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LIMIT 3

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Macaroni & Cheese 7 Oz. Boxes Kraft Dinner 3 for 89c
Pine Fresh All Purpose 28 Oz. Bottle Ajax Cleaner $1.09
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Western Gold No. 2½ Can Pork & Beans 39c
Betty Crocker Box Hamburger Helper 79c
Pinchman's 34 Oz. Jar Mustard 65c
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55¢
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Banquet Cooking Bags 6 Oz. Pkg. 39c
Mrs. Good Cookie Chocolate Chip Cookies lb. Pkg. $1.09
Ore Ida Crispers 20 Oz. Pkg. 79c
VIP Breaded OKRA 12 Oz. Pkgs 59c
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El Chico Dinners Enchilada, Mexican, Queso Each 79c
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Come By For A Visit!!

Homemakers' Reflections

By Donella Pantel
County Extension Agent

Suggestions For Cooking Meats On The Grill

Although the aroma of charcoal-cooked meat is mouth-watering, the meat itself can become dry and tough if not cooked properly.

Follow these suggestions for cooking meat on the grill:

► Select cuts of beef or pork that are well-marbled or baste less tender cuts with butter or your favorite marinade.

► Use tongs to turn the meat. Avoid the use of forks which pierce the meat and allow juice to escape.

► Cook slowly on an even bed of coals. Slow cooking helps to retain moisture and prevent burning.

► Leave the skin on poultry. It acts as a natural "baste" and prevents drying.

► Turn fish only once. It cooks quickly and may fall apart if disturbed often.

► Heat link sausage and wieners just until heated thoroughly.

► If the meat is done, but you and your guests are not ready to eat, wrap the meat in foil and place on the warming shelf of the grill or move the coals to one side to prevent over-cooking.

Patio Chicken Barbecue

Try this patio chicken barbecue recipe for a tasty, low calorie dish.

1 8-ounce can (1 cup) tomato sauce.
½ cup water.
2 tablespoons minced onion.
1 tablespoon Worcestershire sauce.
¼ cup molasses
2 tablespoons butter or margine
2 tablespoons vinegar
2 teaspoons dry mustard
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon chili powder

2 ready-to-cook broilers (2 to 2½ pounds each), cut in half lengthwise
½ cup salad oil
Salt, pepper

In saucepan, combine tomato sauce, water, molasses, butter or margarine, vinegar, onion, Worcestershire sauce, dry mustard, 1 teaspoon salt, pepper and chili powder. Simmer mixture 15 to 20 minutes. Set aside.

Brush halved broilers with salad oil and season with salt and pepper. Place bone side down on grill. Broil over slow coals 25 minutes; turn, broil 20 minutes. Brush with sauce. Continue broiling, turning occasionally and basting with sauce 10 to 15 minutes or till tender. Makes 4 servings.

Write or come by 316 Spring Street, Columbus, Texas 78934 for your free Chicken Barbecue booklet.

NEW SUBSCRIBERS

Added to the Eagle Lake Headlight's subscription list during the past week were: Kenneth Konzaba of Sheridan; and Mrs. R. Pieklik of Eagle Lake.

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Extrication Demonstrated

Emergency Medical Technician trainees are shown above practicing extrication of patients from wrecked automobiles at Jerry's Wrecker Service as part of their extensive training course.

Future EMT's Stage Extrication Exercise

[By June Mahalitz
Training Officer, Eagle Lake Ambulance Corps]

Sunday, July 15, was very hot and dirty for the future Emergency Medical Technician's (EMT's) enrolled in the class being held here in Eagle Lake. "Extrication" was the name of the game and it involves properly "packaging" the victim of an auto accident before attempting to remove them from the car (or wherever they may be trapped) and then moving them out. Sometimes this means removing the top of a car or "popping" a glass window to gain access to the victim.

The East Bernard Emergency Vehicle was on hand to assist with their Hurst Tool, commonly called the "Jaws of Life." The emergency crew consisted of Fire Fighters Herb Zieschang (who is enrolled in the EMT course) and Bill Cavness both with the East Bernard Volunteer Fire Department. While the class members protected the victim from glass or other debris with a blanket, Herb and Bill proceeded to open the cars up like a can with a can opener. The wrecked vehicles were provided by Jerry Pustejovsky and operations were held at the location of his wrecking service. Pictures were taken by Wilfred Luedecke, future EMT.

The future EMT's then set about the task of bandaging, splinting and securing victims to a spine board, in case of spinal injury, which is suspected in any auto accident. Only then were they lifted from the vehicles and any further aid needed was administered.

In spite of the intense heat, the class greatly enjoyed the afternoon and learned many worthwhile things that cannot be thoroughly demonstrated in the class room, where they practiced splinting procedures, discussed possible difficulties which could arise and watched a film entitled "Collision Rescue" during the morning.

The skills instructor Herman Novak, his assistants and EMT class want to extend their sincere thanks to Jerry Pustejovsky and the East Bernard Fire Department for the use of their equipment and facilities, and also for their personal assistance.

Hruzek Well At Rock Island Is Completed

Another successful gas completion has been reported in this portion of the county in the No. 1 A. J. Hruzek, located 3.5 miles southwest of Altair on a 143-acre lease in the G. W. Wright Survey A-593 or about one mile south of Wilcox production in the J&B Field.

The well reportedly flowed 659,000 cubic feet of gas a day from Frio formations at 3,373-75 feet through a 9/64th inch choke and flowing tubing pressure of 3,385 pounds per square inch. Absolute open flow was reported at 6.4 million cubic feet of gas daily.

The Veterans Administration's work-study program is open to veterans attending college full-time under the GI Bill. Students can earn a maximum of $725 per semester above their GI Bill allowance, by agreeing to work 250 hours at $2.90 per hour.

Tony's Dinner

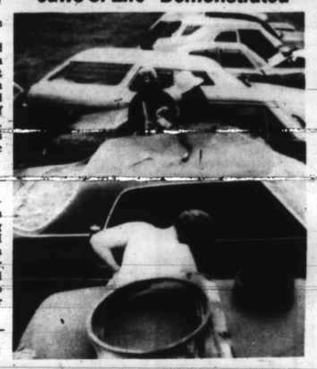
Tanyia Johnson this is a ticket for a free Tony's Deluxe Dinner at Tacc Tony's on Highway 90A just west of the city. You'll find delicious foods in a pleasant atmosphere. Clip this out and present at Tony's not later than **July 31, 1979**

Family Farm Security

Farmers and others are organizing to pass a constitutional amendment to authorize the state to guarantee loans to buy farm and ranch land. The bill's intent is to combat high interest loans which prevent young Texans from entering farming and ranching.

State Rep. Luther Jones, D-El Paso, said most young persons cannot afford the almost 30 percent down payment required for farm and ranch loans. If the amendment is approved on Nov. 6, the state will issue bonds which will eventually guarantee as much as $100 million in loans.

"Jaws of Life" Demonstrated



A Hurst Tool, called "Jaws of Life" is being used by East Bernard Firemen and EMT trainees to extricate a victim from a wrecked car.

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