

- Methodist News -

The meeting of the Commissions that was originally set for last Monday was postponed and will meet this coming Monday at 7:00 P. M. Mae Austin and Lynette Taylor attended Junior Camp this week at Ceta Canyon.

The W.S.C.S. met Tuesday at the home of Mrs. Webb Taylor.

The Sacrament of the Lord's Supper will be celebrated Sunday morning during worship.

The Rev. Kenneth Metzger returned to Wichita Falls Monday morning. His wife, who recently underwent major surgery there, was scheduled to leave the hospital Monday. The pastor reported that Mrs. Russell Lyles, Mrs. Metzger's mother, who lives at Archer City

and has been caring for the Metzger's baby, was ill and faced possible hospitalization herself.

- FLOMOT NEWS -

Guests in the home of Mr. and Mrs. Art Green Sunday, June 17, were Mr. and Mrs. Tommy Rice and baby of Hale Center, Danny Green of Plainview and his fiancée, Miss Donna Payne of Silverton, Mr. and Mrs. Joe Edd Helms and children, Mr. and Mrs. Phil Green

and Carlita of Berger and Mr. and Mrs. Roy Calvert of Abernathy. Little Miss Kellie Ann Green went home with her sister and family, the Tommy Rice's and spent the week.

Mrs. J. L. Speer, Mrs. Ralph Stapleton, Mr. and Mrs. C. W. Bond and Mr. and Mrs. James Monk attended funeral services at Floydada for A. C. Jackson, June 17.

FACTS ABOUT THE FOURTH

American colonists were simply taking a page out of English history when they declared their independence on July 4, 1776. Many of the ideas contained in the Declaration of Independence had been used by the English to justify their own revolution of 1688, explains World Book Encyclopedia. "The Glorious Revolution," as the English call it, sent James II fleeing to France and brought to the throne William and Mary. It also resulted in a bill of rights

that reads suspiciously like the forerunner of the American Declaration.

The "self-evident truths" and "unalienable rights" noted in the Declaration, for example, recall the "true, ancient, and indubitable rights" of the English document. Both complained about taxes, although for different reasons, and condemned the maintenance of a standing army.

While the Americans studied their history books, however, the British ignored the lesson — with the result that another glorious revolution rocked Great Britain and a new nation was born.

The forerunner of Uncle Sam was Brother Jonathan, reports World Book Encyclopedia. During the Revolutionary War any patriotic American was called Brother Jonathan, after Jonathan Trumbull, an ardent patriot and governor of Connecticut. Later the name was used to refer to the nation as a whole.



Sisters Bonnie and Margaret Rogers, members of the Six Flags Over Texas guest relations staff, are poised and ready to perform part of their daily duties, which includes the surveying of guests as they leave the Park. The samplings taken enable Six Flags management to assemble statistics which are used in making the magnetic tourist attraction one that is pleasurable to everyone.

ATTENDANCE HITS 200,000 AT SIX FLAGS

As predicted by Angus G. Wynne, Jr., president of Great Southwest Corporation, Six Flags Over Texas has emerged in just its second season of operation as one of the nation's major tourist attractions with attendance to pass the 200,000 mark this week-end.

As of Thursday, June 14, the recorded attendance reached 188,729. This figure was compiled during the 33 days that the 110-acre Park has been in operation since opening April 20. Six Flags, located midway between Dallas and Fort Worth, operated on week-ends only until May 30 and then commenced a daily operating schedule. Conservative estimates for this week-end (June 15-17) indicate an additional 22,000 visitors, which will boost the total attendance well beyond 200,000 for the season thus far.

Most pleasing to Park officials is the increased

number of visitors coming to Six Flags from outside the state. In a random sampling taken by the Park's Guest Relations Department of 1,000 guests over a 20-day period, it was found that of this number, 14.9 per cent were from beyond the borders of the Lone Star State. This represents an increase of 7 per cent as compared to 1961.

The sampling also indicated that 41 per cent were from Dallas or Tarrant County while 44.1 per cent were from cities in Texas outside of the Dallas-Fort Worth area.

Projecting the 14.9 per cent figure on out-of-state visitors into the heavy tourist months of June, July, August and early September, during which this percentage should increase substantially, Six Flags may draw upwards of 300,000 visitors from outside the state based on an estimated attendance of 1.5 million in 1962.

THE BANK WILL BE CLOSED

Wednesday, July 4th

In Observance of Independence Day

We hope that you can arrange your Banking business in order that you might not be inconvenienced in any way.

