

HOW TO AVOID HEART ATTACKS

What can I do to keep from having a heart attack?

This is a question that almost all of us ask sometimes.

Heart disease is a blood term that covers many different types of disorders. Heart and blood vessel ailments are the leading cause of death in the United States. Millions of people are walking around with some sort of heart or circulatory problem. No one can tell you positively that a given pattern of life will prevent a heart attack. There still are many unknowns. But there is enough evidence on the causes of heart attacks to suggest a few fundamentals.

Today's Health, the magazine of the American Medical Association, offers some suggestions.

- * Worry about "symptoms" that may or may not be heart disease is futile. Clear away the doubt by consulting your physician. A regular checkup will enable him to discover budding heart problems early.
- * Regular, moderate exercises to keep physically fit is advised by most health experts. However, the term "moderate" is important, and plenty of rest to the work-load on the heart is equally vital.
- * Keep your weight down. It isn't too difficult to devise a diet that will provide proper nourishment without adding surplus pounds. Ask your doctor what you should weigh and how to reduce if you're overweight.
- * Tensions and anxieties often aren't easy to reduce or eliminate from your life. But it's wise to try. Adequate vacations each year are important. A relaxing change of pace on week ends helps.
- * Research studies have analyzed the possible roles of tobacco, dietary fats and other elements in heart disorders. Extensive studies are still underway. If there are doubts in your mind regarding your personal habits, consult your doctor for suggestions on new patterns.

There are some encouraging developments. Most people who have heart attacks recover and can go back to work. High blood pressure usually can be controlled. Recurrent attacks of rheumatic fever, forerunner of rheumatic heart disease, can be prevented. Strokes aren't necessarily hopeless and invalidism can often be reduced or prevented. Heart defects often can be repaired and sections of diseased arteries often can be replaced through surgery. Many patients with circulatory disorders affecting their legs and arms are helped by treatment.

President Lyndon Johnson and the Congress of the United States both have officially proclaimed February, 1964, as American Heart Month, with the President urging the people of the United States to "give heed to the nationwide problem of the heart and blood vessel diseases."

You cannot be certain of preventing heart disease. But you can control or lessen some of the factors that often are associated with a tendency toward heart troubles. Your best course is to talk it over with your doctor and follow his counsel.

No Refund" May Be Due To Illegible Names

"When will I get my refund?" is one of the most frequent tax questions according to Ellis Campbell Jr., District Director of Internal Revenue. He said that the failure to receive a refund — check or savings bond — is usually caused by illegible names or addresses.

Mr. Campbell said that it is permissible to sign your name at the bottom of the return the way you always sign your name, even

if the signature is a hurried scrawl. At the top of the return, however, your name should also be carefully printed or typed along with your social security number. In other words, eliminate any doubt as to who you are and where you live.

Each year thousands of refund checks are returned to Internal Revenue offices because the postman cannot deliver them.

Director Campbell said that if the taxpayer has moved, he should show his new address to promptly receive refunds and other mail from Internal Revenue. If he moves after filing, a forwarding address should be left with the post office.



John McKee, president of the Texas Scottish Rite Hospital for Crippled Children at Dallas, personally handled admission procedures recently for young Ruben G. Jasso of Lamesa, the hospital's 25,000 patient.

SOCIETY

By MRS. T. J. AMASON
Correspondent

Mr. and Mrs. Glen of Pecos were visitors in the home of the Rev. and Mrs. W. D. Tanner and family last week end.

Mr. and Mrs. Bill Warrick and children of San Angelo visited in the home of her grandparents. Mr. and Mrs. Tom Largent the past week.

Mr. and Mrs. O. N. Buford visited in the home of her aunt, Mrs. A. M. Daniel at Potosi last week end.

Mrs. Oscar McClean visited in the home of her daughter, Mr. and Mrs. J. H. Russom and children last week.

Johnny Ford Henslee visited in the home of his parents, Mr. and Mrs. Walter Henslee last week end. He also visited his grandparents, Mr. and Mrs. Ford Smith Sr.

Mrs. Adah Heeter and Miss Sadie Woodrum have returned from a visit in the home of Mr. and Mrs. Raymond Neal in McKinney.

Mr. and Mrs. Claud Marren visited in the home of their son, Mr. and Mrs. Joe Warren and children in Haskell Sunday.

Mrs. Mattie Addison and Mrs. Virgile Doan visited in the home of Mrs. Mary Tittle recently.

Mr. and Mrs. W. E. Coop have returned from a trip to Tucson and Phoenix, Ariz.

Mr. Baylor Amason of Graham was a visitor in the home of his father, T. J. Amason this past week end.

Mrs. Tom Coats visited in the home of her son, Mr. and Mrs. Weldon Coats and family in Abilene last week end. They also visited with her sister, Mrs. Scott Wilson.

Charlie Bankhead of Texarkana and son Homer J. Bankhead of Sweetwater visited in the homes of Mrs. T. J. Melton and Mrs. Lela McEver last week end.

The Dorcus Sunday School class of the First Baptist Church met in the home of Mrs. Sam Swann with Mrs. J. W. Tiner in charge of the meeting.

The opening prayer was led by Mrs. Lige Harris followed by a devotional by Mrs. Horace Boney.

Refreshments were served to Mmes. Ada Higgins, Howard Phillips, W. A. McCandless, Emma Wheatley, M. M. Hays, Sam Swann, Blanche Amason, R. Y.

Buchanan, A. J. Horton, Ethel Powell, Bessie Jackson, E. M. McDonald, Jim Kuykendall, J. W. Tiner, Josie Shanks, M. E. Ervin, C. O. Carson, P. F. Harris, E. B. Wilburn, Cordelia Sherer, Lige Harris and Horace Boney.

Bluebonnet HD Club Meets In Russom Home

The Bluebonnet Home Demonstration Club met at the home of Mrs. Tom Russom. The program on "Kitchen Arrangement or Kitchen Sense" was presented by Mrs. Allen King.

Refreshments were served to Mmes. Johnson, Demere, Bryan, Moore, McLean, King, Farmer, Ray, Brnovak, Clemmer, Riney, Martin, Reed and two visitors, Miss Loreta Allen and Mrs. Verdean Dobkins.

NOODLE NEWS

By SIMMONS CALLAWAY

Visitors in the Wornack home Sunday afternoon were Mr. and Mrs. Bill Lantrip from Hawley and Mrs. Alta Collins and children from Abilene.

Mr. and Mrs. Harold Bails and boys from Abilene visited her parents, Mr. and Mrs. Troy Sloan Sunday.

Mrs. Paul Edward Wheeler and children visited her parents Sunday.

Dinner guests Sunday of Mr. and Mrs. Dock Callaway were Mrs. Garvis Tarpley, Mike, Marsha and Callye from Snyder, Mr. and Mrs. Ralph Tarpley, Abilene, and Mr. and Mrs. Andrew Wheeler, Trent.

