Vernon Ross Promotes Eggs



Vernon Ross hopes The Bird will become a familiar personality throughout the state and that it will work in making people think about eating more eggs.





Natural Weight Loss Program No Chemicals, Drugs or Preservatives

Totally Balanced
Lose 10-29# The First Month 30 Day Money Back Guarantee

1 - Basic Weight Loss Program \$29.95

2 - Basic Weight Loss Program Plus Herbal Diuretic Plus **Enzymes For Better Digestion** \$54.85

All orders Postpaid. Ask About Distributor Discounts. Beat the price increase before June 1. Mail All Orders and Inquiries To

Jesse & Edith Weaver 1431 Brunnerville Road Lititz, Penna. 17543

717-626-5503

16" Gold Medalist **White Water Canoe**

• Even looks exciting: black hull with red, white, silver, and gold striping. Mighty sharp

• Built of RAM-X®: remarkably strong, quiet, smooth for sliding over rocks. "Memory" lets hull flex under impact, then return to shape

• Patented keel track construction. Ultra-high molecular weight polyethylene (RAM-X*) wear strip adds rigidity for easier rowing anywhere and improved maneuverability in white water

Two aluminum thwarts for extra strength and stability

One-piece molded hull. No rivets to pop or seams to leak

• Lightweight. Rides on a car top. (No trailer to buy)

• Two seats of RAM-X, contoured for comfort, textured to prevent slipping

Easy carrying. Handles both fore and aft

Bow and stern filled with lightweight foam for added

• Corrosion-resistant aluminum fittings; stainless steel nuts and bolts

Reg. \$429.00

SALE \$389.00 Less \$25 Rebate

LEACOCK

89 Old Leacock Rd., RD 1, Ronks, PA STORE-HOURS: Mon. thru Sat. - 8 to 5; Tues. & Fri. till 8:30

(Continued from Page B2)

Ross thinks people are more conscious of health and their eating habits today, but adds that eggs have gotten much undeserved bad press. "Someone who is overweight will have a heart attack at 55 and blame it on eggs, but some people can eat four eggs a day and have no problems with cholesterol. Each human has different chemistry and we produce cholesterol whether or not we intake it.''

He suggests that people can determine if they have a problem,

and if they don't then there's no reason not to eat eggs. He said, "Eggs can be eaten any time of day, and hard cooked eggs are great for snacks instead of junk food. They are one of the most versatile foods."

Pennsylvania is the third highest egg producer in the nation, with 4.7 billion eggs annually, and Ross said he expects it soon to rank second. He adds, "Human hands never touch an egg." Through automation, they are moved quickly and easily to the consumer, with inspectors watching every step of the way. "It is a quality process," he notes.

It is quite clear that Ross enjoys his job, and he is not shy in telling how much he likes it. "I get a lot of satisfaction from being the bird and I've met some super friends when I give omelet demonstrations."

During the month of May, it would make Vernon Ross very happy if everybody would make a conscious effort to "Make it light make it right - with eggs.'



ASHLEY

WOOD & COAL STOVES **NEW & USED FURNITURE**

FISHER'S FURNITURE, INC.

Bart, Pennsylvania 17503

Rt. 896 at Georgetown - 6 Miles South of Strasburg Daily 8-5; Fri 8-8



Modified & SS Tractors

FWD Trucks <u>ADMISSION</u> LOCATION: 10 Miles South

Adults.....\$7.00 6 to 12 yrs... . . . FREE

Rt. 272 SEE YOU AT THE BUCK!



Molasses, Syrup & Edible Oil

* SHOOFLY PIE MIX *

- BAKING MOLASSES
- **BARBADOS**
- MOLASSES
- MOLASSES
- **BLACK STRAP**
- * CORNOIL

* HONEY

★ SOYBEAN OIL

* CORN SYRUP

* TABLE SYRUP

* COCONUT OIL

PANCAKE SYRUP * PEANUT OIL If your local store does not have it:

CALL OR WRITE FOR FREE **BROCHURE & PRICES**

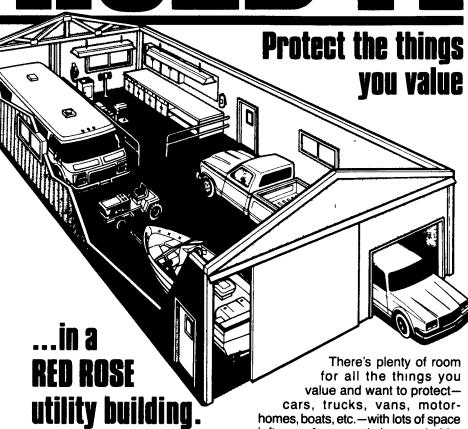
- WE UPS DAILY -

GOOD FOOD INC.

(Food Division Of Zook Molasses Co.) West Main St., Box 160 Honey Brook, PA 19344 Phone: 215-273-3776 Call toll free in PA: 800-662-7464

Over 50 Years Of Service





For little more than the cost of an ordinary garage, you can enjoy the organized, uncluttered life that goes with a Red Rose utility building. left over for a workshop or hobby area, if you want one. It's a wonderful way of life. Why settle for anything less? Especially right now, at Red Rose special Spring prices.



CALL COLLECT OR MAIL COUPON FOR MORE INFORMATION

Name Address ___ _____ State ____ Town _ County _ ___ Tel _

(717) 738-4248

Mail To: P.O Box 56 • Ephrata, PA 17533