Dallas Chapter Eastern Star Sets 10th Auction For July 30

en Crispell, Elizabeth Davies, Verna Fund. Davis,, Cleona Fritz, Mildred Howell, Jean Holcomb, Edna Johnson, Elsie Jolley, Bethia King, Mildred Joint Birthday Is Held Lutes, Thelma Lamoreaux, Ann Joseph, Elma Price, Claire Troxell, At The G. Frantz Home and Evelyn Smith.

Among the antiques to be of-

Linda Marlene Heffner

on July 5 at Nesbitt Hospital.

Cathy and Ronnie.

Mother is the former Betty Lou Griffith of Huntingdon and Mr. Heffner is a native of McConnellstown, Pa. He is employed at the Correctional Institute at Chase.

Mr. and Mrs. Howard Meade and daughters, Constance and Beverly, spent the holiday weekend with relatives and friends in the Back Mountain area

Dr. Abe Finkelstein's

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Myron Baker, Robert Bachman, and room pieces, and ironstone plates. Jordan as jolly auctioneers. The Art and Hobby Committee He is married to the former Miriam Helping on the block will be chaired by Mrs. Ida Allen has been Matron, Mrs. Bina Hold- most active with unique ideas to add redge; Worthy Patron, Mr. Dennis to the auction fund necessary to Bonning Jr.; Oce Beryl Austin, Hel- enlarge the coffers of the Building

Glenn Frantz, Idetown, in honor of odist Church. Stanley Scott's 17th birthday and the birthday of the late Eugene Mr. and Mrs. Zane Heffner, Coun-Hummell. A prayer was said for try Club Road, Dallas, announce the their father and grandfather who birth of a daughter, Linda Marlene is sadly missed since passing away ten months ago. Also Mr. Glenn The newcomer weighed is at nine Frantz, Idetown, Lorraine Hummell, pounds, four ounces and joins two N. J., and Mrs. Raymond Scott, sisters and a brother, Jeanne, Noxen, will observe birthdays this waek so it was a joint affair.

Present were: Mrs. Carrie Hummell, Harveys Lake, Mr. and Mrs. Glenn Frantz, Glenn Jr., Idetown, Mr. and Mrs. Raymond Scott, Stan-Leroy, Judith, Larry, Janet, and Alan, Noxen, Mr. and Mrs. Loren Hummell, Lorraine, Linda, Lou Ann, New Jersey, Mr. and Mrs. Frank Hummell, Angela, Trucks-on the baseball field at the senior ville, Mr. and Mrs. Ray Jones, Tracev. Ray Jr., Noxen.

The children enjoyed games and week swimming in a pool.

Classic From The News Room

The errand boy mislaid the letter ing July and August. which was to have accompanied a manuscript addressed to Harper temporary professional employee. Brothers. Filled with responsibility, he improvised: "Dear Mr. Hopper, here is a manuscrap, if you want shey, Smith and Miller, architects, send it back and go to Hell."

Subscribe to 'he Post

In the interest of your good health and good appearance this article

MAIN STREET

LUZERNE

"STOP KILLING YOURSELF"

Abdominal Support FOR LONGER LIFE-

Why do widows outnumber widowers? To the traditional team of work and worry, long branded the guilty pair, weight has been so strongly linked by science that diet ing, once a woman's pastime, has become a male preoccupation.

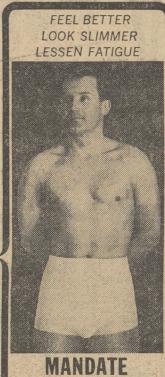
And now comes evidence that it isn't just the paunch, but the sag, that brings on the pallbearers-that the girdles that give the ladies their girlish figures may also be extending

The idea that control under shorts, tightening the abdominal muscles and expanding the chest, improve not merely appearance but health isn't exactly a new one. Long before modern drugs came on the market, doctors prescribed abdominal belts for men with heart ailments But new research, reported in

the Journal of the American Medical Association, tends to show that the new drugs may be no more effective than the old-fashioned beltor the modern control shorts. Scripps Institute scientists found that "application of the belt previous to exercise reduced or prevented the abnormal postexercise increase in the amplitude of the A-wave of the apex cardiogram," just as popularly-prescribed glyceryl trinitrate.

