

Better Eating... FROM START TO FINISH

The Kitchen Almanac

Use fruit cocktail syrup as liquid for cooking rice. Add orange marmalade and fruit cocktail to rice and chill. Serve topped with whipped cream...

What is "corned beef"? The National Live Stock and Meat Board says the term generally implies a beef brisket that has been cured in a processing solution called "pickle"...

Stale bread? Try this trick: lightly moisten the top and bottom crusts with a few drops of water. Wrap the loaf tightly in aluminum foil and heat for 15 minutes in a 400° oven.

It's easy to plan nourishing, well balanced breakfasts. One simple, easy-to-follow formula consists of fruit or juice, cereal with milk, bread and spread, and a beverage.

What kind of recipes do women like? According to one study, the order of preference is: salads (29%), quick and easy

dishes (26%), and casseroles (20%).

Staggering Statistics — Fresh pizza is over a \$4 billion per year industry... Here's the best excuse we've ever heard for using an automatic dishwasher: over a 15-year period, a homemaker can spend up to 6,240 hours washing dishes by hand...

If you are planning on remodeling your kitchen, a dishwasher should be a must. You don't have to wait to remodel, however. Here's a tip from researchers at KitchenAid — one of the country's leading appliance manufacturers: consider a convertible-portable dishwasher. You can use it as a portable now — without installation — and build it in when you're ready.

Bet you didn't know: the spread and popularity of peanuts in the United States is credited to three things — (1) the Civil War, (2) the circus, and (3) baseball.

Editorial note: Clip these tips for your own "kitchen file." Have hints to share with the Almanac? Send them to Harry G. Clark, (512), 173 West Madison St., Chicago, IL 60602.



OPEN LINE

By Congressman Goodloe Byron Maryland—Sixth District

The following questions were typical of the kind asked of me in recent weeks. Letters should be sent to me, c/o U. S. House of Representatives, Washington, D.C. 20515.

What was your vote on the energy bill with regards to a suggested 20 cents gas tax? I opposed the amendment for a gasoline tax that would have added 20 cents to the cost of a gallon of gas.

How can I find out the amount of money credited to my Social Security account? Interested citizens should fill out the post card form entitled "Request for Statement of Earnings" and mail it to the Social Security Administration, P.O. Box 57, Baltimore, Maryland 21203.

able that shows how to determine the amount of compensation due a veteran and his family?

Your local VA office is the best source for such information. However, as a supplement, my office does have a limited supply of Veterans' Benefits Calculators. You may obtain your personal copy by writing me, c/o 1730 Longworth Building, Washington, D.C. 20515.

I understand that a judge has recommended to the U. S. Postal Service that they lower first class postage rates to 8½ cents. Is this true? Last month, the chief administrative law judge of the Postal Rate Commission (PRC) recommended that the price of first class postage be reduced to 8½ cents an ounce from the current rate of 10 cents an ounce.

Is there any booklet available that shows how to determine the amount of compensation due a veteran and his family?

Can Your Can Take It?

Most people take the common outdoor garbage can for granted — until they get annoyed with it. Annoyed because the lid blew off and the can is half filled with murky rainwater and soaked garbage, or because some neighborhood critter has scattered its unattractive contents over the yard.



Anne Elliot, manager of consumer services at the Lustro-Ware division of Borden Chemical, offers these suggestions on trash can selection and care for added years of service:

- A covered trash can should be constructed to take the rough treatment it's in for. One indication of quality is the seal of approval of the National Sanitation Foundation. NSF puts cans through rigorous durability and performance tests to be certain they warrant the seal.
- It should be rust resistant, such as those made of plastic. Most plastic cans are also dent and crack resistant and retain their shape, so the lids continue to fit well—particularly those displaying the NSF seal.
- Look for a can with a clamp-on lid, and always clamp the lid on when not in use to prevent the lid from blowing away and to minimize animal pilferage.

lid on when not in use to prevent the lid from blowing away and to minimize animal pilferage. • Make certain the can you buy is guaranteed. A promise to replace if it doesn't live up to claims is about the strongest assurance of quality you can get. • Always lift by both carrying handles which are attached to the can itself, not by just one handle or the handle on the cover.

rates be increased. PRC is an independent agency which submits recommended decisions to the Postal Service on postage rates and mail classifications. Hearings will take place on this matter July 7 and 8 in Washington and citizens may submit their views by writing to the Secretary, Postal Rate Commission, 2000 L Street, N.W., Washington, D. C. 20268.

When will you next be visiting our area? Post office tours are scheduled in early July for Corriganville, Mt. Savage, Oakland, Kitzmiller, Rawlings, Pinto, Big Spring, Clear Spring, Burkittsville, Gapland, St. James, Fairplay, Sharpsburg, Keedysville, Westminster, Millers, Manchester, Hampstead, Owings Mills, Damascus, Lisbon, Coksville, West Friendship, Woodstock and Columbia. Exact times and dates will be published in my upcoming newsletter and will also be published in your local paper.

rendering of accounts by those who have held public trust. It also demands that we renew again those Constitutional principles that guide our actions. It is by a return to those principles that we can correct any abuses of that trust.

