



### YOUR PERSONAL HEALTH

#### A Mother's Culinary Skill May Protect Child's Heart

As Christmas approaches, mothers in our area will be busy shopping for gifts to fill the stockings to be hung by the chimney with care. In the interest of protecting hearts, your Heart Association urges all mothers to pay as much attention to what goes into the youngsters' shiny, new lunch boxes, and onto the family table.

A mother's skills in selecting and preparing foods can help protect the entire family's hearts. There is increasing evidence that a diet which controls the intake of cholesterol and saturated fats can reduce the hazard of atherosclerosis, a disease of the arteries which underlies most heart attacks. And youngsters stand to gain most from such risk reduction measures. In their formative years they will develop a taste for the right kinds of foods, and thus find it easier as they mature to adhere to a diet that reduces their risk of premature heart disease.

The typical American diet is rich in foods that contribute to the progress of atherosclerosis. To reduce this risk, scientists recommend a diet that is low in cholesterol and saturated fat, but which still provides all the nutrients essential to good health. Adopting this diet usually requires moderate changes in eating habits.

There are four goals to keep in mind in following the suggested diet:

1. To meet daily needs for protein, vitamins, minerals and other nutrients.
2. To control calories and maintain desirable weight.
3. To avoid eating excessive amounts of food containing cholesterol and saturated fat, by lowering the total intake of such

foods.  
4. To see that more of the fat eaten is polyunsaturated, and less of it is saturated.

Your Heart Association can supply you with two new booklets containing recommended diets, recipes and tips on food preparation to achieve those four goals. The publications are: "The Way to a Man's Heart," and "Recipes for Fat-Controlled and Low Cholesterol Meals."

Scientists agree that diet is a factor in reducing the risk of heart attack. But there are other factors to guard against. See that your youngsters do not acquire the cigarette smoking habit; have them exercise regularly; keep their weight at appropriate levels; and take them for regular medical checkups.

This same plan of action applies equally to adults as a program to reduce their risk of heart attack. It is never too early or too late to start a campaign to protect the heart. Do it this Christmas and help to give your family the priceless gift of health.

#### Tydings Calls For Spending Cut

Senator Joseph D. Tydings last week suggested that President-Elect Nixon give "the highest priority" to the "establishment of cost reduction programs in every department" of the Federal government.

The Maryland Senator stressed the need for greater government cost reduction efforts in a speech prepared for delivery at the Aberdeen Proving Ground in Aberdeen, Maryland. He spoke at a Army Materiel Command National Cost Reduction Awards ceremony.

"Very frankly, it is my hope that the experience of the military departments in trying to achieve economies in government spending will be brought to bear on the budgets and policies of all

the departments and agencies in government," Tydings said.

"I would go so far as to suggest to the President-Elect that the establishment of cost reduction programs in every department should receive the highest priority in the new Administration."

Tydings said effective cost reduction would:  
—Provide more "bang for the buck," producing national security forces that "will be of maximum deterrent power, or, if necessary, of maximum applied effect."

—Restore the tax-burdened citizen's confidence in the present institutions of government. "I submit that vigorous efforts to reduce costs are vital to maintaining such confidence," he said.

—"Combat the ever-present threat of inflation."

"But most of all," Tydings ad-

ded, "the elimination of wasteful and unnecessary spending in government is of first importance because it makes the maximum amount of public funds available to serve human needs." He said dollars saved could be "put to use in programs that invest in people."

#### OUR LIBRARY

Some new books were added to the collection at the Emmitsburg Public Library this week. Among those from County Services, with headquarters in C. Burr Artz Library, the following are listed:  
"A Marriage Manual," by Drs. Hannah and Abraham Stone. The modern guide to sex and marriage recommended by doctors and educators. Now, in a thoroughly revised and updated edition, this famous guide once again explores the basic considerations of sex

and marriage. Fitness for Marriage, The Biology of Marriage, Family Planning, Fertility and Infertility, the Art of Marriage, Sexual adjustments and maladjustments and Health in Marriage.

In the final chapter, happiness in marriage, the doctor expresses his belief that the two most important steps are: "Prepare yourself for marriage," and "Choose your mate wisely." The manual ends with ten rules or guideposts that can help every couple have a happy marriage.

"Washington Quadrille The dance beside the documents," by Jonathan Daniels. This is the story of fascinating women who were the leaders of Washington society from the turn of the century through F.D.R. years. They were charming, dynamic—and intriguing. In one sense, this is an historical journal, recording pertinent episodes, but beyond the familiar facts of history, Jonathan Daniels has evoked warm intimate glimpses of the unforgettable people making that history.

"Early American Decorative Patterns and How to Paint Them," by Ellen Sabine. Full color photographs of a Blue Dower Chest, Stenciled Rocker patterns, chair patterns, a Cornice pattern, an English Sewing table, and Old Tinsel Picture, a Nineteenth-century Fancy Chair and a Japanned Red Secretary; plus a collection of authentic pattern designs, suitable for use by professional and industrial designers; basic brush strokes and detailed, step-by-step instructions for the amateur home decorator.

"The Bogey Man," by George Plimpton. George Plimpton's adventures in the world of big-time golf began when he played as a participating amateur in three famous tournaments: Bing Crosby's National Pro-Amateur on the Monterey Peninsula; the Lucky International in San Francisco,

and the Bob Hope Desert Classic in Palm Springs.

"Berlin Diary," by William L. Shirer. Here is the first uncensored and intimate account of Germany in the Second World War. Here is the private, personal, utterly revealing journal of a great foreign correspondent, in which he tells the things he saw and experienced during the seven terrible years in which Hitler rose to power and conquered most of a continent.

#### DRIVER CHARGED

A total of \$700 damage was caused to two vehicles Saturday on the Waynesboro Road near the Pennsylvania-Maryland state line.

Police reported that a car driven by Connie Marie Seiss of Taneytown R2, was stopped signalling for a left-hand turn when another vehicle driven by Shirley Ann Southard, Lantz, R2, failed to stop and struck it in the rear.

The driver of the second vehicle was charged with failure to reduce speed to avoid a collision.

Dial 447-4141 to report a fire.

## DOG ODDITIES

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ABBIE A. MALTESE, OWNED BY MR. AND MRS. JAMES EVANS, ST. JAMES, MICH., WAS FOUND HARDY AND WELL AFTER BEING LOST 3 DAYS AND TRAVELING 4 MILES ON SNOWBOUND, FROZEN SHORES OF LAKE MICHIGAN



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Francis P. McCourt (left) receives the James H. McClellan Aviation Safety Award from Howard E. Hagerud, president of the James H. McClellan Foundation, at the AAAA honors luncheon. McCourt, of the U.S. Army Aviation Materiel Laboratories, Fort Eustis, Va., was recognized for his research and development program aimed at improving aviation safety.

