

Dallas Junior Women Ready Holiday Schedule, Projects

Executive Board of Dallas Junior Women's Club met recently at the home of Mrs. Stephen Vrabel, Mrs. Kenneth Hunter acted as co-hostess.

Plans were announced for a Christmas dinner meeting to be held at Aldino's Manor, Tuesday, December 7, at 6:30 p.m. Mrs. Joseph Borton announced that reservations must be in before December 4.

Three Junior Club members known as the "Dallas Trio" will sing the Club Collect. They are Mrs. Evan Bonawitz, Mrs. Joseph Kaminski and Mrs. Paul Lauer. The Chorale will entertain at the dinner

meeting. New members will be initiated and welcomed formally into the Club.

The Club has decided to give baskets of food to the needy in the Back Mountain area. Members are asked to donate canned goods, flour, sugar, coffee, tea, etc. The Christmas Welfare Committee will contact members and arrange to pick these items up. New or used toys will be welcomed. Any donation from the general public would be appreciated. Welfare checks will be used toward the purchase of meats and poultry. Gifts for patients at Retreat State Hospital will be collected by the Christmas Welfare Committee at the same time.

Mrs. Barbara Bartolacci announced the need for clothing and shoes at Retreat State Hospital. In particular, the patients are in need of dresses in sizes 14, 16, 18, 20, 22, 24, and one size 44; and shoes in sizes 5B, 6 wide, 9 and 9B. Magazines would also be appreciated. The Christmas Welfare Committee will collect these items from any members wishing to donate them.

A meeting of the welfare committee for the Christmas Baskets will be held at the home of Mrs. Ludwig Pasquini, Chairman, in Applewood Manor, Mrs. Pasquini resides at the corner of James Street and Orchard Road. Committee members expected to attend are: Mrs. Stephen Vrabel, Mrs. Kenneth Hunter, Mrs. Joseph Morton, Mrs. Henry McCain, Mrs. Dean Casaday, Nancy Meyers, Mrs. Gunther VanElden, Mrs. Merton Jones, and Mrs. Paul Lauer.

A Christmas Party will be held for the patients at Retreat. All members desiring to work may contact any member of the Christmas Welfare Committee. The date and time will be announced.

Mrs. Evan Bonawitz, Music Chairman, announced the heavy schedule of the Chorale during the holiday season. They will appear throughout the Valley at civic, service and fraternal organizations, as well as the hospitals, almost nightly beginning December 2. Their program of music at the Miners National Bank of Wilkes-Barre on December 16, at 12:30 p.m., will be broadcast over local radio.

It was announced that contributions were made by the Club to the United Nations Organization, The William Penn Museum and the Congressional Medal of Honor Grove, Valley Forge.

The Board members voted upon and passed two amendments to the by-laws which were posted by Mrs. C. Edward Johnson. They will be read at the December meeting. The age limit of the Dallas Junior Women's Club is changed from 35 to 40. Membership is open to women from 18-40 who reside anywhere in the Back Mountain area.

Teachers in the junior and senior high schools in the Back Mountain area will be contacted by Mrs. Robert Stair, Home Life Chairman, in regard to regulations and rules for the sewing contest to be sponsored by the Club.

No Board meeting will be held in December. The Executive Board will meet on January 20, 1966.

Home From Hospital

Andrea Maher, daughter of Mrs. Elizabeth Maher, Demunds Road, and the late Richard Maher, returned home on Wednesday after having been a surgical patient at General Hospital. Andrea is a sophomore at Dallas High School.

Mrs. Thomas Mahoney Is Honored At Shower

A bridal shower was held November 20 at the home of Mrs. Thomas Perkins, Hunlock Creek, for her daughter Marion who married Thomas Mahoney on November 26. A large umbrella hung over the table holding the gifts. Party favors were made of hankies and shaped like umbrellas. Those present: Mrs. Dorothy Laurence, Mrs. Robert E. Jones, Roberta Perkins, Mrs. John Roskoski and Erica, Mrs. Wilson Mahoney, Mrs. Marvin Everts, Mrs. Cora Kulp, Gladys Mae Everts, Bernadine, Rusiloski, Sandra Hill, Mrs. John Gmittr, Dorothy Gmittr, Irene Stawicki, Mrs. Robert Gregory, Colcen, Robert and Joseph, Mrs. John Everts, Mrs. William Owens, Mrs. David Carroll, Mrs. Fred Williams, the hostess and the guest of honor.

