# The M: Lean hews 

## 2 Stotenaitit



## Irrigation Clinic Wednesday

## 

 Alanreed Baptists
To Begin Revival To Begin Revival
On Easter Sunday

## By Forter whune Starting at to am. next Wed- <br> Starting at 10 a.m. next Wed- neestay, March 29 , in the boase

## 





Future Homemakers of America
Over 72.000 Future Homemakers of Texas will see this birthday greeting. on outdoor
billboards accoss the State of Texas during the week. Apri 2 to 8 , 1967 . This satute
to National FHA Week is sponsored by the Future Homemakers of America, Texas billboards across the State of Texas during the week, April 2 to 8, 1967 . This salute
to National FHA Week is sponsored by the Future Homemakers of America, Texas
Association, and the rural electric systems of Texas. The Outdoor Advertising Association, and the rural electric systems of Texas. The Outdo
Companies of the State are donating the sien si: 2 for the showing.

## factory facts

MARIE FOUNDATIONS REPORT
Number of Employee
Produced-Bras




$\square$


HONOR ROLL


Rattlesnake Derby
At Mangum, Okla. $\qquad$

OUFSTIONS \& A
$\square$


Doctor in the Kitchen

PAMPERING THE SWEET TOOTH

## Among the four basic taste affsets much of the damage done

 sensations, that of sweetness is by sticky sweets clinging to theperhaps the most prized. There teet.
re a few gourmets who savor In two circumstances, sugar bre dew gourmets who savor In two circumstances, sugar
bitterness, some who like the and and anches must be reduced in
sharp tang of acid. Salt is usually the diet. One is diabetes, and sharp tang of acid, Salt is usually the diet. One is diabetes, and
preferred for its subtle infuence the other is a strict revucing
on other tastes, but occasionally
diet where there is no and wawne on orther tastes, but occasionally
for itseff. $\begin{aligned} & \text { der lumure items. . In such circum. } \\ & \text { flmost everyone goes for } \\ & \text { stances, those who insist on pam. }\end{aligned}$ wweets. And there a problem pering the sweet hoy of doing so in the
arises. The natural sweet taste harifyial sweeteners now avail-
of foods comes from their sugar able. The principal ones are:
 which has roughly 500
times the sweetening pow
$\qquad$
clamates, sodium or calcium
(Sucaryl), also have a very
high sweetening high sweetening power
(the calcium form is for (the calcium form is form
sodium.estricted diets); found in imported olow.
calorie food preparations;
tole calorie food preparation:
unsuitable for diabetics. The first two artificial sweet eners are available in solution,
owder or tablets. Their sweet.
oning power in relation to cus. ary quantities of sugar used
recipes depens on the prep.
the maker, then
hould be followed. instructions