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- '68 Olds 98 sedan, air
- '67 Cadillac Fleetwood sdn., air
- '67 Cadillac sdn. Deville, air
- '67 Olds Vista Cruiser wagon, air
- '67 Olds 88 sedan, air
- '67 Olds Cutlass coupe
- '67 Olds 98 sedan, air
- '67 Olds Delmont 88 sedan
- '67 Chevrolet Camaro coupe, stan. transmission
- '67 Pontiac Tempest 2-dr., air
- '67 Ford Mustang coupe, air
- '66 Cadillac sdn. Deville, gold
- '66 Cadillac sdn. Deville, air
- '66 Cadillac convertible, air
- '66 Olds V.C. 9-pass wagon
- '66 Olds 98 sedan
- '66 Olds Starfire coupe, air
- '66 Pontiac Catalina sedan, air
- '66 Ford 8-pass. sta. wgn., air
- '65 Olds 88 convertible
- '65 Olds 88 4-dr. sedan
- '65 Olds 98 sedan
- '65 Olds Delta 2-door
- '64 Olds 88 sedan
- '64 Dodge Dart 2-door coupe
- '63 Cadillac sedan
- '63 Pontiac sedan, air
- '62 Cadillac sedan
- '62 Olds 88 Holiday sedan
- '60 Chevrolet convertible
- '57 Chevrolet station wagon

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Tears are the product of many glands. There are tear glands at the upper, outer corner of the eye underneath the frontal bone, with ducts that lead to the surface. There are also tear glands in the upper and lower eyelids. The tears of the eye are a combined effort of all these glands. And yet, only about a teaspoon a day is manufactured and dispersed onto the surface of the eye.

Besides helping to prevent eye infections tears prevent the eye from drying. Tears are sticky and viscous and this keeps them from flowing over the lid.

As well as observing the rules of strict cleanliness of the eyes, the National Eye Research Foundation urges us to follow other basic, common sense practices in relation to the eye. Avoid dangerous games with arrows and darts. If you are employed where safety goggles are used, don't take chances—use them. Since eyes give us no warning, as a rule, that something is wrong, it is a good idea to have them examined every six months.

## WINTER WOES by Pinson



In a creek, off a bridge, through a wall,  
Stood icy-wet Bertram Q. Ball,  
"With dead wiper blades,  
Clear vision soon fades,"  
Moaned Bert, "I could not see at all!"

#### PREVENT THOSE WINTER DRIVING WOES

The Safe Winter Driving League presents the following tip for safer winter driving from the National Safety Council: "Don't be a 'peep-hole pilot.' Brush snow completely off front, back and side windows. Replace dead wiper blades with live, new ones to prevent streaking. All your lights should be working, with headlights aimed properly. You must see danger to avoid it."

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**Looking Ahead**  
by  
Dr. George S. Benson  
President  
NATIONAL EDUCATION PROGRAM  
Searcy, Arkansas

**Students For A Democratic Society**

We are listing in a series of columns some of the significant developments within America in 1968 which pleased or displeased World Communism's leaders and which aided or hindered their advance toward their destruction of the American system and dominance over the world. This column is devoted exclusively to one of the most destructive and dangerous of the new forces being mobilized to destroy the American system—Students for a Democratic Society, which FBI Director, J. Edgar Hoover, says is motivated "by a desire to destroy, to annihilate, to tear down." It can be called, says Mr. Hoover,

"anarchistic".

SDS is a worldwide "society", led in most nations by young Communists and backed wherever it operates by the international Communist apparatus. Two of the top leaders of SDS in the United States have, according to reliable reports, identified themselves as "revolutionary Communists". The growth of SDS on college campuses from coast to coast has been swift (estimated militant following, January 1969: 75,000). The mischief, strife, rioting and destruction it has helped to create has brought on a state of virtual permanent chaos to those colleges and universities that are tolerant of anarchy.

**Red Ally**

The U. S. wing of this revolutionary force is considered by international Communist bosses to be equally as promising, as a revolutionary Black Power force. The two now operate on campuses as interlocking allies.

Television networks and wire services reporters and commentators have focused the same kind of news spotlight attention on SDS co-founder and national spokesman, Tom Hayden, that they did on Stokely Carmichael

and Rap Brown when they were building up their revolutionary Black Power forces. An inkling of the correct image in which the American people should view young Mr. Hayden was given in his statement to 10,000 "Yippies" and "Hippies" congregated in Chicago's Grant Park at the height of the "Hippy-Yippy" invasion of downtown Chicago last August.

**"Make Sure Blood Flows"**

Precisely like a guerrilla commander firing up assembled cadres of dynamiters, Hayden said to the 10,000-plus revolutionary rabble: "We must move out of the Park and into the streets. We have to turn this overheated military machine against itself. If blood flows, we must make sure it flows all over the city." The revolutionary rabble had been moved to Chicago, after months of organization, training in violence, and preparations, to "destroy, annihilate, tear down." World Communism was pleased with their success, although the biased, pro-rabble TV reporting of the rioting backfired and this, for the Reds, was a temporary setback.

The true image of the SDS crowd came through clearly at the SDS National Council Meeting on the campus of the University of Colorado, October 11-13. Three of the six-member

Board of Regents at Colorado U had voted not to permit the national SDS convocation on their campus. The three who favored it were joined by University President, Joseph Smiley, and the SDS held the meeting, a sordid, obscene, anarchistic spectacle.

**Obscenity And Sex**

The Denver Post, not usually critical of radical demonstrators, took a dim view of the SDS proceedings. Editorial Writer, Lawrence G. Weiss, who attended some of the sessions, reported that the SDS convocation was composed of three entities: (1) the Progressive Labor Party "that most nearly resembles the Communist party" and whose members admire "the Chinese Communism of Mao Tse-tung; (2) other Marxists "who aren't organized as a block and who interpret Marxism in a variety of ways;" and (3) the Anarchists. Concerning group (3), Weiss wrote in the Post:

"SDS members in this group, largely from the East Village in New York City, are a small minority in the organization. . . the name they have chosen for themselves (Up - Against - The - Wall - Mother - - - -) cannot be printed in this newspaper. Nor can the four-letter words which fill their speeches and conversation. The 'culture' they have de-

veloped so far appears to involve drugs, uninhibited sex and a passionate explosive manner of expressing themselves in an obscene vocabulary of their own. One of them sought to emphasize his views and his feelings at one plenary session by dropping his pants and exposing himself." Such an outrageous organization can grow on the campuses of America only if fertilized by "tolerant" faculties and administrations. It is a menace to everything decent.

**List Revised For Price-Supported Crops**

A revision of the list of price-supported crops which are not eligible for production on government-owned land has been announced by the U. S. Department of Agriculture, according to James M. Voss, Chairman, Maryland State Agricultural Stabilization and Conservation Committee. Barley, soybeans, and flaxseed have been added to the list.

Barley is included in the 1969 Feed Grain Program. Thus, it is subject to acreage restriction as a condition of price support eligibility. Barley was among the crops which were not eligible for production on government-owned land during the years when it was previously included in the Feed Grain Program.

The continuing increase in soybean production at a time when the use of soybeans for crushing and also for export was leveling off has led to a major bulidup in stocks. An evaluation of prospective use during 1968-69 indicates a further large increase in stocks and shows clearly that soybeans will be in surplus supply during 1968-69. A similar situation exists for flaxseed.

