




GROCERY GRABBERS

<p>DECKER SLICED MEAT BOLOGNA 88¢ 12 OZ. PKG.</p>	<p>HEAVY GRAIN FED BEEF ROUND STEAK \$1.99 LB.</p>	<p>FAMILY PACK LEG QUARTERS 48¢ LB.</p>		<p>U.S.D.A. GRADE A PILGRIM'S PRIDE</p>
<p>HEAVY GRAIN FED BEEF EYE OF ROUND STEAK LB. \$2.59 HEAVY GRAIN FED BEEF SIRLOIN TIP ROAST LB. \$2.49 HEAVY GRAIN FED BEEF BONELESS RUMP ROAST OR BOTTOM ROUND ROAST LB. \$1.99 HEAVY GRAIN FED BEEF TOP ROUND STEAK LB. \$2.39 DECKER MEAT OR BEEF CORN DOGS 1 LB. PKG. \$1.69 DECKER SLICED CHOPPED HAM 12 OZ. PKG. \$1.99</p>	<p>JUMBO PACK FRYER THIGHS OR DRUMSTICKS 58¢ LB.</p>	<p>U.S.D.A. GRADE A PILGRIM'S PRIDE SPLIT FRYER BREAST \$1.39 LB.</p>		<p>WHOLE FRYERS 49¢ LB.</p>

 <p>CHARMIN BATH TISSUE 4 ROLL PKG. 89¢</p>	 <p>BOUNTY PAPER TOWELS JUMBO ROLL 79¢</p>	 <p>BOYS OR GIRLS SM./MED./LGE./X-LGE. PAMPERS DIAPERS CONV. PACK \$7.99</p>	 <p>ALWAYS FRESH LARGE OR SANDWICH WHITE BREAD 1 1/2 LB. LOAVES 2 FOR 99¢</p>	 <p>QUARTERS PARKAY MARGARINE 1 LB. BOXES 2 FOR 99¢</p>
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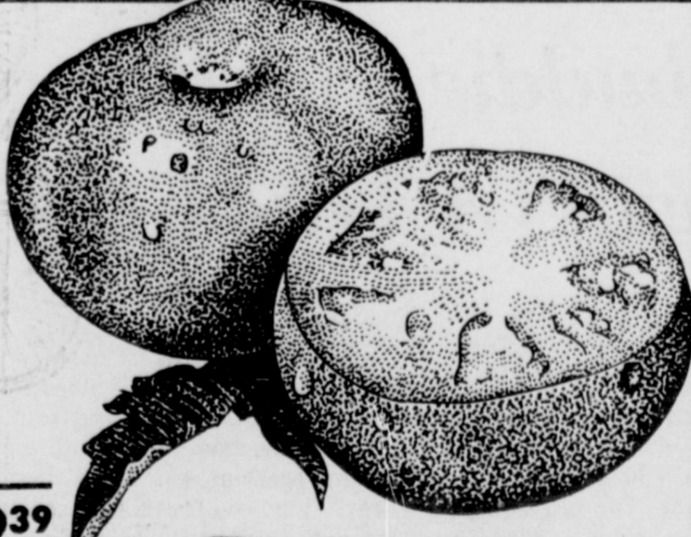
 <p>16 OZ. JAR ROSARITA'S MILD, MED. OR HOT PICANTE SAUCE \$1.49</p>	 <p>REG. \$1.99 SIZE SANTITAS CHIPS 99¢</p>	 <p>10 3/4 OZ. CANS CAMPBELL'S REG. OR SPECIAL REQUEST CHICKEN NOODLE FOR 289¢</p>
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 <p>CRUNCHY/SMOOTH JIF PEANUT BUTTER 18 OZ. JAR \$2.49</p>	 <p>ALL VEGETABLE PURITAN OIL 48 OZ. BTL. \$2.79</p>
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RED RIPE

TOMATOES

LB. **49¢**



FRESH

RED POTATOES 20 LB. BAG \$2.39
BELL PEPPERS 4 FOR \$1.00
CARROTS 3 1 LB. BAGS \$1.00
CUCUMBERS 5 FOR \$1.00
APPLES LB. 59¢

