

LEHMAN

Kenneth Ellsworth and Richard Sarmonis, freshmen at Penn State University, visited their parents over the weekend.

Miss Helen Sidler graduated from Bloomsburg State College on January 26. She received her degree in education and will start teaching the first grade, at Roslyn, Pennsylvania. We wish her lots of success.

Miss Donna Conduff spent a couple of days with her parents Mr. and Mrs. Dorrance Mekeel. She works at Mt. Sinai Hospital in New York.

Mrs. Dorrance Mekeel entertained on Friday, for dinner: Miss Deliah Kistler and her sister Ester, Mrs. Richard Conduff and Richie, and Randy. Miss Kistler just returned from Korea.

Boy Scout Troop 241 and Cub Pack 241 of Lehman were asked to attend the P.T.A. of Lake-Lehman Schools on Feb. 8 at 8 p.m. Mr. Clifford Mansley from the Wyoming Valley council will speak on scouting. All boys are to wear their uniforms.

Cub Pack 241 will hold their annual Father-Son Blue Gold Dinner on February 25 at 6 in the Lehman Fire Hall. Metta Larson, an exchange student from Norway, will speak and show slides of her native country.

Mr. and Mrs. Charles Crook are the proud parents of a new girl born January 29. Mrs. Crook is the former Marjorie Eleton. They also have a little boy. Mrs. Eleton is spending a few days with her daughter.

Thomas Eleton left for Calcutta, India where he will spend several months. His wife, Julia, is staying with his mother, Mrs. Alice Eleton.

Lehman Fire Auxiliary met at the fire hall Monday evening. Mrs. James Cook presided. Florence Davenport, secretary, read the minutes of the previous meeting. Alice Eleton led devotions. The seafood dinner will be held February 13 at the fire hall starting at 5 p.m. Homemade pie will be served. Make reservations with Mrs. Dorrance Mekeel by February 8. The menu is: fried chicken, fried oysters, fillet flounder, seafood combination, devilled crab, chicken croquettes, shrimp, french

fries, cole slaw, rolls and coffee are included with the meal.

Auxiliary will serve the Blue Gold Dinner for the cub pack.

Mrs. Albert Ide showed slides of flower arrangements and the Worlds Fair. An auction sale will be held at the February meeting.

Hostesses for the evening were Mrs. Alice Eleton, Mrs. Charles Nuss, Mrs. Eston Adleman, Mrs. Albert Ide, Mrs. Wesley Moore.

Lehman W.S.C.S. met Tuesday evening in the church. Janice Ehret presided. Alice Eleton led devotions. Elsie Ely took minutes in the absence of the secretary, Mrs. Connelly. Madeline Adamshick's program topic was "Women in the new age".

Quarterly Conference will be at Idetown February 11.

Mrs. Winfield Kelly had the study book, "Death of a Myth", about Spanish America. Rev. Kelly showed slides on the subject. Hostesses were Mrs. Leonard Adamshick, Mrs. Robert Disque, and Mrs. Raymond Seafoss. Fourteen members were present.

Mr. and Mrs. Francis Macert of Greenridge, Delaware County, spent last weekend with his mother and family, Mr. and Mrs. George Wentz.

Carverton

Last week I got this letter from a very nice person and I'm going to put it in here: "Dear Rev. Gilbert: I wonder if you will write in the Post that Don and I would like to thank everyone who was so kind and sent cards, gifts, phone calls and good wishes our way when Kevin was in the hospital, and while he's been recovering. We took him the night of December 26 and didn't get him back home until January 4, and he was not allowed out of bed at all until the last two days, so the cards and gifts really came in handy. He had near pneumonia, but is doing fine now, except for getting tired very easy, and a few days of sickness last week. We never had a chance to enjoy his Christmas, being sick on that day too, so we had a late one and actually never turned the tree lights on from the time he left until he returned. We didn't have the heart to do it. Thank you, Dorothy Ann Seafoss."

ICE-BOUND

It was a strange coincidence that soon after I had written a letter of appreciation to the Highway Maintenance office for being so prompt and generous with cinders and snow plowing there came this icy condition that taxed Scranton and Wilkes-Barre both to keep traffic moving. This was last Thursday evening. Cathy was late getting home from her work at Dallas Post. We got anxious and finally I started out to see if she was in the ditch somewhere. I went as far as the parsonage and turned around and came home, thinking she might have got home or telephoned. Well, she had telephoned from Dr. Gelb's house in Carverton Heights to tell me she had left her car at the foot of the hill in the closed road section out of the way. So I put on my chains, drove over and went to her car to put on her chains too. Pastor Reid was there on the side, putting lights on his chains. We shared lights with him and all got ready to move out at the same time with him going first and we following, and got home all right.