How do control shorts help the heart? One famed medical writer, Dr. P. J. Steincrohn, writes that it helps the circulation of the blood. and "thereby takes an unnecessary load off the heart. And when one multiplies this by the heartbeats which add up to a few billion in the normal lifetime, one can understand how a simple abdominal support might add years to a man's life."

Many doctors are suggesting the increasingly popular new types of men's control shorts to their patients, and finding back and breathing as well as circulation benefits. The most popular type, Mandate, "underwear that slims," meets the Medical Journal's prescription of a belt "tightly applied to the abdomen in such a manner that it does not disturb the patient's respiration or produce discomfort."



ABDOMINAL UNDERSHORTS THAT SLIM

Abdominal support aids circulation MANDATE! instantly takes 1

 MANDATE! comfortably provides vital masculine support, braces-up tired back

to 2 inches off your waist-

• MANDATE! improves posture

-lessens fatigue. • MANDATE! travels wellquick washing, fast drying!

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STREET			
TTY		ZONE	STATE
ORDER BY WAIST SIZE	SIZE circle one	STYLE circle one or both	circle QUANTITY you desire
S (30-34) M (35-37)	S M	BRIEF	1 2 3 4 5 6 7 8 9 10
ML (38-40) L (41-43) XL (44-46)	ML L XL	CONTINENTAL BOXER (as shown)	1 2 3 4 5 6 7 8 9 10

Dallas School Board

(Continued from 1 A) Dymond Brothers Tomato Growers and Packers both here and in Homestead, Florida.

Also a native of the Back Mounlas Chapter No. 396, Order of the of eight pieces, two oak wash stands tain area, Mr. Dymond is the son Eastern Star will be held at the in excellent condition, wooden but- of Mr. and Mrs. Fred Dymond, Sr., Lehman Horse Show Grounds Sat- ter bowls and molds, pewter and Dallas, RD. He attended Franklin urday, July 30, at 11 a. m., with glass caster set, birdseye maple bed- Township Schools and graduated from West Pittston High School. Moore, daughter of Mrs. Irene Moore, East Dallas, a correspondant for the Dallas Post. There are five children. Fred III, a member of the Marine Corps Reserves, who works with his father, Mrs. Norman Weaver, State College; Timmy, a 1965 graduate of Dallas High School; Sherrill, a Dallas High School senior this year and Kathy, a member of On July 3 a birthdoy dinner was the junior class. The family are held at the home of Mr. and Mrs. members of Centermoreland Meth-

More Teachers Leave

The loss of six more teachers, Edward Heltzel, Robert Howells, Kenneth Kirk, Mrs. Juanita Mc-Evoy, James Morgan and Lois Krommes led directors to question why so many of the faculty were leaving the district.

Thomas Jenkins, senior high school principal, to whom the question was directed replied, "Salary We have lost eight teachers in the high school. When our salary schedule was good, we had plenty of good teachers applying for jobs Now other districts are contacting our good teachers."

high will probably be done next

James Bamrick was hired as a Desire Own Borings

Robert Methot, representing Rouit keep it and if you don't want it said he did not think his company spent the weekend at Wildwood, engineer would go along on test N. J. borings done previously since de-Mr. Richardson had suggested using borings taken when the high school was built. Methot said his company would only be responsible if their own tests were done.

Jack LaBerge, Andrew Kozemchak and Earl Fritzges were ap- will hold their festival this week- Hauck, Bloomsburg. pointed to the advisory council of end at the lake. the West Side Area Vocational Technical School.

Bids for boiler repairs went to ton Park. classroom lighting at \$343.50, win Britt spent Thursday at Danplumbing repairs to R. Fitch & Sons vile. for \$975.50, Deluca's Music Com- Thomas Petroski spent the weekpany for E flat Sousaphone at \$385, end with his mother. typewriter repairs to Michael J. Lewis at \$5. Common and Co. for day with Mr. and Mrs. Albert Allen, seven pounds. roof insulation at \$590, Kurtz Bros. Bloomingdale.

a TV Distribution Center contract Mr. and Mrs. Albert Ferrey. was awarded to William Guyette Mr. and Mrs. Charles Hibler and Sears Roebuck in Rochester

ported they had received no settle-ten days visiting with Mrs. Hibler's Purely Personal ment from the insurance company parents, Mr. and Mrs. John Rebena definite hardship.

sibility to see that the bus con- them. must follow. It is strictly in the bennack. hands of the insurance company."