Scouts To Sell Christmas Trees

Boy Scouts of Troop 231, Shavertown, will again sell Christmas trees this year, beginning December 12 and continuing until the holiday.

The lads and their leaders will be on hand every evening until 9 p.m., to accommodate customers. This year the troop will have a wide variety of favorite trees, reasonably priced in all sizes. Tall trees will also be available for those who like a good sized pine in their living room and for outside decoration.

Colorado blue spruce, Norway spruce, Spanish pine, Scotch pine and Balsam will be among the varieties offered. Orders may be placed with Mal Kitchen, leader or any of the troop members.

Mother In Room Helps Hospitalized Child

For the past two years a hospital in Scotland has permitted mothers to stay with their ill children round-the-clock for the duration of their youngsters' hospital stay. How has this unusual arrangement worked out? Splendidly, according to parents, children and physicians.

"It meant absolute peace of mind for my wife and myself," commented one satisfied father. "It was of great value to my child, as she talks of what she did in the hospital, and seems to have forgotten everything she suffered," reports another parent.

The physicians found that children adjusted to hospital routines more readily and that "treatment of the patients was no more difficult and was in some cases easier." The system reportedly reduces the sometimes severe and prolonged psychological damage young children suffer because they cannot understand the reason for the separation from their mothers.

Children with serious illnesses, such as meningitis and respiratory infections, and even those undergoing major surgery, were treated with their mothers at their side. The only time a mother was not permitted to remain with her child was when she herself was ill or when she was in the early stages of pregnancy.

CHRISTMAS PARTY

Noxen Fire Company Auxiliary will hold its annual Christmas party at 6 p.m., Monday, December 6, at the Methodist Church. Gifts will be exchanged, and dinner will be served by the ladies of the church.

Former Residents Visit

Mr. and Mrs. Fred Howell, Shavertown, had as recent house guests Mr. and Mrs. James H. Godtfriing, formerly of Shavertown, now of Escondido, California. Mr. Godtfriing was associated with the Wilkes-Barre YMCA.

Dallas Woman's Club Chorale Ready For Christmas Program



Committee members gather to complete plans for the 14th Annual Christmas Tea of the Altar and Rosary Society of Gate of Heaven Church, Dallas, which will be held Wednesday evening, December 8 following the Evening Mass in the church auditorium.

Shown in the above picture are left to right, Rev. Francis Kane, moderator of the society; Mrs. Joseph Gries, general chairman of the affair; Mrs. Francis J. Barry, Mrs. Ted Popielarz, Mrs. Peter Kozachok, Mrs. Raymond Jacobs, Mrs. Joseph Gerchak, Mrs. Charles Glawe, Mrs. Francis Dixon, Mrs. Frank Savage.

Mrs. Matt Evans will act as toastmistress for the affair. This year members will not exchange gifts

among themselves but will bring useful articles to make up Christmas baskets for the needy. Ladies are asked to have the articles gift wrapped and tagged.

Assisting committee chairmen are Reception committee, Mrs. Franz Scholl; auditorium decorations, Mrs. Philip Ansilio, Jr.; table decorations, Mrs. Leonard Dougherty, Mrs. Henry Dudek, Mrs. Jay Young; Mrs. Leon Chase, Mrs. Edward Wilson, Mrs. Ray Jacobs, Mrs. Matt Evans, Mrs. Popielarz, Mrs. Franz Scholl, Mrs. Ann Boyle, Mrs. G. A. Faeber, Mrs. Hans Menzel, Mrs. Gries, Mrs. Douglas Lamoreaux, Mrs. Howard Johns, Mrs. Dixon, Mrs. John McAndrew, Mrs. Ray

Schiwall, Mrs. James Barlow.

