

Nationwide Safe Driving Day Next Wednesday Also for Pedestrians

Early Evening Hours Said Most Dangerous

S-D Day could just as well be S-W Day.

S-D means safe driving but safe walking will be almost as important if traffic accidents are to be held to a minimum on S-D Day, Wednesday, Dec. 15.

More than 1,000 pedestrians literally walked themselves to death during December last year, according to National Safety Council figures. December is always the peak month of the year for pedestrian fatalities.

However, on Dec. 15, the walkers as well as the drivers will have an opportunity to prove that accidents don't have to happen if every individual makes a real effort to prevent them.

President Eisenhower has proclaimed Dec. 15 as the date for the nation to keep traffic accidents at an absolute minimum for a 24-hour period as proof that traffic accidents can be prevented by individual and community action.

The nationwide cooperative program is sponsored by the President's Action Committee for Traffic Safety.

Children and older persons are most vulnerable as pedestrians. Of the 8,000 pedestrians killed last year about 1,950 were under 15 years and 3,350 were over 65.

Most pedestrian victims are non-drivers who do not understand the mechanics or limitations of driving, experts say. Elderly men are most apt to be pedestrian victims.

Early evening hours are especially hazardous for pedestrians. More than a third of the victims were killed between five and eight o'clock in the evening from October to March. About 41 percent were crossing streets between intersections, 23 percent were killed at intersections, and 11 percent were struck by vehicles.

percent were walking in the roadway.

Three easy rules can help make S-D Day, and every day, a safe walking day for pedestrians. To avoid that "run-down" feeling:

1. Cross at intersections and watch for the green light, and watch out for turning traffic.
2. Wear something light or carry a flashlight if you must walk on a roadway at night.
3. Make sure packages, umbrellas or newspapers do not block your view of approaching traffic.

Two Barnesboro Youths Held In Fire At Garman Mine

Malicious Mischief Count On 16-Year-Olds

Two Barnesboro youths have been turned over to Cambria Co. juvenile authorities in connection with a fire which destroyed an outbuilding at Garman Coal Co., near Barnesboro on Friday, Nov. 26.

Pvt. Leonard G. Washington of Ebensburg state police substation said a petition charging the pair with malicious mischief and destruction of property was filed with juvenile officers last Friday.

The youths, both 16, were committed to the county detention home last Thursday afternoon.

The fire which they are believed to have caused cost the mine \$2,500, including \$2,500 to a raised generator and \$500 to the building.

Police said the fire incident occurred while action still is pending against the pair on a series of burglaries committed in October in Barnesboro.

According to officers, the two boys were involved with two other Barnesboro-area juveniles in stealing a quantity of goods from Barnesboro business establishments.

At that time, borough officers filed a petition with juvenile authorities on charge of breaking and entering and larceny. The

four boys were released in custody of their parents.

Upon being questioned about the mine property fire, the two boys admitted having entered the wooden building and said they started a fire on the earthen floor to get warm. They were on a hunting trip at the time.

They did not admit having purposely set fire to the structure, however.

Medical Society Seeks Names of Those to Be 100

Harrisburg—Which Pennsylvanians will be alive for their 100th birthday in 1957?

For the eighth year, The Medical Society of the State of Pennsylvania is seeking the names of all residents of the Commonwealth who will attain their 100th birthday during the coming year. Testimonial plaques, hand-lettered and mounted, will be presented to each centenarian whose name, date of birth and address is sent to the Medical Society.

Since 1948, when the centenarian plaques were first presented, a total of 245 Pennsylvanians have reached the age of one hundred, have been honored by the doctors of their community. Officers of county medical societies, usually accompanied by the elderly person's family doctor, make the presentations.

Relatives or friends of Pennsylvania residents who will celebrate their 100th birthday during 1955 are asked to send name, date of birth, and address to The Medical Society of the State of Pennsylvania, 230 State Street, Harrisburg, Pa.

TO CELEBRATE

Every county in the state is to have a role in the Pennsylvania State University Centennial recognition at the 1955 Pennsylvania Farm Show next month in Harrisburg, reports William Gordon, Penn State extension rural sociologist.

SAVE TODDLER Keep your toddler from dangers door. Store detergents, poisons, cleaning fluids, and barbiturates where he cannot find them, Marguerite L. Duvall, Penn State extension family life specialist, suggests.

LETTERS TO JANE . . .

By A. PAULINE SANDERS, Ph.D. Irvena, Pennsylvania

Dear Jane, By now I am sure you must have some venison. Wouldn't you like to try Jerry's Own Venison Sausage?

5 pounds each of venison and pork trimmings. Add 1 ounce of ground sage and 2 ounces of salt with 1/2 ounce of pepper. Mix thoroughly. Shape into rolls, 2 or 3 inches in diameter. Slice and fry, or bake entire roll, as preferred.