He also read an extensive report James Hodge and family.

Dallas Rotary Women Install New Officers For Coming Year



The following officers of the Dal- urer; Mrs. John Konsavage, Corres- H. R. McCartney, immediate past The offer of Miners National las Women of Rotary were installed ponding Secretary; Mrs. Stanley Ho- president. Absent when picture was Bank to supply money at 3% was recently at a joint meeting with the zempa, President. Standing left to taken was Mrs. Spencer Martin, accepted. The board voted to bor- Dallas Rotary at the Irem Temple right are Mrs. Peter Arnaud, see first Vice-President. row up to \$200,000 as needed dur- Country Club. Seated left to right cond Vice-President; Mrs. Herman are Mrs. James F. Besecker, Treas- Otto, Recording Secretary; and Mrs.

photo by Kozemchák

Shavertown Group Sweet Valley

Jessie Peiffer and Bobby Gross,

sign of the new building foundation in Texas finished his basic and has Mary. Barry Pahler with the airforce depended upon their own testing. been home for the week. He will go been home for the week. He will go to Kansas City, Mo., at the end of Ruth Houser, Mrs. Elsie Wolfe, Mrs. Harry Smith as crew.

Ruth Houser, Mrs. Elsie Wolfe, Mrs. July 8: Helen Rowen, Highland

Swet Valley Ladies Auxiliary will hold an Ice Cream Social on July Ash, Miss Helen Bowser, Mrs. Bow- Lasher. 16 at the fire hal.

Maple Grove Sunday School pic- mountain resort area.

nic will be held on July 23 at Ben-R. Monk at \$785, to Harold Brobst, Mrs. Ruth Ansteel and Mrs. Ed- Terri Lynn Fennell

Mrs. Caroline Ferrey spent Sun- at Nesbitt Hospital.

der and under the Federal program, ents, Mrs. Charles Steinruch and Mr. Rowlands. Mr. Fennell is the son, to Nesbitt Hospital. Stenger,

family have returned home to Mr. and Mrs. Arthur Dennis re- Truth or Consequences, N. M., after Solicitor Jonathan Valentine said and John Michael, 8. Mr. Hibler's Hospital.

there are certain procedures we Ostrovsky is the former Marie Re- rish Street.

busses were over-crowded, Mr. Ko- Mrs. Claire McKenna are on a trip Nesbitt Hospital. zemchak said he had ridden the to Chula Vista, California, where busses and found no overcrowding. they are visiting Mr. and Mrs. Don Mitchell, Allison, Sally and Ted, Fairfax, Va., Thomas, have moved from Berlin,

Rev. Andrew Pillarella gave in- Scaife, Blossburg, visited friends and relatives in the area on Sunday.

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Has Theatre Party

A group of Shavertown friends enjoyed a theatre party last Wernesday in the Poconos where Mrs. Leonard Laskowski and Lorna they saw the stage play "Mary, to Nesbitt Hospital from accident

Florence Kast, Mrs. Ruth Shaver, Avenue, to Nesbitt Hospital. Walter Mrs. Frances Keller, Mrs. Harold Davis, Joseph Youngblood, Jack ser, Pittsburgh; Kay M. Beishline; July 11: Dewey Richards, Carver-

They also enjoyed dinner in the

Mr. and Mrs. Bert Fennell, Rochester, N.Y., announce the birth of

The little one weighed in at

for window shades at \$456.10.