SWEET...JUICY
NAVEL ORANGES
4 LB. BAG **99¢**

 <p>REG./LEMON AUTO DISH DETERGENT CASCADE POWDER 65 OZ. BOX \$2.99</p>	 <p>BATH SIZE ZEST SOAP 3 BAR PKG. \$1.89</p>
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<p>ASSORTED PRINGLES CHIPS 7 OZ. CAN \$1.29</p>	<p>REG. OR DECAFFEINATED SPECIAL ROAST FOLGERS COFFEE 13 OZ. CAN \$1.99</p>	<p>FOLGERS SPECIAL ROAST INSTANT COFFEE 8 OZ. JAR \$3.29</p>	<p>LAUNDRY DETERGENT ULTRA CHEER 98 OZ. BOX \$6.89</p>	<p>REG. OR MTN. SCENT DISH DETERGENT DAWN LIQUID 22 OZ. BTL. \$1.29</p>
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<p>LIQUID CLEANER MR. CLEAN 28 OZ. BTL. \$2.39</p>	<p>ASSTD. FABRIC SOFTENER SHEETS BOUNCE 36-40 CT. BOX \$2.39</p>	<p>TEXSUN ORANGE JUICE 46 OZ. CAN \$1.49</p>	<p>TEXSUN PINK GRAPEFRUIT JUICE 46 OZ. CAN 99¢</p>	<p>FRUIT JUICY RED HAWAIIAN PUNCH 46 OZ. CAN \$1.19</p>
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 <p>12 OZ. CAN TEXSUN FROZEN ORANGE JUICE 99¢</p>	<p>WEIGHT WATCHERS BEEF FAJITAS 6 OZ. BOX \$2.19</p>	<p>SHURFINE MINI CORN ON THE COB CORNBODS 8 EAR PKG. \$1.39</p>	<p>STILLWELL ASSTD. FRUIT COBBLERS 2 LB. BOX \$1.99</p>
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<p>7 OZ. BTL. PRELL NORM. OILY/NORM DRY SHAMPOO or CONDITIONER \$1.39</p>	<p>ASSORTED TOOTH PASTE CREST 6.4 OZ. TUBE \$1.69</p>	<p>MINT/PEPPERMINT MOUTHWASH SCOPE 32 OZ. BTL. \$3.99</p>	<p>4 OZ. BTL. CHILDRENS OR ADULT CHERRY/ORIG. NYQUIL 6 OZ. BTL. \$3.49</p>
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<p>PARKAY SOFT MARGARINE 2-8 OZ. TUBS \$1.49</p>	<p>CITRUS HILL ASSTD. CHILLED ORANGE JUICE 64 OZ. CTN. \$1.99</p>
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ALL TYPES
COCA-COLA
2 LITER BTL.
\$1.09

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MEMBER STORE

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DEC. 30, 1990-JAN. 5, 1991

HEINZ
WORCESTERSHIRE SAUCE
10 OZ. BTL.
99¢



CELEBRATING FIFTY YEARS—Ed and Lucille Harp will celebrate their 50th wedding anniversary Saturday, January 5 with a reception at the Trinity Baptist Church. Mr. and Mrs. Harp will receive guests between the hours of 3 and 5 p.m. Hosting the event will be their children, Jerry and Joy Harp and Keith and Sylvia Harp, all of Muleshoe. Harp and the former Lucille Carter were married January 5, 1941 in Morton. They have eight grandchildren and four great-grandchildren. (Guest Photo)

Keeping Baby's Skin Dry

It does not matter if the New Year's baby rings in 1991 wearing cloth or disposable diapers says a pediatric dermatologist at Baylor College of Medicine in Houston. The bottom line is keeping the skin dry.

"However, the newer, super-absorbent diapers will keep the skin drier and less susceptible to irritation in most cases," said Dr. Moise L. Levy, an assistant professor of dermatology and pediatrics at Baylor.

Approximately thirty percent of all visits to the pediatrician are related to diaper rash, inflammation of skin caused by one or more primary irritants that varies from child to child. The damage can be severe.

"Diaper rash is mostly caused by soap or other irritants and moisture in the diaper area," Levy said. "The popular 'baby wipes' may contribute to the problem. Baby wipes are nothing more than water and a mild cleanser. Alcohol and other additives in these wipes can be irritating to the child and should be avoided."

Substances in feces and urine, friction from diapers and prolonged wetting also cause diaper rash. If not treated immediately, a bacterial or yeast infection may develop and

worsen the condition.

Diaper rash symptoms include moistness and a red discoloration around the baby's buttocks, inner thighs and genitals. As soon as these symptoms are detected, the skin should be carefully cleaned, either with a mild soap or other skin cleansers, and dried.

"Frequent diaper changing is the mainstay of prevention," Levy said. "Keep the diapers off the baby for about an hour each day and make sure cloth diapers have been washed and well rinsed."

After every diaper change and bath, a fragrance-free moisturizer should be applied. Water-repellent ointments, such as petroleum jelly or zinc oxide paste, can help protect against outside irritants and moisture by providing a barrier.

Diaper rash can be treated easily at home but if the rash becomes uncontrollable, Levy suggests contacting your pediatrician or family doctor.

Sure Cure

Salesman: "Your wife used to be so nervous. Now she seems quite cured."

Feed Dealer: "She is. The doctor told her her nervousness was a sign of old age."

Creative Living

by: Sheryl Borden

Information on the importance of the paper recycling symbol, preparing party foods, and increasing the mobility of mothers will be the featured topics on *Creative Living* on Tuesday, January 8 at 12 noon and Saturday, January 12 at 2 p.m. (All times are Mountain.)

