

THE ROPES PLAINSMAN

VOLUME XXXI—NO. 10

ROPEVILLE, HOCKLEY COUNTY, TEXAS

5c A COPY

THURSDAY, JULY 14, 1966

If there is an X in this box it is notice your subscription has expired and an invitation to renew.

TOMORROW'S ILLUSIONS

Homer Henderson

In spite of the fact that we can live only in the present moment, we all do a lot of thinking about tomorrow. Through plans and hopes and dreams, we spend countless hours in the future. Many aspects of American life are geared to our thoughts about the future: insurance programs, saving accounts, weather forecasts, social security, education, a list of coming attractions, and so on. Such responsible preparation for tomorrow helps us to live today without anxiety about the future.

However, we also harbor illusions about tomorrow. There is a world of difference between realistic planning for the future and unrealistic clinging to false expectations of what tomorrow will bring. Consider how often we fall prey to such illusions, false hopes about tomorrow which destroy life today. Let me suggest three which may be as familiar to you as they are to me.

First, the illusions that happen just around the corner, "Tomorrow, I'll be happy." Optimism of this kind would seem at first to be a worthwhile attitude, but too often it is accompanied by a miserable sigh. What we really mean to say is, "Today, I'm thoroughly unhappy." Whatever we say about tomorrow reveals how we feel about today, and usually tomorrow is more like today than our false expectations would have us believe. Happiness is never tomorrow. It is either making the most of today, or it is never.

Second, the illusion that our problems will soon be over, "Tomorrow, everything will be okay." How often we use this rationalization as an excuse for not doing anything about our problems today. I once knew a man who suffered from chest pains that grew worse and worse each day. Yet he refused to see a doctor always insisting that the pains would go away tomorrow. The pains finally did go away and so did he, permanently!

Third, the illusion that we have unlimited time, "Tomorrow, there will still be time." All of us know at least one fifteen letter word: PROCRASTINATION. None of us likes to put things off, but to varying degrees we all do. Sometimes the consequences are not serious, but many times they are. Consider the heartache of the person who sends expensive flowers to the funeral of a friend or a loved one to make up for the deeds and words of kindness which he failed to give while there was still time. Time, given to us only in the present, is so fleeting that we can neither stop it nor expect to possess it tomorrow.

The poet Samuel Coleridge must have been warning us of these illusions when he said, "In today already walks tomorrow". The only realistic way to face tomorrow is to live fully and responsibly every second of today. When Jesus counseled his disciples not to be anxious about tomorrow, he was calling them to be faithful in God's gift of the present: "Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day." (Matthew 6:34)

Class Reunion Is Held

The Class of 1961 met at the home of Mr. and Mrs. A. M. Armstrong July 9, 1966.

Those attending were Mrs. Don Crossland and Tamra of Renton, Washington, a friend, Kimy Brooks of Welch, Mr. and Mrs. Buford Moore, Kendra and Brian, Mr. and Mrs. Ronnie McNabb, Scott and Stacy, Mr. Gail Gregg, all of Ropesville, Mr. and Mrs. Jehue Price, Mr. and Mrs. Bob Drake and Robert, Mr. and Mrs. Roger Wallace, Curtis and James, Mr. and Mrs. Mikel Davis, all of Lubbock, Mrs. Norman Harrison, Jeanie, Tracie and Kim of Weatherford, Mr. and Mrs. Ronnie Jeffcoat of Morton, Mr. and Mrs. Marshall Taylor of Levelland, Mr. and Mrs. Roy David Spradlin and David of Seagraves, Mr. and Mrs. Clarence Davis and Scotty Ray of Odessa.

Letter, Card of Thanks

(The following letter was received this week by the Plainsman from J. E. Gardner of Edmonson.)