More Than Rhetoric Needed Says Sen. By Sen. Charles McC. Mathias Jr. The reaffirmation of Constitutional government involves more than rhetoric. It requires, as a minimum, the

the line? Finally, how shall these agencies be made accountable to the public in whose behalf they act? Secrecy and open government have proven to be uneasy partners. This does not mean that they can not coexist, as long as the rules are clear.

Since then, disclosures have led to questions which in turn have brought more disclosures and still further questions. The agenda of the Select Committee on Intelligence is lengthening. Simple disclosure of the facts, however, is only the beginning of the job which faces us as Committee members.

The question posed by the headlines of the last six months is whether the United States can permit its agencies to use methods and tactics which we find morally repugnant. If so, where do we draw

activities of the United States into harmony with the Constitution and the Bill of Rights. The precepts of these great works were forged in the bitter experiences of Americans under the yoke of a colonial government in which they had no voice. They should not be lightly ignored today.

Your Home

How Experts Tackle 'Rust' Problems

The painting season is here. But before you put that brush or roller into action, perhaps some expert advice will help you get the most for your effort.

There are certain tricks of the trade which can save you money as well as unnecessary work. Researchers at the Rust-Oleum Corporation, experts in rust-prevention, pass along these key painting hints:

• When painting a metal fence, whether woven wire or chain interlock type, use a roller to apply the coating. It gets the coating on the fence, not on the ground or on your rollers. Should be used on barbed wire and this method is faster than brushing.

• To keep playground equipment in tiptop shape, do a little renovating after a year or two of use since exposure and hard knocks take their toll. If the equipment is already rusted, first use a good primer. Then, complete the job with a tough finish coat.

A word of warning: don't use any kind of coating on the sliding surface of a slide!

• Genuine wrought iron is nearly rustproof. However, protective coatings are essential to preserve the beauty of even true wrought iron.

• Check gutters and downspouts, metal lawn furniture, air conditioners, screens, lawn tools—in short everything that's susceptible to rusting. A quick paint job can make the difference between the cost of a high quality rust preventive coating and replacing the item altogether.

NOTICE!

WE WILL BE CLOSED ON SATURDAYS THROUGHOUT JULY AND AUGUST

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Nightly: 7:15 & 9:30 Sun. Mats.: 1:15 & 3:30

PUBLIC NOTICE

To Frederick Co. Residents

Beginning, Saturday, June 28, 1975, Frederick County's Landfill on Reich's Ford Road will be open:

7 Days a Week

The New Hours Are:

Mon. thru Sat. 7 am to 5:30 pm

SUNDAYS

12 noon to 5:30

(No Commercial Trash Haulers Are Allowed on Sunday.)

Payroll Savings. Security on the installment plan.

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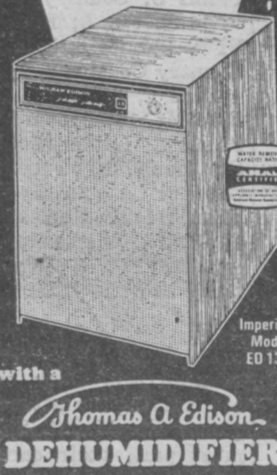
All you have to do is sign up for the Payroll Savings Plan where you work. Then an amount you specify is set aside from your paycheck and used to buy U.S. Savings Bonds. You won't miss the money. And you'll get a little richer every payday.

So donate part of your paycheck to the most deserving cause in the world: your future.



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- 1971 Buick Skylark S.W. V8, Autom., P.S., Fac. 1695 Air, nice car
- 1971 Dodge Cornet 4-Dr. V8, Autom., P.S., Fac. 1695 Air, also a real nice car
- 1970 Cougar V8, P.S., 3 on the floor, low mileage and clean as any around 1795
- 1970 Dodge Challenger 2-Dr. H.T., 6 cyl., P.S., 1395 real nice, a real gas saver
- 1969 Buick Skylark 2-Dr. H.T. V8, Autom., P.S., Fac. Air, very low mileage and as sharp as they come 1495
- 1969 Chevelle 2-Dr. V8, Autom., low mileage, 1295 well taken care of, runs real good
- 1968 Ply. Fury III 4-Dr. V8, Autom., P.S., Fac. 895 Air, very clean and well taken care of
- 1968 Pont. Conv. V8, autom., P.S., a real sharp one 995
- 1968 Scotty 14 ft. travel trailer, self contained, gas elec. refrig., bathroom, sleeps six 895
- Utility trailer, metal bed 145
- 1970 BSA Motorcycle, 450 ser. 495

Pre-Holiday SALE

LOWEST PRICES OF THE SEASON SHOP MONDAY 9 A.M. to 9 P.M. Hurry In For Best Selections In Your Size

