

# a day of country sep. 29

■ afternoon 1:00 p.m. ■ evening 8:30 p.m.  
 Long Park Amphitheater  
 a **FREE** concert featuring:  
**Buck Ford**  
 from Denver, Colo.  
**Mary Flower & Katy Moffatt**  
 from Denver, Colo.  
**Big River**  
 from Lancaster  
**Harv Owen**  
 from Lancaster

Mayser Gym/F&M College  
 IN CONCERT  
**THE EARL SCRUGGS REVUE**

\$3.00 local ticket outlets  
 \$3.50 at the door

help kick-off the 1973 United Way Campaign Saturday, Sep. 29

Benefit: the 1973 United Way Campaign October 1-31



Forget-me-not  
 The United Way of Lancaster County

## Meal Planning Home Course

With children back in school, you may need to take a new look at your meal planning.

Plan every meal, especially breakfast, with quality in mind. Breakfast should include some protein food for several reasons, one being the staying power it provides so children do not get hungry by midmorning.

To help guide you in planning wholesome meals is a correspondence course from The Pennsylvania State University. Titled "Food Selection and Preparation" the course is designed to aid you in putting new interest and quality in your meals every day.

Menus, recipes for tasty foods, and a complete analysis of foods essential to living and good health are included in the course. Other features are children's diets, lunchbox foods, and food costs as compared to family income.

To get your copy of the course, send \$4.80 to Food Selection, Box 5000, University Park, Pennsylvania 16802. Make your check or money order payable to The Pennsylvania State University.

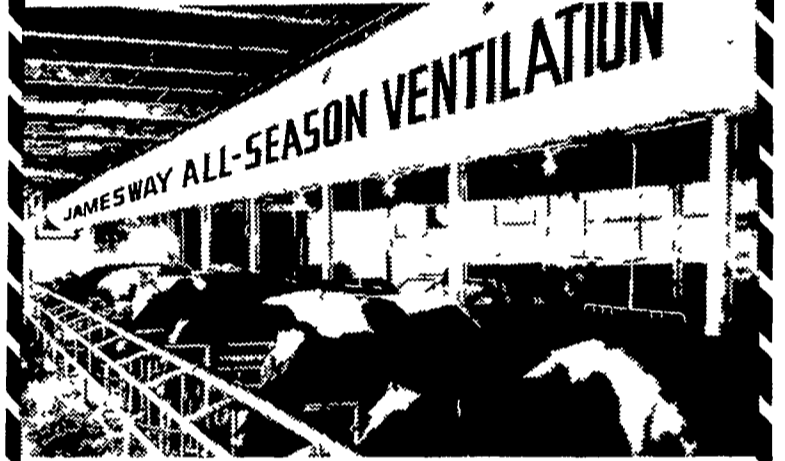
All material for the course will be mailed promptly. You can study the lessons at your convenience and then file them for easy reference.

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**Ringed Planet**  
 Saturn is unique among planets because it has a ring system. The diameter of the ring system, including Saturn itself, is about 170,000 miles, but the rings are less than 10 miles in depth.

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**BALES:** Deep, full 21" wide trough makes it easy for the Little Giant Model 21 to handle all hay bales—any size or shape . . . silage, too!



**EAR CORN:** Clean wiping action of the scoop-shaped "payload" flights moves largest corn ears fast—gently! Extra large-throated, swiveling hood (optional) unloads crops in any direction without bridging.

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