Favors, Mrs. Edward Wilson, William Wallo; programs, Mrs. Joseph Turpak; Cookies, Mrs. Donald Fannon, Mrs. Frank Savage, Mrs. Henry Dudek, Mrs. Hans Menzel; sandwiches, Mrs. Raymond Jacobs, Mrs. Peter Pillets, Mrs. Peter Kaye, Mrs. James Bolger.

Kitchen, Mrs. Joseph Gerchak, Mrs. Joseph Zabinski, Mrs. Mike Passarella, Mrs. Robert Crawford, Mrs. Earl Lozier; publicity, Mrs. Francis Barry.

Mrs. Gries invites all women of the society and friends to attend the Christmas Tea and begin their holiday season with the true spirit of Christmas.

Charles Hosler Retires Feted By Associates

Charles L. Hosler, Parrish Street, Dallas, was honored by a group of about fifty of his associates and representatives of local industries upon his recent retirement. The party was held at the Kings Inn, Kingston, on Friday evening, November 19.

Mr. Hosler has been the Branch Manager of the Northern Branch of Defense Contracts Administrative Services, with headquarters in the Kingston Post Office Building. Prior to his tour of duty in this area, he held similar positions under the Inspector of Naval Material in Coatsville, Lancaster and Harrisburg over a period of approximately twenty years. Representatives from the Reading, Allentown, Harrisburg, Williamsport, and Northern Pennsylvania areas attended.

George Shavers Fete Son-in-Law

Mr. and Mrs. George Shaver, Sr., 243 Mathers Drive, entertained last Saturday in honor of their son-in-law, Charles Conklin, Sr., of Bethlehem, who celebrated his birthday.

Those enjoying the party were, Mr. and Mrs. Charles Conklin, Jr., and daughter, Tamra, Fountain Hill; Miss Mary Knorr, Wilkes-Barre; Mr. and Mrs. George Shaver, Jr., and sons, George, Tom and Alan, Fernbrook; Mrs. Charles Conklin, Sr., Bethlehem, the honored guests and the host and hostess.

Activity A Boon For The Heart

Ladies, lead your husbands to the golf course!

A recent report from the American Heart Association indicates that physically active men get fewer heart attacks than their desk or TV-bound brothers. They also have a two or three times better chance of surviving a heart attack than their less active counterparts.

Dr. Charles W. Frank, of the Albert Einstein College of Medicine, in New York City, who directed a study of 35,000 men between the ages of 25 and 64, explained that the leisure activities of men, as well as the kind of work they do, were graded. "With less leisure and vacation time," the doctor said, "off-job activities are becoming an increasingly important fraction of the total life pattern."

Automation, the automobile, power tools, elevators, even electric tooth brushes all conspire to cut down on physical activity, says the physician, and "the resultant physical inactivity may be a significant factor in the currently high incidence of and death rate from heart attack."

Daughter Born

Mr. and Mrs. Carl Krainz, R. D. 1, Dallas, announce the birth of a daughter, Jill Ada on November 26.

Mr. and Mrs. L. E. Aton, Tinsville, Alabama, are spending the week with her sister, Mrs. Rhoda Bartell, eMmorial Highway, Dallas.

Mrs. L. Jordan Hosts Executive Board Meet

The executive board of Dallas Senior Woman's Club met Monday night at the home of Mrs. Lester Jordan. Mrs. Henry Moyer served as co-hostess.

Corresponding Secretary, Mrs. Robert Van Horn, read a letter announcing the National Convention will be held in Chicago June 5th to June 10th. This will be the Diamond Jubilee of the organization.

Mrs. Moyer, Fine Arts Chairman, reported that the Slimnastics Class is discontinued until after the holidays, but that a papier mache class is in progress and plans are under way for the Hallmark Art Contest.

Mrs. Ralph Fitch, Music Chairman, reported that the Chorale will sing for the Harveys Lake Woman's Club, General Hospital, Miner's National Bank, and the Wyoming Valley Woman's Club.

Mrs. White gave a detailed report on "Asia Day" which she attended, accompanied by Mrs. Vern Groff and Mrs. Granville Sowden.