The change in the list is being announced at this time so farmers who lease government-owned cropland from the various agencies of the U. S. government can make plans for 1969.

Eleven crops are on the list as ineligible for planting on government land. They are: barley, soybeans, cotton (Upland and Extra Long Staple), corn, flaxseed, grain sorghums, rice, wheat, peanuts, dry edible beans, and tobacco (kinds for which acreage allotments are in effect).

The listing of price-supported

crops ineligible for production on government-owned leased land will continue until revised.

**Thurmont Woman Files \$195,000 Suit**

A Thurmont woman has filed a damage suit in Circuit Court claiming \$195,000 against the Catoctin Mountain Orchards in Thurmont.

In the suit, Mrs. Doris I. Brown of R2, is claiming damages as a result of an accident on Sept. 26, 1968, which the suit alleges caused the death of her husband, Walter L. Brown, an employee of the Catoctin Orchards.

The suit claims the orchard was negligent in that it did not provide reasonable safeguards for its employees. Brown was the operator of a fork lift used to stack crates in the warehouse for the orchard. He died as a result of injuries received when several of the crates he was stacking fell on his head, the suit reads.

The suit further claims that the fork lift did not have a protective

guard over the top of the lift to prevent injuries to the operator from falling boxes. Mrs. Brown is represented by Attorney Edwin F. Nirkirk.

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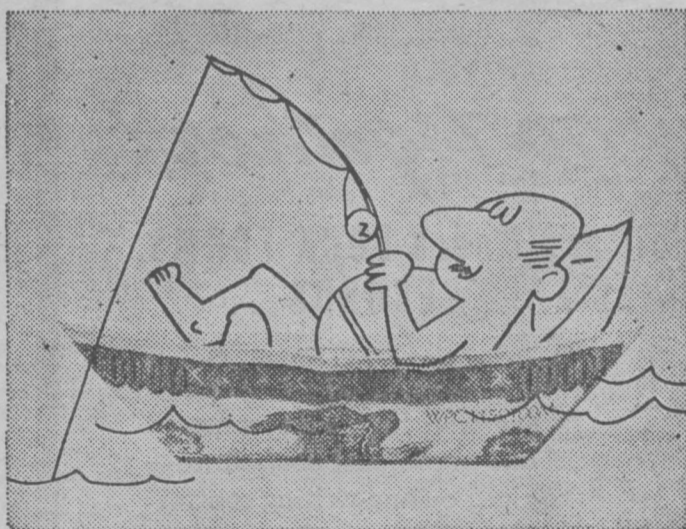
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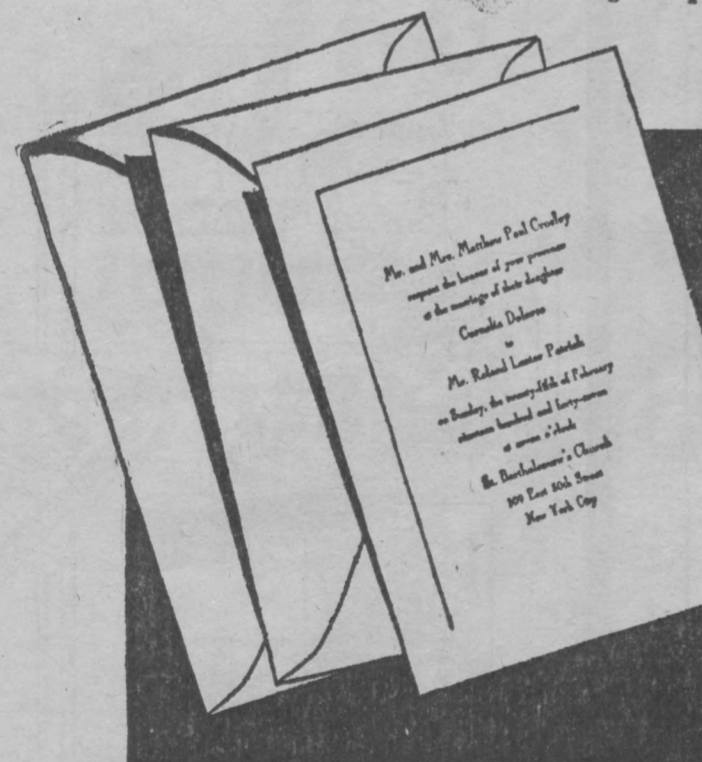
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**BABSON'S POINT OF VIEW**  
A Hard Look At Gold  
WELLESLEY HILLS, Mass.,  
January 2 — The international  
monetary system has received  
some very punishing blows over  
the past year or so. A few of

**OFF AND RUNNING by John I. Day**  
**A Weighty Tome**



In much the same way that thousands of people are "bird watchers," Mrs. Irene McAnliss, of Chester, Massachusetts, is a "horse watcher." She would probably have difficulty finding her way to the pari-mutual betting window, but she has no problem finding her way around the back stretch to visit a favorite horse. A one-time editor of Pictorial Review, she now spends all of her leisure time "following the horses." She once packed up and went to France to see Whirlaway after he had been sold to Marcel Boussac, and thinks nothing of hiking herself off to Santa Anita to discuss handicap weights with Frank E. "Jimmy" Kilroe. For many years, writing modestly under a pseudonym, she published thoughtful articles in the Thoroughbred breeding journals. Some of these had to do with handicapping, or the assignment of weight to

these could have been almost fatal, had it not been for concerted rescue measures. As a result, gold has become a focal point of interest on a world-wide basis. Demand for the yellow metal became so great that it was necessary to adopt a two-tier price system: On the one hand, the official pegged price for gold of \$35 per ounce; and on the other, the fluctuating free market price for gold which has been hovering around \$40 per ounce.

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horses, and she has now enlarged upon these and drawn on her 20-years of research to publish a somewhat esoteric, but thoroughly interesting book, "Weight on the Thoroughbred Racehorse." In his foreword, Joseph A. Estes, senior advisory editor of the Thoroughbred Record, says "The subject has never before been explored so thoroughly." While perhaps restricted in its appeal, the book is already a collectors item, having been printed in a limited edition of 600 signed and numbered copies. In reviewing the book, Mr. Kilroe observed, "This is a scholarly book, but written with an unscholarly grace."

low metal became so great that it was necessary to adopt a two-tier price system: On the one hand, the official pegged price for gold of \$35 per ounce; and on the other, the fluctuating free market price for gold which has been hovering around \$40 per ounce.

**Fears Of Farther Monetary Storms**  
Despite the recent successful rescue of the franc, at least on an interim basis, the world monetary scene is marked by pronounced fear of additional financial upheavals. Many experts feel that the international monetary system, and specifically the role of gold within that framework, must be reviewed and revised if financial stability is to be achieved; that failure to do so could result in chaotic monetary conditions, and/or the world could again be faced with a restrictive international trade climate which could lead to economic depression.