Edmonson, Texas
July 5, 1966

Ropes Plainsman
Ropesville, Texas

On November 4, 1938, my father, S. A. Gardner, passed away and you printed the following piece in your paper

CARD OF THANKS
We wish to take this method of expressing our sincere thanks and appreciation to our friends and neighbors for the kindness shown us on the occasion of the death of our husband and father, S. A. Gardner. But for your kind words and thoughtful deeds our hour of sadness would have been almost unbearable. We pray that should ever you be afflicted with a similar sorrow that you will find your selves among friends that will be as kind and thoughtful of you as you have been to us.

Please reprint this and add the following to it:
We wish again to say the same things to you wonderful

ATTEND REUNION

Mr. and Mrs. S. E. Whitener, Sammy and Louella Means, Shyrle Ann Harris, Janice Bradshaw, and Mr. and Mrs. M. R. Glenn, Calvin and Kyle, attended the annual Stanley Reunion, family of Mrs. Whitener, last weekend at the community building in the park at Childress.

Those present were: sister of Mrs. Whitener, Mrs. R. M. Toland, who celebrated her 70th birthday. She was honored with a surprise birthday party, gifts, and a cake with seventy candles; others present were Mr. and Mrs. R. M. Toland of Quanah;

Mr. and Mrs. W. N. Stanley, brother of Mrs. Whitener, and their son, Mr. and Mrs. Jimmy Stanley and daughter, Angie, of Pampa, brothers, J. O. Stanley and Mr. and Mrs. T. H. Stanley of Paducah, Mr. and Mrs. J. L. Stanley and Mr. and Mrs. Bobby Leggit, Robbie, Lesa and Stanley of Fort Worth;

And nephews, Mr. and Mrs. Kenneth West, Denise and Karen of Childress, Mr. and Mrs. Larry Grimes and Debbie of Tell, and Mr. and Mrs. Kermit Stanley, Maurice, Ray and Anette of Lubbock.

CARD OF THANKS

I would like to express my deep appreciation to each one for the prayers, flowers, visits cards, and many other deeds of kindness shown us during my recent illness. May God bless each of you.

Mrs. Truett Forbus

CLUBS TO MEET

The Ropes Home Demonstration Club and the Lockettville Home Demonstration Club will have a joint meeting Tuesday, July 19, at the Ropes School Cafeteria at 10:00 a.m. for a Craft Day.

Those interested in making grapes, or bird cages are urged to attend. Or if there is some other craft you would like to make that day, you may do so. Club members will be present to help with the crafts.

Each person should bring all materials or supplies to make the craft they have selected. Each one is asked to also bring a salad for lunch.

Refreshments will be served in the afternoon.

Everyone interested is invited to attend.

4-H CLUB MEETS

The 4-H Club met for its regular meeting Monday night July 11. President Lonnie Exum presided. Becky Carpenter led the club pledge and a business session followed.

It was reported that the club made \$24.00 from the sale of light bulbs.

The nomination committee made their report and the following officers were elected for the coming year:

President, Becky Carpenter
Vice-president, Floyd Morrow
Secretary, Marcia Ream
Reporter, Pam Ream
Recreation Committee, Kathy Hobbs and Pam Ream
Council Delegate, Paula McCormick
Alternate, Denise Carpenter
Program Chairmen, Louella Means and Iva Hobbs

Miss Norma Cates announced there would be a Yearbook Planning committee meeting July 25, time to be announced later.

Roy Alexander and Judy Reeves of Levelland made a report on Project Day which will be Saturday July 30, at the Womens Building in Levelland. The program begins at 9:00 a.m. All club members should attend if possible. Bring a pencil, paper, and a sack lunch.

The program was presented by Mr. Bennie White, representative of the Lyntegar Electric Co-Op. He showed slides and discussed proper and improper lighting for study areas. He then instructed the members as they made a wall lamp. Mr. White assists 4-H clubs with their electric programs and also works with demonstration teams.

Those present were Marcia and Pam Ream, Becky, Denise, Danny and David Carpenter, Lonnie Exum, Cookie Jordan, Carolyn White, Floyd Morrow, Kathy Hobbs, Louella Means, Mike Wilson, and the adult leaders.

