

Winners in County Fair Baked Goods Show



Shows above are some of the grand champion ribbon winners in the baked goods division of the Colorado County Fair held last Friday and Saturday in the National Guard armory. Left to right are: Mrs. Albert Robinson with her chocolate chip cake; Tricia Calk, a grand champion cake

winner in the youth competition; Mrs. Eunice Kiebler with her champion entry; Mrs. Olga Schmidt, winner with nutmeg cookies; Patricia Warchak, winner with a chocolate chip cake; and Edna Mith, winner with a pineapple chiffon cake.

NEWS FROM HERITAGE HOUSE

Heritage House Residents Enjoy Parties

No Church Services
We did not have church services in the dining room Sunday.
Monday Movie
We had our usual popcorn party Monday afternoon. Volunteers Florence Walker and Marie Franks served the residents popcorn and punch but we did not have a movie to show. We hope we will get one for next Monday.
Special Movie
The residents got to see the movie "A Merry Cricket" Tuesday morning in the dining room. The movie was about a very special cricket that played his back legs like a violin. The residents enjoyed it very much.
C.A.S. Gives Party
The Catholic Altar Society held the first Christmas party for the residents Tuesday, Dec. 11 in the dining room. After singing Christmas



Wishing you all happiness at this wondrous time of year!

BILL'S GARAGE
Bill & Lavonia Chavis
EAGLE LAKE

JOY

The yuletide carols recall the wonders and the mirth of Christmases gone by. May the traditional joys of the season visit your home anew.

J. & S. Distributing Co.

Mr. and Mrs. Jerry Zetopich and Employees
COLUMBUS, TEXAS

Visit With Santa Claus



Sears Store To Close Noon Dec. 24 Thru Jan. 1

Jack and Debbie Vawter, owners of the Sears Catalog Sales Store in Eagle Lake, announce that their store will close at noon on Christmas Eve, Mon., Dec. 24th, and will remain closed through Tues., Jan. 1st, New Year's Day, reopening on Wed., Jan. 2nd. The Vawters ask the cooperation of patrons during this special holiday closing.



And peace be with you.

M-G Truck Tire Service
Willie and Mervyn Gosselin and Employees
Highway 90A - Eagle Lake

Postal Employees Honor Morgan At Christmas Party

Employees at the Eagle Lake Postoffice and their families gathered for a covered dish supper Thursday evening at the home of Postmaster Robert S. Martin for a delightful pre-Christmas social.

42 Courses Offered At WCJC Night School

Forty-two college credit courses will be offered at night at Wharton County Junior College in Wharton when the Spring Semester begins on January 14. Students should register Monday, Jan. 7 from 7:00 to 8:30 p.m. in the WCJC Administration Building. A high school transcript is required of each student enrolled for the first time at WCJC. A transcript from each college attended should be mailed directly to the registrar's office from the college if enrolling by transfer.

All courses carry semester hours of credit at Wharton County Junior College. A student may choose to audit a course (except Bus 101, 102, 204, 205, D.P., Draft, Engr., Law Enforcement, Management Training, O.E., and Welding) however instead of enrolling for credit. This entitles students to the same learning privileges but eliminates requirements of attendance, tests, grades, and high school transcript.

Further information may be obtained by contacting the Registrar's Office, 911 Boling Highway, Wharton, Texas 77488. Phone AC 713 532 4560, extension 24.

punch were served. They gave each resident a cross or a picture of God as a gift. We thank them for a very nice party and hope to see them

again next year.
Engstrom Dancers
Thursday night, the residents really enjoyed the Lydia Engstrom ballet and tap dancers, perform. We enjoyed the different dances that they put on plus the Christmas carol they sang for us. Every year, Mrs. Engstrom's pupils put on a very nice program for us. Thank you for thinking of us, Mrs. Engstrom.

A.A.R.P. Party Held
Friday afternoon the American Association of Retired Persons gave the residents a Christmas party with gifts for all the residents. Refreshments of assorted cookies and punch were served. Thank you for the very nice party. You showed us that people still have feelings for those that can't help themselves.

JOYOUS NOEL

Let us look to Bethlehem anew!