Mr. and Mrs. Tim Mason and children from Abilene visited her parents, Mr. and Mrs. Vess Justice Sunday.

Clarence Hudson has returned after a month in California where he visited with sisters and brothers.

Mrs. Karl Bonneaux has returned home from Sadler - Clinic Hospital in Merkel. She is reported to be feeling better.

Mr. and Mrs. Bill Caldwell were week end visitors of Mr. and Mrs. Darvl Wood and family in Big Spring.

Mr. and Mrs. Billy Jack Benningfield from Lubbock have announced the arrival of a new baby boy.

Mr. and Mrs. Glenn Truen of Abilene have a new baby girl. Minister Norman Hogan was the dinner guest of Mr. and Mrs.

V. R. Justice Sunday. Mrs. Hogan was called to Tennessee Friday due to serious illness of her uncle.

Mr. and Mrs. Arendall have moved to the farm recently vacated by Mr. and Mrs. Volley Cross. The Cross family moved to Anson.

Visitors in the Noodle Baptist Church Sunday were Mr. and Mrs. Arendall and Mr. and Mrs. Lonnie Bennett.

The Bennets were visiting her parents, Mr. and Mrs. L. A. Sargent.

Mr and Mrs. Nath Maxwell were dinner guests Sunday of her sister, Mrs. Grace Wynn in An-

son. Ann Burns of Abilene was the week end visitor in the home of Mr. and Mrs. Clayton Dilard.

Does BLADDER IRRITATION

MAKE YOU NERVOUS?
After 21, common Kidney or Bladder Irritations affect twice as many women as men and may make you tense and nervous from too frequent, burning or itching urination both day and night. Secondly, you may lose sleep and suffer from Head-aches, Backache and feel old, tired, depressed. In such irritation, CISTEX usually brings fast, relaxing comfort by curbing irritating germs in urine, acid urine and by analgesic pain relief. Get CISTEX at drugstore. Feel better fast.



Bankers are People

Banking is a business conducted by people. We pride ourselves that our people are trained to be courteous, helpful and considerate. We consider it a privilege to serve the people of our community and enjoy explaining banking principles to help these people — person to person.

We hope you will give us many opportunities to cooperate with you in your financial problems. It will be a pleasure to serve you at any time.



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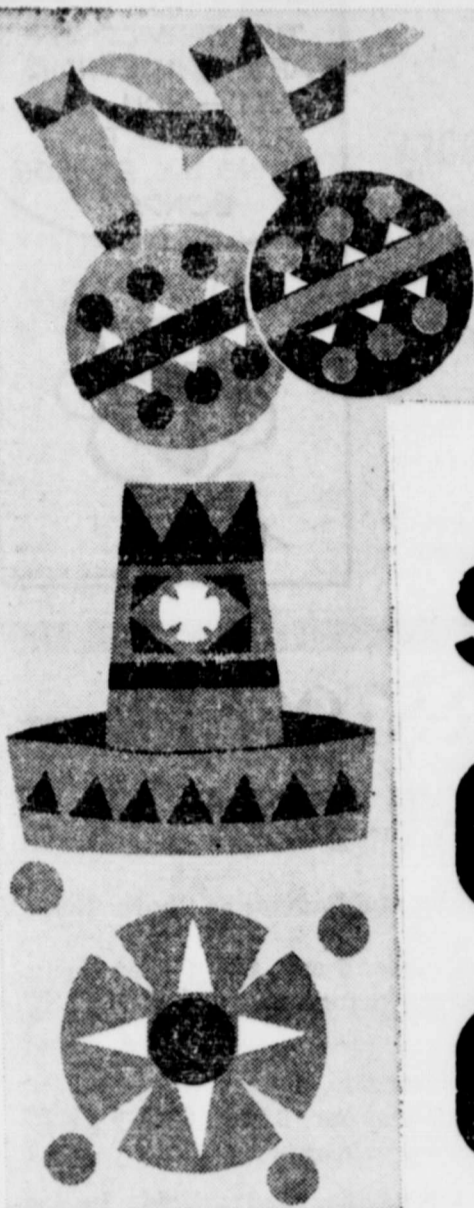
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5 BIG DOLLAR DAYS
SPECIALS Thurs., Feb. 13 Through
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"Where Customers Send Their Friends"
 TWO DELIVERIES DAILY at 10:30 a. m. and 4:30 p. m.
 Next Door to Post Office Phone 928-5713

CRISCO Limit One At Low Price **3** -Lb. Can **59¢**

COFFEE Maxwell House (LIMIT ONE) 1-Lb. Can **65¢** (LIMIT ONE) 2-Lb. Can **\$1.29**

FLOUR Gladiola 5-Lb. Bag **45¢** 25-Lb. Bag **\$1.89**

Crisco Oil Limit One 38-Oz. Bottle **59¢**

BISCUITS Pillsbury or Ballard (LIMIT 6) 3 for **18¢**

PINEAPPLE Del Monte Crushed Flat Can **15¢**

CATSUP Del Monte 2 for **35¢**

TIDE (Limit One Please) Giant Size **55¢**

FOREMOST SPRING HARVEST
COTTAGE CHEESE
 1-Lb. Ctn. **29¢**
 DEL MONTE
TUNA
 4 for **\$1.00**

KRAFT'S
GRAPE JELLY
 18-Oz. Glass **33¢**

DEL MONTE PINEAPPLE - GRAPEFRUIT
JUICE
 46-OZ. CAN 3 for **\$1.00**
 ZEE 4-ROLL PKG.
TISSUE
 3 Pkgs. **\$1.00**
 FOREMOST
MELLORINE
 3 1/2-Gals. **\$1.00**

SUNSHINE HYDROX
COOKIES 1-Lb. Pkg. **39¢**

BIG TOP - 28-OZ. JAR
PEANUT BUTTER ... **59¢**

DEL MONTE - NO. 303 CAN
PEAS 2 for **39¢**

CLOROX Qt. **19¢**

Frozen Foods

PATIO
ENCHILADAS ... each **39¢**

BOOTH'S BREADED
SHRIMP pkg. **59¢**

DONALD DUCK - 6-OZ. CAN
ORANGE JUICE 2 for **59¢**

Finest Quality
MEATS

SWIFT'S PREMIUM
BACON Lb. **49¢**

CHOICE
CLUB STEAK lb. **59¢**

CHOICE
ROUND STEAK lb. **89¢**

CHOICE
LOIN STEAK lb. **83¢**

FRESH GROUND
BEEF 3 Lbs. **89¢**

ALL MEAT
WIENERS lb. **49¢**

FRESH CATHEY
FRYERS Whole .. lb. **23¢**
 Cut Up lb. **29¢**

BEEF
STEAKETTS Lb. **59¢**

Garden Fresh
Vegetables

FRESH CRISP
LETTUCE lb. **10¢**

FRESH FIRM
TOMATOES lb. **19¢**

NEW RED
SPUDS lb. **7¢**

CELLO BAG
CARROTS 3 for **25¢**

FULL OF JUICE
LEMONS lb. **15¢**

CORN Libby's 303 Golden 8 for **\$1.00**

SPINACH Del Monte 303 Can 8 for **\$1.00**

MILK Pet Tall Cans 7 for **\$1.00**

VIENNAS Libby's 6 for **\$1.00**

GREEN BEANS Libby's Cut 303 Can .. 6 for **\$1.00**

OLEO PARKAY (Limit 5) 5 for **\$1.00**

COCKTAIL Del Monte 303 Can 4 for **\$1.00**

LITTLE BADGER TRACKS

A GOOD STUDENT IS MORE THAN A BOOK WORM —

By Pam Walla

Many people think that a good student is a bookworm — spending most of his time studying or reading books. It takes more than a good reader to be a good student. IT TAKES SKILL! A good