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TOWN OF EMMITSBURG

BUDGET

July 1, 1975 — June 30, 1976

ESTIMATED REVENUES

Taxes Local:

Real Property	\$33,000.00	
Ordinary Business Corps.	4,500.00	
Business Inventory	250.00	
Financial Corporations	650.00	
Sewer	24,000.00	
Garbage and Refuse	19,000.00	
Franchise	500.00	
Penalties	350.00	\$ 82,250.00

Taxes State Shared:

Income	\$ 8,700.00	
Race Track	1,200.00	
Highway	7,200.00	
Police Protection	3,200.00	\$ 20,300.00

Licenses and Permits:

Beer, Wine and Liquor	\$ 950.00	
Traders Licenses	2,000.00	\$ 2,950.00

Fines and Forfeitures:

Parking Violations	\$ 1,850.00	
Parking Meter Income	4,800.00	\$ 6,650.00

Revenue from the Use of Property:

Rental Income	\$ 3,240.00	
Interest Earned	4,500.00	\$ 7,740.00

Service Charge Current Revenue:

Sewer Connections	\$ 200.00	\$ 200.00
Revenue Sharing	\$13,500.00	\$ 13,500.00

Total Revenues —

General Fund	\$133,590.00
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ESTIMATED EXPENDITURES

General Government:

Mayor & Council Salaries	\$ 2,100.00	
Mayor & Council Operating Expenses	600.00	
Mayor & Council Capital Outlay	100.00	
Town Clerk & Tax Collector's Salary	2,400.00	
Operating Expenses	300.00	
Accounting, Auditing and Legal Expenses	2,000.00	
Advertising	300.00	
Electricity	200.00	
Heat	425.00	
Insurance and Bonding	7,000.00	
Office Supplies	350.00	
Telephone	480.00	
Office — Capital Outlay	100.00	
Election Expenses	135.00	
Parks and Recreation	4,300.00	
Community Promotion	1,000.00	
Misc. Expenses	2,200.00	\$ 23,990.00

Public Safety:

Police Department Salaries	\$19,900.00	
Police Department Operating Expenses	4,100.00	
Meter Maid	2,600.00	
Donation—Vigilant Hose Co.	2,000.00	\$ 28,600.00

Highways:

Streets — Salaries	\$ 1,750.00	
Highway Lighting	12,000.00	
Parts and Supplies	1,000.00	
Truck & Equipment Expenses	750.00	
Streets — Capital Outlay	2,600.00	
Snow Removal	1,000.00	\$ 19,100.00

Sanitation and Waste Removal:

Sanitation Salaries	\$ 7,000.00	
Electricity and Heat	4,800.00	
Parts and Supplies	1,100.00	
Chemicals	2,750.00	
Engineers Fees and Additional Testing Cost	6,000.00	
Garbage Contract	14,200.00	\$ 35,850.00

Other Expenditures:

Apartments — Maintenance	\$ 1,500.00	
Interest & Bond Indebtedness	4,855.00	
Retirement of Sewer Bonds	9,000.00	
Discounts	1,260.00	
Dues	160.00	
Maryland Retirement System	2,130.00	\$ 18,905.00

Total Expenditures

	\$126,445.00
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Increase in Unappropriated Surplus — General Fund ..

	\$ 7,145.00
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WATER FUND

ESTIMATED REVENUES & EXPENDITURES

Revenues:

Water Charges	\$55,000.00	
Service and Connections Charges	500.00	\$ 55,500.00

Expenditures:

Water Department — Salaries and Wages	\$ 9,500.00	
Town Clerk and Tax Collector's Salary	2,400.00	
Electricity and Heat	2,200.00	
Truck Expense	800.00	
Equipment Expense	1,800.00	
Parts and Supplies	1,250.00	
Chemicals	1,300.00	
Interest on Bond Indebtedness	13,590.00	
Retirement on Water Bonds ..	15,000.00	
Employees Retirement	2,100.00	\$ 49,940.00

Increase to Unappropriated Surplus — Water Fund

	\$ 5,560.00
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Total Estimated Revenues

	\$189,090.00
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Total Estimated Expenditures

	\$176,385.00
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Total Increase in Unappropriated Surplus

	\$ 12,705.00
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Additional Improvements to Water and Sewer Systems in capital outlay cannot be tabulated at this time.

Approved By:
 Richard M. Sprankle, Burgess
 J. Norman Flax, Commissioner
 E. Eugene Myers, Commissioner
 Ernest E. Rosensteel, Commissioner
 Joseph E. Stover, Commissioner

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 1971 Ford Galaxie 4-Dr. Sedan; Fully Equipped.
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 1970 Maverick 2-Dr.; 6 Cyl.; Auto.; R&H.
 1970 Fairlane 500 4-Dr.; 6 Cyl.; Auto.; R&H.
 1970 Ford LTD 4-Dr. Sedan V-8; R&H; Auto.
 1969 Ford Country Sedan Wagon; R&H; Auto.
 1969 Fairlane 500 4-Dr.; 6 Cyl.; S.S.; R&H.
 1966 Thunderbird 2-Dr. H.T.; Fully Equipped.

