

Berks Executive Board Meets

The Berks County Society of Farm Women executive board met recently with its new president Ann Yanos presiding. The following committee chairman were

appointed: Helen Ebling, Berks Heim; Carol Zechman, Hamburg State School; Linda Taylor, Safety; Helen Ebling, County Scrapbook; Joann Ebling and Arlene

Hershey, Scrapbook contest. The annual state convention will be held in Harrisburg January 6 and 7, 1975. Joyce Deiseman, LaVerne Balthaser, Linda Taylor, and Dorothy Barrett will serve as ushers for various sessions. Berks County is responsible for the memorial service January 6. A committee comprised of Dorothy Stricker, Pearl

Levangood, and Joyce Deiseman is in charge. The county is also responsible for 30 centerpieces to be used at the banquet. Dorothy Stricker, Betty Wessner, and Gail Malsbury are the committee. Several members throughout the county will model their own long evening dresses in the fashion show. Berks County will be represented by

Darlene Yost in the state safety poster contest. October 4, 1975 was selected for the annual Berks County Convention. The vice presidents of groups No. 2, 5, 7, 8, and 10 are in charge. The executive board took affirmative action to increase the amount of reimbursement to the County president for certain county and state functions.

The next meeting of the board will be January 13 at the home of Arlen Hershey, RD1, Bethel.

Vitamin D

Vitamin D is known as the "Sunshine Vitamin" It may be obtained either by eating foods containing the vitamin or by exposure to sunlight. The actual requirement is difficult to determine. The best food source is found in fortified milk.

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SAVE MONEY ON VITAMINS AND HEALTH FOODS

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SAVE MONEY ON VITAMINE

100 I.U.	200 I.U.	400 I.U.	1000 I.U.
100 - \$1.19	100 - \$2.29	100 - \$3.99	100 - \$8.99
Reg. \$ 1.95 Save even more on larger size 500 - \$4.75 1000 - \$8.99	Reg. \$ 4.89 Save even more on larger size 500 - \$ 8.99 1000 - \$17.49	Reg. \$ 5.99 Save even more on larger size 500 - \$14.25 1000 - \$27.99	Reg. \$15.95 Save even more on larger size 500 - \$33.99 1000 - \$64.99

WHAT A WONDERFUL WAY TO LOSE FAT!

THE "MODEL ETTS" WAY HELPS CURB YOUR APPETITE HELPS YOU LOSE THAT EXTRA WEIGHT ■ NO CALORIE COUNTING ■ NO EXERCISES ■ NO SPECIAL DIETS!

Thanks to a group of New York doctors you can now lose pounds of ugly fat without going on any special diet without cutting out any special foods HELPS REDUCE HUNGRY MOMENTS These New York doctors discovered a food adjunct called "MODEL ETTS"

"Model-etts" does remarkable things. It helps you cut down your caloric intake by a natural automatic curbing of the appetite and of the desire for food, resulting automatically in a reduced intake of food.

Before Model-etts was offered to you it was tested clinically by the doctors on a large group of non-glandular overweight men and women.

The doctors carefully checked results and here is what they found:

1. Weight losses of 6 to 20 pounds without any ill effects whatsoever.

2. 96% of the men and women who used Model etts lost weight.

"Model-etts" is absolutely safe. It is a food adjunct, not a drug.

So start today to shed those unwanted pounds and inches. If your condition is glandular or organic see your doctor. Model-etts may help you stay on the diet your doctor recommends. Ask him about it.

You can get a full month's supply of Model etts for \$3.00 on money back guarantee. In clinical tests Model-etts was 96% successful. Model etts may not be 100% successful in all cases but you take no risk in trying Model-etts on our Money Back Guarantee.

Come to General Nutrition to get "MODEL ETTS". The sooner you start the sooner you may have the loss of weight you yearn for.

Sounds too good to be true, but it is true!



New Model etts Curbs Your Appetite
In the opinion of the supervising physician based on the average of weight losses in the clinical tests, bisulafurium showed that Model-etts Water has the hunger-satisfying capacity of 1 pound sliced potatoes or 4 eggs or 1/2 slice of white bread yet it contains only 10 calories.

No. 787
Month's Supply \$3.00
2 Months' Supply \$5.00
3 Months' Supply \$7.50

SAVE MONEY ON VITAMIN C

ONE GRAM C	HALF GRAM C
1000 mg. with Rose Hips	500 mg. with Rose Hips
100 - \$ 3.99	100 - \$ 1.99
250 - \$ 9.45	250 - \$ 4.75
500 - \$18.50	500 - \$ 8.99
1000 - \$35.00	1000 - \$17.49
300 mg. VITAMIN C with Rose Hips No. 684	120 mg. VITAMIN C Chewable - with Acerola No. 216
100 - \$1.29	100 - 99¢
500 - \$ 5.99	250 - \$1.75
1000 - \$10.90	500 - \$3.25
	1000 - \$6.25

COMPARE & SAVE!

SUPERTRON
Therapeutic MULTI-VITAMINS with MINERALS
100 - \$198
Compare with Squibb Theragran M. A \$6.99 value.