student must be able to pay attention to the teacher; he must be ready and willing to do his job well. Many things a good student must learn are not found in books. He must learn to think clearly. A good student needs to learn how to make good use of his time. In his free time he must get his lessons done for that day. A good student is well-rounded. He must not only be smart, but he should participate in other school activities that go beyond the formal classroom. HE SHOULD BE A GOOD REPRESENTATIVE OF HIS SCHOOL.

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mittée will be used to help beautify the school grounds.

The Merkel Junior Boys and Girls Basketball teams closed out the season Monday night, Feb. 10, with a clean sweep of three ball games played at Baird. The 7th grade boys won their game 22 to 10. The Badgerettes won their game 20 to 13 and the Junior Badgers came through in the finale with a 36 to 20 triumph. This complete one of the most successful seasons the Merkel Junior Badgers have ever had in basketball as they came through and won the Conference Championship. Although the Badgerettes came in second in conference play, it has been one of the most successful seasons for the girls. Congratulations to the boys and girls and a 'tip of the hat' and a 'pat on the back' to Coaches Charles Warford and Mack Davis. You've all done a fine job.

The Merkel Elementary School is serving as a 'pilot' school for the Texas Education Agency in teaching Conservation Units. The purpose of the pilot school is to determine whether or not, a Unit may be worthwhile.

Many of the elementary teachers were planning to be in Abilene Tuesday night, Feb. 11, to attend the mid-year meeting of the Taylor County Local TSTA. They especially wanted to hear Dr. Helen Kyle of the University of Colorado speak in the subject "Reading Instruction for the Academically Talented."

Texas Public School Week will be coming up in the first week of

New and Easy

Money-Saving Main Dish



Roast pork becomes something mighty special when it is stuffed for baking, then glazed with apricot preserves. The stuffing is the old-fashioned kind made with bread, seasoned with celery, onion and sage, and blended with evaporated milk for just-right moistness. The fruity-sweet flavor of the glaze enhances both the meat and the crusty bands of stuffing.

Stuffed Pork Roast

3 to 3½ lb. center cut pork loin roast
4 slices white bread
½ cup finely chopped celery
1 tablespoon minced onion
½ teaspoon salt

¼ teaspoon pepper
¼ teaspoon rubbed sage
½ cup evaporated milk
½ cup apricot preserves
2 teaspoons dry mustard
2 teaspoons lemon juice

Have butcher separate meat from backbone and slice roast partially through into 6 chops. Pull bread into small pieces. Add celery, onion, salt, pepper, sage and evaporated milk and mix lightly but thoroughly. Spoon stuffing between the individual chops. Using heavy thread or string, tie the roast together. Place in baking pan with fat side up. Bake in preheated slow oven (325° F.) for 1½ hours. Mix apricot preserves, mustard and lemon juice in a small bowl. Remove roast from oven and spoon glaze evenly over top. Return to oven and continue to roast until meat is done, approximately 20 to 25 minutes longer. Serves 6.

March. The Merkel Elementary School surely hopes the parents and friends of the school will take time out of their busy day to visit the school. Perhaps if we plan ahead?

Handy Helpers Meet In Noodle

The Handy Helpers 4-H Club of Noodle met Friday with president Marilyn Maxwell in charge

of the meeting.

The program "How to Operate a Sewing Machine" was presented and membership cards were presented each member.

Seven members and two sponsors attended the meeting.

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DOLLAR DAY SAVINGS ALL DOLLAR DAY PURCHASES MUST BE FOR CASH

MEN'S DRESS SLACKS

A final "close out" of Men's year-around dress slacks. Our sizes and color selections are very broken but if we can fit you this is a wonderful value.

ONE-THIRD OFF

Alterations extra at sale prices

LONG SLEEVE SPORT SHIRTS

What we have left in Men's broadcloth and knitted long-sleeve sport shirts. Selection and sizes very broken.

ONE-HALF PRICE

MEN'S DRESS HATS

All fur felt, available in snap-brim or "open-road" styles, in brown, tan, silver belly, and grey colors. All sizes.

\$4.99

Another group of better quality dress hats styled by the Nation's foremost manufacturer.

\$5.95

MEN'S JEANS

13½-ounce sanforized denim tight fitting jeans by "Dickie."

\$2.98 PER PAIR

MATCHED KHAKIS

8.2-ounce, well tailored, sanforized shrunk Army Cloth matching pants and shirts. Available in Suntan and Postman Grey colors. All sizes.

\$2.98 PER GARMENT

"Dickies" type I Army Cloth pants and shirts in Suntan color available at

\$3.98 PER GARMENT

WORK SOX

Men's work sox in both regular length or anklets in colored or white.

5 PAIRS FOR \$1.00

BOY'S LONG SLEEVE SPORT SHIRTS

What we have left has been put into one assortment, including broadcloths, flannels and knits. Broken sizes but real values.

\$1.00 EACH

MARK FEBRUARY 18 ON YOUR CALENDAR. THAT'S THE DATE OF MELLINGER'S MONTHLY DOLLAR DAY. AS USUAL, GREAT SAVINGS ARE IN STORE FOR YOU. SHOP EARLY FOR BEST SELECTIONS!

MEN'S AND BOYS' JACKETS

Every one must be sold. All fabrics: Gabardines, Rayons, Cottons, Woolens, Zelans and others. All styles, Zipper front, jackets coat lengths and reversible. Practically every size available. There's lots of cold weather ahead.

ONE-HALF PRICE

MEN'S SPORT COATS

This season's popular patterns and styles for Men and Boys. Attractive plaids and neat weaves. Practically all sizes (regulars and longs.)

\$14.95 and \$19.95

BOYS' JEANS

Jeans for boys — DOLLAR DAY ONLY. These are good fitting Longhorn Brand Bluejeans.

Sizes 1-10 \$1.79

Sizes 11-16 \$1.98

MEN'S SPORT SOX

SPECIALLY PRICED

3 PAIRS \$1.00

MEN'S STRETCH SOX

DOLLAR DAY ONLY

2 PAIRS FOR \$1.00

MEN'S UNDERSHIRTS

A fine Swiss ribbed undershirt in sizes 36 to 46. Priced for Dollar Day at only

2 FOR \$1.00

WESTERN SHIRTS

These are all made by the famous H. Bar C. brand. All sizes available and plenty of patterns to pick from. Sorry, no Solid Whites included at these low prices.