Helen Hatton, spokesperson for the Paper Bag Division of the American Paper Institute, will explain what the three revolving arrows of the paper recycling symbol stand for. She'll also tell why it's important to shop for products packaged in recycled paperboard, and explain how consumers feel about the program. Ms. Hatton lives in Toronto, Canada.

Donna Haverstock, representative of Norwegian Dairies, will share some delicious and unusual party foods that have been tailored for a new taste twist using cheese. Ms. Haverstock lives in Key West FL.

Kay Willis, Executive Director of Mothers Matter, located in Rutherford NJ, will discuss how new inventions and products allow the unchaining of mothers from the nursery and also provide the opportunity to travel with a baby to places grandmother would never have thought possible.

On Tuesday, January 8 at 9:30 p.m. and on Thursday, January 10 at 12 noon, *Creative Living* will present information on barbecuing and choosing hair styles for different face shapes.

Mary Ann Fowlkes, representative of Hickory Specialties in Brentwood, TN, will share some tips on preparing food for the grill and will tell how to get that wonderful hickory-smoked flavor. She will present some techniques for skewer cooking that will allow anyone to enjoy barbecue year 'round.

Charles Nicholas, spokesperson for Pantene Hair Care Products, is going to help determine which hair style is best for different individuals. He will use two different models to illustrate how facial shape, hair and skin coloring, and length and texture of hair determine the best hair style for each person. He will also talk about how everyone can have a healthy head of hair. Mr. Nicholas has his own salon in New York City.

Creative Living is produced and hosted by Cheryl Borden. The show is carried on more than 100 PBS stations in the United States, Canada, Guam and Puerto Rico and is distributed by Pacific Mountain Network, Denver, CO.

Viewers can request copies of materials offered on the show by sending one 25 cent stamp for each handout requested. Send the stamps, along with your name, address and booklets requested to:

Creative Living Requests
%KENW-TV Station #52
Eastern New Mexico University
Portales, N.M. 88130

TENNESSEE BARBECUE

Health News

Anyone who has ever had a weight problem understands the frustration of trying to take off and keep off unwanted pounds.

Saturday, January 5, "Health Matters," underwritten by Methodist Hospital, will introduce you to singer Dianne Reeves. She will tell you how too many pounds threatened both her appearance and her career and how she attacked her problem.

Join Jose Beceiro, M.D., endocrinologist, and Andy J. Gray, M.D., family practitioner, as they report on the never-ending battle to stay thin, how the latest weight-loss programs work and why the "yo-yo" effect—the loss, gain cycle which traps so many people—may be a threat to health.

A community service of KCBD-TV and Methodist Hospital, "Health Matters" airs each Saturday at 5 p.m. on Channel 11.

BARBECUED SPARERIBS

4 pounds spareribs
Tennessee Barbecue Sauce
Place ribs in a shallow roasting pan. Bake in a 400 F oven for 30 to 40 minutes to remove excess fat. Blot ribs with paper towels. Place ribs on grill over medium coals or cook indirectly for one to one and one-half hours. During the last 20 minutes of cooking time baste with Tennessee Barbecue sauce. Makes 4 to 6 servings.

TENNESSEE BARBECUE SAUCE
1 medium onion, finely chopped
2 tbsp. vegetable oil
1/4 cup brown sugar
1 tsp. liquid smoke
2-1/2 tbsp. cider vinegar
2 drops hot pepper sauce
1 clove garlic, minced
1-1/2 cups catsup
2 tbsp. Jack Daniel's whiskey
1/2 tsp. dry mustard

Saute onion and garlic in vegetable oil until tender. Stir in remaining ingredients and bring to a boil over medium heat. Reduce heat and simmer for 10 minutes. Makes about two cups. Great for chicken, pork and beef.

BEANS AND CORNBREAD CASSEROLE

1 cup chopped onion
1 cup chopped green pepper
2 tablespoons butter or margarine
2 cans (16 ounces each) hot chili beans, drained
1 can (14 ounces) tomatoes, chopped
1 egg
3/4 cup milk
1 package (6 ounces) Martha White Mexican Cornbread Mix
1 cup grated sharp cheddar cheese

Sour cream, black olives, shredded lettuce, chopped tomato, green onion slices and picante sauce (optional)

Preheat oven to 400° F. Cook onions and green pepper

in butter in large skillet just until soft. Add beans and tomatoes. Cook over medium heat until bubbly, stirring occasionally. Reduce heat to low, cover and simmer 5 minutes. Pour bean mixture into greased 9X13X2-inch baking dish. Beat egg in small mixing bowl. Add milk and cornbread mix; stir until smooth. Spoon cornbread batter over bean mixture and spread

evenly. Bake 15 minutes or until lightly browned. Remove from oven and sprinkle with cheese. Return to oven for 5 minutes or until cheese is melted and sides are slightly brown. Cool 10 minutes before serving. Serve with your choice of toppings as desired.

