Tech, said that Mrs. Stone edited news stories for length but did not change wording.

“The style is strictly 1876,” he said. “Length had to be cut to allow variety.”

Each column contains about 10 items, and the first reports happenings 100 years ago in Fort Worth, Waco, Houston, Galveston, Brenham, Navarro County, and Nacogdoches County. The final item in each column is an advertisement. During the week of Jan. 23-30, 1876, readers of the Galveston Daily News were tempted by this:

“Of all the saws that you ever saw, saw, you never saw a saw saw like those saws at Manuel & Company.”

While we are celebrating

the national Bicentennial,” Dr. Ross said. “we think Texans will enjoy looking back to the American Centennial as seen across their own state.”

The number of living veterans who served during World War I—originally over 4.7 million—has fallen below the one million mark, the Veterans Administration reported.

The Veterans Administration hired 1,207 handicapped persons in 1974. This represented 17.5 percent of the total federal number of handicapped hired for the year.

LOOK WHO'S NEW IN THE CRIB SET

Mr. and Mrs. John Martin of Rochester announce the birth of a daughter, Shawna Amber, born in Hendricks Memorial Hospital on Dec. 14, 1975, weighing 8 lbs., 6 1/2 oz. Maternal grandparents are Mr. and Mrs. L. C. Marshall, great grandparents are Mr. and Mrs. L. E. Marshall and Mrs. Janet Parr all of Plainview. Paternal grandparents are Mr. and Mrs. Forrest Martin, Red Springs, great grandmother, Mrs. Ethel Barnes of Sherman.

B&PW To Meet

There will be a business meeting of the Business & Professional Women's Club on Tuesday, Jan. 6 at 6:30 p.m. in the City Cafe. A business meeting has not been held for some time and members are urged to be present.

HERE'S TO YOUR HEALTH
from
Doyle High



To avoid anemia, caused by iron deficiency, infants, growing children, and child-bearing women should have iron-rich foods. Meat, fresh green vegetables, beans, nuts, and whole grain cereals are the best sources of iron. Beef liver, eggs, oysters, and shrimp and particularly rich in iron.

OATES Drug
PHONE 864-2512 HASKELL

Tuesday, Jan. 6

9 99¢

KING SIZE WALLET CREATIVE COLOR PORTRAITS FOR ONLY



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Bring Your Prescriptions to OATES!**

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6 Oz. NYQUIL
\$1.29

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99¢



\$6.50 Value Heat Pad
\$3.79



20 Oz. Listerine Antiseptic
\$1.19



5 Oz. Ultra Brite Toothpaste
73¢



8 Oz. Wella Balsam Hair Conditioner
99¢



9's Schick Super II
\$1.39



2 Pack / Size C or D Eveready Battery Heavy Duty
59¢

Extra Savings ON LONG TERM MEDICATION

OATES DRUG STORE

SAVE ON ALL YOUR DRUG NEEDS

- DELIVERY SERVICE
- 30 DAY CHARGE
- PRESCRIPTION RECORD SERVICE
- 24 HOUR EMERGENCY SERVICE
- MASTER CHARGE
- FAST, DEPENDABLE SERVICE
- HEALTH AID RENTALS

Doyle High, Owner
Phones: 864-2515 - 864-2815

JANUARY CLEARANCE SALE

Starts Friday Jan. 2nd

1 Group Mens Suits Values to \$150.00	\$79.95
1 Group Mens Suits Values to \$120.00	\$69.95
Broken sized suits Values to \$120.00	\$25.00
Mens pattern sports coats Values to \$80.00	\$35.00
Solid Colored Mens Sport Coats Values to \$85.00	\$50.00
All Winter Coats Mens and Boys	1/3 Off
1 Group Sweaters	1/3 Off
Boys Suits and Sports Coats	1/3 Off
Boys Shirts	1/3 Off
Boys Sweaters	1/3 Off
1 Lot Mens long Sleeve Knit Shirts	1/2 Price
Mens Dress Shirts	1/4 Off

All Sale Merchandise Cash
Alterations extra on Sale Merchandise

The Dad 'N Lad Shop

HASKELL

M SYSTEM

Your FRIENDLY
SUPER MARKETS

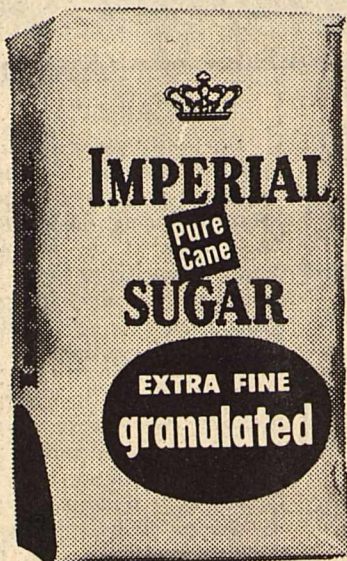
112 N. AVE. D HASKELL, TEXAS
"WHERE YOUR DOLLAR BUYS MORE"

MAKE NOTE OF THIS...
Start The New Year Right
By Shopping & Saving At M System!



