

Specials for March 29-30

KIMBELLS			
TOMATOES	303 can	25¢	
TASTE O' THE WEST			
SLICED PEACHES	2 1-2 can	43¢	
DEL MONTE			
GREEN BEANS	303 can	29¢	
KIM			
PAPER TOWELS	twin pack	49¢	
PLUS DEPOSIT			
COKES	King Size	49¢	
FRUITS AND VEGETABLES			
BANANAS	pound	9¢	
LETTUCE	pound	19¢	
GRAPEFRUIT	Texas Red lb.	13¢	
CABBAGE	pound	9¢	
MEAT SPECIALS			
ROUND STEAK	lb.	\$1.43	
CLUB STEAK	lb.	\$1.09	
CHUCK ROAST	lb.	89¢	
GROUND BEEF	lb.	89¢	

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Double Buccaneer Stamps Wednesday

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Turkey, Texas

NATIONAL FHA WEEK IS
MARCH 31 - APRIL 6

The Texas Association of Future Homemakers of America will observe National FHA-HERO Week, March 31 through April 6. Using the theme IMPACT '74 the 68,000 Texas members will join some half a million young men and women across the country in demonstrating projects that are challenging, stimulating, and of real value to youth in preparation for future responsibilities.

"We have a new approach to program planning, Annette Reznik, State President, of Friona, pointed out. Working with our PROGRAM ACTION IMPACT kit is exciting. IMPACT was developed by youth and introduced to chapters this year by state and area officers. We analyze member concerns and then develop what we call 'in-depth' projects that are related to our home economics classroom study. Most people have no idea of what is taught in home economics classes today. They think of home economics as cooking and sewing and of Future Homemakers of America, as a part of home economics education, provides opportunities for us to learn, to know, to care and to do the things that help prepare us for future living."

Future Homemakers of America was founded June 11, 1945 as an incorporated nonprofit organization supported by membership dues. There are two types of chapters. FHA chapters place major emphasis on consumer education, homemaking and family life education combined with exploration of jobs and careers. HERO chapters, taking the name from home economics related occupations, place major emphasis on preparation for jobs and careers with recognition that workers also fill multiple roles and homemakers and community leaders.

Nationwide in membership and effort, Future Homemakers of America is co-sponsored by the U. S. Office of Education through the Division of Vocational and Technical Education and The American Home Economics Association. National Headquarters are located in Washington, D. C.

High school home economics teachers, members of the state home economics education staff and leading home economists serve as advisors to chapter, state and national youth officers, giving guidance and counseling to the program.

The annual state meeting of the Texas Association will be April 25-26 in the Convention Center, Dallas. More than 5,000 members and advisors are expected to attend.

Theme of the meeting is "Today's Concern - Tomorrow's IMPACT." Programs are planned to provide delegates further information and ideas about implementation of the new IMPACT program of work, which was first introduced last July at the National Meeting of Future Homemakers of America in Dallas.

Keynote speaker for the meeting will be Roger Staubach, Dallas Cowboy quarterback and popular youth speaker. Other highlights include an address by Vonda Van Dyke, former Miss America and popular entertainer, presentation

THE VALLEY TRIBUNE

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The Dan Davis' Honored at Shower

Mr. and Mrs. Dan Davis were honored with a wedding shower Saturday evening, March 23, 1974, from 6:30 to 8:00 o'clock in the home of Mrs. H. W. House in Turkey.

Hostesses were Meses. Arville Setliff, V. B. Williams, Jack Case, Smith Guest, J. T. Mullin, Jim Majors, Reddell Irby, James Lipscomb, B. J. Mullin, Jack House, Mike House and H. W. House.

Out-of-town guests were Mrs. Hack Harwood of Canyon; Mrs. Sonny Mullin, Levelland; Mrs. Mary Davis, Clarendon; Ruby Lois Crowell, Flomot.

Mr. and Mrs. E. L. Hill spent the weekend in Haskell visiting with their daughter and family, Mr. and Mrs. Jerry Weatherly and children, and attended the District III 4-H Food Show.

Mr. and Mrs. Buddy Holcomb of Amarillo visited in Turkey Sunday with his mother, Mrs. Reona Holcomb.

Mr. and Mrs. Alvin Proctor of Plainview spent the weekend in Turkey visiting with Mr. and Mrs. Doyle Proctor and family and Mr. and Mrs. Lowell Proctor and family.

Mr. and Mrs. E. L. Hill were presented with an Honorary Membership to non-members who have contributed their time and effort to the organization and a breakfast honoring members who are to be recognized at the meeting for their outstanding achievements in FHA.

Weekend guests of Mr. and Mrs. George Setliff were Mr. and Mrs. Cecil Gill, Mr. and Mrs. Ed Weames, Mr. and Mrs. John Rock, Mr. and Mrs. E. E. Sultz and Mr. and Mrs. Joe Sims, all of Pampa.

Jurhee and Miste Stone, daughters of Mr. and Mrs. Clyde Stone of Lubbock, are spending the week visiting with their grandparents, Mr. and Mrs. Leroy Stone and Mr. and Mrs. Buck Lancaster.

Mr. and Mrs. Harold Wheeler and children of Clovis, New Mexico spent the weekend in Turkey visiting with his parents, Mr. and Mrs. E. G. Wheeler, and with the Billy Wheelers.