ONE-FOURTH OFF

COWBOY BOOTS

This is a real value for you men who are looking for a fine cowboy boot in both black and brown colors.

Acme \$12.95 & \$14.95

Justin \$29.50

GINGHAMS

Odd lot Comal gingham — 45 inch width

69c PER YARD

BATH TOWELS

A nice quality and size 20x40 inches. Many colors to select from

3 for \$1.00

DIAPERS

27x27-inch Birdseye diapers — hemmed and packaged.

\$1.79 PER DOZEN

BESTFORM BRAS

These are broken sizes of the ever so popular Bestform Bras. Priced for Dollar Day Only

50c EACH

LADIES' READY - TO - WEAR

Final clearance on every Ladies' and Girls' Fall Coats in stock. Shop for the cold days ahead.

ONE - THIRD OFF

A rack of our entire stock of Ladies' Fall Skirts out for your easy selection. Tremendous savings.

ONE-HALF PRICE

One rack of our entire stock of Ladies' and Girls' Fall Pedal Pushers. All must go. ONLY

ONE-HALF PRICE

One rack of Ladies house dresses — all sizes and attractive styles. ONLY

\$2.99

One lot of our better quilted and Nylon robes. FINAL CLEARANCE!

ONE-THIRD OFF

BED SHEETS

Fine thread - count white sheets by "Garza." Double bed size.

\$3.50 PER PAIR

Pillow cases to match these sheets ONLY

98c PER PAIR

SPECIAL PURCHASE ITEM

Lots and lots of smooth quality chambray. The ideal fabric for the seasons ahead.

2 YARDS \$1.00

BROWN DOMESTIC

Wide width and smooth quality

5 YARDS \$1.00

80 SQUARE PRINT

Quadrige print priced for DOLLAR DAY

ONLY 39c YARD

OUTING

Heavy weight and available in solid colors and assorted stripes.

29c PER YARD

PASTEL SHEETS

Top quality by "Garza." All the wanted colors and double - bed size.

\$5.00 PER PAIR

Pillow cases to match these sheets ONLY

\$1.25 PER PAIR

QUILT COTTON

2-pound roll of fully bleached and fluffy cotton

\$1.19

LADIES' SHOES

These are all new Spring arrivals in flats, and what a lovely selection of colors to choose from. Sizes are 4 to 10 innarrow and medium widths.

\$2.99 AND \$3.95

BLANKETS

There is plenty of cold weather still ahead, that one of these beautiful blankets will come in mighty handy. Plenty of different patterns and colors to choose from:

GROUP I

Part Wool Plaid Double Blankets ONE-THIRD OFF

Entire stock solid color and floral boxed blankets ONE-THIRD OFF

Double bed size, single control Electric Blankets \$12.95

PLISSE CREPE

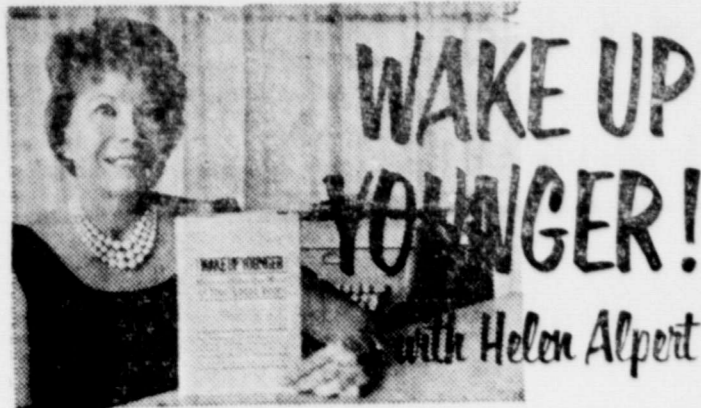
This is the ideal material that you have been wanting for the baby needs and for all types of summer lingerie. Plenty of colors to choose from.

39c YARD

MELLINGER'S

"MERKEL'S LARGEST DEPARTMENT STORE"

TEXANS AT THE WHITE HOUSE



IT'S MY HOUSE, NOT THEIRS!

Dear Helen. This may sound funny, but I live with my daughter and her teenagers in MY house. I can't get used to the teenagers' confusing coming and goings. Can you tell me of a nice retirement place? I'm willing to leave home to find peace and quiet. Also, can you put me in touch with a good middle-aged woman interested in a good home, able to do chores, etc. Hope you can help, please — Mrs. Pushed, South Florida.

Let's all help! Anybody know a kind housekeeper who is equipped to swap punches with teenagers? Please send names to me pronto at National Senior Center, Lehigh Acres, Fla. There are many splendid "peace and quiet" retirement places, dear Mrs. Pushed, and already in the mail is a listing for you. If you need further information, write again!

I FEEL BETTER WITH THIS LETTER

I am prompted to write that your answer was perfect to "Going Potty" who complained do women ever retire? I am one of

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the retired lonely widows you mentioned who would gladly change places with her. My biggest problem is idleness. I am a young 66, well-groomed, pleasant, intelligent, with financial security. I would love to give volunteer service to some organization and wrote to several, but would you believe it, they never even acknowledged my letter. I want to be a "good doer," giving my time, service and understanding. Please give me some suggestions. Thank you for listening; at the moment this was my greatest need. — Mrs. R., Miami Beach, Fla.

This was a 4-page letter ringing with sincerity. Communities are always sending up smoke signals to smoke out older people who have time and love to donate, in civic service. Many organizations tell me they would founder without their old friends. But plenty of letters like this show rejection! Right now, Mrs. R., a community survey started near you. It involves personal visits and collating facts. Its leaders are writing to you today to invite you to help them!

LET'S HAVE AN ARGUMENT?

I see that a million-dollar nursing home has a new-fangled idea. It's a Family Relationship Counselor to keep everything smooth. I guess, between the patient, the doctors, and the family. This sounds silly to me. Who needs all that malarkey? Put simply, the patient wants to get paid, the doctors want to get paid, and the family wants to be sure the patient's in good hands. So why all the counselor-complacation? — Jonas, Oswego, Kan.

What you call malarkey is becoming a milestone in the eyes of the experts. Put simply (as you say) poor family relationship have a degrading effect on older people in the family. With the decline of financial and emotional strength, their status and personality deteriorate. Look around



Senator Yarborough of Texas and President Johnson exchange congratulations on enactment of the vocational education bill by the 88th Congress, in a White House bill signing ceremony. Others in the photograph immediately behind Senator Yarborough and the President are, left to right, Senators Javits, Randolph and Morse. This bill expanded vocational education; extended the National Defense Education Act three years, increasing funds for student loans in colleges and universities; and extended the law for aid to school districts in impacted areas. Senator Yarborough, a member of the Labor and Public Welfare Committee, was invited to the White House ceremony as one who had a key role in enactment of this bill.

you, Jonas, and what you see will verify statements made in August at Copenhagen during a Congress of Gerontology. The report of a survey in Italy showed that pulverized prestige produced severe stress in aged individuals. In Japan the problem was not so acute because culturally and structurally, said another report, the old and the young living together share the family work — and grandpa is always head of the household.