Meaty variations: Add 1 pound ground beef, browned and drained; or 2 cups cooked, shredded chicken or pork to bean mixture.

Doctor Visit, Slow Start Keys To Exercise Program

Thoughts of exercise creep into many people's minds this time of year after holiday foods have taken their toll on waistlines.

A slow stroll around the block may be a good first step toward better physical health, said Sarah Forsyth, fitness coordinator for Texas Christian University's department of recreational sports. However, Forsyth ranks an examination by a personal physician highest on her check list for starting an exercise program.

"Talk with your doctor and see what he would prescribe as far as an exercise program," she said. "Then start slowly by taking that walk around the block and add a little mileage each time."

Building that exercise habit may be difficult for the newcomer. Forsyth suggested that working out with a friend may be helpful for fitness rookies who find themselves backsliding on their exercise commitment.

"Get a buddy. Get someone to go with you, someone you can bounce those complaints off of," she said. "Find those who will be there when they say they will be there."

For those who find that such a system doesn't help them to maintain an exercise program, Forsyth suggested joining a health club as an alternative. The expense may be a motivating factor to continue workouts, she said.

"Your just need to be careful

when you are looking into programs and talk with people who have a good reputation, not just someone who wants to sell you a membership," she cautioned.

While weight control may be the top goal for those whose waistlines have grown, Forsyth said weight control certainly is not the sole reason to exercise.

"There is a stress reduction with exercise that may help people to get through the day a little more easily and feel better about their schedule because they have taken time for themselves," she said.

ENMU To Sponsor Mail Workshop

Eastern New Mexico University will sponsor a "How to Use Direct Mail" workshop on Friday, Jan. 11, from 8:30 a.m. to noon at the Holiday Inn in Clovis.

Workshop topics will include bulk mailing, express mailing, express packages, use of zip-plus-four addressing, and more. Seminar presenters will be U.S. Postal Service representatives from Albuquerque, Roswell and Portales.

The workshop fee of \$25 includes instruction, folder, materials, certificate of completion and refreshments.

For more information, contact the ENMU University Outreach Office on the Portales campus at 505-562-2165.

<h3>1/2 Beef</h3> <h1 style="font-size: 2em;">\$1.59</h1> <p>lb.</p> <p>Cut & Wrapped To Your Specifications</p>	<h3>Tenderized Beef</h3> <h2 style="font-size: 2em;">Cutlets</h2> <p>5 lb. Box</p> <h1 style="font-size: 2em;">\$18.50</h1>
<h3>Pork Loins</h3> <p>By The Loin</p> <h1 style="font-size: 2em;">\$1.49</h1> <p>lb.</p>	<h3>Pork Spare Ribs</h3> <h1 style="font-size: 2em;">\$1.49</h1> <p>lb.</p>
<h3>New York Strip Steaks</h3> <p>By The Loin</p> <h1 style="font-size: 2em;">\$3.91</h1> <p>lb.</p>	<h3>Home Made Smoked German Sausage</h3> <h1 style="font-size: 2em;">\$2.19</h1> <p>lb.</p>
<p>Let Larry & Paula Cater Your Next Party!</p> <h2 style="font-size: 2em;">Winkler Meat Co.</h2> <p>401 Main 272-4703</p>	

