

Fresh Ground
Hamburg
lb **49^c**

"MADE OF MEAT"
AND TASTES LIKE IT

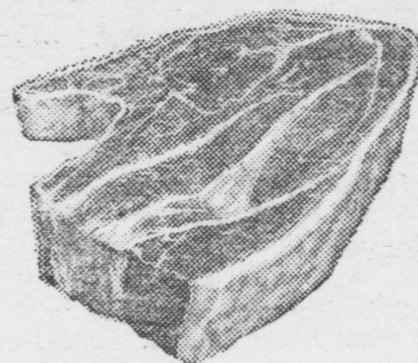
TWENTY KINDS OF
READY-TO-SERVE
MEATS

TENDER - COOKED
Ham 49^c
HALF POUND SLICED

A DOZEN KINDS OF
CHEESE
NO RIND MÜNSTER
Cheese lb 59^c
FULL OF SMALL HOLES
Mild Colby Cheese
lb **59^c**

THE "LESS MOISTURE" KIND

White American Sliced Cheese
1/2-lb **29^c**



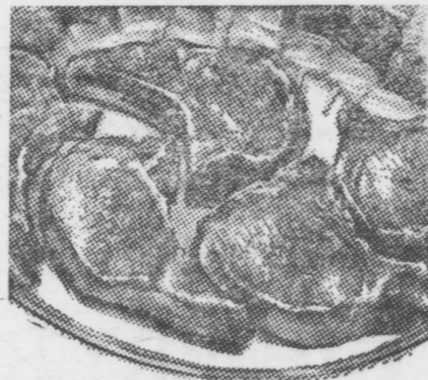
SIRLOIN
Beef Steak
lb **79^c**

CUT FROM GOOD
BEEF TRIMMED—
YOU BUY LESS
WASTE!

MEATY

Pork Chops

lb **49^c**



CUT FROM THE RIB
END OF THE PORK LOIN — TENDER!

Apricot Halves 2^{Big} 69^c
No. 2 3/4 Cans

In Syrup

PENNDALE BRAND — FLAVORFUL—

SCHIMMEL "EASY EATIN"
PRESERVES

PINEAPPLE
PEACH
APRICOT

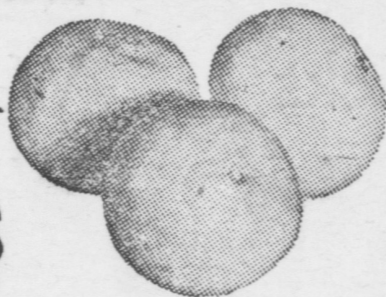
2^{12 oz.} 59^c
Jars

QUALITY POTATOES
10 lb sack **39^c**



PLUMP
GOLDEN BANANAS

FULL OF JUICE
FLORIDA ORANGES
THE THIN SKIN KIND



MOSEMANN'S

The Store of Good Things to Eat

37 Market Square

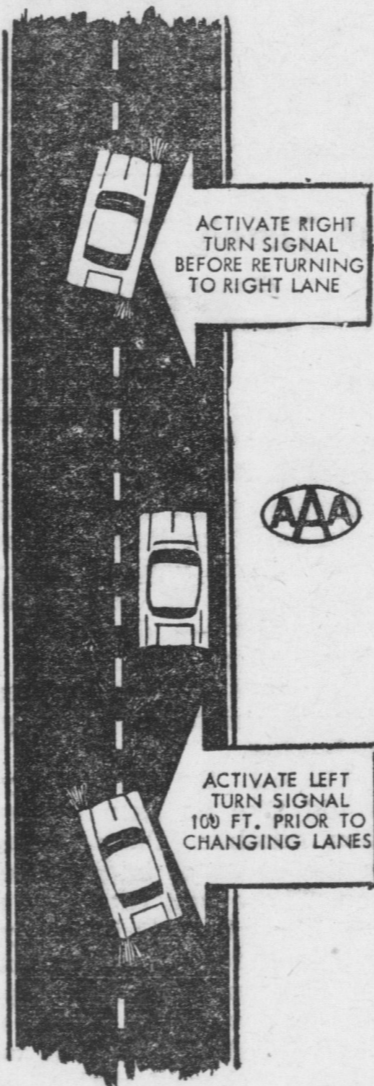
MANHEIM

"EASY PARKING"

Use Your Turn Signals

Pennsylvania laws affecting motorists must be in existence almost two years before the provisions of the law become familiar enough for the majority of the mo-

ing front and rear signal lamps.' However, it is the driver's responsibility to give the proper hand signals only when the vehicle's signal lamps do not function, or function improperly due to some mechanical or electric. (Turn to page 9)



toring public to put them into actual practice, Charles E. Pugh, general manager of the AAA Pennsylvania Motor Federation, says.