Here are some dates that Ropes 4-H members will want to remember:

Week of July 18 - Electric Camp at Scott - Able, New Mexico.

August 1 - County Records to be judged.

August 9 - 4-H Records due in District Office.

August 11 - 4-H Records to be judged.

Reporter,
Pam Ream

CARD OF THANKS

I would like to say thanks for the many cards, flowers and visits during my stay in the hospital and since I have been at home that mean so much to one when sick and can't get around.

Mrs. Leon Lowrie

Nazarene Revival Soon



Revs. Dick and Lucille Law, preachers, singers, musicians, will conduct a revival July 20 through July 31 at 8:00 p.m. daily and at regular services

on Sundays at the Ropesville Church of the Nazarene.

Revs. Dick and Lucille Law of Bethany, Oklahoma, conduct the "old-fashioned" type of revival services.

Dick, with his trombone, leads the congregational song service while Lucille ably accompanies with evangelistic-style playing at the piano. The couple sing duets and solos. Poetry and effective musical readings are woven into their program.

Both members of this soul-winning team were trained in Nazarene schools. They are forceful, holiness preachers and God has blessed their work with thousands of seekers.

The church, pastor, and evangelists invite you to join them in this effort for a genuine revival.

K. Evans' Write Home

(Following is a letter from Mr. and Mrs. Kenneth Evans to Mr. and Mrs. Morris Wade. The Evans' are spending the summer months in the southern states.)

July 6, 1966
Dear Louise and Morris,

Will write a few lines to say hello, and hope you all are fine. You ought to see all this beautiful country.

We are at Merrouge, Louisiana now. We are just 20 miles from Arkansas and 53 miles from Mississippi.

We went to Arkansas Sunday and ate dinner. We are going to Mississippi over the weekend. We have been to the Gulf of Mexico. It sure is pretty. There is water just as far as you can see.

We have lived in three towns now, Kinder, for two weeks, New Iberian, and now at Mar rouge. We will be

CARD OF THANKS

Many thanks for the many cards, letters and flowers sent me during my two weeks stay in the hospital at Lubbock, and 84 days stay at the Santa Fe Hospital in Topeka, Kansas. To the many others who took care of my car, mowed my lawn, cleaned my house, and especially Mrs. Redford who got someone to clean my house and helped in so many ways. God bless you and should you ever be unable to do for yourself, may you be among people who will help as you have.

L. A. Town

HAS CAR WRECK

Curtis Don Means was involved in a car wreck last Saturday night in Lubbock. He had come to a stop, and was rammed from the rear, causing a total loss to the Pontiac he was driving. He nor his girl friend were seriously injured. Occupants of the other vehicle involved were given emergency treatment and released.

NOTICE

The Tax Board of Equalization for the City of Ropes met the first part of June, and will meet again Thursday, July 14 at the City Hall from 10:00 a.m. to 12:00 noon.

IN ROPES

Mr. and Mrs. J. R. Clemens of Ackerly visited Sunday morning in the home of Mr. and Mrs. W. E. Walling.

IN ABILENE

Mrs. C. T. McCormick and Paula are in Abilene this week visiting relatives.

moving again sometime next week. We are living in one of those old timey houses, it it two stories and we live in the upstairs apartment. We sure do like it.

We have been swimming on several weekends. They have a sandy beach at Kinder and the kids enjoyed it so much.

Have we had any rain at home? Sure hope we have.

You all should see all this pretty country. You would fall in love with it. It has the biggest tall pine trees that you have ever seen. We would like to live here.

We have been fishing four times. We caught some catfish. We are going to every place we can while we are here.

Well, I will close for now.

Lots of love,

Billie, Ken and kids

GUINN AT TEXAS A&I

Kingsville-Phillip W. Guinn off Ropesville, will be one of 35 participants at the fifth summer Institute in Physics at Texas College of Arts and Industries July 17 to August 26.

Texas A&I has been awarded a grant of \$30,960 by the National Science Foundation for support of the "Summer Institute in Physics for Secondary School Teachers," according to Dr. Olan Kruse, chairman of the department of Physics.