What I want you to consider, though, is the report on this from a Canadian professor who claims that we're all in pretty good shape in most parts of the English-speaking world. He states that no aged person need go without at least acceptable shelter... none need go hungry... all can find medical treatment of some sort... most receive some income in the form of old age pension or assistance, survivors' insurance, etc. I lifted this right out of the report.

What do you and all other readers think of this? I welcome your replies. Let's compile our own survey from YOUR LET-

TERS. You need not sign your name if you prefer not to. I'm fiercely interested in getting a cross-section of opinion from all of you! Rush your comments!

WHY NOT COME TO MY HOUSE

Three of us families were sitting around and talking about a county here in Minnesota that has a big project going to help the aged and ill. They started home ideas to go to people's homes to help with housework, medical care, nursing, etc., and all kinds of retirement helps, even how to cook for only one or two. We need this too, in our country. Why don't they start this everywhere? — Farmers, State of Minn.

They might, after success is demonstrated. You're probably referring to a pilot project on a three-year, \$45,000 grant to the Minnesota Dept. of Health under the Community Facilities and Services Act. Participating is the Public Health Service, U.S. Dept. of Health, Education, and Welfare. It's Maricou County, Purpose is to provide guidelines to rural areas for the mobilization and coordination of resources to meet the needs of the chronically ill and aged. This is a good project. It nets everybody posted on who needs what, and where help is obtainable. Over 500 local volunteers visited 4,000 households in the county, to bet and bring information. So start rolling up your sleeve. Maybe you're next in line!

NEED HELP ON A PROBLEM — Write to Helen Alpert, National Senior Center, Lehigh Acres, Florida, or in care of this newspaper. Write today for the free list of



YOUNG TEXAN FOR DECEMBER — Jerry Thomas Akers, 18-year-old president of the student body at John Tyler High School in Tyler, has been chosen by Texas Optimist Clubs to receive the Troy V. Post Award designating him Young Texan of the Month. A senior student, Jerry carries a 95 scholastic average, is a football letterman and game captain — he participates in practically all popular competitive sports — and is a junior deacon, member of the Youth Choir, and district service chairman of the Christian Churches of Texas Young People Department. At a workshop for Student Council Presidents in San Antonio last summer, he was recognized as the outstanding member. Akers will compete with other monthly winners for one of three valuable scholarships at the Young Texan of the Year banquet in Austin, February 22, 1964. He was chosen Young Texan of the Month in competition with nominees throughout the state by a panel of state leaders headed by U. S. Supreme Court Justice Tom C. Clark.

the many booklets and services available to you, compliments of this column.

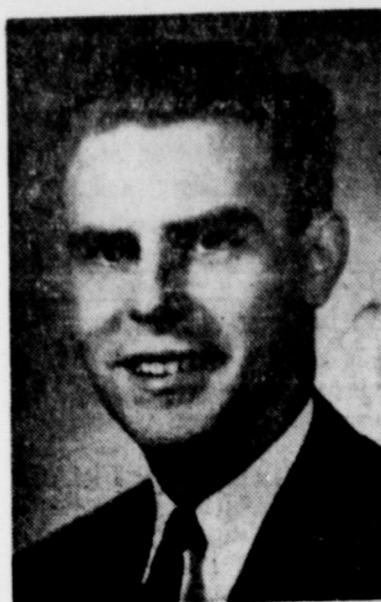
Spring Meeting Of Garden Clubs March 4-5 In S.A.

The Spring Meeting of District VIII, Texas Garden Clubs, Inc., will be held in San Angelo on March 4 and 5, stated Mrs. C. E. Farr, publicity chairman.

She added that registration and coffee are scheduled for Thursday, March 5, at the River Club, from 8:30 to 9:30 followed by assembly, program and lunch.

The program "Attain Beauty, Simplicity, Expression and Harmony," will be presented by Ken Wood, Mrs. J. T. Hollye, Mrs. Tom Ridgway and Mrs. R. E. Coleman, all of San Angelo.

Fielding H. Yost, athletic coach of the University of Michigan, was nicknamed "Hurry Up."



John Williams To Preach Sunday

John Lacey Williams, second year student at the Austin Presbyterian Theological Seminary in Austin, will be guest pastor at the

Time To Separate



\$ DAY SPECIALS

SAVE ON TOP QUALITY MERCHANDISE

- Men's Jackets 1/2 Price
- Men's Sweaters 1/2 Price
- Boy's Shirts - Reg. \$2.98 .. \$1.99
- Boys' Sox 39c Value 4 for \$1.00
- Work Sox 39c Value 3 for \$1.00
- Boys' Dress Pants \$7.98 Value \$2.98
- Men's Shoes \$7.69
- Boys' Shoes \$5.89

YOUR CREDIT IS GOOD

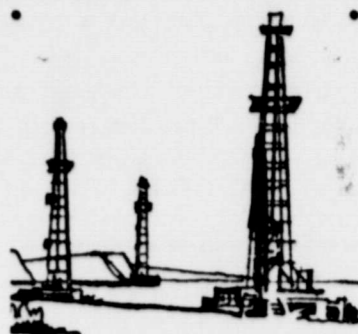
CRAWFORD'S MEN'S WEAR

213 EDWARDS

PHONE 928-5612

Merkel Presbyterian Church on Sunday, February 16.

Williams received his bachelor of arts degree in history from Davidson College in North Carolina. In the summer of 1961, he participated in a seminar project concerning "The Church and Urban Life" in New York City's Greenwich Village. He has also been summer assistant minister at the First Presbyterian Church of Duncan, Oklahoma.



Strongest pickup IN THE Southwest

Tough new double-sidewall box, a tailgate that can take a ton! And underneath, this Ford's built like the big trucks!



You read right! Ford's new Styleside box has a tailgate so strong it can support a ton of weight. Yet a new center latch lets you open and close it with one hand!

You'll find this new long-wheelbase Ford pickup easier to load, to ride in, to drive. But from axle to axle, it's built like the big trucks for extra strength — and extra savings — on the job. Come see!

Drive it today at your

FORD DEALER'S

Merkel Motors KENT & N. 7TH



Entertaining Shut-Ins

Many club women have asked for suggestions for good public service projects for their groups. There are many public service activities from which to choose, but one which is really rewarding is taking music and news to shut-ins.

Spinet organs of the harmonic drawbar type are easy to transport, and many clubs have one or more members who take organs to homes and hospitals regularly.

