

## Forget-Me-Nots United Way Campaign Theme

The Forget-Me-Not is the theme of the 1973 United Way Campaign. The flower's blue petals and yellow center identifies all materials being used in the campaign. A small fabric Forget-Me-Not is being worn by all who contribute.

A Day of Country opens the drive on Saturday, September 29 at 1 p.m. at Long Park.

John S. Falconer, Campaign vice-chairman, will introduce these performers: Lancaster's Harv Owen, a vocalist known for his appearances with the Bob

Troxell Jazz Band; Buck Ford, a country-folk-rock singer from Denver, Colo., who is a favorite on-campus drawing card; the female folksinging duo of Mary Flowers and Katy Moffatt; also of Denver and the local country-rock sound of Big River, a group featuring the tenor of James Beal, star of the Lancaster Opera Workshop's "La Traviata," William Burr on lead guitar, J. Robert deVitry on rhythm guitar, Richard Smith on bass guitar, Roger Wolfsperger on drums and Shiloh Cain, leader, as second lead guitarist.

The United Way's Day of Country will be capped later in the day with a benefit concert; introduced by William F. Tell, general chairman, and starring the Earl Scruggs Revue at Maysers Gym, Franklin and Marshall College, at 8:30 p.m. In addition to Earl Scruggs who, with Lester Flatt took the country by storm with their "Bonnie and Clyde" hit, "Foggy Mountain Breakdown," the revue will feature Scruggs' sons Randy, Gary and Steve, Jody Maphis and Josh Graves.

Tickets for the benefit concert at F & M are now on sale at Stan's Record Bar, Camelot Music, The Male Bag, Mosemann's Ticket Agency, the switchboard at F & M and the United Way offices at



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

### COOKING FOR ONE

Living alone and cooking for one person raises unique problems. A friend of mine recently experienced this while his wife went to Europe for a three-week holiday. It had been years since he had really taken care of the nominal household chores. He quickly found out that they are time-consuming, leaving little time for leisure when coupled with his normal working day.

Well, this is the problem all people have who live alone and also work. They have to be well organized to enjoy more than mere existence. There's the laundry, the picking-up and generally keeping one's quarters clean, there is garment cleaning and most of all — there is shopping for and the preparation of food. One cannot, after all, eat out all the time. Nor, did my friend want to.

### Problems In Shopping

The biggest problem in shopping is quantities. In canned goods there are many small-can items. But even these contain more than one serving. Thus the user must plan when he will use the leftovers. Soon enough that the food will still be all right yet not, for the sake of variety, the

very next day.

Meat can be divided into portions and frozen. Frozen vegetables can be cut apart so one needs to cook only enough for one meal, leaving the rest frozen and in the freezer. Staples such as milk, eggs, butter, bread are easily portioned out for daily needs. The foils and plastic wraps are marvelous for storing leftovers in the refrigerator.

My friend says his recent experience indicates a major problem in variety. It was monotonous to fully utilize all the food he had bought. He simply could not escape similarity of menu if he was to avoid throwing food away.

### Invite A Friend

It occurs to me that people who live alone want and need company anyway. Perhaps one way not to waste food and at the same time gain companionship is to invite a friend over. And, obviously, eating out is the way to occasionally treat yourself to a real change of scene.

So many older people live alone. Unless their physician has prescribed a special diet, they need the same balance of foods that we all do, but probably they need smaller portions.

Milk and its products, meat, poultry, eggs, fruits and vegetables, whole grain or enriched breads and cereals are the foods we are talking about. And these should be consumed at a calorie level that keeps people at the right weight, just enough and not too much.

## Hog Cholera Advisory Committee To Meet

The U.S. Department of Agriculture (USDA) has announced that the Secretary's National Hog Cholera Eradication Advisory Committee will meet at 9 a.m., Monday, Oct. 15, at the Sheraton-Jefferson Hotel in St. Louis, Mo.

The meeting will take place in conjunction with the 77th Annual meeting of the United States Animal Health Association (USAHA) which will continue through the week.

Officials of USDA's Animal and Plant Health Inspection Service (APHIS) said the purpose of the committee is to advise and counsel the Secretary of Agriculture concerning measures to eradicate hog cholera from this country.

The cooperative state-federal hog cholera eradication program began in late 1962 and is coordinated by APHIS. Forty six states are now classified as "hog cholera free."

The committee consists of 12 members from various regions of the country and includes swine producers, Market operators, private and government veterinarians as well as representatives of the scientific and academic communities. Chairman is Dr. Francis J. Mulhern, administrator of APHIS.

The meeting will be open to the public. Interested persons who cannot attend may file comments before or after the meeting by sending them to the APHIS Deputy Administrator for Veterinary Services, USDA, Washington, D. C. 20250.

Official notice of the meeting appeared in the September 19 issue of the Federal Register. Comments on the proposal will be available for public study.

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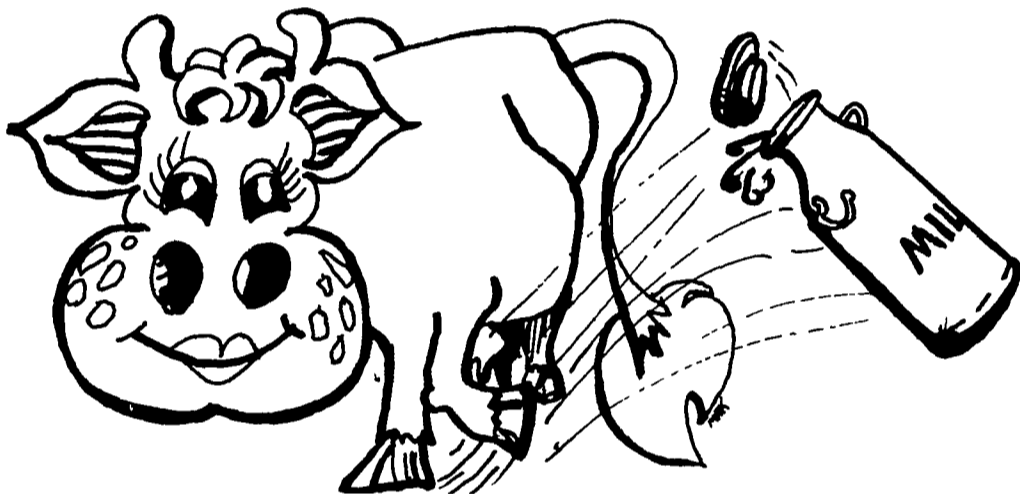
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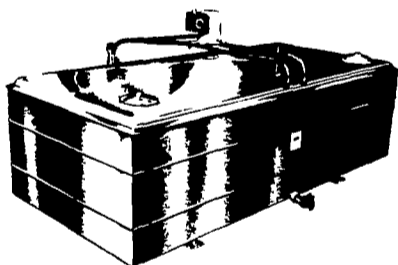
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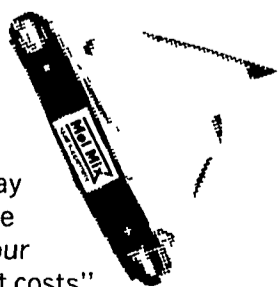
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