SONIC BROWN BAG SPECIAL

- 2 REGULAR SONIC BURGERS
- 2 ORDERS OF FRIES
- 2 MEDIUM DRINKS* *Soft Drinks

\$4.49

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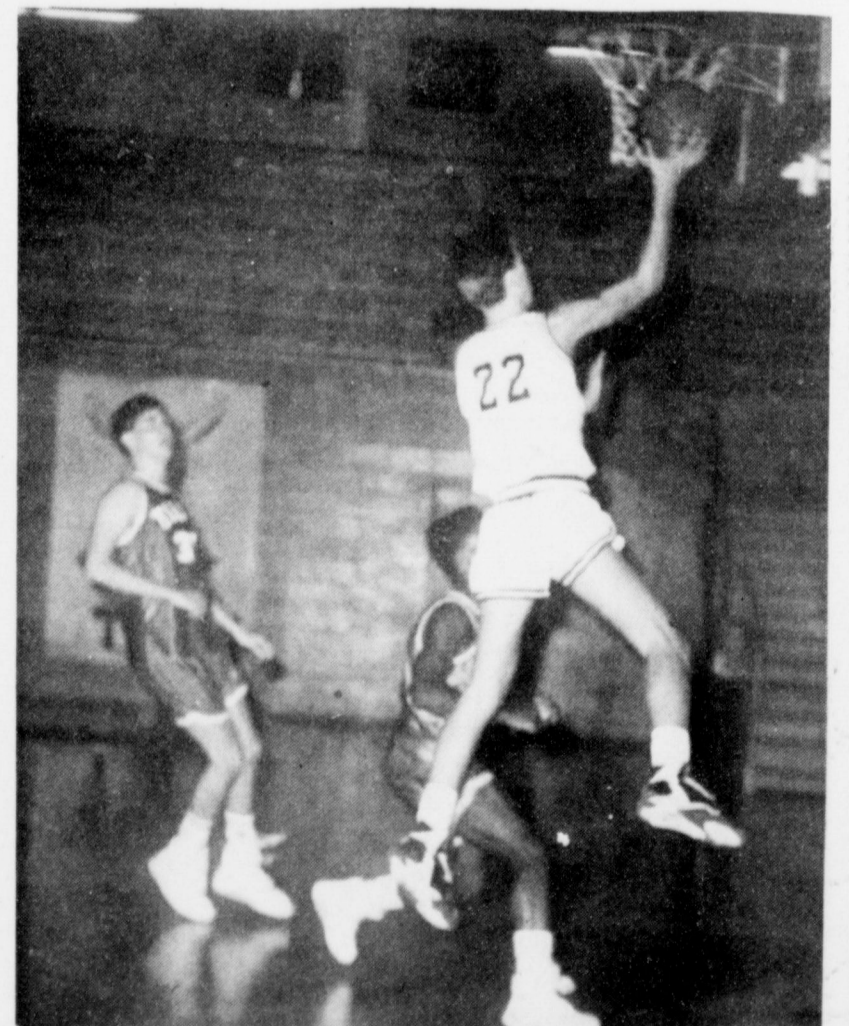
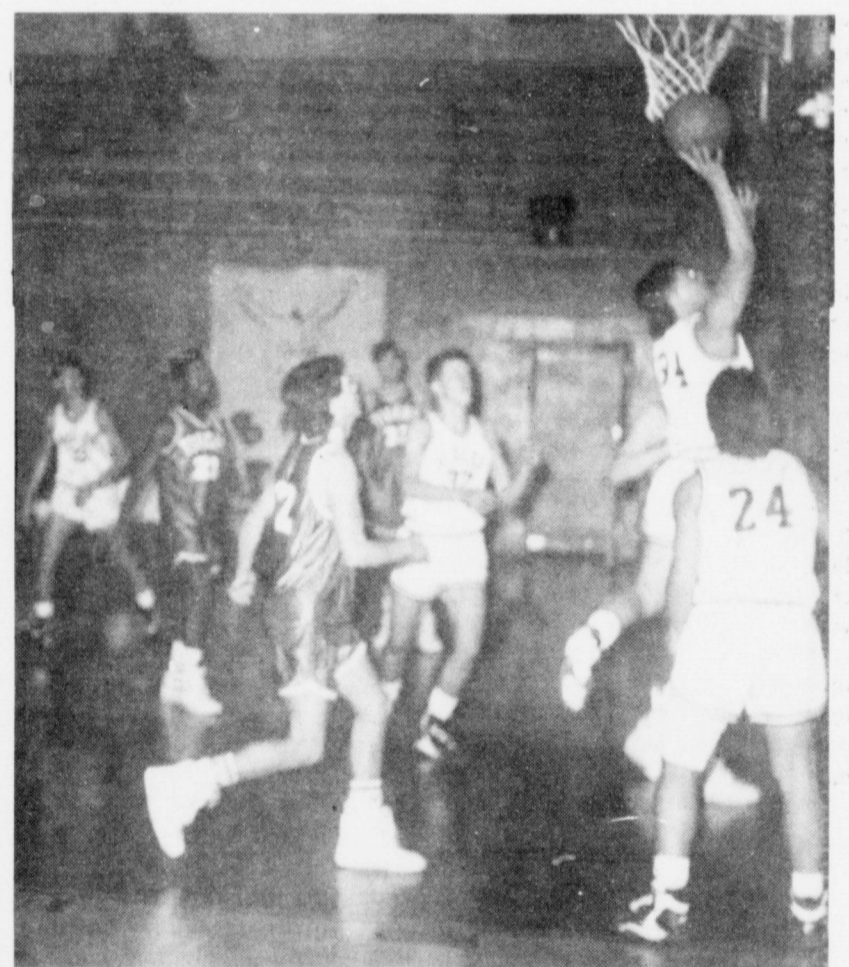
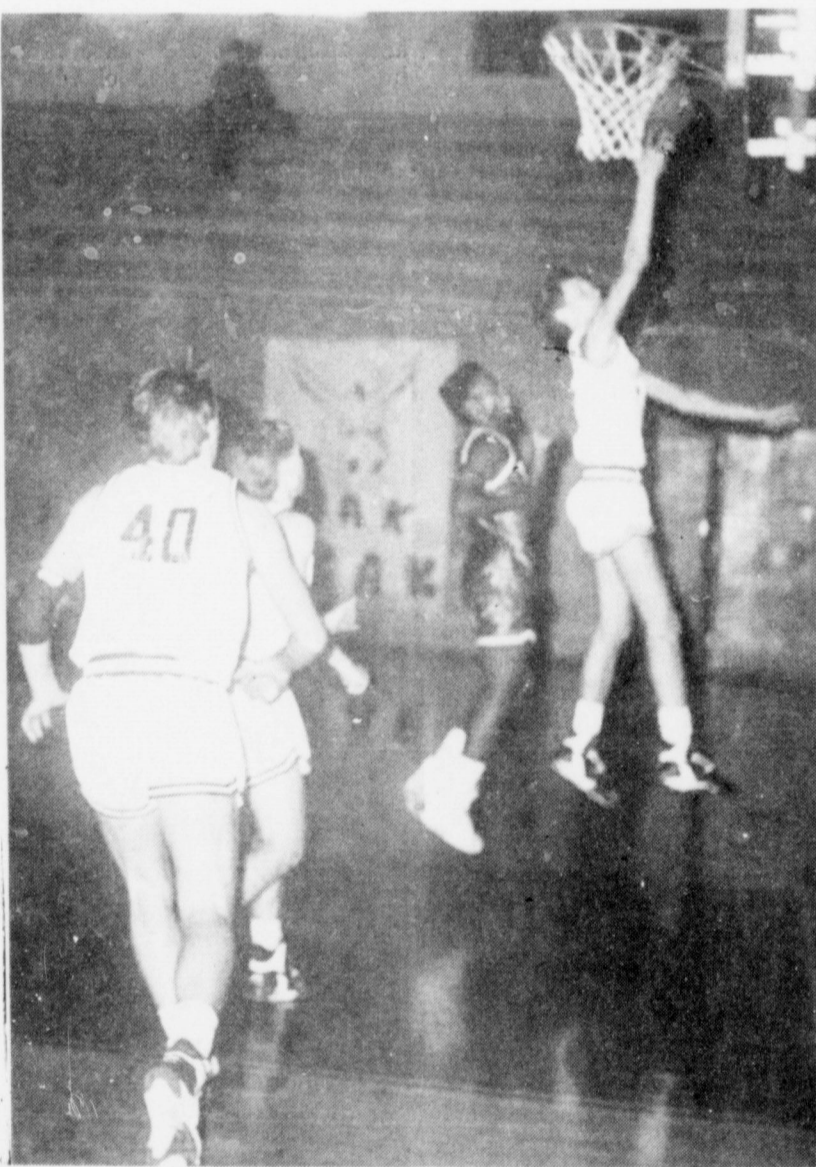
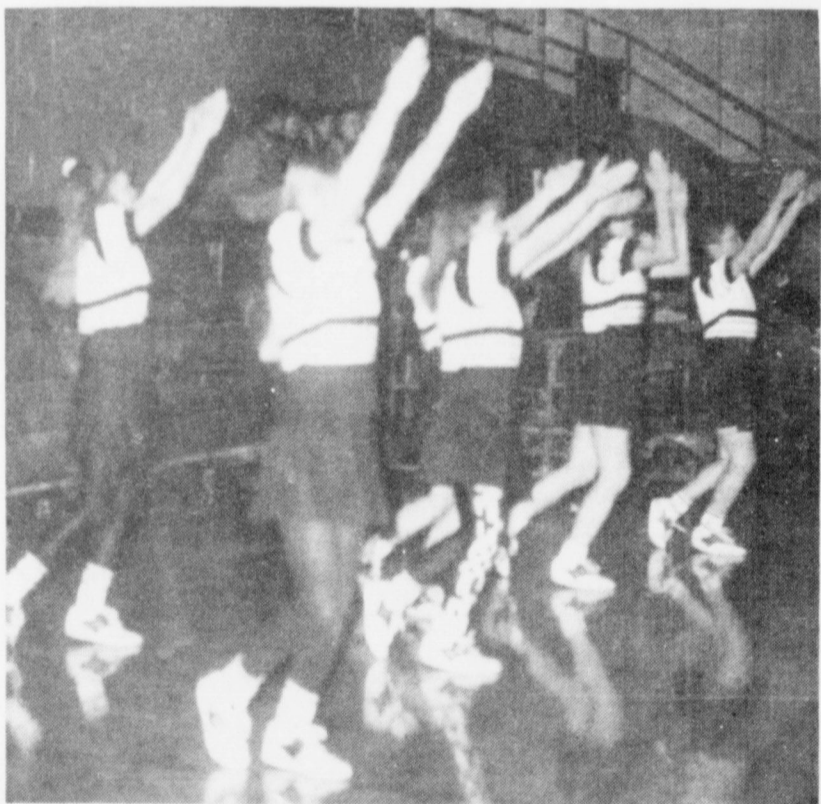