MONTEMAYOR GROCERY
EAGLE LAKE

There are many expressions on the faces of youngsters visiting with Santa Claus and these 3 appeared pleased with the opportunity to visit with the jolly old gentleman dressed in red and white at the chamber of commerce-sponsored visit last Saturday afternoon. At the top is Rene Morales, son of Mr. and Mrs. Roy Morales; and at the bottom are Judy (seated on Santa's lap) and Leslie Heard, children of Mr. and Mrs. Judy L. Heard.

community join in extending best wishes to Clyde on his passing this birthday anniversary.

Christmas and Calories

It's "Battle of the Bulge" Time Again; Here Are Tips For Winning, Not Gaining

It's here again, that diet's nightmare, the Christmas holiday season. Cookies, candy, eggnog and homemade goodies of every description tempt you from all sides.

This is not the stuff of which svelte bodies are made. How can you survive the Yuletide with your waistline intact?

Karen Harberg and Christina Ramirez have some ideas on the subject. They are seniors in the Program in Nutrition and Dietetics in the School of Allied Health Sciences at the University of Texas Health Science Center

at Houston. As part of their training, they have been working as nutrition counselors this year in a university-sponsored clinic.

You can start with your own cooking practices, they suggested. "Don't assume, as many people seem to, that there won't be enough food to go around," Harberg said.

Don't worry, there will be enough and then some. If

you must make up a kitchen full of fattening goodies, try to give away as much as possible, or freeze some for use at a time of less abundance.

When preparing the holiday menus, ask yourself if all those gravies and sauces are really necessary. "Many foods have an inherent good flavor without them," Ramirez said.

Do you really need to bake the bird? Not according to Harberg. She said that basting only adds more fat to a food that already has

(Continued on page 11)

Rejoice



Let us reflect upon the message of the Holy Season... "Peace on earth, Good Will toward Men."

Eagle Lake Iron Works
Andy, Linda and Dale Phillips

ANYONE CAN SELL QUANTITY AT A CHEAP PRICE, BUT HENDERSON FARMS IS INTO QUALITY AT A FAIR PRICE

HENDERSON FARMS, INCORPORATED
SEED RICE
LaBelle-LeBonnet-Newrex

Remember: The Dollar Saved On Seed At Planting May Be The Expense At Harvest.

TOM HENDERSON, PRESIDENT **LES CRANE JR., MGR.**
BOX 766 EL CAMPO, TEX. 543-2726

Battle of Bulge

(Continued from page 10)

plenty. Sugar, that great enemy of the waistline, lurks in many holiday dishes, but some of them can be prepared just as favorably without it.

"Concentrated apple juice is a good substitute for sweetening home-cooked cranberry sauce, fruit compotes, hams, sweet potatoes and other favorites," Harberg suggested. The foods will be just as sweet but without the high sugar content.

There is a tendency to omit salads and vegetable dishes in holiday menus, they pointed out. These foods not only add variety to the fare, but they also provide a delicious lower-calorie alternative to candied yams and mashed potatoes with gravy.

Marinated salads are particularly nice because they can be prepared in advance and refrigerated.

Once you have the home front under control, you must meet an even greater challenge—holiday parties. Each one seems to have an even more enticing buffet than the last. How can you fight fat in surroundings like that?

"Check out the entire selection before you start filling up your plate," suggested Ramirez. Then select only those items which you really like. "If you find you like everything, limit yourself to very small portions of each."

The dessert selection will probably be the most difficult obstacle. The bar contains as many threats to the dieter as the buffet, because alcohol is teeming with calories, they

warned. The best way to control your intake of alcohol at a holiday party is to plan in advance how many drinks you will allow yourself and make that number stretch out over the entire evening.

Better still, substitute wine for hard liquor (it is lower in calories) or make a "mixed drink" and omit the alcohol. You can mix a Bloody Mary without the vodka or have a club soda with lime and no one will be the wiser—except you. If you must have an alcoholic drink, use water to dilute it instead of high calorie mixers, they suggested.

As a hostess, you might try serving a wine punch or a fruit juice cocktail with liquor on the side for your calorie-conscious guests. The temptation is to eat when you are full, she said. But the wise thing to do is to find something to occupy your time. Take a walk or make a list of chores and try to complete one each time you are tempted to snack. Above all, don't be sedentary.

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W. F. MEITZEN 66 STATION

W. F. Meitzen, Jr. EAGLE LAKE Bob Meitzen

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JOY and peace

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