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LOOKING AHEAD
 By George S. Benson, President, National Education Program
 Searcy, Arkansas

Constitutional Checks And Balances

In recent newsletters, the Sun City, Arizona, Chapter of the Sons of the American Revolution has challenged and criticized the policy of our Federal government in spending taxpayers' money for the "general welfare" of the Soviet Union. The Export-Import Bank, as well as other International Financial Institutions, acting under the policy of the Executive of the United States and with funds supplied by appropriation of Congress, has made funds available to the Soviet Union. The interest rates charged were less than the United States itself has to pay for the money, resulting in American taxpayers having to make up the difference in additional taxes.

Projects Of Discrimination

Specific projects in which these lending institutions discriminated against American businessmen in favor of the Soviet Union include the subsidized sale of wheat to Russia, the loans for the exploration and development of Siberian oil and gas fields and other projects for the industrial development of the USSR. The question raised is simply: Is it constitutional for the federal government to spend American taxpayers' money for the "general welfare" of a foreign nation, and is it constitutional for the federal government to discriminate against domestic native businessmen in favor of a foreign government? In a nation where "discrimination" because of race, color, religion, national origin, age or sex is forbidden by an act of Congress. It seems strange that taxes raised by the free-enterprise system can be legally used to help strengthen a nation which constantly repeats its intention to destroy all capitalistic systems. It seems even more strange that our government can legally "discriminate" against its own free-enterprises by forcing

them to pay higher interest rates on the money being loaned than it charges the Soviet Union.

What Americans Can Do

If all these facts are discouraging and confusing, then we suggest a course of action. We challenged the Sons and Daughters of the American Revolution to join their resources and bring a test case on this subject before the Supreme Court. This is the final thing Americans can do when they feel the Congress and the Executive are off the track. The other actions which can be taken are political and have not proven effective in changing the policies which are now questioned.

Testing of the constitutionality of an act of Congress or an action or policy of the Executive branch before the Supreme Court was written into the Constitution to be used by taxpayers. Such action is basic to our tradition of government by law and not by men. It has been used throughout our history.

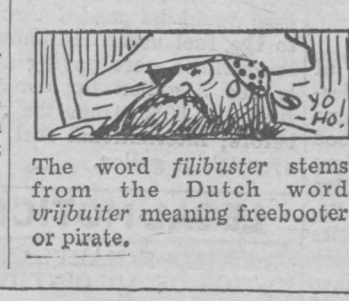
Supreme Court Costs

The test case of the constitutionality of spending American taxpayers' dollars for the benefit of the Soviet Union and in discrimination against American borrowers will be costly. Such cases are beyond the financial ability of the average American taxpayer. This

is why we suggest that an organization such as the SAR, or the DAR would be better to initiate such action. They are so organized as to be able to receive financial assistance from anyone who wants to help.

For those who say that such cases cost too much, or that they do not trust the Supreme Court, we ask... "What other action do you suggest? Despite the fact that many Americans did not trust the Supreme Court for many years after the famous "packing the Court" effort of the 30's, we believe the present court has a majority of members dedicated to preserving the Constitution of the United States. As for cost, will a test case to preserve our freedom, be anywhere near as great as the price paid by our Founding Fathers for gaining that freedom?

It is far better to build a dike than to curse the rain.



MVA Announces Bicentennial Tags

A specially designed license plate to commemorate the Bicentennial celebration in Maryland will become available on December 1 of this year, the Motor Vehicle Administration announced this week.

According to Eijner J. Johnson, State Motor Vehicle Administrator, the tag will be red, white, and blue in color and feature a scene from the British bombardment of Fort Mchenry in 1814.

Johnson added that the tag is being issued in accordance with Senate Bill No. 167, enacted at the 1975 session of the Maryland General Assembly, authorizing MVA to issue a Bicentennial license plate anytime after July 1.

"We had hoped to be in a position to issue the tag as soon as possible after July 1," he said, "but the time required to fabricate the tag makes issuance before December 1 impossible.

Once manufactured, the Bicentennial tag will be available at MVA offices throughout the state. Motorists wishing to replace their regular tags with Bicentennial tags, will be required to pay a special fee of \$5.00 and surrender the regular tags.

Issuance will be limited to passenger cars and station wagons.

GIVE
 AMERICAN CANCER SOCIETY

NEWS OF THE ENVIRONMENT

OUR MANAGED FORESTS—BETTER FOR WILDLIFE AND MAN

Although some people think that our forests are just used for the manufacture of wood and paper products, the forest lands are also used by some companies for things money can't buy.

Like a home for wild animals, for example.

Eighteen years ago, International Paper Company started a wildlife program to make sure its forests would make the best possible home for wild animals.

The Company helps Mother Nature by first thinning the woods to open the forest floor to life-giving sunlight. This encourages the growth of tender shoots, twigs and leaves that animals munch on.