Despite de Gaulle's austerity program to salvage the franc, it is questionable whether the people of France will endure its rigors for long. Now, there is also the specter of possible trouble for the Italian lira. Trouble for either or both of these currencies could spell problems for the British pound, which is still very much on shaky ground. The dollar could also be engulfed.

**Disagreement Amidst Unanimity**  
While there is agreement on the necessity of revising the monetary system of the world, there is little accord on the future role of gold. It is felt in some quarters that the only solution is a boost in the official price of gold and thus devaluation of the dollar. In other circles there are pleas for a demonetization of gold, for withdrawing gold permanently from the monetary system.

Both schools of thought can be rationally argued, and both are open to criticism. But the basic fact is that most member nations of the International Monetary Fund, including the U.S.A. are not yet ready to adopt either course as a remedy for the world's money ills. The American View On Gold

This nation's policy (under the Johnson Administration) has been aimed at the longer range while striving to maintain continuity with the past. It is based on four major premises: (1) That gold will be retained as a monetary reserve; (2) that its official price will continue to be \$35 per ounce; (3) that the world must not be dependent upon gold alone as a monetary reserve; and (4) that Special Drawing Rights (or paper gold) will be created under the International Monetary Fund to augment gold reserves and provide added liquidity.

It appears that the International Monetary Fund is moving toward a policy which will encompass these four points. However, opponents decried the plan as a stopgap measure which can only delay the adoption of a more permanent solution. Actually . . . the future course of world events may well dictate the remedy.

**Hedge Investments**  
Despite the complexity of the problem, Babson's Reports believes the overall assessment points to higher gold prices eventually. But this should not be construed as a carte blanche recommendation to buy gold stocks. While odds favor higher gold prices some day, the timing is obscure. Adoption of stop-gap measures could long delay a hike in gold.

Nevertheless, some feel the need to maintain a hedge in the form of investments in gold stocks. There is nothing wrong with this, provided the investor does not go overboard and provided he is willing to sit patiently with his gold stocks. Babson's Reports' strategy would be to go with either Homestake Mining, the leading U. S. gold producer, or American - South African Investment Trust, a closed-end trust with a large portfolio of gold-mining stocks. Both are traded on the New York Stock Exchange, so convenient to follow.

**H & R Block Opens New Office**

H & R Block Co., America's largest income tax service, announces the opening of a new office in preparation to serve their rapidly growing clientele in this area during the income tax season between now and next April 15. The new office is at South Jefferson Street extended in the Prospect Plaza Shopping Center, in Frederick.

The growth of H & R Block Co., in Frederick is paralleled by its growth across the nation. Block now has over 3,000 offices throughout the United States, the District of Columbia, Puerto Rico and Canada. This rapid expansion is entirely due to public demand for dependable help with the intricacies of Federal and State income tax returns.

Block's method of operation seems to have caught the popular fancy: A low cost (every return priced from a basic schedule as low as \$5.00); the finest possible work (every employee thoroughly trained, every return checked and rechecked); and, the Block guarantee of accuracy that stands behind every return (if Block makes any error which costs the client either penalty or interest, Block will pay that penalty or interest).

Block prepared income tax returns for more than 3,600,000 individuals last year and this year expects to process approximately

5,200,000 returns. Block men know taxes. They have to in order to work for Block. Right here in Frederick, last Fall, Block tax men conducted tax school starting in mid-October at 223 N. Market St.

Already the new tax season has made busy places of the Block offices around the Frederick area. Offices are located to be convenient to the residents of every area. Downtown at 223 N. Market St.; southeast at Prospect Plaza Shopping Center; also in Westminster, Hagerstown, Charles Town, W. Va.; Berryville, Va.; Winchester, Va., etc.

Office hours are arranged with public convenience in mind: 9 a.m. to 9 p.m. weekdays and 9 a.m. to 5 p.m. both Saturday and Sunday. No appointments are necessary at any Block office, but Block management shudders when it recalls the hectic days of last April when the "last minute rush" came and advises everyone to file earlier this year.

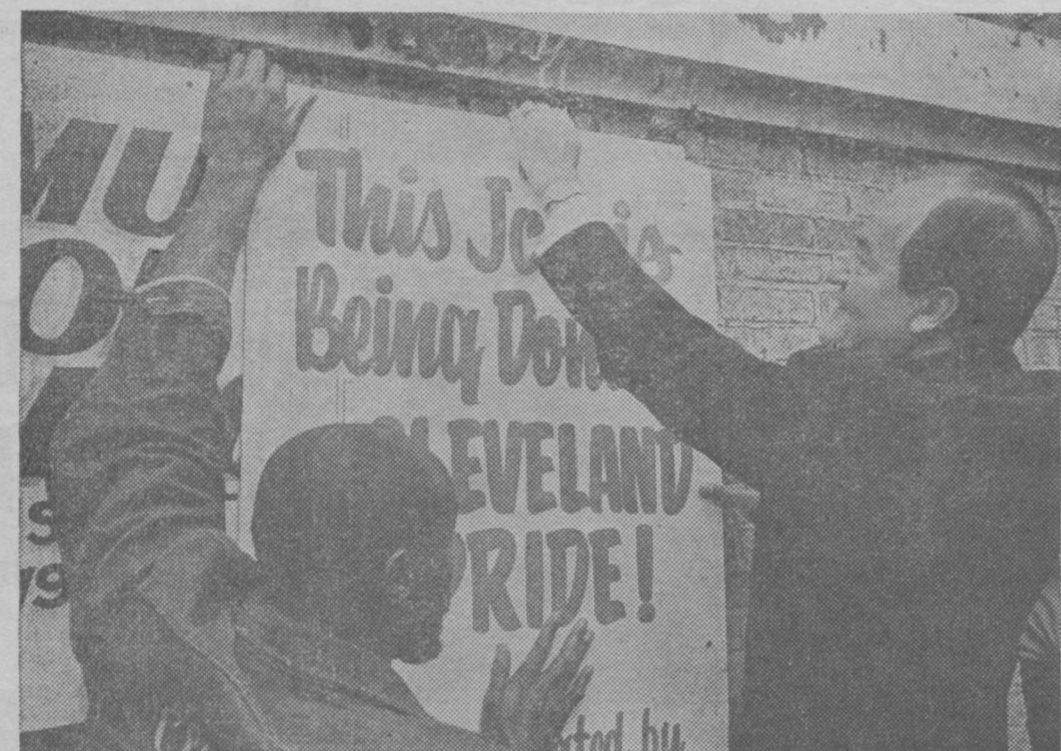
It's true! A decent-sized bonefish (six to ten pounds) will rip 100 to 200 yards of line from your reel in his initial run. — Sports Afield.

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**Happy Cooking**  
THE MATTHEWS GAS COMPANY  
EMMITSBURG - THURMONT

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COMPLETE AUTO AND BODY REPAIR  
Phone 756-6066 — Open Monday Thru Friday 'Til 9 P. M. — Saturdays 'Til 5 P. M.