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Heart Patients Improve With Weight Loss Under Doctor's Supervision

Overweight patients with heart or peripheral vascular diseases can achieve long-term weight reduction and maintenance of the weight loss conveniently, predictably and safely with the use of Metrecol, according to a medical report in the Journal of the American Geriatric Society. Dr. H. J. Roberts, of West Palm Beach, Florida, reported results on 78 private outpatients who were under treatment for serious organic cardiovascular disorders. Several were also suffering from other diseases. All were overweight. The reduction of blood pressure by weight reduction alone was striking in several patients, according to Dr. Roberts, and in many others he noted a decrease, in varying degree, of the serum cholesterol level. Prothrombin (clotting) time, in several patients receiving long-term anticoagulant therapy for coronary heart disease, remained "virtually unchanged" during Metrecol weight reduction. Many patients with associated diseases ranging from diabetes to ulcers exhibited, with weight loss, simultaneous improvement of these conditions as well as improvement in the cardiovascular disease. The weight loss in Dr. Roberts' patients ranged from one to 10 pounds after one week, from six to 22 pounds after one month, and from six to 24 1/2 pounds after six weeks. After an initial period on Metrecol alone, many patients had usual food at certain specified meals. According to Dr. Roberts, "The loss of from one to three pounds per week until the ultimate goal had been reached, was considered satisfactory. A surprising number of patients were able to reach this goal with relative ease, including several inactive cardiac patients." Dr. Roberts' paper stresses the importance of the physician in weight reduction for patients with cardiovascular and other diseases that may be complicated by overweight. An unsupervised weight reduction program by such individuals could disturb the body's metabolic balance and cause serious medical complications.

The midnight ride of Paul Revere was only one of that patriot's contributions. He cast bullets and cannon during the Revolutionary War, designed and printed the first issue of Continental paper money, and built the first copper-rolling mill in the United States, according to World Book Encyclopedia. The British sang "Yankee Doodle" to poke fun at American colonists. But the Americans adopted the song and made it popular throughout the colonies, reports World Book Encyclopedia and played it as the British left after the surrender at Yorktown. A traffic safety expert was astounded to find his name in the obituary column of his hometown newspaper, reportedly the victim of a traffic crash. He called his editor to object. "And where," his editor asked, "are you calling from now?" Texas doesn't have quite all the traffic hazards known to man. For instance, Australian motorists are troubled with kangaroos scrounging for food along the roads at night. Suggested new commandment for motorists: "Thou shalt not steal the other driver's part of the road." Advice to pedestrians: Wait a bit, and you won't get hit! — Try A Tribune Want Ad —

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WE'RE CUTTING YOUR COSTS LIKE CRAZY!
SHURFINE — All Gr. Cut ASPARAGUS SPEARS — 300 — 4 for \$1.00
SHURFINE BEANS & POTATOES — 303's — 6 for \$1.00
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SHURFINE CATSUP — 14 oz. — 5 for \$1.00
SHURFRESH — 6 oz. CHEESE — Amer.-Pimiento—Sli. — 4 for \$1.00
SHURFINE COFFEE — Drip or Reg. — 1 lb. \$.59
SHURFINE CORN — W K Golden 303's — 7 for \$1.00
LIQUID ENERGY DETERGENT — 22 oz. \$.39
ROXEY DOG FOOD — No. 1 — 13 for \$1.00
SHURFINE FLOUR — 10 lb. bag — \$.75
SHURFINE FRUIT COCKTAIL — 303's — 5 for \$1.00
SHURFINE GRAPE JELLY — 18 oz. — 3 for \$1.00
SHURFINE GRAPE JUICE — 24 oz. — 3 for \$1.00
SHURFINE LEMONADE — Frozen—6 oz. — 9 for \$1.00
SHURFINE LUNCHEON MEAT — 12 oz. — 2 for \$.85
SHURFRESH MARGARINE — 1 lb. — 6 for 1.00
SHURFINE MILK — Canned No. 1 — 8 for \$1.00
SHURFINE MUSTARD — 16 oz. — 2 for \$.35
SOFLIN NAPKINS — White Paper—80 ct.— 2 for \$.25
SHURFINE — 4 1/2 oz. OLIVES — Thr. Stuffed Manz. — 2 for \$.69
SHURFINE ORANGE JUICE — Frozen—6 oz.—7 for \$1.00
SHURFINE — Halves or Slices — No. 2 1/2 cans PEACHES — Elberta — 4 for \$1.00
SHURFINE — BARTLETT PEARS — Halves — 303's — 4 for \$1.00
SHURFINE — Hamburger Sliced Dill PICKLES — 16 oz. — 4 for \$1.00
SHURFINE PICKLES — Sweet — 22 oz. \$.39
SHURFINE PORK & BEANS — 300's — 9 for \$1.00
SHURFINE POTTED MEAT — 5 1/2 oz. — 7 for \$1.00
SOFLIN TOILET TISSUE — Rolls — 12 for \$1.00
SHURFINE — 6 1/2 oz. TUNA—Chunk Style—6 1/2 oz. — 4 for \$1.00
SHURFINE SALAD DRESSING — Quart \$.39
SHURFINE VIENNA SAUSAGE — 4 oz. — 5 for \$1.00
ASSORTED — Bologna — Cheese — Pickle — Pimiento COLD CUTS — 3 lbs. for \$1.19
BORDEN'S — Assorted Flavors MELLORINE — half gallons — 3 for \$1.00
GRAPES — Cardinal — lb. \$.29
WHITE POTATOES — 10 lb. bag — \$.59
DOUBLE BUCCANEER STAMPS TUESDAY — CLOSED the 4th

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