









# The 'Book' Report

By SHARON BOOK

## WEIGHT LOSS AND CLOTHING

Look your best while losing weight by planning your wardrobe with weight loss in mind.

### BE REALISTIC

Begin determining your clothing needs by being realistic about yourself. How much weight do you plan to lose? Will you be able to maintain your weight loss? Will you exercise to firm up inches? Where will you more than likely lose most?

Losing weight is better news for your wardrobe than gaining. Alterations are more successful when "taking in" opposed to "letting out."

Existing seams can usually accommodate one size smaller. Looseness is more comfortable, attractive and controllable than binding, pulling and extreme tightness.

### PLANNING

Planning is essential to avoid spending too much on clothing that might fit for a very short time.

Before buying anything new, take an inventory of what you have. Get rid of everything that doesn't have make-over possibilities.

While losing weight, keep your wardrobe to a minimum. Separates are the key especially since different parts of the body may change sizes at different times.

Coordinate individual pieces with garments that can still be worn and replace components as needed. Stick with basic colors and patterns that can be varied with tops and accessories.

### BUYING

When buying a new item, buy one that fits. Don't buy

"too small" as an incentive. Consider that some designs will fit for a longer time than others. Garments that wrap, hang from the shoulder and without a defined waistline are usually more adaptable.

Alterations are easier on garments with simple seams, soft gathers, and without lining and topstitching.

# Vera Happenings

By MRS. THELMA COULSTON

Sandy Gore, a student at WTSU in Canyon, spent the weekend with her parents, Mr. and Mrs. Hollis Gore.

Rev. and Mrs. Douglas Crow were recent business visitors in Lubbock and visited with their son, Morris at Texas Tech University.

Mrs. Willie Jennings of Rule is spending a few days in the home of her daughter, Mr. and Mrs. George McKinney. Mrs. McKinney and Mrs. Jennings spent Thursday with Mrs. Minnie Robeson and Mr. and Mrs. R. D. Alexander in Rule.

Weekend visitors in the Harold Beck home were Mr. and Mrs. Kent Beck and Josh of Duncan, Okla., and Debrah Beck of Denton.

Jonna and Jim Nelson of Seymour spent the weekend recently with their grandmother, Mrs. Maddie Hardin.

Mrs. Jerrell Trainham and Mrs. Carl Coulston were business visitors in Wichita Falls, Tuesday.

Mr. and Mrs. Bob Haston of San Antonio visited Friday and Saturday with

## Rehab '80 Telethon January 26

The support continuing treatment for the handicapped of the Southwest, the West Texas Rehabilitation Center will hold its tenth annual telethon, Rehab '80, from 8 p.m. until 3 a.m., January 26-27. KRBC Abilene will televise for this area.



SHARON HENDRIX

## Local Girl On Honor Roll At MSU

Sharon K. Hendrix, daughter of Mr. and Mrs. Kenneth Hendrix of Munday, and student at Midwestern University in Wichita Falls, has been named to the University honor roll for the fall semester.