The 35 were selected on the basis of having a bachelor's degree, two years of high school teaching, and at least one year of high school physics teaching.

The purpose of the institute is to supplement training of such teachers with six weeks of intensive study in broad-based principles of classical and modern physics which will enable them to better meet the demands of their positions as physics teachers.

The courses to be offered are on the advanced undergraduate level and may count toward a second bachelor's degree or toward the master's degree. Graduate credit will be given in accordance with the rules governing graduate study at Texas A&I.

HAVE VISITORS

Mr. and Mrs. J. H. Roberson John and Joe have had as their visitors Staff Sergeant and Mrs. Aubrey Lee Roberson and Janet of the United States Air Force Academy in Colorado, Mr. and Mrs. Charles Roberson, and Mrs. Pearl Gordon of Lubbock.

Janet remained with her grandparents for a visit.

Marcia Ream 1st in Dress Revue

Miss Marcia Ream, daughter of Mr. and Mrs. John Ream, won first place in the County competition of the 4-H Dress Revue held Tuesday night at Levelland.

Rules of the 4-H Club state that anyone who has not been a member of 4-H for three years are not eligible to compete in the District finals.

Marcia has not been a 4-H member for quite three years, so the first alternate in the Senior Girls Division will represent Hockley County in the District Dress Revue to be held in Lubbock on Tuesday, August 2nd.

Marcia did receive the 4-H Plaque for the County, and will still retain County first

place honors. Denise Carpenter, daughter of Mr. and Mrs. Roy Carpenter, won first alternate for the County in the Junior Girl Division of the Dress Revue.

Other winners were as follows:

RED RIBBON WINNERS:

Becky Carpenter
Louella Meaney
Paula McCormick

BLUE RIBBON WINNERS:

Marcia Ream
Denise Carpenter
Pamela Ream

Adult leaders attending the Dress Revue were Mrs. John Ream, Mr. L. S. Rosser, Mrs. Sam Whitener, Mr. E. N. Exum, and Mrs. Roy Carpenter.

Tops Club Meets

The Ropes Kalorie Killers Tops Club met Thursday night with nine members and two guests present.

The meeting was called to order by co-leader Nell Hobbs. Prayer, pledge and the opening song followed. Secretary Betty Whitehead read the minutes of the last meeting, which were approved. A business meeting followed.

Wanda Allen won the basket for the most weight lost the week before.

Odesa Walling was crowned Queen for the most weight lost during the month of June. Nell Hobbs was runner-up.

It was decided to have a bingo party and salad supper next Monday night.

Guests present were Cozelle Amburn and Kathryn Jones; members present were Wanda Allen, Mable Hobbs, Nell Hobbs, Charlotte Smith, Ina Watson, Odessa Walling, Lillian Willis, Betty Whitehead, and Celeste Thomas.

Old Settlers Reunion Success

From beginning to end the Hockley County Old Settlers Reunion held at Levelland last Saturday was rated a huge success. Registering at 9 a.m. residents and visitors chatted around the square or over a cooling drink before watching a small but colorful parade at 11:00 and then traveled to the city park for a meal of barbecued ham, potato salad, cole slaw, beans and ice tea or coffee.

Chow time was spent in recalling old times and ended with a dress revue which was indeed interesting and colorful. Costumes ranged from a top hat and cut-away coat to bonnets and colonial costumes and plumed hats.

Following the dress parade, Early Settlers drove to the Courthouse Square for the day's program.

Among the first ones to settle in the County were the Walter Fraziers, Levelland, the F. W. Alexanders, now of the Surdown area, the Lee Cowans and the A. W. Blankenships of the Ropesville area, among others.

In the dress revue held during the noon hour, Mrs. L. A.

Robertson of Levelland was named most appropriately dressed woman. She came to Hockley County in 1924. Mrs. Robertson is the former Vivian Allen, daughter of Mr. and Mrs. Carl Allen of Ropes. She was attired in a costume seventy-two years old, which belonged to her great-grandmother.