THE GELB FAMILY

When Cathy walked up the hill and rang the door bell several times she found Mrs. Gelb ached with a bad virus. Dr. Gelb had been sick too. And son Ernie had only just gone to the hospital. When Cathy was telling me about Ernie being sick enough that he needed the hospital, but that in the only room they had for him was in the pediatric ward, I began to think of my own experience of that morn-

YOUR HEALTH

Trichinella spiralis is a worm. This tiny creature infests an estimated 25,000,000 people in this country.

Trichinosis is the disease that develops in people who have eaten undercooked meat, chiefly pork, which contains the larvae of the round worm.

When a person eats pork products containing living larvae of the worm, which are enclosed in a sac or cyst, the cyst capsule is digested in the stomach and the larvae are set free.

The larvae attach themselves to the walls of the stomach, and parts of the small intestine known as jejunum and duodenum, and develop into adult worms in about two or three days.

The female of the species lays eggs in the mucosa of the intestine and when the embryos are born they get into the blood stream and disseminate throughout the body.

Their destinations are certain muscles which they penetrate and then settle down for a long stay, perhaps for years.

Symptoms depend on the degree of infestation.

When few trichinella are present, the symptoms may be mild or there may be no symptoms.

When infestation is severe, a person becomes desperately ill and may even die.

In serious cases, usually there is nausea, vomiting, and diarrhea, followed by muscle pains.

Trichinosis is world-wide and the chief source is flesh of the pig.

The disease may be spread by other animals also, although not by fish or fowl.

The worm causing trichinosis is quickly killed through proper and thorough cooking, especially of pork.

Most deaths from whooping cough occur under the age of six months.

Polio cases in the United States have been reduced to some few hundred a year, thanks to immunization begun in 1955. In 1954, there were 18,000 cases of Polio in this country.

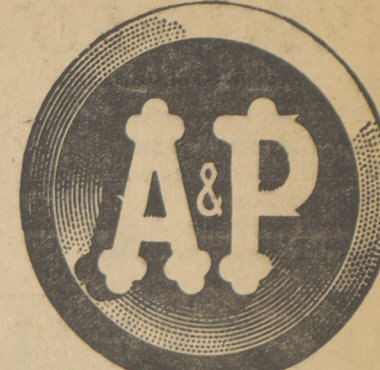
ing. For I had been given the name of one of our Congregational babies in the hospital and I looked him up. He was too little to know that I was his pastor, and I said so to the nurse and started to go out. But in one of the cribs was a boy with almost a knowing grin, folded up not too tight in that crib, obviously not too belonging there. He looked so friendly I stopped and spoke with him a minute and then went on. He turned out to be the boy Ernie Gelb whom I used to know and tell stories to when he was little enough that he would have fitted a crib.

Well, that was that, and I hope the Highway Maintenance office will keep my letter on file, for I have no intention of recalling it since I found out that more hills than these didn't get cinders on schedule. I still appreciate what the maintenance department does for us all.

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Lb. **65^c**



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7-INCH CUT RIB STEAKS lb. **69c** DELMONICO BONELESS Beef Rib lb. **\$1.39** NONE PRICED HIGHER!

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Semi-Boneless Hams

Lb. **59^c**

SUPER-RIGHT QUALITY

DUCKLINGS lb. **39c**

CANADIAN STYLE BACON Super-Right Vac Pack lb. **79c**

KISSLING'S SAUERKRAUT 2-lb. Pkg. **29c**

SMOKED BEEF TONGUE lb. **59c**

SMOKED HAMS Fully Cooked Over, 12-Lb. lb. **55c**

PLATE BEEF Bone In For Boiling lb. **17c**

CORNED BEEF Buddig Thin Sliced 3 1/2-oz. Pkg. **39c**

FRESH PICNICS Boneless Rolled lb. **69c**

SUPER-RIGHT SKINLESS FRANKS (All Beef) 1-lb. Pkg. **53c**

SUPER-RIGHT FRESH PORK SAUSAGE 1-lb. Pkg. **55c**

SUPER-RIGHT FRESH PORK SAUSAGE 1-lb. Pkg. **65c**

SHORT RIBS OF BEEF lb. **39c**

OSCAR MAYER Liverwurst or Sandwich Spread 8-oz. Pkg. **39c**

TENDER PORK LIVER lb. **29c**

CHICKENS Leg or Breast Quarters lb. **39c**

BONELESS CHUCK ROAST lb. **69c**

Corned Beef Brisket

FRONT CUT Lb. **69c** STRAIGHT CUT Lb. **79c**

VEAL SALE!