In some places tall grasses are cut down, which increases the number of insects for young quail and turkeys to gobble up. And when trees are harvested, it is usually done with an irregular border to give animals more enticing edge areas for browsing and better cover.

These efforts are being rewarded, International



Paper believes there are more deer, quail and rabbits in its managed forests today than there were on those same lands 100 years ago.

International Paper also believes its forests should be used for the enjoyment of people. Last year over 2 million people enjoyed some form of recreation on the Company's lands. Its woods are opened to everyone whenever possible—hikers, campers, berry pickers, bike riders, and Sunday drivers.

And most importantly, International Paper is reforesting its lands with five trees for every one it harvests.

It understands that trees, one of our most useful resources, are also renewable. Trees are planted, made available for recreation, harvested as a crop, converted into products people need, and then the cycle is repeated over and over again.

It is International Paper Company's business to help nourish this renewable resource, not only to meet the present need of people, everywhere, but to help assure the availability of this resource for future generations.

When you're turned out to pasture, will it still be green?

Maybe your life's pretty good right now. But if you want to keep it that way, you've got to plan for it. And one way you can do just that is by signing up for the Payroll Savings Plan where you work. An amount you specify will be set aside from each paycheck and used to buy U.S. Savings Bonds.

Then, when you're ready to stop working, you'll still be able to keep on living.

Now E Bonds pay 6% interest when held to maturity of 5 years (4 1/2% the first year). Lost, stolen or destroyed Bonds can be replaced if records are provided. When needed, Bonds can be cashed at your bank. Interest is not subject to state or local income taxes, and federal tax may be deferred until redemption.

Take stock in America.

Join the Payroll Savings Plan.

BUSINESS AND THE STOCK MARKET

Rough Going For Airlines
By Babson's Reports Inc., Wellesley Hills, Mass., June 26, 1975—Displaying a degree of vitality in the opening half of 1975, airline stocks increased more than 50% from their 1974 year-end lows. The improvement, however, was deceptive in view of the fact that quotes are still well below the highs of the 1973-1974 period. Also, first-quarter profits compared with those of last year do not support the price advance of the air carriers. Results ranged from a relatively modest \$6.4-million profit for National Airlines to an alarming \$73.3-million loss at Trans World Airlines. If not in response to earnings progress, purchasers of the airline stocks may have been anticipating recovery in the stock market in general amid faint signs of an improving economy. Like most cyclical stocks, the airlines have usually led the way months in advance of a wide business recovery. But, at least near term, the group faces a welter of problems which could limit a further advance in prices for airline equities.

Flight Rates
Airlines are at the head of the list in terms of price-structure confusion. Air fares are, of course, the lifeblood of profits, but still the carriers must make fares attractive enough to draw travelers. So, while the Civil Aeronautics Board granted a 4% fare boost last November, the lines have filed for a variety of special discount fares. There

are "no frill" flights at reduced costs, special rates for particular times of the day or days of the week, youth fares, senior citizen fares, etc. It becomes ludicrous when two seatmates paying different air fares enjoy the same services on a flight. The rationale for discount and incentive fares is, naturally, that they will lure passengers who would not otherwise go by plane.

After wavering on the whole fare situation, the CAB has apparently decided to allow any arrangement, money-losing or not. And it becomes a cut-throat affair as airlines feel obliged to match competitors' programs. Right now, this spread of lower fares appears to be largely responsible for lower airline earnings; and until some order returns to fare structures, the CAB may not be favorably disposed to further fare increase requests on normal service.

Fuel Outlays
The cost of fuel has shown no signs of easing this year, and may be escalated further by enactment of any proposed tax on crude oil, which doubtless would be passed through to the fuel users. In January the airlines were paying nearly 26c a gallon for domestic fuel, up 50% from the year before; international fuel was over 36c a gallon.

LEGAL NOTICE

STATE OF MARYLAND
NOTICE OF APPOINTMENT AND
NOTICE TO CREDITORS
TO ALL PERSONS INTERESTED IN THE ESTATE OF
M. BERNADETTE KAAS

This is to give notice that the undersigned, Robert J. Kaas and M. Ruth Seidel whose address is Route #2, Box 83 and Mt. View Rd., P. O. Box 261, Emmitsburg, Maryland 21727 was on June 18, 1975, appointed personal representative of the estate of M. Bernadette Kaas who died on June 6, 1975 with a will.

All persons having any objection to such appointment (or to the probate of the decedent's will, shall file the same with the Register of Wills of Frederick County on or before December 18, 1975 (six months from the date of such appointment).

All persons having claims against the decedent must present their claims to the undersigned, or file the same with the said Register of Wills on or before six months from the date of such appointment.

Any claim not so filed on or before such date or any extension thereof provided by law, shall be unenforceable thereafter.