The AAA official was referring specifically to the amendment to Section 1012 of the Pennsylvania Code become fully effective in early 1962, and governs the use of automobile signal lamps (turn signals). "One need only traverse our state highways to see that many of our motorists in Pennsylvania are not obeying this important regulations," Pugh said.

"This amendment to the Vehicle Code affects every Pennsylvania motorist, since the change makes it mandatory that the signals for starting, stopping, turning changing lanes, or entering the traffic stream be given by flash-

● **Worry Clinic**
(From page 1)

Then, if he placed one hungry hen in front of a 100-gram pile of wheat, she would peck away till she had consumed an average of 50 grams.

After that, if she'd stop, apparently quite satisfied.

But if he placed a similar hungry hen in front of a much larger pile of grain, she wouldn't stop at the 50-gram mark, but would actually peck away till she had eaten 33 to 50 additional grams of wheat.

Applied to us human dieters, that would suggest we better not sit down in front of a table groaning with viands.

Instead, we should have our food placed on our plate in the kitchen and then have it served in the dining room where no other food is visible to entice us or increase our hunger.

Then Prof. Bayer tried another experiment. He would place that hungry hen in front of a pile of grain and let her eat till she stopped of her own accord.

At that point, he would remove all the grain and even sweep the floor clean, after which he would restore the pile. She would immediately start pecking again.

When she stopped eating for the second time, he would again remove all the wheat but then place it right back in front of her a moment later.

The hen would instantly start eating once more.

And in this fashion of serving the wheat "in courses", he could get the hens to eat as much as 67 percent more.

Applied to us human beings, that also suggests we should not be served food in courses while we are trying to diet.

Instead, we should have all our limited quota for that meal placed in front of us at one time, so our stom-

ach can fit itself to the expected volume. For we human beings tend to adjust our stomach's demand according to the amount of food, as well as the frequency of serving, placed before us.

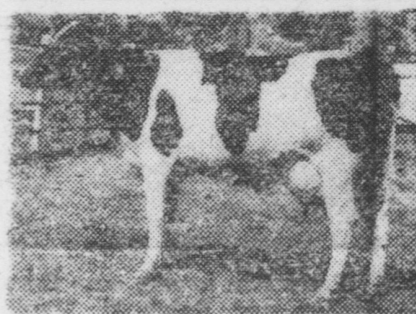
As a third variation, Prof. Bayer let a hungry hen stand before a pile of wheat and peck away till she stopped of her own free will.

Then he placed another hungry hen beside her. As it began to eat, the first and supposedly "filled" hen, would immediately begin eating some more.

She would then keep on till she consumed 60% more wheat. And if 3 hungry hens were placed beside her, she would devour even more than 60%.

More next week.

(Always write to Dr. Crane in care of this newspaper, enclosing a long 5c stamped addressed envelope and 20c to cover typing and printing costs when you send for one of his booklets.)



This Cow Produces A Lot Of Milk!

She is an SH61 Sequoia daughter and she has these outstanding production records:

2-6y 365d-2X 19,318 763
3-8y 330d-2X 22,082 904
4-9y 206d-2X 17,743 619
(still milking)

Service to her sire is available daily by calling—

MANHEIM - - - 665-2467
MT. JOY - - - 653-1451
(weekends)

OR 569-0411
(every day)

Southeastern Penna.
Artificial Breeding Cooperative
LANCASTER, PA.



3184
12-20

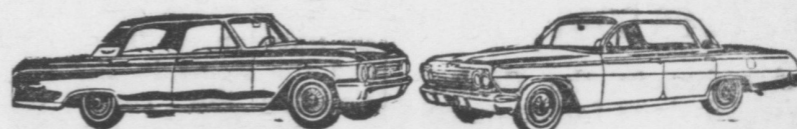
Wear this good-looking pair as a sleeveless dress or over a blouse: it's very adaptable. No. 3184 comes in sizes 12, 14, 16, 18, 20. Size 14 takes 4 7/8 yards of 35-inch fabric. A tailored blouse also comes in the pattern.

Send 35c plus 5c postage for this pattern to IRIS LANE (care of this newspaper), Box 1490, New York 1, N. Y. Add 15c for first class mail and special handling. Our Pattern Book is 50c.

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