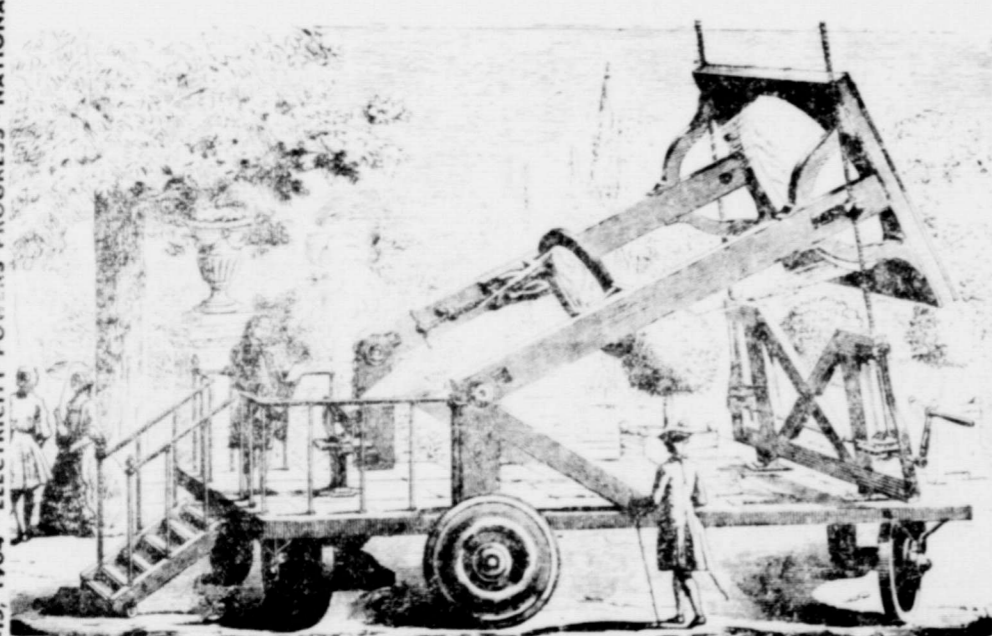
The visiting club group includes the organ player, one or more members who sing, and others who go along to talk with shut-ins and give them news.

The melodies requested are usually those everyone knows. They're easy to play on the Hammond organ, and easy to sing. Patients who can will want to join in the singing.

This type of activity is very worthwhile, for while most shut-ins today have radio or television or both to bring them news of the world, they miss the family and community events which are really important to them.

If you do adopt a public service project like this, the patients you call on will be pleased, and members of your club who participate will find that their lives have been enriched.

ELECTRICAL WEEK - FEBRUARY 9-15, 1964 - ELECTRICITY POWERS PROGRESS - NATIONAL



FROM the beginning of time, man has striven to find a source of power to make life more enjoyable; to reduce his work load. Meager ideas have led to the greatest source of energy for turning dreams into reality... electricity. There is virtually nothing that electricity cannot do... faster and cheaper than any other form of energy.

America's growth to the dynamic and industrialized civilization that it is today stems from the country's utilization of electrical power to produce a better way of life, more products, jobs and services.

Electricity powers progress... something to think about during National Electrical Week.

West Texas Utilities, an investor-owned company, is proud to be a part of the Electrical Industry and to pay its respect to the Industry founders.



Texas 4-H Alumni Receive Recognition For Leadership, Service to Community



Mrs. Rex Lehman



Ray Armstrong



Mrs. Lester Ihms

Three Texas residents who are leaders in their communities are 1963 state winners in the 4-H Alumni Recognition program, the Cooperative Extension Service has announced.

They are Mrs. Rex Lehman who lives near Iowa Park; Ray Thomas Armstrong of 306 Norton Dr., Longview; and Mrs. Lester L. Ihms of Georgetown. Each was awarded an inscribed copper plaque from the Olin Mathieson Chemical Corporation, the program sponsor.

Mrs. Lehman is accounts receivable clerk at Wichita General Hospital. She started her business career as substitute teacher and high school librarian and also worked two years for the U. S. Department of Public Welfare.

Last year Mrs. Lehman received the 4-H Gold Clover award in recognition of 10 years of volunteer 4-H leadership. An organizer of the Iowa Park Community 4-H Club, she has trained 109 boys and girls, eight junior leaders and eight adult leaders. She coached eight members who won first or second place in the state. Her son Garland won the state grain marketing award in 1959.

Church Leader
Her youth leadership extends

to her church where she is Sunday School and Bible school teacher. She was the first Farmer's Union local adult leader for juniors in the state and is secretary-treasurer for the local branch.

For 22 years Mr. and Mrs. Lehman have provided recreation facilities for rural and small town children. Their parties at Easter and Halloween are always a hit in the community.

They give youngsters from Children's Home in Tipton, Okla., a "vacation" in their home. They have opened their home to six foster children and raised a niece from babyhood.

Mrs. Lehman has served as PTA health and education chairman, and also secretary of the City and County Welfare Board. A four-year 4-H'er, she was the first Gold Star girl in Young County.

Interest in Beef
Armstrong was originally a farmer-cattlemaster on a 700-acre farm in Big Springs, Neb. and is now a successful commercial tire salesman for E. K. Bennett, Inc. His spare time is devoted to helping 4-H Club members with livestock exhibits. He is 4-H Beef Club leader of Gregg County and chairman of the

county 4-H Adult Leaders' Association.

Armstrong plans and conducts Judson 4-H Beef cattle tours annually. He helped to organize and serves as chairman of the annual Gregg County 4-H Beef cattle grooming and showmanship clinics. His 10 years of 4-H Club work were in Deuel County, Neb. He was a national 4-H award winner.

Mrs. Ihms has been volunteer 4-H leader for 12 years in Texas and Iowa. She has been honored as an outstanding leader of 4-H girls. In 1960, she and her husband received the Georgetown Chamber of Commerce "Outstanding Agriculturist" award for management of their diversified-crop farm and for their service to young people.

Mrs. Ihms works as a feed store bookkeeper and egg saleswoman, but has found time to hold offices in numerous church, civic, and 4-H organizations.

She trains 4-H junior leaders, serves as a judge and helps demonstration teams. Mrs. Ihms coached the first-place state poultry methods demonstration team, and has helped others win state honors. Her own eight years of 4-H work were in Daventry, Iowa. Her four children are also 4-H'ers.

Moore-Robertson Co-Hostesses To TEL Class

The TEL Sunday School Class met in the home of Mrs. Ira Moore with Mrs. Wilma Robertson as co-hostesses.

The meeting was opened with a prayer by Mrs. Sam Hill followed by a devotional by Lucy Ford.

Mrs. Dave Anderson led the closing prayer.

Refreshments were served to Mrs. John Mansfield, Lucy Ford, Houston Robertson, A. R. Clack, Sam Hill, Eunice Massey, T. J. Bird, Clay Satterwhite, Dave Anderson, Myrtle Walker, Wilma Robertson, Ira Moore and Miss Helen Teaff.