DOUBLE
S & H GREEN STAMPS
WEDNESDAYS
With The Purchase
Of \$2.50 Or More

SPECIALS GOOD
FRIDAY &
SATURDAY
JAN. 2 & 3



IMPERIAL PURE CANE SUGAR

5 LB. BAG \$1.09



VIVA TOWELS

Jumbo Roll 49¢

SLAB SLICED
BACON LB. \$1.39

SIRLOIN
STEAKS
lb. \$1.49

CUDAHY
READY TO EAT
HAM
3 LB CAN \$5.99

HERSHEY'S
Instant 1 LB CAN 89¢
Cocoa MIX

TONY'S PIZZA

ALL FLAVORS
EACH \$1.39

SALT JOWLS
LB. 69¢

BIG K
BISCUITS
8 CANS 89¢

DEL MONTE WHOLE
GREEN BEANS
3 16-OZ. CANS 89¢

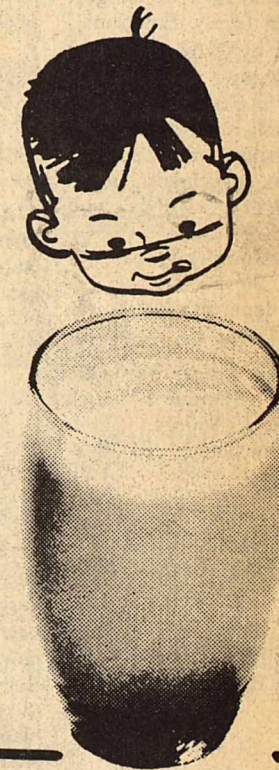
TENDER
PORK ROAST
LB. 98¢

BEEF RIBS lb. 59¢

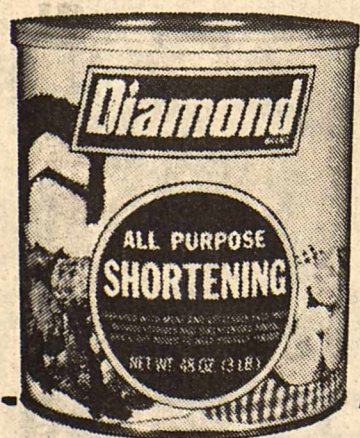
MARYLAND CLUB
COFFEE 3 LB CAN \$3.79
IN DECORATOR CANISTER

KOUNTRY FRESH
COTTAGE CHEESE
16 OZ. CTN. 59¢

KOUNTRY FRESH
MILK
GALLON PLASTIC JUG \$1.59
NO RETURN



MARYLAND CLUB
INSTANT DECAFINATED
COFFEE 4 OZ JAR \$1.29

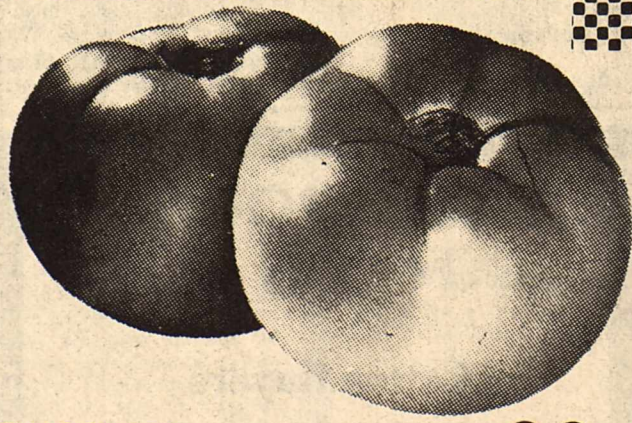


DIAMOND
SHORTENING
3 LB. CAN \$1.29

MORTON HOUSE
CHILI
15 OZ. CAN 59¢

KOUNTRY FRESH
ASSORTED DIPS
3 8 OZ. CTNS. \$1.

VINE RIPE SALAD
TOMATOES
lb. 39¢



BIG K
FLOUR 25 LB. BAG \$2.99
HORMEL
VIENNA SAUSAGE 3 5 OZ. CANS \$1.
LIPTON'S
INSTANT TEA 3 OZ. JAR \$1.29
MRS. BAIRD'S
BUTTER RINGS 12 1/2 OZ. PKG. 59¢
NU-SOFT
BATHROOM TISSUE 4 ROLL PAK 59¢
LIQUID
MAALOX 12 OZ. BOTTLE \$1.39
BRECK
HAIR SPRAY 11 OZ. CAN 89¢

Grapefruit TEXAS SWEET RUBY RED 5 FOR 99¢
Potatoes U.S. NO. 1 RUSSETS 10 LB. BAG 89¢
SUNKIST ORANGES 4 LBS \$1.00
Fresh Carrots 2 LB. BAG 39¢