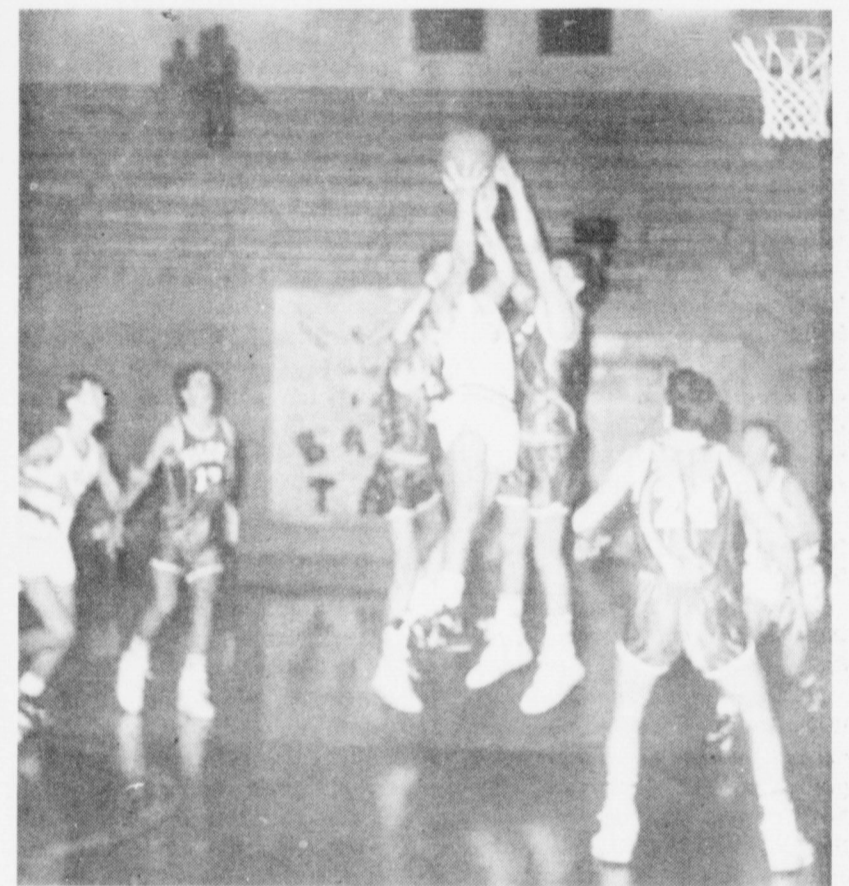
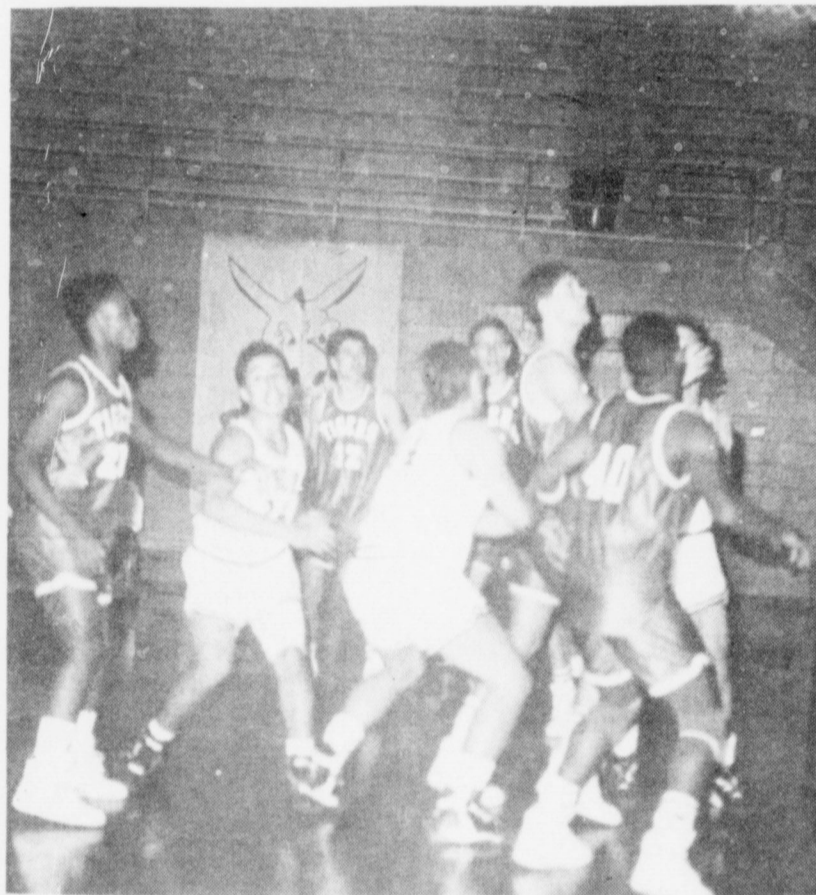
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Let's All Support The *Muleshoe Mules & Lady Mules*