It was announced that the next regular meeting of the club would be held at Prince of Peace Church, December 15th, and the Dallas Woman's Club Chorale will present a program of Christmas Music. Fifty-cent gifts will be exchanged and members are requested to bring unwrapped gifts for the patients at Retreat State Hospital.

It was reported that a basket of food was given to a needy family at Thanksgiving time.

Present at the meeting were: Mesdames John Williams, Edward Ratcliffe, Henry Moyer, George Payne, Leonard Cowett, Jack Stanley, Harold LaBar, Ralph Fitch, Granville Sowden, Robert Van Horn, president, Boyd R. White and the hostess.

Entertains Family

Mrs. Ethel Cooper, Centermoreland, entertained at a family dinner, on Thanksgiving Day.

Attending were Mr. and Mrs. Clarence Jackson, Sheryl and Dale, Levittown; Mr. and Mrs. Phillip Jackson, Richmond, Va.; Mrs. Marion Reed, and John, Vienna, Va.; Mr. and Mrs. Roger Jackson, Kent and Bruce, Batavia, N. Y.; Mr. and Mrs. Jack Greenley, Lynn and Pam, Centermoreland.

While they were enjoying their dinner, Mrs. Cooper's daughter, Mrs. Ada Hess called from Knoch, Hawaii.

Mrs. Cooper accompanied Mr. and Mrs. Roger Jackson and home to Batavia, where she will visit for a week.

Karen Culver, Boston, Mass., spent the holiday weekend with her parents, Mr. and Mrs. Arthur Culver, Church Street, Dallas.

Start Your Child's School Day With A Well Balanced Breakfast

The ring of the school bell meant the finish of summer's carefree habits. Now is the time for change, start the school year right by giving the children (and your husband) breakfast every morning.

Breakfast may be hit or miss during the summer, but hungry children can always open the refrigerator or the cupboard door and find a snack. This is not true in a classroom. There, a hungry child is often a tired and cranky child. No one can concentrate on lessons with an empty stomach. Often children miss part of their lesson because they have not had breakfast.

A chocolate cupcake or a doughnut is not enough. A good breakfast

pattern includes a glass of milk, fruit, protein food and some energy food. The glass of milk may be consumed plain or as cocoa or poured over cereal. Energy food can be any kind of cereal, roll or bread. Breakfast protein usually is thought of as eggs or cereals, but it could just as easily be cheese, fish or hamburger. Breakfast does not need to be a routine meal. Combine the egg, milk and energy food in French Toast or pancakes. Fruit can be eaten whole, drunk as juice, or served on cereal. Variety should be a part of breakfast.

So let's take time and start each school day with a nourishing breakfast.

Leon Sidorek Guest At Party

Leon Sidorek, son of Mr. and Mrs. Edward Sidorek, Harris Street, Fernbrook, was the honored guest at a birthday party given to celebrate his eighth birthday on Wednesday evening.

Decorations were in yellow and white with streamers and balloons, and a large decorated three tiered cake.

Those attending were Mr. and Mrs. John Sidorek, sons, Johnny and Jimmy; Mr. and Mrs. Edward Sidorek, Mrs. George Rice and Robin, Mrs. Blanche Crispell, Judy Reese, Paul Sidorek, the honored guest and his parents.

Mrs. Sophie Hackling Hostess To Family

Mrs. Sophie Hackling, Beaumont, had the following guests for Thanksgiving Dinner, Mr. and Mrs. Huston Craig, II, Meshoppen; Mr. and Mrs. T. Huston Craig, III, Bunny and Tommy, Salisbury, Md.; Rev. Harold Craig, Swanton; Mr. and Mrs. Albert Hackling, Vestal, N. Y.; Mr. and Mrs. Roy Blake, Plattsburg, N. Y.; Mr. and Mrs. John Hackling, Groveville, N. J.; Paul Palmer, Noxen, Pa.

Save On Your Printing The Dallas Post

John Lewis Is 16

John Lewis, son of Mr. and Mrs. Ralph Lewis, Ferguson Avenue, Shavertown, was honored at a party, Saturday evening, November 22, celebrating his sixteenth birthday, at the Back Mt. YMCA.