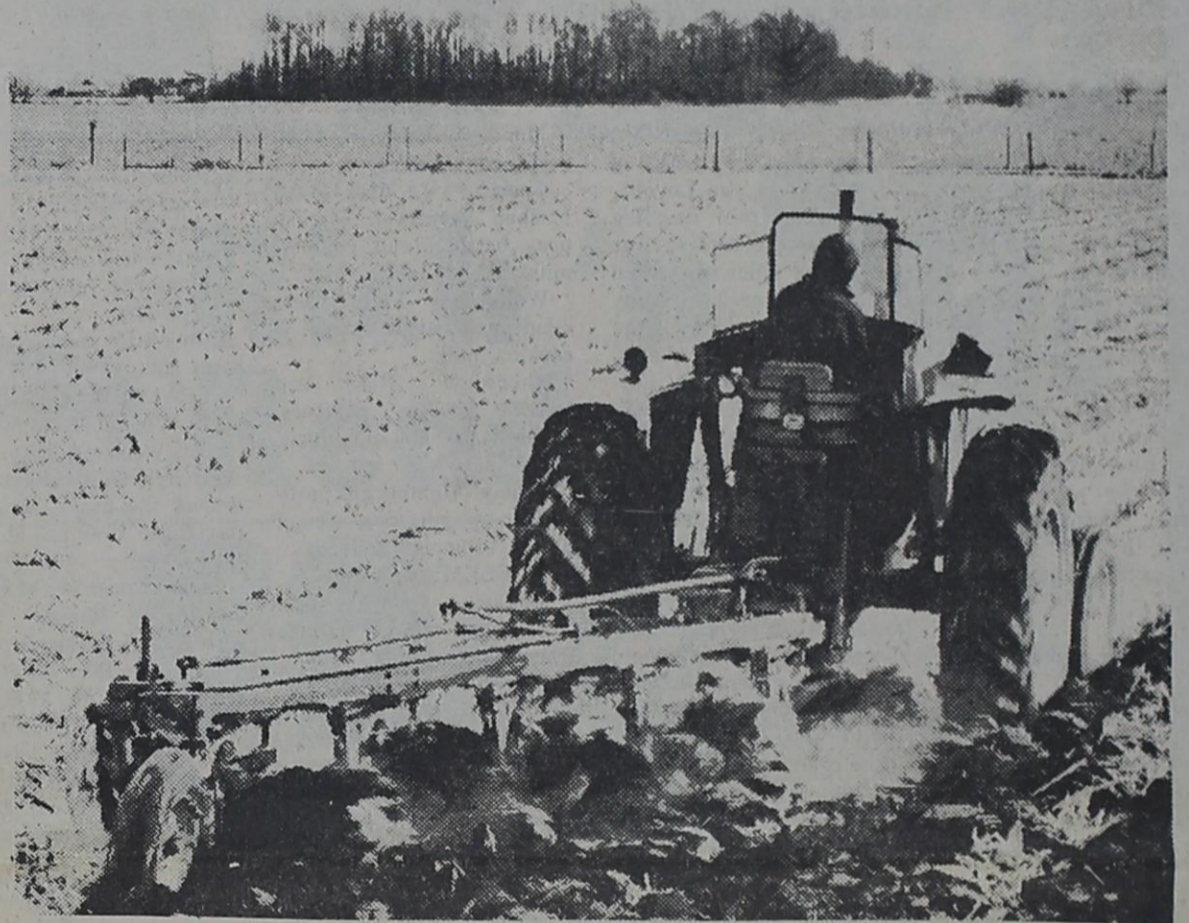
Those meeting the requirements for the University honor roll made a minimum grade point of 3.5 on a 4.0 system and no grade below a "C" on at least 15 semester hours.

## Mr. Allsup Appointed Director

Lonnie Allsup, president and founder of Allsup's Convenience Store, Inc., has been appointed to the Board of Directors at Affiliated Foods, Inc., a wholesale coop food distributors, located in Amarillo.

He started his first store in 1956 in Roswell, N. M. and his chain now numbers 167 stores in Texas, Oklahoma and New Mexico. Allsup's plans are to expand by an additional 25 stores within 1980.

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We are staffed to offer you first rate service in financing your agricultural credit needs.

We now offer budgeted agricultural loans which allow you to plan ahead and finance your annual credit needs. After approval, funds may be deposited as needed directly to your checking account. Or simply phone the bank and funds will be advanced on your "line of credit note".

We also offer finance plans on agricultural machinery and vehicles geared to the annual repayment capacity of your agricultural operation.

We welcome you to come by and visit with our loan officers to discuss your agricultural credit needs.

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# ALLSUP'S

CONVENIENCE STORES

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PRICES EFFECTIVE JANUARY 24-26, 1980  
SPECIALS GOOD WHILE SUPPLY LASTS!  
LIMITED SUPPLY!!

KRAFT AMERICAN CHEESE \$1.39 12 OZ. WHY PAY MORE

ALLSUP'S ASSTD. ICE CREAM \$1.29 1/2 GAL. RD. CTN.

BORDEN'S HI-PROTEIN MILK 1/2 GAL. CTN. 99¢

ALLSUP'S MILK GAL. \$1.89

BORDEN'S CHOCOLATE MILK QT. 59¢

BORDEN'S FUDGE OR FROSTY POPS 12 CT. PKG. \$1.19

MORTON'S HONEY BUNS 9 OZ. PKG. 69¢

## - COOKED FOOD SPECIAL OF THE WEEK -

BURRITOS 3 \$1.00

MORTON'S BEEF / FRIED CHICKEN / MEATLOAF / SAL. STEAK / TURKEY T.Y. DINNERS YOUR CHOICE PKG. 79¢

MORTON'S FRIED CHICKEN 2 LB. BOX \$2.99

MORTON'S BEEF / CHICKEN / TURKEY POT PIES 8 OZ. PKG. 39¢

ALLSUP'S \$00.00 TO \$200.00 MONEY ORDERS 19¢ EA.