Second place winner was Mrs. C. E. Hensley of Levelland, formerly Margaret Rosser, daughter of Mr. and Mrs. L. S. Rosser of Ropes. The apparel worn by Mrs. Hensley was sixty-five years old.

Roy Keller took the title of Best Dressed Man. He came to Hockley County in 1924.

Other participants in the dress revue were Mmes. Roy Keller, Sally Norfleet, Ernest Bogg, Jo McDonald, Jeff White, L. S. Rosser, Ola Mae Fowler, Mary Belle Haseloff and Azlee Martin.

It was announced that Early Settlers came from as far away as North Dakota, Illinois, California and Arizona, making the reunion an even greater success than anticipated.

WANTED TO BUY—

John Deere cotton duster. See any City Council member.

ATTEND REUNION

Mr. and Mrs. L. S. Rosser were among the many who attended and enjoyed the Hockley County Old Settlers Reunion at Levelland last Saturday.

NOTICE—

Would like to sew or baby sit. Call Smyer 2576, or contact Janet Ream.

VISITS PARENTS

Mrs. J. C. Whitfield and Barbara and Berrilyn Thomas of Lubbock visited Sunday in the home of her parents, Mr. and Mrs. Troy Morris.

RETURNS HOME

Mr. and Mrs. Sidney Price returned home Tuesday from a vacation in cool Colorado.

NOW AT HOME

L. A. Townsen is now at home after spending the past several months in a Lubbock and Topeka, Kansas, hospital.

The Plainsman, along with his many friends, are happy to see him up and around again.

VISIT HERE

Mrs. Doug Swanson and daughters, Barbara and Jane visited over Tuesday night last week in the home of Mrs. and Mrs. Bud Rucker and Gary Don.

ATTEND REUNION

Mr. and Mrs. B. J. Thomas and Irene were in Carlisle on Sunday where they attended a reunion of the Thomas-Toney family held at the clubhouse there.

ON JURY DUTY

J. W. Jackson is among those serving on jury duty in Levelland this week.

RETURN FROM TRIP

Mrs. Jessie Thomas, Mrs. Nina Hayslip, and Mrs. Ruby Hughes of Hereford returned home Tuesday from a very enjoyable vacation that took them through six states, New Mexico, Colorado, Utah, Idaho, Wyoming and Oklahoma.

They visited Yellowstone National Park where they took a scenic tour. They saw the geyser, and a huge Inn of the same name. They saw sixteen bears, and took many pictures.

A wonderful time was had in Salt Lake City where they attended Sunday service at the Mormon Tabernacle. Here they also visited the Capital building which houses the Governor's room, and is called the Gold Room.

A trip over the lofty Rocky Mountains was quite a treat. Here the snow was falling in beautiful, high flakes. When the group stopped their car and got out to make pictures, they nearly froze. They said the Rocky Mountains are almost higher than you can see.

RETURN HOME

Mrs. Ulys Gregg returned home this week from East Texas where she had been visiting relatives. Returning with her was her daughter, Mrs. Norman Harrison and children of Weatherford.

VISITS MOTHER

Mrs. Hazel Obannon of Plainview and Mrs. Elizabeth Krebs of Lubbock visited Sunday with their mother, Mrs. W. H. Copeland.

ON SICK LIST

James L. Means has been going to Lubbock for the past few weeks for X-rays and treatment. He is reported to be improved.

HAVE GUESTS SUNDAY

Mr. and Mrs. J. C. Pointer had as their guests Sunday Mr. and Mrs. Alvis Holt and Bill and Janice Strickland of Lubbock; and Mr. and Mrs. Abb Russell of Ropes.

VISIT GRANDPARENTS

Dennis and Nina Means of Lubbock are visiting in the home of their grandparents Mr. and Mrs. James L. Means. They are the children of Mr. and Mrs. Monroe Means.

ON SICK LIST

Randy Cole was reported in a Lubbock hospital a few days last week. He is the son of Mr. and Mrs. Dale Cole.