**Winterize Your Car**  
COLD WEATHER IS HERE  
Mufflers — Batteries  
Far. Belts — Ignition Points  
Tires — Antifreeze  
**KEEPERS ESSO STATION**  
Charles E. Keepers, Prop  
EMMITSBURG MARYLAND



**PRIDE OF CLEVELAND**—Joining a hard working member of the Cleveland self-help organization called Pride during recent visit, Vice President Humphrey helps place a demonstration sign on an urban rehabilitation project as part of the Cleveland Now program to rebuild city slums and to aid people in disadvantaged and riot torn areas.

*They go together!*  
**A pencil and Moore BOOK FORMS mean RELIABLE RECORDS...**  
A complete business system bound in compact book form — to give you one-writing control over every transaction. Your own heading and advertising personalize your forms — with extra copies for your system needs.  
*Remember... GOOD RECORDS ARE GOOD BUSINESS!*  
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**CHRONICLE PRESS INCORPORATED**  
Phone 447-5511 Emmitsburg, Md.

**DOG OWNERS**  
BUY YOUR LICENSE BY JANUARY 1, 1969  
The law provides a fine of from \$5.00 to \$25.00 on any owner of a dog, six months of age or over, which is not licensed after January 1, 1969.  
LICENSES AVAILABLE AT  
County Treasurer's Office, Frederick, Maryland  
You can fill in this form and mail \$2.00 for Male or Spayed Female; \$3.00 for Female; \$15.00 for Kennel (not more than 25) \$25.00 for Kennel (more than 25) to: TREASURER OF FREDERICK COUNTY, FREDERICK, MARYLAND, and your license will be mailed to you.  
COUNTY TREASURER  
FREDERICK, MARYLAND 21701  
Please send me tag for my dog described as follows:  
Owner .....  
Address .....  
Male..... Female ..... Spayed..... Breed.....  
If dog is not six months of age by January 1, 1969, license must be bought when dog becomes six months old.  
Failure to buy your dog license will mean not only your arrest, but your dog may be picked up and impounded.  
The license does not give the dog the right to trespass on anyone's property without the permission of the owner.  
**CRUMELL P. JACOBS**  
Sheriff of Frederick County  
Arthur C. Simons, Dog Warden, will canvass the County to ascertain if dogs have been licensed.

CLASSIFIED

FOR SALE—1963 Chev. hardtop, white, red interior, good tires, serviced regularly. \$950. Phone 447-2519.

BULLS—25 Hereford, Angus, Holstein, Charolais, Santa Gertrudis, 25c lbs. Steers car load extra nice. We deliver. Sam Paschen, Dual HiWay, Hagerstown, Md. 1/3/10tp

FOR SALE — 50,000 BTU Gas Space Heater; used one winter. Phone 447-2485. 1/3/2t

FOR SALE—1960 Volkswagen Truck. Call 447-2497. tf

FOR SALE—Good used refrigerator. Reaves Electric, phone 447-2497. tf

NEW & USED GUNS FOR SALE Licensed Handgun Dealer GUNS WANTED Gene's Gun Shop Emmitsburg, R.D. 2, Md. Phone 447-2869 Guns bought, sold and repaired 5/24/10tp

FOR SALE All Types of Awnings ALUMINUM SIDING Storm Doors & Windows Fern Ohler - Gettysburg, Pa. Phone EDgewood 4-4612

FOR SALE—Work Shoes, Boots, Basketball Shoes. We give S&H Green Stamps. Emmitsburg Feed and Farm Supply.

NOTICES

WANTED—All kinds of painting. Rates reasonable. Phone 447-2341. Donald (Weenie) Wivell. 1/3/4tp

WANTED—Homes for two part-terrier puppies. One male and one female. Nine weeks old. Call 447-2696 after 6 p.m. 1t

CARD OF THANKS

We wish to express our appreciation to relatives, friends and neighbors, for their many acts of kindness during the sudden death of our husband and father, Raymond E. Eyer.

Also thanks to Dr. Morningstar, Mr. Harry Otis Miller, Mr. Jack Stitley, and Terry Shook, who served on the ambulance.

A special thanks to Rev. George Holtzman for the nice burial service, for the services of pallbearers and Creager Funeral Home.

Mrs. Lillian Eyer and family 1t

FARMERS and DAIRYMEN Terramycin Mastitis - Scours Tablets Injections All Veterinarian Supplies PEOPLES DRUG STORE Gettysburg, Pa. tf

GARAGE FOR RENT—See Dick Harner. tf

NOTICE—No trespassing for any purpose on any of the farms which we own or oversee. Violators will be prosecuted to the fullest extent of the law. George Wilhide farm, James Boyle farm, John Butler farm, Charles Topper farm, Edward Linn (Papp) farm, and the Fitzgerald farm. B. H. BOYLE & SONS

Now Open SUBURBAN HOUSE OF BEAUTY R3, Emmitsburg, Md. Clyde Hahn, Owner Phone 447-2877

HELP WANTED — Kitchen help wanted in modern restaurant kitchen. Experience desirable but not necessary. Earn while you learn. Fitzgerald's Shamrock, phone 271-7882. tf

HELP WANTED—Waitress. Experience desirable but not necessary. Fitzgerald's Shamrock, phone 271-7882. tf

We're proud that thousands have relied on our reputation when they buy a musical instrument. They know we offer quality and service, after service is part of our name. Why do we show you? Menchey Music Service, 430 Carlisle St., in Hanover. 1t

CUSTOM SLAUGHTERING AND PROCESSING OF BEEF Cut and wrapped for the freezer to your specifications. NORMAN SHRIVER, JR. Phone 447-2255 - Emmitsburg, Md. We sell beef by half or quarters

NOTICE "For The Finest Cars Around, Come To The Center of Town" ZENTZ AUTO SALES Gettysburg, Pa. tf

ATTENTION BUILDERS For Prompt and Efficient Drywall Hanging With Lowest Rates and Free Estimates, Contact

MORT'S DRY WALL CONTRACTING Mon.-Fri. After 5 P.M. All Day Saturday Phone 301-487-2373

MALE-FEMALE HELP WANTED

LEARN MORE—EARN MORE Expanding firm needs more agents full or part-time in your area. Real estate course provided for trainees. Md. 756-2383, Pa. 359-5064. 12/27/2t

EDIFICE

CARPENTER & General Contractors

Charles Mort Richard Sanders

Phone 642-5337 - Fairfield

NOTICE — A Color Portrait the right gift for any occasion from The Zeigler Studio, 69 West Middle St., Gettysburg, Pa. Phone 334-1311. Artistry in Photography.

NOTICE — Addition & Home Improvement. New roofs & repair. Sidewalks & Patios. Free Estimates. Wilkinson & Lively. Phone 447-2126. tf

Complete Furniture Upholstering STITELY'S UPHOLSTERY SHOP Phone 271-2590 THURMONT, MD.

Complete Selection of Fabrics —Free Pick-Up and Delivery—

RONALD J. SHORB Ceramic Tile Contractor Baths—Kitchens—Flagstone Free Estimates Phone 271-7252 Thurmont, Md.