New York; home improvement, S & H Foundation, Inc., New York; health, Eli Lilly & Co., Indianapolis, Ind., and leadership, Sears Roebuck Foundation, Chicago.

4-H Members Receive National Recognition

Four Pennsylvania 4-H Club members today know how it feels to be winners. Each was named a national winner in the 4-H National Awards Contest and received a \$500 educational scholarship last night at National 4-H Congress in Chicago.

Honored were: Sharon Boyer, 18, RD 1, New Brighton, Beaver County, winner in the clothing category; Beverly Cochran, 16, RD 1, Beaver Falls, Beaver County, home improvement; Beverly Steeley, 18, RD 1, Perkasio, Bucks county, health, and Peggy Turner, 17, Media, Delaware county, leadership.

Carroll L. Howes, assistant State 4-H Club leader at The Pennsylvania State University, says these four winners were selected from the Commonwealth's 43,000 4-H members for their outstanding 4-H work and participation in many local, county, and state activities.

Each was named a state winner and received an expense paid trip to 4-H Congress which began Nov. 28 and runs through Dec. 2.

Thirty-two Pennsylvania 4-H delegates, all state award winners, are attending Congress which is designed to give members broadening experiences in leadership, character development, and personal improvement.

Sponsors of the four scholarships are: clothing, Coats and Clark, Inc.,



By Jean Kinkead, Women's Consultant, The Travelers Insurance Companies

Home Vacations

One of the keys to leading a healthy — and a long — life is a real, annual vacation.

What is a vacation? Depending upon your point of view, it might be a family fishing trip to the wilds of Canada, or a plush resort honeymoon in Paris.

Still, when finances or unavoidable conditions make a vacation away from home impossible, women in the know can arrange an altogether delightful vacation right at home!

There are two basic mists for home vacations: a complete change of routine and a temporary respite from responsibility. There are all sorts of ways to change your routine. First, vary your eating habits. Have a late brunch and an early gourmet supper. Or, enjoy a meal a day at a restaurant and have fun discovering a different place each day.

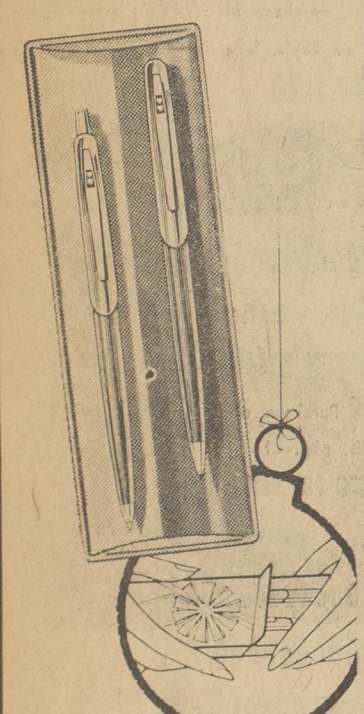
Take up something entirely new during your vacation. Learn how to play tennis or golf or begin studying French. And, you'll have all the time in the world for that nearby summer theater, outdoor concerts and sporting events that you ordinarily just read about in the newspaper.

To lighten your responsibilities, hire temporary help to cook, clean, baby-sit and cut the grass. Export the small-fry to kind grandparents or make reciprocal agreements with good friends. If you're really brave, you won't even answer the telephone!

A backyard vacation will make you feel so refreshed and healthy that you'll want to keep up the system on all the lovely summer and Indian summer weekends to follow.

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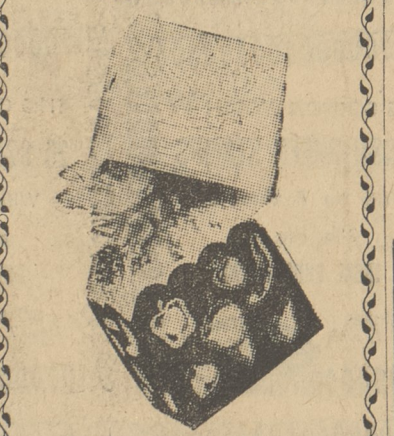
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