

Timely Tips - - by Doris W. Thomas

Packing Tips For Travelers:

Learn a few tricks about folding and fitting garments into your suitcase. It may improve your packing efficiency. To curb your desire to take everything you own, list articles you think you'll need. This can also serve as a checklist when you pack.

One way to keep your suitcase light is to transfer cosmetics from glass jars to plastic containers. Seal caps with cellophane tape. For additional safety, insert spillables and breakables into plastic bags. Pack items in layers separated by tissue paper. Use this order: bulky items on the bottom, then lingerie, accessories, blouses, and dresses. Place nightwear on top. When packing a suit, fold skirt lengthwise with bottom over edge of case. Place jacket on top of skirt with shoulders toward rear of bag and sleeves folded across jacket then fold skirt end over jacket and bottom of jacket over skirt. To prevent snags, tuck stockings inside gloves. To save space, pack socks in shoes; then place shoes in shoebags, old socks, or plastic bags. Put in a pair of plastic rain boots of you are taking them. Place jewelry in bags to protect it and keep it separated and within easy reach. If you're going on an extended trip, take a smaller suitcase filled with overnight needs. It'll save you time and frustration.

Monoxide Poison Very Dangerous

Carbon monoxide poisoning is an ever-present danger facing motorists, particularly with arrival of cooler weather, warns Keystone Automobile Club.

Carbon monoxide is a deadly gas having no odor, color or taste, it was pointed out by Edward P. Curran, the Club's Safety Director.

"The presence of the gas in a car's exhaust fumes oftentimes cannot be detected until the driver or passengers in the car feel ill," he said. "Even a comparatively low concentration of carbon monoxide may produce head ache in less than an hour and unconsciousness in two hours. Higher concentrations of the deadly gas can cause almost immediate unconsciousness and death within a matter of minutes.

"Leaks in the car's exhaust system most frequently are responsible for infiltration of monoxide fumes into the car's interior. The danger becomes greater, of course, when cars age and deterioration is more likely.

"All who drive should make doubly certain of guarding against carbon monoxide fumes by taking these precautions:

1. Have exhaust system thoroughly checked and all necessary repairs made immediately.
2. Always leave at least one window open in the car to provide ventilation even in the coldest weather.
3. Always make certain the garage doors are wide open when starting and running the engine.

Shop the easy way ---
Read the Classifieds

'Beauty School'

Summer afternoon complaints of "we don't have anything to do" disappear in an instant for little girls who go to beauty school."

The make-believe school is held in the back yard or at the kitchen table on rainy days. To set up shop the young beauty school director will need a table, mirror and some of mother's cast-off hats, trimmings and costume jewelry. Her beauty supplies include a "skin freshener" made from water with a few drops of cologne, a box of tissues and a comb and a brush.

When "Beauty School" students arrive, they begin with a program of exercises. Students must do whatever the director does — waistbends, somersaults, waving arms.

After the exercises it's time to weigh in on a scale made from an upside-down paperboard packing carton. If a student stands on the box and goes through it, it means she is overweight and must do some more exercises.

The next step is the beauty treatment. The school director dampens a paper tissue with "skin freshener" and pats it on the face of her student. Gently tissue off the excess and repeat three times.

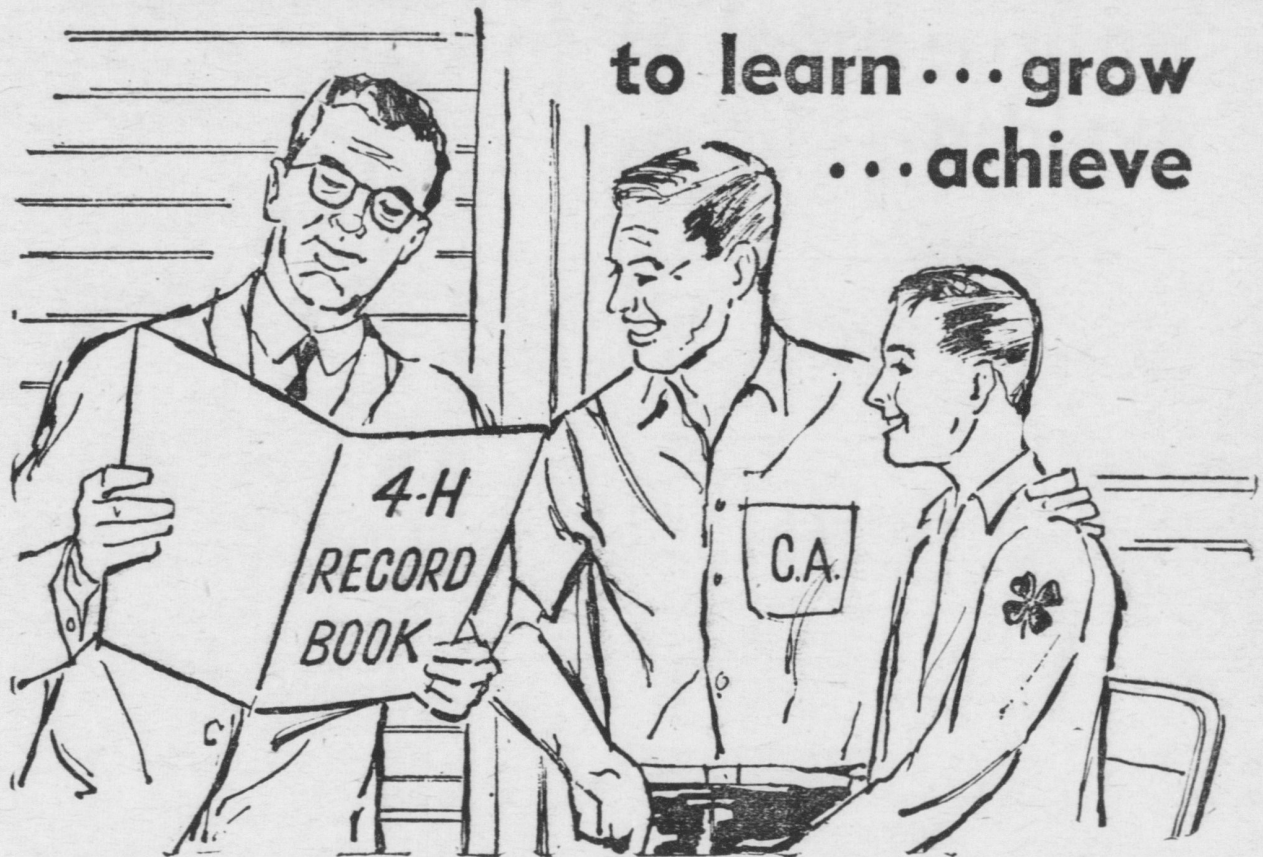
While the facial is taking effect, the student is given a special beauty potion (pink lemonade) to drink. Pink-frosted cookies are a marvelous remedy for a pale complexion.