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DR. S. DADUK OPTOMETRIST EYES EXAMINED Located In Dr. Beegle's Office Call 447-4681 For Appointment

ATTENTION FARMERS Hauling to Auction Everyday J. E. WATKINS Dealer in Livestock Emmitsburg, Md. Phone 447-2347

FOR RENT — 4-room furnished apartment. Phone 447-2154. tf

HOUSE FOR RENT—Kitchen, livingroom, bedroom and bath; furnished or unfurnished. No phone calls. Lloyd J. Marshall, near Mt. St. Mary's. tf

Septic Tank Cleaning Service —Saturday & Evenings— HERBERT W. ROHRBAUGH Emmitsburg, Maryland Phone 447-2286

The homeowner may protect the hearts of all family members by moderate dietary changes which reduce the intake of cholesterol and saturated fats, but which still provide essential nutrients. Ask your Heart Association for details.

PIZZA SUBS Carry-Out Service THE PALMS Phone 7-2303 or 7-4426 Emmitsburg, Md.

LEGAL

ANCILLARY ADMINISTRATOR C.T.A. NOTICE This is to give notice that the Subtitle has obtained from the Orphans' Court of Frederick County, in Maryland, Ancillary letters of Administration c.t.a. on the estate of

JEANETTE JABLOW PORTER late of Frederick County, Maryland, deceased. All persons having claims against the deceased are warned to exhibit the same, with the vouchers thereof, legally authenticated, to the subscriber, on or before the 9th day of June, 1969 next; they may otherwise by law be excluded from all benefit of said estate. Those indebted to the deceased are desired to make immediate payment.

Given under my hand this 27th day of November, 1968. DAVID S. WEINBERG, Ancillary Administrator c.t.a. WEINBERG & WEINBERG, Attorneys

True Copy Test: THOMAS M. EICHELBERGER, Register of Wills for Frederick County, Md. 12/6/5t

Minor Collision Cars of Joseph J. Kerak, Gettysburg R2, and Norman Jacob Shriver, 114 W. Main St., Emmitsburg, collided last Thursday morning at 10:53 in the first block of York St., Gettysburg. Borough police said the two men reported that Kerak was backing his vehicle into a parking space while Shriver was attempting to pass and the bumper of the Kerak car was "caught" by the other auto. Damages was estimated at \$35 to Shriver's car, none to Kerak's vehicle.

Personals Mr. and Mrs. Bernard F. Shields and daughter, Mary Catherine, of Toll Gate Hill, entertained the following guests during the Christmas holidays: Mr. and Mrs. Cyrus Manahan and children, Pamela and Thomas of Rocky Ridge; Sgt. Margaret Smith, WAC, of Brooklyn, N. Y.; Donald Northam, USN, of Crisfield, Md.; Mr. and Mrs. George Kramer, Jr. and children of Fairfield; Mr. and Mrs. Dale Shields and children of Toll Gate Hill; Miss Polly Rowe of Washington, D. C.; Mrs. Pauline Ridemour of Emmitsburg; and Miss Shirley A. Zeigler of Waynesboro.

In addition to providing educational assistance in colleges and universities, the VA has on-the-job training programs and high school completion training for veterans with service after January 31, 1955.

GI loans are responsible for building about one out of seven U. S. homes built since World War II.

Let's Go Fishing! BY BOB BREWSTER Outdoor Editor, Mercury Outdoors

TADPOLES Most of us step over or around the best live bait we'll ever run across. That's the word from the fishing experts at Mercury outdoors, who have detected a noticeable gap in the knowledge of many fishermen in the subject of tadpoles.

These wriggly, immature frogs can stir up more than the mud in the bottom of a shallow puddle, if given a chance. For, where game fish are concerned, tadpoles rate as a delicacy. And if they happen to be attached to a hook... well, then the fun begins.

Should you need help in acquiring a supply of tadpoles, just ask any four-year-old youngster. He'll be delighted to find anyone who appreciates his efforts. Actually, most fishermen tromp through or cruise around the 1 1/2 m.p.d., almost stagnant shallows that are alive with this prime bait. If you're not quick enough with your hands, borrow the wife's kitchen strainer. Tadpoles are easy to catch; since fish appreciate this fact, the little rascals usually stick to themselves way back in the warm, inaccessible waters. To use as bait, a tadpole is best hooked through both lips, then cast into a likely spot. If a light weight is necessary, attach it on the bottom with the bait on an 18-inch leader off to the side. Usually they should be allowed to swim around with complete freedom. Since tadpoles have soft mouths that may result in the bait being slung off during a cast, say the Mercury lads, it may be advisable to secure the hook through the tail. Little tadpoles can be "big" bait when nothing else seems to click. Give 'em a try.

County Libraries Have New Policy

Beginning January 1, 1969 the Frederick County Public Libraries stopped carrying overdue fines to patrons carrying juvenile cards, and the charge for reserve postals was raised to 10c for each title.

During the coming year, children may return overdue books with no money to pay and old fines for overdue will be cancelled. The change does not apply to patrons using adult cards or to charges for damaged or lost books. Children who owe fines for damaged or lost books are urged to talk about this with the children's librarian, who may be able to make arrangements for compensation through work for the children's room rather than cash.

The Trustees of Frederick County Libraries have approved this change so that young patrons could have a "fresh start." It is hoped that no child will lose library service because of a lack of cash. Since it is illegal to keep library materials indefinitely, as well as being inconsiderate of other readers, the young patron will be reminded regularly to bring the materials back on time, and the librarian may limit the number of books taken at one time by a child who is often late. The new regulations for juvenile cards patrons under fourteen years of age or not yet in the eighth grade) apply to C. Burr Artz Library, Brunswick, Emmitsburg, and Thurmont Libraries and to the Bookmobile service.

The fee for reserving books has been five cents, which did not cover the cost of the postal card and made no allowance for the staff time spent locating the book and notifying the patron. Ten cents is considered a reasonable charge for this special service.

Bollinger Sells Dairy Interests

Sterling E. Bollinger, president and general manager of Ideal Farms Dairy Inc. and Ebert Ice Cream Co., has announced he has sold his 40 per cent interest in the dairy company and has submitted his resignation as president and general manager of both firms. His stock has been sold to present stockholders.

Bollinger has been active in the dairy business for the past 18 years. He entered the business with his father, Elmer D. Bollinger, in 1950 in Thurmont, operating Bollinger's Dairy there.

In 1959, he acquired an interest in Ideal Farms Dairy from the J. Otis King family and merged Bollinger's Dairy and also Superior Dairy with Ideal at that time.

In 1963 Ebert Ice Cream Co. was acquired and all the processing and manufacturing facilities of the dairy operation were consolidated at the ice cream company's location in Frederick.

Also in 1963 the Golden Rule Dairy, which operates out of Beltsville, was acquired from the Mays family of Silver Spring.

Annual sales figures grew from \$700,000 to an excess of \$3 million in the past nine years, Bollinger said.