ROBERT J. KAAS
M. RUTH SEIDEL
Personal Representative
Thomas M. Eichelberger
Register of Wills
Frederick J. Bower,
Rosenstock, Burgee, Bower & Phillips, P.A.
100 West Church Street,
Frederick, Maryland 21701
Attorney
Date of first
publication:
June 26, 1975—3t

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Friday, 2-5
Saturday, 9 A.M.-12 Noon

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DIAMOND RINGS)

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Complete Optical Repairs
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Emmitsburg 447-6244
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EVERY
Tuesday
IS A
Feeder Sale

Due to the large response to "Special" Feeder Sales last spring, every week will be a feeder sale.

All types and sizes. Lots of local cattle right off the farm. Cattle sold in order received.

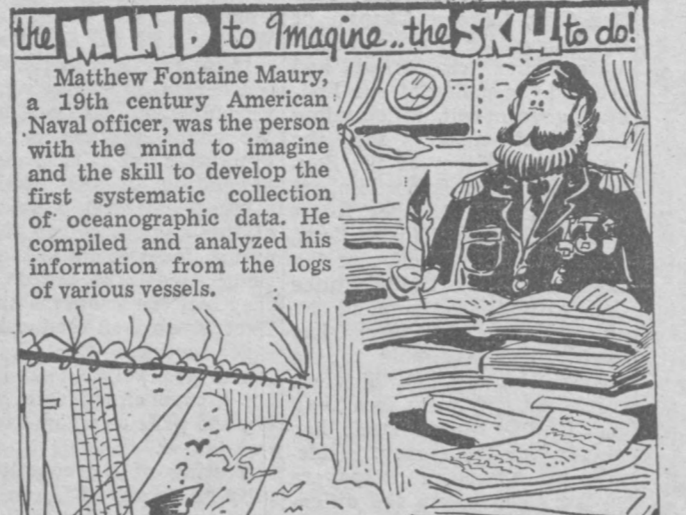
EVENING SALE
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Westminster, Md.

Manpower And Equipment
In this period of slack business, about the only favorable facet of the airline picture has been the ability to trim

considerable excess fat from operations. There have been personnel layoffs, cost cutting, and more efficient use of scheduling and equipment. When it was seen that the wide-body jets were operating well below capacity, many of them

were sold or converted to air freighters and orders for new equipment were cut back or canceled. The result is that current operating costs are down, and the lines will be well conditioned to generate highly leveraged earnings when a turnaround in the economy occurs and air travel picks up. This should mean higher airline stock prices with a more realistic backing. Worldwide Picture
With some 19 foreign na-

tional airlines competing for a declining international market, our two big transatlantic lines have been deeply troubled. Once again, rising fuel costs, overlapping schedules, and a crazy quilt of fare structures have badly eroded earnings. However, with a little international co-operation this particularly painful segment of the industry could be substantially improved to the benefit of both the foreign and the U. S. air carriers.



Between 1872 and 1876, Sir Wyville Thompson had the mind and skill to conduct the first and what has been called one of the greatest purely scientific expeditions around the world, studying the sea from aboard the H.M.S. Challenger.



Oceanographers today search for oil, algae, environmental information and other secrets of the sea may find their work a little easier because the people at Motorola had the minds and skills to create the new Mini-Ranger III™ positioning system that can tell, in any kind of weather or darkness, exactly where they float, in relation to known points on land.

SERVE A SMART SANDWICH AND SAVE



You can take heart if you're in the market for a lunch that's likely to enliven the sandwich-bored. It's easy and economical to create this elegant culinary Californian when you ham it up with leftover ham, roast beef or poultry, and have a heart of artichoke in the right place.

CALIFORNIA OPEN CLUB
2 packages (8 ounces each) frozen Stouffer's Artichoke Hearts au Gratin
4 slices thin-sliced bread
2 tablespoons butter, softened
8 slices chicken, turkey, ham or roast beef (separately or in combination)

Prepare Stouffer's Artichoke Hearts au Gratin according to package directions. Toast and butter bread. Roll sliced poultry or meat, jelly-roll fashion, and place two rolls on each slice toast. Spoon hot artichoke hearts over meat and toast. Makes 4 servings.

You'll probably find this is one hot lunch or late supper that's really after your own heart, and can make you the big cheese when it comes to cooking.

CAN YOU PICK MISS UNIVERSE?

Be your own judge in a contest of universal appeal. It's the Miss Universe Beauty Pageant to be aired at 10 p.m. (EDT) on Saturday, July 19 over the CBS television network.

MISS UNIVERSE SCORE CARD
List the 15 Semi-finalists from the countries represented and judge them as you watch the finals on television... Check off your choice for Miss Universe in the categories listed... Then pick one for the Miss Universe title.

Country	Personality	Swim Suit Pose	Gown Modeling
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

My Choice for Miss Universe is:

Country _____

Prepare yourself for the countdown with this scoring card and see whether you'll agree with the official judges on which out-of-this-world beauty will be selected Miss Universe 1975.