Be On Look-Out For SS Imposters

Imposters who claim to be Social Security representatives are now operating in the Central Texas area and may be heading this way, warns R. R. Tuley Jr., District Manager of the Abilene Social Security Office.

Tuley said the imposters are asking money in payment for assistance in getting Social Security checks started or higher payment rates for those already receiving such checks.

Several persons have already paid the fraudulent representatives fees of \$19.60 for promised help, he said.

Tuley said real Social Security representatives carry identification cards and do not accept payment from applicants for their services.

Persons who represent themselves as Social Security agents and ask payment for their services should be reported to the police.

TEXAS-MEXICO BORDER ISSUE SETTLED



Senator Ralph Yarborough accepts a pen from President Johnson used in the signing of the historic Chamizal Treaty with Mexico. The treaty settled a border issue between the United States and Mexico which has existed more than 40 years, and which had been used as Communist propaganda in Mexico to create ill will for the United States. The Chamizal zone is in El Paso where Senator Yarborough lived for 3 1/2 years and practiced law. Others in the photograph are Senators Sparkman, Hickenlooper, Fulbright, and Secretary of State Dean Rusk.

350 students enrolled. The school has built two new dormitories, a new cafeteria and a new science building in the past three years.

THE MERKEL MAIL, MERKEL, TEXAS
Page Seven Thursday, February 6, 1964

Eyes Examined — Visual Training
Contact Lenses
Dr. John and Ed Dressen
Optometrists
Making West Texans See Better
Since 1907
504 Cedar — Abilene

Religious Review

CALVARY BAPTIST CHURCH

Marvin H. Clark, pastor
SUNDAY MORNING
Broadcast 9:00
Sunday School 10:00
Worship Service 11:00
SUNDAY EVENING
Training Union 6:45
Worship Service 7:30
WEDNESDAY
Evening Service 8:00

GRACE PRESBYTERIAN CHURCH

Sunday School 10:00
Preaching Service 11:00

FIRST METHODIST CHURCH

Howard Marcom, pastor
SUNDAY
Sunday School 9:45
Fretching 10:55
Youth Meeting 6:00
Evening Worship 7:00
WEDNESDAY
Choir Practice 8:00

NEW LIVE OAK BAPTIST CHURCH

Bill Williams, pastor
SUNDAY
Sunday School 10:00
Preaching Service 11:00
Training Union 6:00
Preaching Service 7:00
3rd and El Paso Streets

CHURCH OF CHRIST

Kenneth Jones, pastor
SUNDAY
Bible School 9:45
Morning Worship 10:30
Evening Classes 6:00
Evening Worship 6:45
WEDNESDAY
Bible Classes 8:00

FIRST BAPTIST CHURCH

W. D. Tanner, pastor
SUNDAY
Sunday School 9:45
Sunday School Broadcast 10:15
Morning Service and Broadcast 11:00
Training Union 6:30
Evening Service 7:30
Youth Council Meeting .. 8:30
TUESDAY
WMU Visitation 9:30
Sunbeams 9:30
Jr. G.A. 9:30
WEDNESDAY
Evening Services 7:30
THURSDAY
Visitation

ASSEMBLY OF GOD

John Curtis, pastor
SUNDAY
Sunday School 9:45
Preaching 11:00

Evening Preaching 7:00
WEDNESDAY
Mid-Week Evangelistic Service 7:30
MISSION BAPTISTA BETHEL
Pastor: M. D. Moorehead, Jr.
SUNDAY
Sunday School 10 a.m.
Morning Worship 11 a.m.
Training Union 6 p.m.
Evening Worship 7 p.m.
WEDNESDAY
Prayer Meeting 7 p.m.

LEGAL NOTICE

NOTICE OF ELECTION

City Council of the City of Merkel hereby gives notice of CITY ELECTION.

The following vacancies to be filled Alderman three (3) places two (2) years each. Candidates will have until 12:00 A.M., March 7th, 1964, in which to file for place on the ballots.

The Election shall be held April 7, 1964, at the Welfare Office and shall conform as nearly as possible to the General Election Laws of Texas governing such Elections. The polls shall open at 8:00 A.M. and close at 6 P.M.

Mrs. F. Y. Galtier is hereby appointed Election Judge.

Given under my hand and seal this 5th day of February A.D. 1964. (Seal)

City Council,
City of Merkel
FLOSSIE W. MCKEEVER,
Flossie W. McKeever,
City Secretary

Mrs. Ralph Miller Sr. has returned from a week's visit in the home of Mr. and Mrs. Ralph Miller Jr., and Stephanie, of Greenwood, Ark.

NAME BRANDS

You will always find name-brand merchandise you trust and respect at your I.D.L. drug store. It's the independent drug store in your neighborhood whose reputation is built on your confidence. Visit your I.D.L. drug store soon.

MERKEL DRUG

I.D.L. DRUG STORE

Brooks Serves On USS Glacier

Thomas T. Brooks, fireman, USN, son of Mrs. Billy J. Brooks of 116 Coke St., Tye, is serving aboard the icebreaker USS Glacier currently deployed in the South Pacific with the forces of Operation Deep Freeze supports the United States Antarctic Research program under the auspices of the National Science Foundation. Units assigned include personnel from all five armed services as well as personnel from the Royal New Zealand Navy.

Merkel Student On CJC Honor Roll

A list of honor roll students for the first semester at Cisco Junior College includes Jerry McWilliams, son of Mr. and Mrs. Chester McWilliams, according to an announcement by Dean E. W. Mince.

The second semester began Feb. 1 at CJC with more than

'64 JET-SMOOTH LUXURY CHEVROLET—Impala Sport Coupe
ALL-NEW CHEVELLE—Malibu Sport Coupe
'64 THRIFTY CHEVY II—Nova Sport Coupe
'64 SPORTY, MORE POWERFUL CORVAIR—Monza Club Coupe
'64 EXCITING CORVETTE—Sting Ray Sport Coupe

YOUR CHEVROLET DEALER HAS MORE TO OFFER:
luxury cars, thrifty cars, sport cars, sporty cars, big cars, small cars, long cars, short cars, family cars, personal cars
45 DIFFERENT MODELS OF CARS

Why one stop at your Chevrolet dealer's is like having your own private auto show

And if we had room here we could go on and list all the engines Chevrolet offers, ranging up to an extra-cost 425-hp V8 in the big Chevrolet. And all the different transmissions. And the umpteen different exterior and interior color choices. And the models with bucket seats and those without. And the hundreds of different accessories, including the new extra-cost AM-FM radio. But that's best left to your Chevrolet dealer. That and exactly how reasonable the price can be for you to be able to enjoy so much car.