Advertisement for H and N Realty Associates, featuring 4 bedroom, 4 bedroom, 3 bedroom, 3 bedroom, 2 acres, 22 acres, 65 acres, and 250 acres for sale.

linger said. He added he has no immediate plans for the future but expects to remain in the area. Mr. and Mrs. Bollinger reside with their nine children near Thurmont.

Hospital Report

Admitted Mrs. Edith Long, Emmitsburg, R2.

Mark Hess, Emmitsburg. Michael Kreitz, Thurmont R2. Mrs. Milburn Glass, Emmitsburg.

Discharged Mrs. Antonia Vasquez and infant son, Emmitsburg R1. Joan Rodgers, Emmitsburg. Mrs. James Bartholow, Emmitsburg.

Births Mr. and Mrs. Charles Brooks, Thurmont R2, daughter, Wed., December 26.

Taneytown Gets Two New Cops

The mayor and city council of Taneytown have announced the appointment of Donald M. Myers as chief of police and Ronald H. Paige as patrolman. Both men assumed their duties yesterday. The new officers will be on duty for a few days to allow them an opportunity to become familiar with the community and its citizens but later will perform most of their work at night.

The state aid for police protection fund makes it possible for Taneytown to make two police appointments rather than one, a city official said.

Miss Marshall Contest Winner

Acme Markets announced their Essay Contest winners and Miss Kate Marshall, R1, Emmitsburg, who is in the 8th grade at Mother Seton School, was one of the 12 winners in the state.

A trip to Washington, D. C., via American Airlines, is scheduled for Saturday, Jan. 18. The students will stay at the Albert Pick Hotel, and will return Tuesday, Jan. 21. While in Washington, the students will tour points of historic interest, view the Inauguration proceedings, and meet with top level government leaders. All expenses will be borne by Acme Markets, Inc.

Advertisement for MAJESTIC GETTYSBURG ED 4-2513

NOW PLAYING —CLINT EASTWOOD— In "COOGAN'S BLUFF" In Color

A motorist can check his automobile stop lights regularly by a simple method described by the AAA Automobile Club of Maryland. Place a small mirror or a bright tin can lid on the inner doorpost of the garage on the driver's side. When he drives in to put the car away, a glance backward after coming to a stop, or a glance into the rear view mirror, should show a red glow when he depresses the brake pedal.

Advertisement for Uncle asks you to buy U.S. Savings Bonds, new Freedom Shares

St. Joseph High School—1968-69 Schedule table listing Sunday and Holiday Games, Varsity, and Girls' games with times and locations.

Advertisement for INVENTORY SALE SUNBEAM APPLIANCES, including Fry Pans, Coffee Pots, Irons, Can Openers, Toasters, Blenders & Many Others, REAVES ELECTRIC.

Large advertisement for TOBEY'S Of Gettysburg January SALE NOW GOING ON, featuring Tremendous Savings on Coats... Suits, Suede Coats and Jackets, Carcoats - Knits - Dresses, Jumpers - Skirts, Slacks - Sweaters, All This and More, AT TOBEY'S IN GETTYSBURG.

The ZIP Column



Postal rates for newspapers and magazines and other material mailed at second-class rates was increased, on January 1, resulting from the Postage Rate Law enacted in December 1967, which raised most second-class rates in three annual steps.

I wish to remind our Alien Patrons of their responsibility to report their address to the Commissioner of Immigration and Naturalization, within the period January 1 through January 31. Form are on hand at our office.

Work stoppage by longshoremen at all atlantic and gulf ports and loss of shipping facilities will necessitate an embargo on the acceptance of certain domestic and international surface mail.

Surface mail will not be accepted for all of Europe, Africa, the Middle East and Caribbean Islands. Also second, third and fourth class domestic mail to and between the Virgin Islands and Puerto Rico.

This does not effect Air Mail Service, to any country.

George E. Rosensteel, PM.

To report a fire dial 447-4141.

Items Of Interest From Rocky Ridge

Mr. and Mrs. Warren Motter and family, Menges Mill; Mrs. Benjamin Cutsail, Taneytown; G. Edwin Motter, Gardners, Pa.; Edward Ulrich, Littlestown; Mr. and Mrs. Preston Friend, Chambersburg, were recent guests of Mr. George Motter.

Mr. and Mrs. Kenneth Mathias, Nancy and Dennis, visited recently with Mr. and Mrs. Maurice Troxell, Owings Mills.

Mr. and Mrs. Randolph Cissel and daughter, Diane, Vienna, Va., spent a day recently with Mrs. Cissel's parents, Mr. and Mrs. Harry Knight.

Mr. and Mrs. Charles Brauer visited recently with Mrs. Brauer's mother, Mrs. Alfred Anderson, Phillipsburg, N. J.

Mr. and Mrs. Roger Clem and daughter, Susan, spent a day recently with Mr. and Mrs. Richard Clem and family, Easton.

Mr. and Mrs. J. Richard Saylor, Vickie and James, were recent dinner guests of Mr. and Mrs. Donald Myers and family, Emmitsburg.

Mr. and Mrs. Wayne William and family were recent guests of Mr. and Mrs. Claude Moore, Brad-dock.

Misses Virginia Boone and Louise Burton, Springfield, Va.; Miss Betty Fleagle, Westminster, were recent dinner guests of Mr. and Mrs. Donald Paugh and family.

Mrs. Marshall Sharrer visited recently with Mrs. D. L. Sharrer, Taneytown, and Mrs. Paul Valentine, Emmitsburg.

Recent guests of Mr. and Mrs. Vernon Barbe and family were

Mr. and Mrs. David Long and family, Hagerstown; Mrs. Joseph Topper and family, Gettysburg; Mr. and Mrs. Robert Hess, Thurmont, and Mr. and Mrs. Daniel Topper, Emmitsburg.

Mr. and Mrs. Norman Wiley, Norma and Cindy, Rocky Ridge, and Mrs. Etta Wiley, Taneytown, were recent dinner guests of Mr. and Mrs. Roger Wiley, Graceham.

Recent dinner guests of Mr. and Mrs. Marshall Sharrer were Mr. and Mrs. Arnold Black, Baltimore; Mr. and Mrs. Alfred Hahn and family, James Harner, Mr. and Mrs. Marshall Sharrer, Jr., and Mrs. and Mrs. Carl Angle-breger, Emmitsburg; Mr. and Mrs. Dale Sharrer, Frederick; and Miss Linda Masmore, Thurmont.

Mr. and Mrs. Franklin Stambaugh and family visited recently with Mrs. Bernadette Kaas, Thurmont.

Mrs. John Hahn, Ronnie and Bonnie Eyley, visited recently with Mr. and Mrs. Howard Welty and family, Frederick.

Mr. and Mrs. David Philpott, Emmitsburg; Mr. and Mrs. Stanley J. Compton and daughter, Dale, and Mr. and Mrs. Stanley M. Compton, Rocky Ridge, were recent dinner guests of Mr. and Mrs. George Delphay.

Mr. and Mrs. Waldon Miller and family, East Lansing, Mich., are spending some time with Mr. and Mrs. Howard Miller.