The rolls may be wrapped in waxed paper or aluminum foil and frozen. Excellent to have on hand for the surprise guest.

Perhaps you prefer Pot Roast. For this use a 5 to 6 pound roast. Wipe with a cold, damp cloth. Rub with a cut garlic bud and insert a large whole clove deep in the meat. Rub dry surface with powdered ginger. Place in a hot, well-greased roasting pan. Seal well. Add 2 large green peppers and 2 cups diced celery, with 1 large can of about 3 cups water. Add 1 tablespoon butter and heat quickly and thoroughly. Reduce heat and cook slowly as any pot roast.

Cook about 3 hours, adding salt when about half cooked. While cooking, turn meat often and stir to prevent sticking. When meat is cooked, the gravy should be dark brown and of gummy consistency.

I got this recipe from an Elk County friend who serves a tart sauce or jelly like cranberry or currant with it. She adds turnips, asparagus or peas for the vegetable. Wild grape jelly is "tops" with venison in my opinion.

If you want to do something really different, cover a venison steak thickly with damp salt. Broil it and then crack off the crust of salt. Serve at once with mushrooms. Garnish it with watercress.

With November meals leaning heavily on plentiful beef and poultry, with the Thanksgiving turkey just finished, your family will want a change. A long-standing favorite, pork is an important source of high quality protein. It provides considerable iron and niacin. It's especially valuable as a source of thiamine, since other good food sources containing this B vitamin are relatively few.

The importance of thoroughly cooking fresh pork can't be repeated too often. If well done, the color of the meat has changed to grayish-white, with no pink color remaining.

Did you ever use sour cream with pork chops? If you haven't then you have been cheating yourself. Do try it soon.

Season 4 loin chops with salt and pepper. Dredge with flour and brown in a small amount of fat. Insert a clove in each chop and place chops in a casserole. Add 1/2 cup water, 1 bayleaf, 2 tablespoons vinegar, 1 tablespoon sugar, 1/2 cup sour cream. Cover and bake in a 350° oven about 1 1/2 hours or until chops are done.

While we are talking about sour cream, I want to send you a formula for Pork Savory also. It is excellent when frozen. A good way to cut the food costs in both money and energy is to pack it when pork prices are down and enjoy it when they are high.

I'll give you the method first and then the amounts for small and large quantities.

Sprinkle pork (cut in 1-inch pieces) with salt and pepper. Brown the meat in the fat or oil. Add water, cover, and simmer until the meat is tender. Cook carrots in a little water until almost tender. Combine flour and sour cream, heating until smooth. Combine with meat and broth. Add vegetables and salt; blend well. Bake covered in a 375° oven for 1 hour.

To freeze: Cool quickly. Pack in freezer containers, leaving head space. Seal and freeze immediately.

When ready to serve that which has been frozen: Reheat in a saucepan over low heat or in the top of a double boiler. If you would rather, bake uncovered at 400° degrees until food is heated through. This will take about 45 minutes for pints and 1 hour for quarts.

If you want to serve it as soon as it is made: Remove the cover after it has been in the 375° oven for an hour, and bake until brown on top. This will take about 30 minutes.

For 25 Portions: 3 pounds lean pork, cut in 1/2 inch pieces; 1 1/2 teaspoons salt; 1/2 teaspoon pepper; 1 tablespoon of cooking fat or oil; 2 cups water; 2 cups sliced carrots; 1 cup of sifted flour; 3 cups sour cream; 3 1/2 cups diced potatoes; 1 tablespoon chopped onion; 1 1/2 cups of green lima (not the frozen), and 1 tablespoon salt.

For 6 Portions: 1/2 pound pork, 3/8 teaspoon salt, 1/8 teaspoon pepper, 2 teaspoons of fat, 1/2 cup water, 5/8 cup carrots, 1/2 cup flour, 1/2 cup of sour cream, 1/2 cup potatoes, 1 teaspoon onion, 3/8 cup lima beans, and 1/2 tablespoon of salt.

A tossed green salad, spiced crabapples, and a fruit shortcake, and the meal is complete.

The mild flavor of pork combines especially well with fruit. Ham and pineapple or pork chops

and apples are acceptable always. Try this some cold day.

Fork Cutlets On Apple Rings For four servings use 1 pound or 4 pieces. Flour with flour in which there is 1 teaspoon salt and a generous sprinkling of pepper. Brown the chops in 2 tablespoons of fat, for approximately 20 minutes. During the last 5 minutes of cooking time add 2 cups of unpeeled apple slices that have been dipped in 1/4 cup brown sugar.

Brown apples in the same fat with the meat. Serve the cutlets on top of apple slices.

Experienced hostesses find ham is the easiest way to handle a large group such as gathers at the holidays. It is simple to prepare and serve, is substantial, and needs little else to complete the meal. Potato salad, baked beans, a tossed salad, relishes and crisp rolls, and that is it—a meal for the gods!