JUST SOME THOUGHTS—

If the Plainsman smells more like paint and varnish this week than printer's ink, there is a good reason for it.

Our helper, Odessa Walling, our better half and yours truly have undertaken the gigantic job of painting and cleaning Ye Ole Shop.

Boy now, that is one more job. Some of the things have not been moved since they were set there some twenty years ago, and have gradually faded into the surroundings.

We have had quite a time trying to find tools and equipment to put out the paper with this week, and even trouble finding the counter and desks.

When we started the job, we figured we could do it in three days, after the first day, we decided on three weeks, now we hope to be through in three months.

We attended the car races at Lubbock Saturday night. The truck driver and printer about decided it was too much excitement for us in our old age.

Seemed half the time was spent picking up wheels, fenders and bumpers off the track, pulling jammed cars a part, and even uprighting an overturned car.

Now if you want spills and chills and heat-edge sitting excitement, go watch these men with nerves of steel, or see men without brains, spin their racers around the track.

It had been close to twenty years since we had been to car races, and we decided they just didn't move as fast in the old days.

Guess that's one thing about the mechanical age—it speeded up, and we have slowed down.

Did you ever notice how an old school mate has aged—and then take a second look in the mirror—amazing, isn't it?

Time is one thing that goes on whether you work like mad, or laze around. It certainly has no respect for any one, and is one of the basic equalities of human beings.

Now if you want equal rights with someone, you've sure got it—with old Father Time.

Speaking of time, we are a little short on it this week, so guess we better quit and try to save some.

ON VACATION

Mrs. Clyde Loveless and Mrs. Mansfield Thomas, Libby and Brenda are away on vacation this week.

WEEKEND VISITORS

Visitors over the weekend in the home of Mrs. Bessie Curry were Mr. Russell G. Overgard and baby of Denver, Colorado, and Mr. and Mrs. C. L. Godwin, Bennie Bob and Billy Mac of Lubbock.

**COMMISSIONERS
COURT MEETS**

At a regular session of the Hockley County Commissioners Court Monday there was little business transacted except the paying of bills.

A full court was present with Judge Hulon Moreland presiding. Commissioners present were Myrl Brock, Prec. 1; Smoky Janes, Prec. 2; Jack Morton, Prec. 3 and Jim Hobbgood, Prec. 4.

After the session closed the commissioners discussed the fact that in the offing was a bond issue, the money derived from which would be used to rebuild some lateral roads in all four precincts, and to remodel the court house.

It was pointed out during the discussion that repair to the roads was necessary or a great deal of pavement was going to be lost. Of course, everyone is aware the Court house does need remodeling—completely changing the inside to give more room.

This is just in the talking stage, more will be given when the plans are further developed.

**YOUNG HOMEMAKERS
WILL MEET MONDAY**

The Ropes Young Homemakers will meet Monday, July 18, at 8:00 p.m. in the Home Economic Department at Ropes High School. All members are urged to attend.

PASTOR IS ORDAINED

Our Mission pastor, Bob Sena was ordained on the 26th of June. The ordination took place at 3:00 p.m. in the auditorium of the Mission building.

NOTICE—

Deadline for news and ads to be printed in a Thursday issue of the paper must be in by 5:00 p.m. Tuesday. This is necessary so that we may get it set up, and the paper on the press Wednesday afternoon in order to make the mail by Thursday morning.

WANTED—

Lawns to mow. Call Artie Thomas, 562-3852, or 562-3661 Ropesville.

Church of the Nazarene

Rev. Ivy Bohannon, Pastor

Sunday Services:
Sunday School 9:45
Morning worship 10:50
NYPS 6:30 p.m.
Evening Service 7:15 p.m.
Wednesday Evening:
Prayer Meeting 7:30 pm

Church of Christ

Buck Griffith, Pastor

Services Sunday:
Classes 10:00 A.M.
Morning Worship 10:50 A.M.
Even'g Worship 6:00 P.M.