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WEATHER REPORT

Temperatures and precipitation for the Emmitsburg District for the week ending Fri., June 20, as reported by the National Weather Service, Mrs. Lucille K. Beale, local observer, were as follows:

Table with 3 columns: Day, High (H), Low (L), Precipitation (Pr).

A power above all human responsibility ought to be above all human attainment. —C. C. Colton.



The Indians used wild ginger to prevent ptomaine poisoning and cure toothache.

Emmitsburg Boy Scouts Leave For Philmont Scout Ranch



Nineteen Emmitsburg Boy Scouts departed by bus last night at 8 p.m. from 9190 Wisconsin Ave., Washington, D. C., for a three week expedition at Philmont Scout Ranch, Cimarron, New Mexico.

Mrs. Krom Is 1975 Teacher Of Year

Katherine Springer Krom, daughter of Mrs. Harry S. Hahn, Emmitsburg, has been selected as an Outstanding Elementary Teacher of America for 1975.

The men and women chosen for this high honor have explored new paths, developed new insights and effectively communicated their knowledge to their students and colleagues.

Guidelines for selection include an educator's talents in the classroom, contributions to research, administrative abilities, civic service, and professional recognition.

Outstanding Elementary Teachers of America is an annual awards program honoring distinguished men and women in the field of elementary education.

Katherine is a graduate of Emmitsburg High School, class of 1960, and Appalachian State University, Boone, N.C.

Drama Committee Needs Local Help

The Dramatic Event of the Bi-Centennial Year is being sponsored by the Little America Committee. The Committee has been working on scenes since March.

The play will take place in Saint Joseph's High School on Sept. 9 at 7:30 p.m. The play is taken from local history, hear say, books, grandparents tales and newspapers and eye witness accounts.

The Committee and their helpers are holding tryouts for the parts on Monday evening, June 30 at 7:30 p.m. in Saint Joseph's High School.

People of all ages are needed—don't hold back because you think you have no talent. We need lots of people to fill in scenes where crowds are called for—children, middle age and adults alike—

Don't forget June 30th at 7:30 p.m. at Saint Joseph's High School. Tryouts for the Emmitsburg Bi-Centennial

Consumer Scene



Tips On Home Food Preservation

There are so many inflation-conscious consumers these days that a shortage of canning jars and lids in many areas threatens to put a crimp in the home canning plans of some families who have carefully nurtured an Anti-Inflation Garden to the harvest season.

But there is an alternative way to put up that bumper crop of vegetables—freezing. And many home economists feel it is not only easier but safer than canning.

Here is a quick checklist on food freezing from General Electric's Consumers Institute:

- Be selective. Choose only top-quality fruits and vegetables at their peak of ripeness. Freezing maintains quality, but cannot improve it.
Plan ahead. Some foods are better wrapped in individual-sized portions, others in family-size.
Wrap it well. Wrapping material should be moisture and vapor proof to prevent drying; be careful not to puncture the wrap.
Label packages to show quantity, intended use, and date.
Check freezer temperature. Food should be frozen at a temperature near zero and stored at a temperature that is maintained below 8° F.
Don't freeze too much at one time. Overloading will raise the temperature. Add only about 1/10 the capacity of the freezer each day. Place the

foods you intend to freeze at the sides and back. Use oldest foods first.

Most fruits and vegetables can be kept frozen 8 to 12 months without affecting flavor or quality.

If you're one of the lucky ones who have the necessary equipment for canning, the Consumers Institute offers these guidelines:

- Don't experiment! Use only tested, approved methods. Follow all time and temperature specifications precisely. If in doubt, err on the side of higher temperature or longer cooking time.
Use only jars, cans and lids made specifically for home canning. Don't try to reuse old peanut butter or mayonnaise jars.
Do not reuse sealing lids; the rubber may deteriorate, preventing proper seal. Rings can be re-used.
Do not overpack foods; trying to get too much into a jar may result in under-processing and spoilage. Leave one inch of "head space."
Before using canned foods check for leaks, bulging lids, off-odors, off-colors, or any sign of mold. When in doubt, throw it out! Never use any canned foods showing any sign of spoilage. Whatever you do, don't taste-test it!
To be extra safe, boil home canned vegetables for at least ten minutes before serving.

Good Nutrition by

Dr. Dorothy M. Rathmann, Ph.D.



Q. I'm trying to lose weight. Wouldn't it help if I ate no fat at all?

A. Don't try to copy Jack Spratt—you could get into trouble! Although nutritionists have not established a Recommended Dietary Allowance for fats, there is no doubt that some is necessary and desirable.

Fats carry fat-soluble vitamins A, D, E and K, and help the body utilize protein. Vegetable oils in particular contain essential fatty acids, which cannot be produced by the body. Fats also keep you from getting hungry too soon—even reducing diets should contain some fat.

You should be aware that fats are triglycerides formed from 3 general classes of fatty acids. If saturates predominate, as they do in most animal fats, the fat is solid at room temperature. In most liquid vegetable oils, polyunsaturates predominate. (Coconut oil, a saturated fat, is an exception.) Margarine is in between. Even though Mazola margarine appears to be solid, its primary ingredient is liquid corn oil. Yet another type, olive oil, is primarily monounsaturated.