For the holiday ham, why not decorate it with handsome pointsettias made from pinpoints?

Last summer I did a Last-Minute Roll on the show that is just right for this meal. Scald 1 1/2 cups milk. Stir into it 2 1/2 tablespoons sugar, 1 1/2 teaspoons salt, 1/4 cup fat. Cool to lukewarm.

Measure into a bowl 1/4 cup warm water. Cool it to lukewarm and crumble into it 2 packages yeast. Stir until yeast is dissolved. Combine and stir in 3 1/2 cups sifted flour. Stir only enough to dampen flour. Fill well-greased muffin tins half full. Cover. Let rise until double in bulk, about 35 minutes. Bake in 425° oven for about 20 minutes. Remove from pans while still warm.

How are you getting on with your Christmas candy and cookies? I am too slow for comfort, for the big day now is only a little over two weeks ahead.

Yours for better homemaking, PAULINE

Colver Community Chest Reaches 75% Of Its \$4,500 Goal

The fund drive of the Colver Community Chest has reached 75 percent of its \$4,500 goal, Stuart L. Dillant, president, announced at a report meeting last Friday night in the Colver Store Company Building.

Mr. Dillant reported that approximately \$3,600 has been collected since the campaign opened in October.

The president said the chest has received pledges of further contributions which will carry the fund drive over the top by the first of the year.

Melvin H. Kline and Frank Lagana, campaign co-chairmen, asserted many volunteer workers have not yet reported their collections.

Albert Dominecki was elected vice president to succeed Mr. Dillant. The latter was named president upon the resignation of Charles Buterbaugh, who recently was appointed superintendent of the Cambria County Children's Home.

James Litzinger, president of the UMWA local at Colver was named to the Chest board of directors.

Date for a final report meeting will be announced after the first of the year.

Farm Census Now Nears Completion

Questionnaires Should Be Ready In Advance

The 1954 census of agriculture in its final stages locally and can be completed within the next two weeks if farmers will fill out their questionnaires and have them ready for the enumerator when he calls.

The farm census questionnaires were mailed in advance of the field enumeration for the purpose of giving farm operators time to consult their records and fill out the forms before the enumerators began their rounds. This procedure was planned to insure greater accuracy and to save time for both the farmer and the enumerator. Completion of the farm census on time will not only help in keeping costs down but will aid in prompt publication of the results.

These goals cannot be reached however, unless farmers assist the supervisor pointed out, urging local farmers to fill out their questionnaires and have them ready when the enumerator calls. To date, approximately 35,455 farms have been enumerated in the 21 counties under the supervision of the local office.

Bituminous coal stores easily anywhere with safety and needs no expensive storage facilities.

Panama Canal Has 50th Anniversary

One man can't built a Panama Canal.

One man did make it possible for the building of the Panama Canal.

That man was William Crawford Gorgas who transformed a pesthole of disease and death into one of the healthy places of the world.

Just fifty years ago Colonel Gorgas arrived at the isthmus of Panama.

Ferdinand de Lesseps, though he had been successful in building the Suez Canal, began on the Panama Canal in 1859 and quit operation after 8 years.

De Lesseps found that malaria and yellow fever removed 176 out of every 1,000 of his workers.

Building the Panama Canal was not so much a problem of engineering as a medical problem.

Born in 1854, William Gorgas wanted to be a soldier like his father, but failing to get a nomination to West Point, he entered the Army through the medical corps.

Early in his Army medical career, young Gorgas was stricken with yellow fever while serving in Texas, and because he was immune to the disease, he was put in service where yellow fever existed.

He was installed as chief sanitary officer in Havana during the American occupation and realizing yellow fever was carried

by the domestic mosquito, he worked with such characteristic energy to destroy every mosquito in Havana that he earned an international reputation.

When America took over the Panama Canal job Gorgas was given the task of organizing the sanitation of the canal zone, and became Colonel.

His sanitary brigades were so effective that when the canal was completed in 1914, the death rate on the Zone had been reduced to 6 per 1,000, less than half the rate in the United States.

General Gorgas served as head of the Army Medical Corps during World War I.

He died on the job of investigating a yellow fever epidemic in the Congo.

Potato Yield In State Said At All-Time High

The State Agriculture Department reports potato growers in Pennsylvania set an all-time record average yield of 345 bushels of potatoes in 1954.

The old record was 340 bushels per acre set in 1950. The year per acre last year and 330 in 1951, the department said. The average yield for the 10-year 1943-53 period was 189 bushels to the acre.

The Pennsylvania 1954 potato crop now is estimated at 14,210,000 bushels, nearly 7 percent up over the Oct. 1 forecast and 3 percent above the 1953 output of 13,626,000 bushels.

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