Max Pratt and Curtis Shelbourne of Amarillo spoke at both services at the Quitaque Church of Christ Sunday. They were guests for lunch with Mr. and Mrs. Donnie Brunson.

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GRAPEFRUIT JUICE	Kimbell	46 oz.		49¢
OXYDOL	Giant Box			79¢
CHARCOAL	STEAKHOUSE	10 lb.		89¢

GARDEN FRESH FRUITS AND VEGETABLES

WASHINGTON DELICIOUS APPLES	5 lb.	\$1	TEXAS RUBY RED GRAPEFRUIT	8 1/2	\$1
GOLDEN RIPE BANANAS	2 lbs.	25¢	SUNKIST ORANGES	Large Size	9 1/2
FIRM CRISP LETTUCE	lb.	19¢	PASCAL CELERY	lb.	19¢

U. S. CHOICE MEATS

CHUCK ROAST	Choice	Pound	79¢
CHUCK STEAK	Choice	Pound	89¢
ARM ROAST	Choice	Pound	98¢
GROUND BEEF	Fresh and Lean	Pound	89¢
STEW MEAT	Lean and Tender	Pound	98¢

LIPSCOMB'S GROCERY

Gunn Bros. Stamps - - Double Stamps Wednesday

Turkey, Texas

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Use Transplants For Early Gardens

"Use of transplants means an earlier harvest of most home garden vegetables," points out Jimmy

Vanstory, county agent for the Texas Agricultural Extension Service.

Transplanting allows plants to start growing in protected areas before the danger of frost is over. Starting your garden from transplants often avoids some of the hazards common to young seed-

lings, such as birds, insects, heavy rain, weeds and damping off, a fungal disease, notes Vanstory.

"Crops which are normally direct seeded in the garden include the root crops, beans, peas, corn and many vine crops, such as squash and cucumbers. Crops such as tomatoes, peppers and eggplant almost always do better when transplanted in the garden."

Whether you buy transplants or grow your own depends on whether you can buy the varieties you want and how you feel about starting from scratch.

If you grow your own transplants, then success will depend on a few basic requirements. You must have a disease-free growing medium. You must also be able to supply warmth and adequate moisture for seed germination. The plants must be grown in adequate light to result in stocky, healthy plants. And you should harden the plants prior to setting them in the garden.

"Almost any type container can be used to start seedlings. Cake pans, milk cartons or any container allowing for one to two inches of a good growing medium is adequate. A synthetic soil mix, such as a mixture of vermiculite and peat moss is ideal for germination of young vegetable seeds. Many home owners prefer to use the ready-made peat pellets or fiber pots for seed germination," says Vanstory.

Plant most seeds to a depth of about one-half inch. Water the seed and place the containers in an area where temperatures will remain between 75 and 85 degrees.

Place the seedling container into a plastic bag to prevent drying out. No additional watering is needed until the seeds have sprouted.

Once the seedlings have emerged, remove them from the plastic bag and keep them in full sunlight.

"After the young plants have reached the proper size for transplanting, it's always a good practice to 'harden' them before setting them in the garden. Place the young plants on a doorstep or patio for several days so they can adjust to outside conditions," suggests Vanstory.

When transplanting the young plants in the garden, plant them only slightly deeper than they were growing in the containers. Be prepared to protect the young plants from a late frost or from high temperatures and ripping winds. With care and attention, you will be enjoying fresh, nutritious and tasty homegrown vegetables in a short time, believes Vanstory.

Stockmen Warned About Sand Shin Oak Poisoning

Stockmen should be on the alert for sand shin oak poisoning in their livestock, points out Jimmy Vanstory, Briscoe County Agent for the Texas Agricultural Extension Service.

Sand shin oak is toxic to livestock when the plant first buds in the spring. And, with the plant be-

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Specials for March 29-30

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ginning to bud, stockmen should keep livestock out of pastures where sand shin oak is abundant, or they should take other steps to reduce losses from possible poisoning.

One such measure is to provide a good supplementary feed, explains Vanstory. A feed containing calcium hydroxide is more effective. Studies have shown that a feed containing 10 per cent calcium hydroxide (by weight) protects calves fed post oak free-choice. Post oak has toxins similar to shin oak.

The Texas Agricultural Experiment Station has developed a ration that has proved effective in warding off sand shin oak poisoning. It contains 600 pounds of ground alfalfa, 1,080 pounds of 14 percent cottonseed meal, 120 pounds of vegetable oil and 200 pounds of calcium hydroxide. The ration should be creep fed to cal-

ves, and cows should receive about four pounds a day, says Vanstory.

The agent notes that sand shin oak poisoning can be very serious in livestock if left uncontrolled. Annual losses in Texas have been estimated at more than \$10 million. And, with grazing conditions short in many counties this spring, livestock will be more prone to graze the toxic sand shin oak. So, be on the alert, Vanstory warns producers.

Mr. and Mrs. Barry Smith of Amarillo visited over the weekend with Mr. and Mrs. V. B. Williams and Mrs. W. A. Majors.

Marlane Gafford and her three nieces of Spearman visited over the weekend with Mr. and Mrs. Doyle Proctor and family.

L'Oreal

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