SHURFINE COFFEE 1 LB. CAN \$2.64

FOUNTAIN COCA-COLA 16 OZ. CUP 25¢



BONELESS DRY CURED SHURFRESH FULLY COOKED

## Half Hams

3-4 LB. AVERAGE **\$1.99** LB.

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GOOCH GERMAN BRAND SMOKED

## Sausage

12 OZ. PKG. **99¢**



# HEAVY GRAIN FED BEEF BLADE CUT

## Chuck Roast

**\$1.19**  
LB.

HEAVY GRAIN FED BEEF BONELESS **\$1.69**  
Chuck Roast LB.

### Meat Specials

HEAVY GRAIN FED BEEF CENTER CUT **\$1.59**  
7-Bone Roast LB.

HEAVY GRAIN FED BEEF LEAN **\$1.89**  
Stew Cubes LB.

3/4 Pkg. A Whole **Fryers 55¢**

SHURFRESH REGULAR **Franks** 12 OZ. PKG. **89¢**

SHURFRESH REGULAR **Sliced Bologna** 12 OZ. PKG. **99¢**

HORMEL'S PORK LINK SAUSAGE **Little Sizzlers** 12 OZ. PKG. **99¢**

FRESH WATER **Catfish Steaks** LB. **\$1.69**

TEXIZE 16 OZ. CAN **SPRAY N WASH** **\$1.29**

ALL PURPOSE 64 OZ. **FORMULA 409 CLEANSER** **\$1.89**

WOLF-NO BEANS **Chili** **\$1.09**  
19 OZ. CAN

HUNT'S YELLOW CLING HALVES SLICES **Peaches** **63¢**  
29 OZ. CAN

BETTY CROCKER ASSTD. LAYER SUPER MOIST

## Cake Mixes

18 OZ. BOX **69¢**

ORANGE DRINK **Rich 'n Ready** **79¢**  
GAL. JUG

DETERGENT **Ivory Liquid** **99¢**  
22 OZ. BTL.

ZEE BATHROOM TISSUE **Nice 'n Soft** **89¢**  
4 ROLL PKG.

had a busy day? call us for your dinner

one quick phone call and you'll have juicy, golden

## BROASTED CHICKEN

ready for your table... in just minutes

You don't have to lift a finger (except to dial 436-2861). Quick as a wink, all the luscious BROASTED CHICKEN your family can eat will be ready for you. Juicy and tender.

Dairy And Frozen Food

MORTON REGULAR SALS STK/ FRIED CHICKEN/ MEAT LOAF/ TURKEY **2 11 OZ. PKG. \$1**

ORE IDA CRINKLE CUT **Potatoes** 2 LB. BAG **89¢**

SHURFINE FROZEN ORANGE **Juice** 2 6 OZ. CANS **79¢**

BIG COUNTRY BUTTERMILK **Biscuits** 4 5 CT. CANS **\$1**

LIGHT SPREAD **Parkay** 2 LB. BOWL **\$1.29**

SHURFRESH AMERICAN INDIVIDUAL SLICED **Cheese** 12 OZ. PKG. **\$1.39**

LAUNDRY **Bold 3 Detergent** **\$1.59**  
49 OZ. BOX

KING SIZE **Era Liquid** **\$2.79**  
64 OZ. BTL.