CHEVROLET

THE GREAT HIGHWAY PERFORMERS Chevrolet • Chevelle • Chevy II • Corvair • Corvette
See them at your Chevrolet Showroom

MAX MURRELL CHEVROLET CO.
200 KENT MERKEL PHONE 8-6636

THAT'S A FACT

DON'T LOOK NOW.....
... BUT YOUR BONDS ARE SHOWING U.S. SAVINGS BONDS THAT IS! THOUSANDS OF AMERICANS WILL TAKE THEIR INCOME TAX REFUNDS IN SERIES E UNITED STATES SAVINGS BONDS. THIS IS THEIR EASY CONVENIENT WAY TO HOLD ON TO THE MONEY THEY HAVE ALREADY SAVED.

IF YOU HAVE A REFUND COMING ON YOUR '63 TAX, THINK IT OVER BEFORE DECIDING HOW TO TAKE IT. AND WHEN YOU DECIDE TO TAKE IT IN SAVINGS BONDS, SEE IF YOU DON'T FEEL PRETTY GOOD ABOUT IT!

KEEP FREEDOM IN YOUR FUTURE WITH U.S. SAVINGS BONDS



**THE NEW
MYSTERY WHEEL
OF PRIZES
GAME**



**WIN VALUABLE
PRIZES**

- R.C.A. STEREOS PORTABLE
- ARVIN RADIOS TWIN SPEAKER
- KODAK MOVIE CAMERAS
- DOMINION HAIR DRYERS PORTABLE
- TOOTHBRUSH SETS ELECTRIC
- MANICURE SETS
- CAMERA SETS
- BILLFOLDS, Etc.

*PRIZES ALL ON DISPLAY AT:

- SUPREME COOKIES
- CHOCOLATE DROPS .. lb. 39c
- KRAFT AMERICAN SPAGHETTI
- DINNER 2 for 29c
- DELSEY
- TISSUE 4 roll pkg. 43c

**FINEST QUALITY
MEATS**



HORMEL'S
RANGE BRAND
BACON

2-Lb. **79c**

HORMEL ALL MEAT

BOLOGNA 3 Lbs. **\$1.**

CHOICE BEEF 7-BONE Lb. 49c

CHUCK ROAST Blade Cut .. lb. **43c**

HORMEL LUNCHEON MEATS New Ready Seal Packages

ARMOUR STAR FRANKS All Meat Lb. 45c

FRESH SALT JOWLS Lb. 19c

FRESH COUNTRY BUTTER Lb. 79c

FRESH MARKET MADE

SAUSAGE 3 lbs. **\$1.**

FRESH

PORK STEAK .. lb. **35c**

**BISCUITS
COFFEE
ICE CREAM PIE
PREM
FLOUR**

Pillsbury or

Ballard 6 Cans

39c

Maxwell House

..... 2-Lb. Can

1.29

Borden

Jumbo

..... 3 for

\$1.

Swift's z

12-Oz. Can

..... 3 for

1.00

Light

Crust

..... 10-Lb.

..... Bag

69c

BORDEN'S

ICE CREAM

1/2-GAL. CTN. 69c

BORDEN'S

BUTTERMILK

1/2-GAL. CTN. 39c

BORDEN'S

HOMO 2 MILK

1/2-GYL. CTN. 39c

TIDE

4 REG. BOXES \$1.00

JOY

KING SIZE 69c

SALVO

GIANT BOX 63c

THRILL

GIANT BOX 43c

AUSTEX - NO. 303 CAN

BEEF STEW 3 for \$1.00

AUSTEX - NO. 2 1/2 CAN

TAMALES 3 for \$1.00

AUSTEX WITH BEANS - NO. 300 CAN

CHILI 3 for \$1.00

AUSTEX 24-OZ. SPAGHETTI AND

MEAT BALLS 3 for \$1.00

AUSTEX PLAIN - NO. 2 CAN

CHILI 2 for \$1.00

FROZEN FOODS

KEITH'S

FISH STICKS

4 Pkgs. FOR **1.00**

MORTON COCANUT, PEACH, APPLE

JUMBO PIES 4 for \$1.00

SNOWCROP ORANGE DRINK ;

SAMOA 6 for \$1.00

MORTON'S CHICKEN, BEEF, TURKEY

POT PIES 6 for \$1.00



DOUBLE

GIFT BOND



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Too Specials Window

EACH WEDNESDAY ON \$2.50 PURCHASE

5 BIG DOLLAR DAYS 5 BIG ONES

KUNER'S 303 GREEN

BEANS 6 for \$1.00

KUNER'S 303 GOLDEN

CORN 7 for \$1.00

KUNER'S 303

W.K. CORN 7 for \$1.00

KUNER'S 303 SOUR

KRAUT 8 for \$1.00

COMET

RICE 2 lbs. 43c

KUNER'S 303 GREEN

PEAS 6 for \$1.00

KUNER'S 303

TOMATOES .. 6-\$1.00

KUNER'S 303 R.S.P.

CHERRIES .. 4 for \$1.00

MONARCH 303 BUTTER

BEANS 6 for \$1.00

MIRACLE WHIP

OLEO 2 Lbs. 59c

WESSON

OIL

24-0z.

33c

SNOWDRIFT

3-Lb. Can

..... **49c**

FRUIT C'TAIL

3

Libby's

2 1/2 Can

..... **\$1.**

PEACHES

4

Pacific Gold

2 1/2 Can

..... **\$1.**

CHOC'ATE MILK

2

Borden's

Quarts

..... **43c**

**GARDEN FRESH
VEGETABLES**



GOLDEN

BANANAS

..... Lb. **10c**

CALAVO

AVOCADOS each 9c

COLORADO ROME

RED APPLES lb. 10c

CELLO

RADISHES 2 Bn. 15c

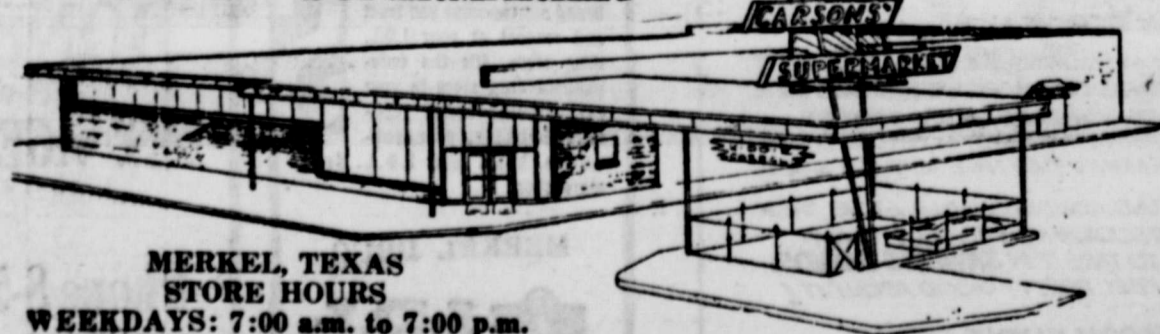
CALIFORNIA

CELERY Lb. 12c

BEKO RUSSETS - IN 10-LB. BAGS

SPUDS 30 lbs. for \$1.00

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