Recent dinner guests of Mrs. Ethel Mumma were Mr. and Mrs. Charles Mumma, Mr. and Mrs. Kenneth Mumma and daughter, Pamela, and Mr. and Mrs. Robert Mumma and daughter, Debra.

Miss Edith Tabler and brother, Albert, were recent guests of Mr. and Mrs. Paul Derr and Mr. and Mrs. Thomas Zimmerman, Feagaville.

Mr. and Mrs. Allen Davis and daughter, Elizabeth, and Warren McKay, Silver Spring; Mr. and Mrs. Robert McKay, Nancy and Rebecca, Frederick; and Mrs. William McKay, Toms Brook, Va., were recent guests of Mr. and Mrs. Preston McKay.

Recent guests of Miss Edith

Tabler and brother, Albert, were Mr. and Mrs. Arthur Johnson, Katherine and Robert, and Mrs. Virginia Dayhoff and daughter, Nancy, Dickerson.

Winter Brings Health Risks

Word Of Caution From AMA As snow piles up, so do related problems. Among these every year is the collapse of a number of snow-shovelers.

If you are sure that you're physically fit, go ahead with the snow-shoveling task, the American Medical Association says.

But if there is any doubt, AMA suggests: Get the job done some other way. Hire someone, or use power equipment.

It is much less expensive to employ these alternatives than to risk health impairment or death, AMA emphasizes.

Even if you are physically fit, AMA notes, it is safer to use a small shovel, filling it only partly. If possible, it also is better to push the snow rather than lift it.

By thus lightening the load, it's explained, it is not necessary to tense the diaphragm and abdominal muscles. There consequently is no significant increase in pressure within the chest cavity or increase in circulatory demand within the heart walls.

Frequently, AMA says, the problem with snow-shoveling is aggravation of an existing heart condition. When such a condition exists, breathing cold air while under physical strain may cause a spasm of small arteries serving the heart.

This usually can be avoided, AMA advises, by wearing a cold weather mask or covering the face

with several layers of a knit scarf. This prevents warming of inhaled air before it reaches the lungs.

Even for the physically fit, it's suggested, the motto should be: Easy does it. Especially when there is a lot of snow and a large area to be cleared, do the job in stages, resting periodically.

Finally, AMA cautions, falls also are a hazard for the snow-shoveler. Footwear that is not likely to slip on icy surfaces, and making sure of firm footing before moving snow are important.

Signalling your highway moves before you make them is good for two reasons explains Liberty Mutual Insurance Companies. First, it lets the other drivers know what you are going to do and allows them sufficient time and space to react. Second, it keeps firmly in your mind exactly what driving decision you will make.

KEEP FREEDOM RINGING



BUY U.S. SAVINGS BONDS

ABOVE ALL



THIS SPACE CONTRIBUTED BY THE PUBLISHER



When was the last time you thought enough of yourself to have a Pap test?

If you can find time for the beauty salon once a week, you can find time for the Pap test once a year.

It's quick. It's painless. It's great to know you're free of uterine cancer. And if those reasons aren't reason enough, maybe this will be: Nearly 100% of all uterine cancers are curable when detected early.

The next time you call your beauty salon for an appointment, call your doctor for one, too.

It makes sense to have a yearly Pap test.

American Cancer Society

Festive Fashion



YOU WILL SET the season's gala mood in a brocade cocktail dress that becomes an elegant evening suit with the added jacket. This late-day ensemble has a short dress with a low jewel neckline and ornamental front seam. The classic lines are unbroken, thanks to a new fashion innovation, the Talon Invisible Zipper that can be stitched and zipped to look just like a seam. With the special Talon Zipper foot the easy application takes three simple steps and in three quick minutes your zipper is in place. The Simplicity Pattern 7903 is available in misses' sizes and half-size 20 1/2.

6 STEPS TO SAFER WINTER DRIVING

By Professor A. H. Easton Director, Motor Vehicle Research Laboratory University of Wisconsin

- 1. Get the "feel" of the road by accelerating carefully to see if wheels spin; or brake gently to see if they skid. Reduce speed accordingly.
2. Increase your following distance. It takes three to nine times as far to stop on snow and ice as on dry pavement.
3. "Pump" your brakes to slow or stop—don't jam them on. An intermittent pumping action three to five times per second keeps the wheels rolling and helps maintain steering control.
4. Have good tires with good treads. Better yet, use snow tires which provide half again as much pulling power in snow as regular tires. Studded snow tires offer still more help on icy surfaces.
5. Always carry reinforced tire chains in the trunk of your car for use during severe snow and ice conditions. They provide four to seven times as much traction on snow or ice as regular tires.
6. Keep your windshield and windows clear at all times. Replace streaking wiper blades gone dead from exposure to sun, wind and oily road film. Be sure that your windshield washer solution contains adequate anti-freeze.

Fitzgerald's Shamrock

SERVING MARYLAND'S FINEST HOME-COOKED FOODS



Frederick County's First Restaurant to Serve Cocktails. We welcome Banquets, Parties, Weddings, etc. Located 6 miles south of Emmitsburg. Phone 271-7882.



WINTER HEALTH NEEDS

EMMITSBURG PHARMACY

Paul M. Carter, Pharmacist W. Main Street Emmitsburg, Md.

IMPORTANT NOTICE All Parking Tickets Given Before December 30, 1968, Will Be \$1.00 Through January 11, 1969. After That Date Warrants Will Be Issued And Each Ticket Will Be \$5.00. Tickets With Payment Enclosed May Be Dropped In The Box At The Door Of The Town Office. EMMITSBURG POLICE DEPT.

TOPS in USED CAR VALUE A-1 1968 Ford Galaxie 500 4-Dr. H.T.; Fully Equipped; 4,000 Mi. 1968 Ford Galaxie 500 XL 2-Dr. H.T.; Fully Equip.; 2,000 Mi. 1965 Corvair Monza 2-Dr. H.T.; 4 Speed; Very Clean. 1964 Ford Galaxie 500 2-Dr., H.T.; Fully Equipped. 1963 Ford Galaxie 500 4-Dr., V-8; S. Trans.; Clean. 1963 Mercury 4-Dr.; Fully Equipped; Air Conditioned. 1962 Ford Galaxie 500 4-Door; Fully Equipped; Clean. 1962 Ford Country Squire Wagon; Fully Equipped. 1961 Chevrolet 4-Door, V-8; Autc.; R&H. 1967 Ford 1/2-Ton Pickup; R&H; Low Mileage. 1963 Ford Econoline Van; Low Mileage; Clean. "SEE THE LIGHT" YEAR END SALE ON NEW 1968 FORDS Sperry Ford Sales PHONE 447-5131 EMMITSBURG, MD.

HAPPY NEW YEAR To our many old friends . . . to the new friends we made this year . . . we want to say "Thanks" for your patronage, as we extend our sincerest wishes . . . May the New Year be replete with pleasure, health and happiness. Emmitsburg Office FARMERS AND MECHANICS NATIONAL BANK Member F.D.I.C.

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