SOLID STICK DEODORANT - 50% OFF

**Sure** REG UNSCENTED **\$1.19**  
2 OZ. STICK

THANK YOU FOR SHOPPING WITH US AT VENTURE FOODS

Grocery Specials

HUNT'S **Spinach** 3 13 1/2 OZ. CANS **\$1**

SHURFINE WHITE/YELLOW **Hominy** 3 16 OZ. CANS **89¢**

HUNT'S TOMATO **Juice** 3 13 1/2 OZ. CANS **79¢**

ASSORTED **Soup Starter** 6.8 OZ. SIZE **99¢**

PILLSBURY HUNGRY JACK LB. PKG. **Instant Potatoes** **89¢**

GERBER STRAINED FRUITS & **Vegetables** 5 ASSTD. JARS **\$1**

POPSRITE YELLOW **Popcorn** 2 LB. BAG **63¢**

BREAKFAST CEREAL **Wheaties** 12 OZ. BOX **69¢**

KRAFT REAL **Mayonnaise** 16 OZ. JAR **79¢**

SHURFINE CAN **DIET CHERRY COLA** **10¢**

MIX OR MATCH

**Tangerines** CALIFORNIA ZIPPER SKINS

**Lemons** CALIFORNIA SUNKIST

**Apples** WASHINGTON RED DELICIOUS

**Pears** WASHINGTON D'ANJOU

**39¢** LB.

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NO. 1 RUSSET **Potatoes** 5 LB. BAG **55¢**

TEXAS GREEN **Cabbage** LB. **12¢**

YELLOW SPANISH SWEET **Onions** 2 LBS. **25¢**

WE RESERVE THE RIGHT TO LIMIT PRICES EFFECTIVE JANUARY 24-26, 1980

# TRAINHAM VENTURE FOODS

GOREE TEXAS PHONE 436-2861

SOLE S&N GREEN STAMPS WEDNESDAY WITH \$2.50 PURCHASE OR MORE









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Now you can collect a beautiful set of china through this exclusive offer. Each week a different place setting piece will be featured at this special price and purchase requirement.  
Matching accessories are also available to complete your collection. Each accessory is available throughout the program with no purchase requirement!  
**THIS WEEK'S FEATURE ITEM: DESSERT DISH 89¢ EACH**  
with each \$3.00 Grocery Purchase

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

**SPECIALS GOOD THUR., FRI., SAT., JAN. 24-25-26**

SHURFRESH  
**BACON**  
1-Lb. Pkg. **99¢**

Shurfresh Cheese  
**SPREAD**  
2-LB. **\$1.99**

FRESH  
**Calf Liver**  
LB. **79¢**

GOOCH  
**GERMAN SAUSAGE**  
12-OZ. PKG. **99¢**

**Owens**  
Country Style Sausage  
Reg.-Hot-Mild  
**OWEN'S COUNTRY SAUSAGE**  
2-Lb. Bag **\$2.39**

**GOLDEN DELICIOUS APPLES**  
**15 For Only \$1.**

**YELLOW SQUASH**  
3 LBS. **\$1.00**

**CRISP RADISHES**  
BAG **10¢**

**BAMA GRAPE JELLY**  
2-Lb. JAR **98¢**

**Lightcrust FLOUR**  
5 POUND BAG **89¢**

**U.S. NO. 1 RUSSET POTATOES**  
5 LB. BAG **59¢**

**Tide**  
Tide In...Detergents

**Hunt's Tomato Sauce**  
8-oz. CANS  
**5 For \$1.**

**Jewel**  
PURE SHORTENING  
New! Pre-Creamed  
**JEWEL SHORTENING**  
42-oz. CAN **\$1.39**

**DEL MONTE GOLDEN CORN**  
Whole Kernel or Cream Style  
3 Cans **\$1.**

**ONION PLANTS**  
WHITE, YELLOW or RED  
**3 FOR \$1.**

**ZEE TOWELS**  
JUMBO ROLL **69¢**

**SHURFINE COFFEE**  
1-POUND CAN **\$1.99**  
Limit 1 with \$10.00 grocery purchase or more.

**Milk Mate**  
Chocolate Flavored Syrup  
20-oz. Size **\$1.39**

**SWIFT'S VIENNA SAUSAGE**  
5-oz. CANS **2 89¢**

**DUNCAN HINES CAKE MIXES**  
Asst. Kinds **79¢**

**DEL MONTE SWEET PEAS**  
3 17-oz. CANS **\$1.**

**SHURFRESH Mellorine**  
½-Gal. Assorted Flavors, Limit 2 **48¢**

**CHICKEN OF THE SEA TUNA**  
6½-oz. Can **79¢**

**LIPTON INSTANT TEA**  
4-oz. CANISTER **\$1.99**

**Rainbow Hamburger Dill Slices**  
QUART JAR **89¢**

**HUNT'S KETCHUP**  
44-oz. BOTTLE **98¢**

**CASCADE**  
65-oz. Box **\$1.99**