Therapeutic Multi-Vitamins
100 - \$188
Compare with Squibb Theragran A \$6.10 value.

B-COMPLEX
50 mg. of 7 factors Vitamin B-complex.
100 - \$645
Reg. \$7.45
Compare with Thompson's Balance B-Complex. A \$7.95 value.

90% HIGH Protein Tablets.
200 - 2/\$3.11
Reg. \$3.10
400 Reg. \$5.20
Now only 2/\$5.21
Compare with Hoffman's 90% High Protein Tablets and SAVE!

FREE Fruit-Flavored Chewable, Natural VITAMIN C



Taste it... and enjoy the most delicious and complete Vitamin C nutrition that ever melted in your mouth!

Nutritional science knows that you need Vitamin C every day. It affects every single cell in your body. Yet your body can't store it. But without a sufficient supply of Vitamin C your body can't manufacture a special cement called collagen, the cement that holds every single cell in the body together. So you can see how important it is to be sure of getting enough Vitamin C.

That's where Nutrition Square Natural Vitamin C with Acerola comes in. These new chewable Vitamin C tablets have a lot of taste pleasure as well as nutritional value. And the fastest way to get its benefits is in Nutrition Square Chewable Vitamin C with Acerola tablets.

We're so sure that once your family tastes Nutrition Square Natural Vitamin C with Acerola tablets, everyone in your family will insist on them. We're offering you this free taste test. Just fill out the coupon and bring it to any of the General Nutrition Centers listed here and we'll give you your FREE 14-day supply. FREE with any purchase.

Valuable GNC Coupon
BRING TO GNC FOR FREE VITAMIN C WITH ANY PURCHASE GENERAL NUTRITION CENTERS
Name _____
Address _____
City _____ State _____ Zip _____
Limited to 1 free offer per family. Must be redeemed at the store with purchase. Not valid by mail.

VITAMIN D	VITAMIN A
400 I.U. Reg. \$1.35 100 caps. 69¢	10,000 I.U. REG. 85¢ 100 CAPS. 49¢
KELP TABLETS	VITAMIN B-12
10 grain 100 - 60¢ 500 - \$2.69	500 mcg. Tablets 100 \$1.98 250 - \$4.90

Valuable GNC Coupon	Valuable GNC Coupon
CLOVER HONEY 5 Lbs. - \$4.39 LIMIT ONE	WHOLE GRAIN BREAD YOUR CHOICE ONE LOAF OFF REG. PRICE 25¢
WHEAT GERM OIL CAPSULES 150 - 49¢ 3 MIN. LIMIT ONE	YOGURT 4 For \$1.00 WITH COUPON LIMIT 4

WHOLE WHEAT FLOUR 2 LBS. 99¢
APPLE JUICE Unfiltered 32 oz. Reg. 65¢ 59¢
DIETETIC COOKIES Reg. 69¢ Pkg. 49¢
RAW WHEAT GERM 1 LB. 49¢
CORN FLAKES Low Sodium 8 oz. 54¢
TOASTED SOYBEANS 2/\$1.49 12 oz. Reg. 85¢

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FREE!
RAW WHEAT GERM
59¢ VALUE WITH \$5.00 PURCHASE

Valuable GNC Coupon
Sugar-free GUM 9¢
2 PACKS
YOUR CHOICE OF FLAVORS

Valuable GNC Coupon
100% Natural Cereal WITH APPLES & RAISINS 13 oz. 79¢
REG. 99¢
LIMIT ONE

Valuable GNC Coupon
LG. EGGS GRADE A 59¢ DOZ.
LIMIT ONE WITH COUPON GNC

FREE CHEWABLE VITAMIN E

14 TABLET SUPPLY OF 100 I.U. WITH ANY PURCHASE AT GNC
TASTE IT... and enjoy the most complete, most delicious Vitamin E nutrition you've ever been fortunate enough to find! Now for those nutrition-minded people who prefer to chew their vitamins - here is a smooth-textured, non-oily chewable Vitamin E tablet that supplies you with 100 I.U. of d-alpha tocopherol PLUS the beta*, gamma* and delta* tocopherols in their natural relationship to one another... PLUS apple pectin** and lecithin** to emulsify the E naturally, so the nutrients can be dispersed faster and easier, and be more readily available to your digestive system!

*No special dietary claims are made because their presence is without nutritional significance.
**Added only for water dispersibility.

Bring this coupon to any GNC Store listed above to receive FREE 14-tablet supply of 100 I.U. Chewable Vitamin E 1 supply per family. (Valid next 3 days only.)

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NATURAL TOOTHPASTE WITH BONE MEAL, PAIN AND PEPPERMINT 7 1/2 OZ. 89¢
LIMIT ONE

Valuable GNC Coupon
Vitamin E Soap WITH HERBS 3 oz. 79¢
1000 I.U. VITAMIN E PER BAR
LIMIT ONE

Valuable GNC Coupon
SESAME Snacks Delicious, Nutritious 5 varieties 5 oz. 2/\$1.19
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Valuable GNC Coupon
Seedless Raisins THOMPSON VARIETY 8 OZ. BAGS REG. 59¢ 2/88¢
LIMIT ONE