Mission Baptist Church


Bob Sena, Pastor

SUNDAY MORNING:
10:00 Sunday School
11:00 Worship Service and Preaching
SUNDAY NIGHT:
7:00 Training Union
7:30 Worship Service and Preaching

**Shrinks Hemorrhoids
Without Surgery
Stops Itch—Relieves Pain**

For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain—without surgery. In case after case, while gently relieving pain, actual reduction (shrinkage) took place. Most amazing of all—results were so thorough that sufferers made astonishing statements like "Piles have ceased to be a problem!" The secret is a new healing substance (Bio-Dyne®)—discovery of a world-famous research institute. This substance is now available in suppository or ointment form called Preparation H®. At all drug counters.

PAINFUL CORNS?
AMAZING LIQUID RELIEVES PAIN AS IT DISSOLVES CORNS AWAY
Now remove corns the fast, easy way with Frezzone®. Liquid Frezzone relieves pain instantly, works below the skin line to dissolve corns away in just days. Get Frezzone...at all drug counters.



Doctor in the Kitchen
by W. W. Bauer, M.D.
Consultant, National Dairy Council

YOUR NEED FOR CALCIUM

Among the needs of the human body for mineral elements, one of the most important is calcium. Calcium is a metallic element which occurs in nature generally in combination with other chemicals. Calcium is particularly abundant in the soil overlying limestone formations. It is utilized by plants, and these plants are eaten by animals, some of which provide man with milk. In this way milk becomes a rich source of calcium; it is, indeed, the only really good source among natural foodstuffs.

Why It's Important

It is common knowledge that calcium is important in the normal development of teeth and bones. It is not so commonly realized that calcium is important also in the blood and in the functioning of the nerves, and through them, of the muscles. Calcium utilization in the body is governed by two pairs of tiny glands situated in or near the thyroid gland, and called parathyroids.

Must Be Replaced

Calcium, like other nutrients, is used in the body, and then discarded either through the bowels or the kidney. It must be replaced with a new supply. This is true at all times of life. The need for calcium is continuous throughout life, but varies from time to time.

Before birth, when the tooth buds are being formed in the gums, the need for calcium is great, especially since bones are being formed too. The need continues heavy during childhood, when bones and teeth are developing. The pregnant woman and nursing mother also need extra calcium.

Contrary to popular belief, even the aged and aging have a continuous calcium requirement. They tend to suffer from a bone disease known as osteoporosis, in which calcium is lost and the bones are thinned and weakened. The condition may be due to a prolonged inadequate intake of calcium.

While calcium is a major factor in this problem, deficiencies in protein foods also may play a part, thus emphasizing again the importance of maintaining the basic food group structure of the healthful diet. Vitamin D, necessary for calcium metabolism, is furnished for adults by vitamin D fortified milk. Fish liver oils are also a good source.

Youth Need High

Another time when calcium demands are heavy is during the growth spurt of the adolescent, when bones, muscles and glands are undergoing active changes. In populations where calcium intake is inadequate, there may be a slowing of growth and a limitation of average stature.

Dairy Foods Excellent

In practical terms, the calcium needs of the body are best met through whole milk and non-fat milk products. Two cups of whole fresh milk supply about three fourths of the body's daily needs in adult life. Adolescents, pregnant women and nursing mothers need more. Cheddar and Swiss cheese are good sources of calcium; cottage cheese, though lower in calcium, contributes an important amount. A serving of ice cream in addition to two cups of milk will bring the calcium intake up to the average adult recommendation.

Next to milk products, vegetables are the best sources of calcium. The best of these are kale, broccoli, collards, dandelion and mustard greens.