All fats and oils in foods are alike, however, in energy value. Weight for weight, fat has over twice the energy (calorie) value of protein and carbohydrate. So a high fat meal is likely to be a high calorie one, too. Much of this fat is hidden—not readily visible—being present in meats, poultry, whole milk, cheeses, rich desserts, nuts.

Overweight is a form of mal-

nutrition or poor nutrition resulting from eating too much—taking in more food energy (calories) than the body can efficiently utilize. The excess is stored as fat.

The typical American diet contains 40 to 50% of its energy value (calories) from fat. That sounds like a lot, doesn't it? It is—and is too high for the typically sedentary person.

Reducing the total amount of fat usually means cutting calories—the first step in losing weight. Reducing the amount of saturated fat may do even more; it may reduce the likelihood of heart disease.

You can accomplish this by eating less meat fat (choosing leaner cuts, discarding visible fat, using smaller portions); switching to skim milk, using less butter and less cheese made with whole milk or cream; incorporating polyunsaturated vegetable oils, like Mazola corn oil, in moderate amounts in salad dressings, in cooking lean meats, poultry or fish and (with appropriate recipes) when you make breads and desserts.

A free booklet is available which includes 7 days of menus and 32 recipes on this revised eating plan. It also features a chart to help you plan and evaluate your own menus. Write for "A Diet for Today", Department DTGN, P.O. Box 307, Coventry, CT 06238.

Dr. Dorothy Rathmann is a nutritionist with Best Foods, a Division of CPC International.

AMERICA'S PEACEKEEPERS THE MARINE CORPS RESERVE—A HARDWORKING FEW

Readiness is their motto. Readiness means that the Marine Corps has a Reserve that is a real part of the action, and as good as any other part. Readiness means that if "someday" should come, the Marines have a Sunday punch. And the more ready the punch, the less likely that day will ever come.

And then there's the man. The face under a Marine Reserve helmet could be that of a lawyer, a mechanic, a college student, accountant or school teacher. It is the face of a man committed to his own life, his job, his dreams. He is a perfectly solid citizen who likes his golf game or Friday night poker and who could easily have found something else to do during the two weeks of Annual Training Duty. Why is he trooping up and down hills under a full battle pack? Why did he choose the Marine Corps and its hardworking Reserve?

There are thousands of answers to the question... but the common denominator of them all would probably go like this: There's something bigger I feel I have to do, for myself, my family... for



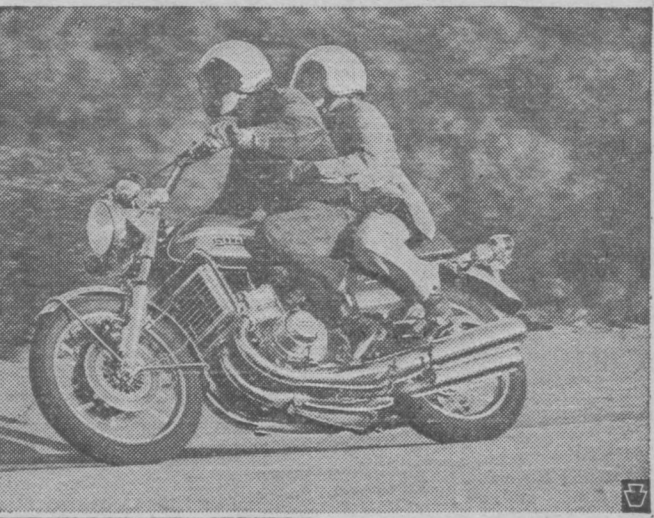
everything that means something to me. And if I'm going to do it, I'll do it well. After all, that's what being a Marine is all about. For details about the

range of enlistment programs and opportunities in the Marine Corps Reserve, call toll-free (800) 423-2600. In California call toll-free (800) 252-0241.



People once believed that pixies would gather the apples that fell from the trees after harvesting.

Cash Rebates to Motorcycle Buyers



Following the success of the auto industry rebate programs which increased consumer interest and sales, U.S. Suzuki Motor Corp., distributors of Suzuki brand motorcycles, announced a cash rebate program for purchasers of specific Suzuki models.

The Suzuki rebate plan will apply specifically to new Suzuki GT-750, GT-550 and GT-380 street model motorcycles sold by an authorized Suzuki dealer between March 1, 1975, and April 30, 1975.

One hundred dollars will be rebated to purchasers of new Suzuki GT-750 models. Seventy-five dollars will be rebated to purchasers of new Suzuki GT-550 models. And, fifty dollars will be rebated to purchasers of new Suzuki GT-380 models.

"The dealer's selling price of the motorcycle has no effect on the amount of rebate," Orth said. He encourages customers to make their own deal with their authorized Suzuki dealer and Suzuki will rebate the purchaser directly upon receipt of certified delivery information.



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