CUBE VEAL STEAKS lb. **\$1.29**

VEAL TENDERS lb. **\$1.39**

VEAL OUTLETS lb. **\$1.49** CUT FROM LEG AND RUMP

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Clams each **4c**; 2 doz. **85c**

FANCY COD FILLET ... **43c**

FRESH FILLET OF HADDOCK ... **79c**

STANDARD OYSTERS .. **8-oz. Can 69c**

ICEBERG LETTUCE

Fresh Calif. **2** Lge. Hds. **29^c**

YELLOW ONIONS

#10 bag **55^c**

FLORIDA TEMPLE ORANGES LARGE 66 SIZE doz. **69c**

NEW CABBAGE lb. **7c**

Brussel Sprouts PINT BOX **29c**

FLORIDA WHITE OR PINK SEEDLESS GRAPEFRUIT 5 Lb. Bag **49c**

FRESH ORANGE JUICE Quart **39c** Half Gallon **75c**

HEINZ DILL Pickles

1 Qt. 1 1/2 oz. Jar **47^c**

DEL MONTE CORN WHOLE KERNEL

3 17-oz. CANS **50^c**

A&P's BIG 10c SALE!

A&P SLICED BEETS 1-Lb. Can **10c**

ANN PAGE RED BEANS ... 1-Lb. Can **10c**

PORK 'N BEANS Sultana Brand ... 1-Lb. Can **10c**

A&P White POTATOES 1-Lb. Can **10c**

POTATOES Blue Label Instant Mashed 3-oz. Can **10c**

ALTMORE WHOLE BEETS ... 1-Lb. Can **10c**

VEGETABLE SOUP American Beauty 10 1/2-oz. Can **10c**

BEANS American Beauty Great Northern 15 1/2-oz. Can **10c**

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Legal Notice

NOTICE IS HEREBY GIVEN that Letters Testamentary were granted in the Estate of Anna Kasian, Late of the City of Wilkes-Barre, who died January 11, 1965. All persons indebted to said estate are requested to make payment and those having claims or demands to present the same without delay to Anna Versari, Executrix, 511 North Main Street, Plains, Pennsylvania, or her Attorney:

Joseph C. Giebus, Esquire
Thomas, Reinert & Hendrak
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Wilkes-Barre, Pennsylvania

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Mel-O-Bit Wh. American, Swiss, Pimento Cheese Slices 12-Oz. Pkg. **39^c**

Grapefruit Plymouth Brand Ruby Red Juice 3 46-Oz. Cans **\$1.00**

Green Beans Dawn Glo Short Cut 4 1-Lb. Cans **47^c**

Purina Dog Chow 2-Lb. Pkg. **39c** 5-Lb. Pkg. **79c** 10 Lb. Bag **\$1.39**

FROZEN FOODS!

TOWN SQUARE STRAWBERRY SHORTCAKE each **39c**

A&P POUND CAKE All Butter 12-oz. Cake **69c**

ONION RINGS Dixie Garden French Fried 8-oz. Pkg. **29c**

A&P ORANGE JUICE 5 6-oz. Cans **99c**

A&P FRENCH FRIES 2 9-oz. Pkgs. **29c**

ROMAN LASAGNE 12-oz. Pkg. **53c**

JANE PARKER 1-LB., 8-OZ.

Apple Pie 3 FOR 1

REG. 49c EACH — NOW 34c — BUY 3 AND SAVE 47c
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WISK LIQUID Qt. Bot. **67c**

RINSO BLUE 3-Lb., 6-oz. Pkg. **75c**

LUX LIQUID 3 Pt., 6-oz. Bot. **59c**

NUCOA MARGARINE 2 1-Lb. Pkgs. **57c**

RIVER BRAND RICE 1-Lb. Pkg. **67c**

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BITTER'S VEG-CREST 10-oz. Pkg. **33c**

BURRY OXFORD CREAMS 10-oz. Pkg. **29c**

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MAXWELL HOUSE COFFEE 2-Lb. \$1.65 Can

KING MIDAS FLOUR 25-Lb. \$2.25 Bag

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