

Timely Tips for Women

Select Your Travel Wardrobe With Care

Select your travel wardrobe as carefully as you would a regular wardrobe. Choose clothing that will prepare you for the unpredictable in wear and adventure. Keep garments to a minimum; too many are hard to care for and may mean extra luggage to carry.

Keep the areas you will visit in mind, then select your travel wardrobe with an eye to comfort. If you're camping, pack and wear rugged costumes; if you're going to metropolitan areas take suitable sightseeing and dress clothes.

Garments should be easy to pack and made from fabrics that shed wrinkles and soil. Neutral gray or medium-toned beige, alone or as a background for prints, hide soil and are appropriate on either cool or warm days. Transitional cottons are another wise choice. Try to choose new articles that coordinate in color, cut, and fabric with garments already in your wardrobe. That way you can mix-and-match old and new and your travel wardrobe will seem larger than it really is.

Automatic Dishwasher Offers Many Advantages

An automatic dishwasher is one household appliance that saves a homemaker both time and energy. Not all labor-saving equipment does. In a year's time, a homemaker can save herself eight days of work if she uses her automatic dishwasher each day.

One study shows that a woman who uses an automatic dishwasher can cut her dishwashing time in half. For example, one group of women spent an average of 73 minutes a day doing dishes by hand. After automatic dishwashers were installed in their homes, these same homemakers spent an average of 37 minutes each day washing dishes.

As an added bonus, an automatic dishwasher may cut down on the number of colds and other illnesses family members get. Water that runs into an automatic dishwasher may be as high as 140 to 160 degrees. This very hot water will kill almost all disease-producing bacteria and viruses. But water temperatures that are gentle enough for the hands will kill only a few disease-producing organisms. Hands cannot tolerate water temperatures of more than 120 degrees.

Detergents strong enough to kill bacteria and viruses may be used in an automatic dishwasher. These same detergents cannot be used when washing dishes by hand because they may irritate the skin.

Worry Clinic

(From page 3)

as cooking, interior decoration, sewing, etc.

So we judges looked forward to our evening task of viewing them in their evening gowns.

(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.)

The Nation's food, drugs, medical devices and cosmetics are safeguarded by the Federal Food, Drug, and Cosmetic Act, enforced by the Food and Drug Administration.

Hallmark



FATHER'S DAY CARDS

for Sunday, June 21

Sloan's Pharmacy

MOUNT JOY, PA.

Free Parking in rear of store

tage cheese can count toward this total.

Milk and other dairy products far out-distance any foods in the amount of calcium they provide. Knock-knees, bowlegs, stooped or aching shoulders, and severe back pains may be the direct result of too little calcium in the diet. Two 8-ounce glasses of milk or their calcium equivalent each day will do much to keep an adult feeling good.

If the number of calories in whole milk keeps a person from drinking as much as he needs, he could try skim milk, nonfat dry milk, or buttermilk. Each one of these contains half the cal-

CUSTOM MADE CANVAS AWNINGS

Patio Awnings A Specialty
Haldeman's Awning Shop
Columbia, Pa.

Free Estimates — 684-8101
ORDER NOW 4-1f

CHICKEN BAR-B-QUE SAT., JUNE 6

4:00 P. M. TILL 8:00 P. M.

RAIN or SHINE

AT THE CLUBHOUSE

OF THE

Milton Grove Sportsmen's Club

ADULTS \$1.50

CHILDREN \$1.00

TAKE OUTS \$1.00 EACH

10-2c

STORE WIDE CARPET SALE

SAVE 30% to 50%

SELECT FROM HUNDREDS DURING THIS GREAT SALES EVENT!

FIRST 25 CUSTOMERS WILL RECEIVE FREE THROW RUGS — VISIT OUR STORE NOW

THE RUG VAN

CARPET CENTER

15 MEADOW LANE

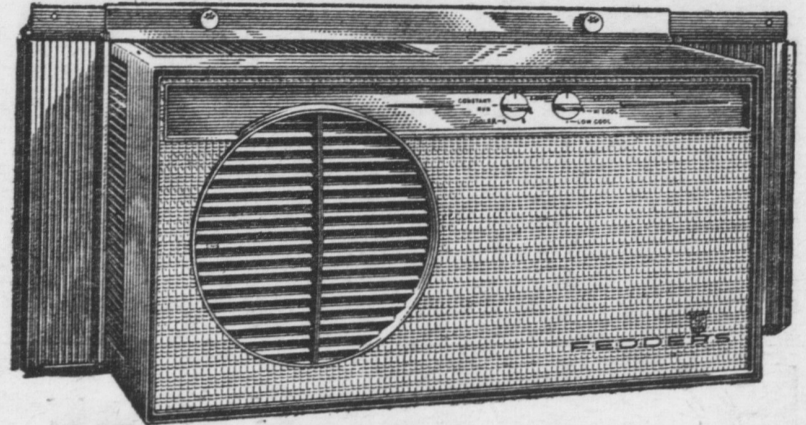
NEFFSVILLE, PA.

STORE HOURS
TUES. — FRI.
10 - 5
EVENINGS
7 - 9
SAT. 10 - 5
CLOSED MONDAYS

HEARING AIDS Batteries Repairs
Lowest Prices - All Makes
GREER'S JEWELRY
MOUNT JOY

7-1f4p

TRUE FAMILY-SIZED FEDDERS AIR CONDITIONER



7500 BTU's
BIG ENOUGH FOR
LIVING ROOM OR
FAMILY ROOM

EASY
TERMS

Special Prices

On All Air Conditioners During
The Month Of June

CALL FOR FREE DEMONSTRATION

PAUL E. WEBBER

PHONE 665-4500

MASTERTONVILLE - R. D. 3, MANHEIM

11-4c