As They Begin
District Play
January 8, 1991
Against Littlefield



**WHAT
COULD BE
SWEETER!**

2 lb. Box
Russell Stover
Candy

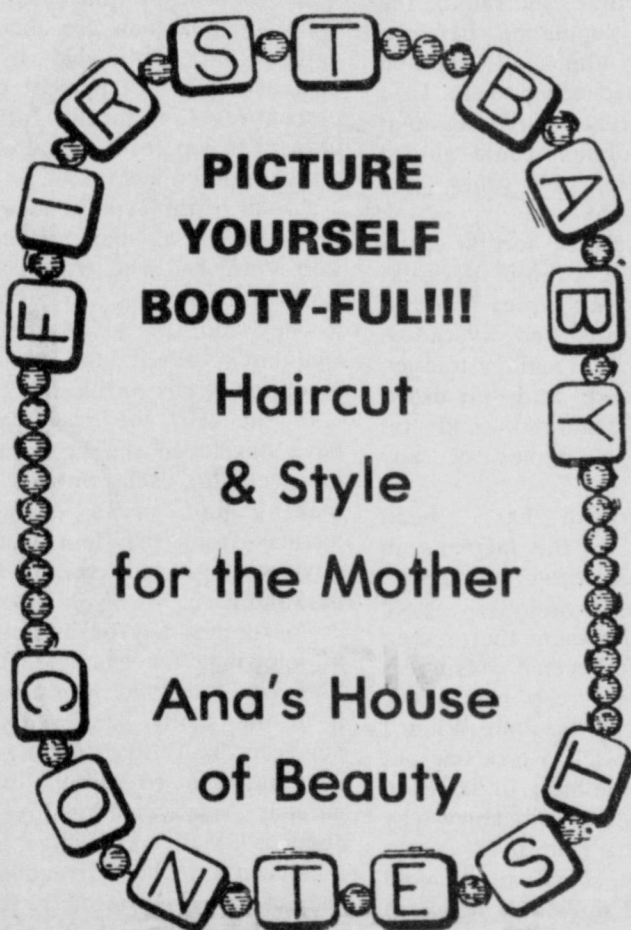
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New Mother's Packet
Diapers Milk
Powders & lotion
Emergency - OB - Medical -
Respiratory - Physical Therapy
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**Muleshoe Area
Medical Center**



**PICTURE
YOURSELF
BOOTY-FUL!!!**

Haircut
& Style
for the Mother

Ana's House
of Beauty

FIRST BABY OF 1991 CONTEST



**FOR
YOUR
GOOD
NEWS...**

One Year's
Free Subscription

Muleshoe
Journal

If you're expecting a "special delivery" on or about January 1st, you could be the lucky recipient of a bundle of great prizes from these participating sponsors.

**Good Luck To All Our
Expectant Parents In 1991!**

CONTEST RULES:

- 1 Winning baby must be born in Bailey County.
- 2 Exact time of birth must be specified by the attending physician.
- 3 In the event there is no winner on January 1, 1991, the contest will be extended until a winner is declared.

**A
SPECIAL
BOND**

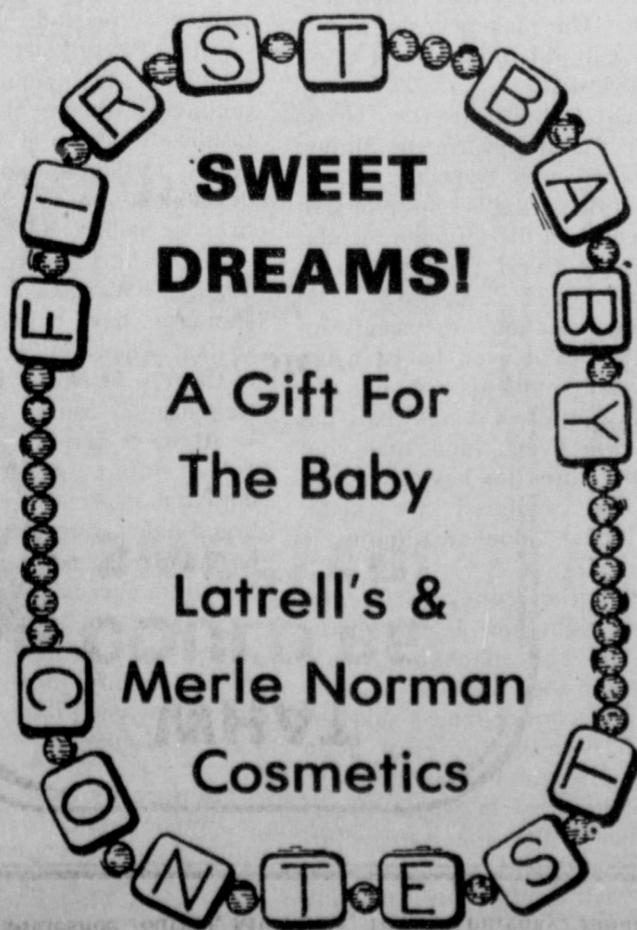
\$50

Savings Bond



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Small Convenience Pack



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**BECAUSE
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Two
Leal's Specials

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**TAKE
TIME TO
SMELL THE
FLOWERS!**

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