Tom Flynn was awarded the contract on coal, being the lowest bid
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Tom Flynn was awarded the contract of the lowe son of Mr. and Mrs. Bert Fennell, Harveys Lake He is employed at

on the school bus accident and were nack, Meeker. She is the former Mrs. Anna Thomas, 35 Red Ledge eral Hospital. Earl Crispell, Ronald without transportation which was Betty Rebennack. The Hiblers have Drive, has returned home, after be- Hopfer, David Fritz. two sons, Allen Patrick, aged 10, ing a medical patient at Nesbitt July 12: Nina Brown from Gener-

it was the school board's responsister, Mrs. Geery accompanied Sharon and Maureen McElwee, and D. Fritz. Harrisburg, are spending some time Syosset, Long Island, N.Y. tractor had proper insurance and The Hiblers spent two days in with their aunt, uncle and cousins, this had been done. Mr. Kozemchak New York City sight-seeing and vis- Mr. and Mrs. Joseph Yenason, Joe Loyalville, had as recent guest, Mr. said, "Morally you are right, but iting Mr. and Mrs. Ostrovsky; Mrs. Michael, Johnny and Pauline, Par- and Mrs. Stanley Rowlands and

Kingston, former resident of Par- Dymond, Mr and Mrs. Edmund When Mrs. Dennis said the school Marie Wright, Tunkhannock, and rish Street, Dallas, is a patient at Cowan and daughter, Wendy, Dana

spent the weekend visiting the C. L. Conn., to Machell Avenue Mr. and Mrs. Walter Vaughn, Hoslers, Parrish Street.

Ambulance Logbook Back Mountain Area Kingston Township

July 6: Marie and Jessie Gordon, scene. Carl Miers, Arnold Yeust and

Lake Silkworth Fire Company, Conyngham Valley, and Claire Ann ton Road, to Nesbitt Hospital. Youngblood and A. Yeust. July 12: Jacb Gabel, Chase, to Mercy Hospital. Youngblood and R.

July 13: Rhonda Schmig, Mt. Airy Road, to General Hospital. Youngblood and A. Yeust.

Harveys Lake July 6: Crew was called to home a daughter, Terri Lynn, on July 3, of late Rinaldo Cappellini. John

Stenger, Lee Zimmerman. July 9: James Oldfield and Ed-

Javer and Richard Williams. Sunset, to Mercy Hospital. Stenger and Williams.

July 6: Corey Schooley to Gen-

al Hospital to home. Elmer Race

sons, Stanley, Jr., John and daugh-Mrs. Edna Stoughton, Eley Street, ter, Linda, Nixon, N.J.; Mrs. Cora

and Robin, S. Plainfield, N.J.

Miss Nancy Brown, Washington, Mr. and Mrs. Fred Malkemes, Fer- D.C. spent the holiday week-end guson Avenue, recently visited their with her family, Mr and Mrs. Arja daughter and family, Mr. and Mrs. Brown and Bob, Ferguson Avenue Walter Mahoney, Ronnie and Karen, Jim and Bob, Mr and Mrs. Fred

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Mr. And Mrs. Charles Quick Mark 24th Wedding Anniversary July 9

Mr. and Mrs. Charles Quick, Har- and Mrs. Lewis McAllister, Syraveys Lake, observed their twenty cuse, N. Y. fourth anniversary Saturday, July 9. Mr. Quick is the son of Mrs.

The couple were wed in the Long Laura Quick, Syracuse He has been Branch Methodist Church, Long transferred to Florida.

Branch, N. J. There are three children: Judy, Mrs. Quick is the former Marion Marcia and Charles, Jr.

McAllister, daughter of the late Mr.

Picnic Hosts

King Street, Dallas, entertained at cook-out July 4 in their yard. Present were: Mr. and Mrs. Har-Fiske, Dallas; Miss Gail Lamoreaux, exandria, Va. Mrs. Naomi Pauling, Shavertown; Mr. and Mrs. David Mathers, Mrs. Mrs. Jack Weber, Sweet Valley, R. Nellie Wagner, Joseph Walton, Trucksville; Mr. and Mrs. Robert D. 1. He is married to the former Rogers, Debbie and Tracy, Fernbrook, the host and hostess and

Mr. and Mrs. Thomas Bottom

Local Man Named Manager By Firm

Present were: Mr. and Mrs. Har-old Schooley, Judy and Bob, Rus-named manager of the General Acsell DeRemer, Mr. and Mrs. Gene ceptance Corporation office at Al-

> Mr. Weber is the son of Mr. and Flora Sue Anderson, Shavertown.

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