Nola Knows

By Nola White

Dear Nola - I'm 16. My heart and he's jealous of mother died 7 years ago and friends out of fear of losing you. He gets furious because very close, but now I have a he knows he's doing wrong. terrible problem with him. This is, of course, terribly un- When any boy comes to call fair to you and terribly wrong on me, my father orders him but I'm afraid reasoning with away and won't let me see him won't change things. You him. He refuses to let me are young and impatient, but date. My relatives have told my suggestion is that you him he's wrong but he gets bear with the situation, seize furious when the subject every opportunity for encour- comes up. aging your father to develop

Dear Lola - This really is sad. You have taken your mother's place in your Dad's

Dear Nola - I fell in love

with a girl in my office and we have had an affair that lasted several years. My wife died suddenly and my girl friend and I planned to be married. Then she began to stall and finally broke with me to go with a fellow she promised me she'd never see again. I can't understand this at all. Can you?

Left Out

Dear Left - No, I really can't understand it. But you shouldn't be surprised. When you start to make up your own rules, you should realize that the other party in the affair might make up rules different from yours. This, apparently, is what she did. Don't cry on my shoulder.

Dear Nola - I'm thinking of running for the House of Representatives next time around. Normally, it wouldn't be necessary to write for advice, but the problem is I'm a woman. What do you think of women in politics?

Campaigner

Dear Campaigner - I think there aren't enough of them. It's unfortunate that our political system is such that women know before they pay their filing fee that they can't win. Therefore, it takes courage, perseverance, patience, and lots of money to even think of a career in politics—if you're a woman. I firmly believe that if enough women would take the plunge the day would soon come when we would have women not only running for office, but being elected.

Dear Nola - How can I get over being suspicious of my wife? I know it's crazy, but every time she leaves the house I suspect the worst. Can anything be done to help me?

Jealous

Dear Jealous - You put your finger on the problem when you said, "I know it's crazy." See a head doctor.

Dear Nola - My friend is in her late 30's. She has a good business which she built up herself and is what I'd term successful. Now she's considering marrying a man who has never succeeded at anything. She admits she doesn't love him but feels he's her last chance. What do you think about this?

Bystander

Dear Bystander ... Last chance for what? Getting hit by a train would also be her last chance, but I don't recommend it. I wonder at our distorted values when a successful woman will consider

marriage to a ne-re-do-well she doesn't love because "it's her last chance." Certainly I would advise against this marriage.

Dear Nola ... My girl friend is going to spend a week-end at a resort with a man who is in love with her. She's 24. She says it's strictly platonic and says I'm old-fashioned to think anything about it. Am I?

Puzzled

Dear Puzzled - Probably so, and if the man involved is as old-fashioned as you are, this girl is in for a week-end of trouble. To do this is, of course, a serious mistake. But I'll bet you can talk 'til you're blue and you won't change her mind!

Dear Nola ... My mother-in-law has a bee in her bonnet about the darndest thing. When my husband and I go out for a drive, I ride in the front seat with him and put our two children in the back. She says one of the boys should sit up front with Harry and I should sit in back with the other one. She has the whole neighborhood in an uproar about this. Am I crazy, or is she?

Doris

Dear Doris ... I don't think that bee is in her bonnet. I think it's inside her head! There are several ways you could take care of this one. You might try leaving both boys with your mother-in-law while you and Harry go driving alone. That should really give her something to yap about! Or you might let the boys drive while you and Harry sit in the back. But I think the best thing to do is simply ignore her. If she weren't yakking about this, it would be something else.

Send your letters to Nola Knows, Box 411, Temple, Texas. For a personal reply, enclose a stamped, self-addressed envelope.

NEEDED

Someone to make small payments on spinet piano in your area, first payment in September. Write Credit Manager, Jent's House of Music, 2640 - 34th, Lubbock, Texas. 3tp 7-14

VISITS PARENTS

Mrs. Don Crossland and small daughter, Tamra, are here visiting her parents, Mr. and Mrs. Maurice Cain and Harlan. Mrs. Crossland is the former Helen Cain, and now resides in Renton, Washington where her husband is pastor of a church there.

VISIT SON

Mr. and Mrs. Carl Allen were in Pecos over the week-end of July 4th visiting in the home of their son, Mr. and Mrs. Joy Allen and family. Mrs. Allen stated that on Sunday, July 3rd, the temperature at Pecos reached a scorching 123 degrees.

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