A new hair-do is the next step. Part in the center, pin high on the head, or brush behind the ears.

As the "Beauty School" graduates are called for dinner, it's hard to believe that an entire afternoon has passed by so quickly.

IT TAKES MORE THAN ONE

to learn... grow
...achieve



In Russia there are no 4-H Clubs to teach boys and girls a better way of life and work; no agricultural extension service to show better methods for raising crops and livestock; no specialists to help improve homemaking skills; no business men to support this "massive, informal, educational program" which includes 4-H.

However, Premier Khrushchev did learn something about the Cooperative Extension Service during his visit to the U.S. In a Pravda article, Khrushchev revealed a "secret" to the Russian people. He admitted that certain extension practices were "borrowed" when the Soviet agricultural system was overhauled recently.

Explains Service

"I have in mind," he said, the introduction of scientific achievements. In the United States of America a farmer's service exists under the universities and colleges. The agents meet with the farmers and persuade them to introduce this or that method, help them in organization of production and furnish them with plans."

He got most of the extension picture, but apparently missed

the role of extension for the last 50 years in developing the 4-H Club program.

In the early days of 4-H, the trained extension agents worked with the children of farm families. The plan provided the wedge that opened the door for the agents to reach the farmers and their wives.

No Free Enterprise

It has been suggested that Khrushchev might further improve farming under communism if he also had initiated a program for youth patterned after the 4-H Clubs. Seventy other foreign countries have. But Russia lacks the incentive and backing provided by private enterprise.

U.S. industry has backed 4-H work right from the beginning. It provides technical know-how, financial aid and recognition. More than 55 leading business firms cooperate with the extension service and the National 4-H Service Committee in sponsoring individual projects.

Today there are at least three dozen areas of 4-H Club work.

Some of the newer programs and their sponsors are: Photography, Eastman Kodak; Con-

servation, John Deere, Foods-Nutrition, General Foods; Alumni Recognition, Olin Mathieson; Dog Care and Training, Ralston-Purina.

Fifty years ago there were only a few projects: growing tomatoes and canning them; growing corn and raising pigs to eat the corn.

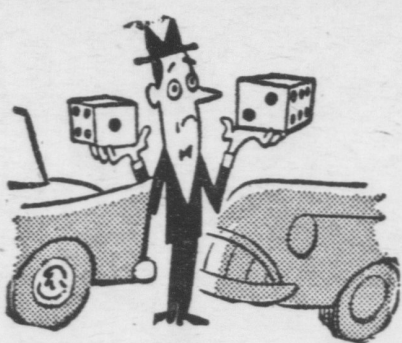
Long-Time Support

Sponsors that have supported 4-H for 20 or more years are:

Armour and Company; Santa Fe Railway; Burlington Railroad; Milwaukee Railroad; Chicago & North Western Railroad; Coats & Clark; Conrad Hilton Hotel; Cudahy Packing Company; Firestone; Illinois Central Railroad; International Harvester; Kerr Glass; Livestock Conservation Incorporated; Montgomery Ward; Sears-Roebuck Foundation; Westinghouse Educational Foundation; Wilson & Co.; Standard Oil (Ohio); General Motors; American Oil Foundation.

Collectively they make the National 4-H Club Congress possible. One of the most coveted awards for a 4-H'er is the congress trip given to one boy or girl per state in a specific program. Altogether about 1,600 young people from 50 states travel to Chicago each fall to participate in this educational event.

SAFE WALKING TIPS



DON'T WALK BETWEEN PARKED CARS

Walking into the street between parked cars is a form of gambling. The stakes are your life.

If the street is clear of traffic, you are safe. If a car happens to be coming, chances are the driver will not be able to see you in time to stop. The result? Another pedestrian accident, perhaps a fatality.

Don't take a chance. Always cross at the intersection, urges the American Automobile Association.

From PLANNED PEDESTRIAN PROGRAM, published by The AAA Foundation for Traffic Safety

Good Visibility Is Vital

Good visibility is vital to motoring safety at all times.

With the possible exception of perfectly functioning lights, no automotive accessory is more essential to safe motoring than efficient windshield wipers, says Keystone Automobile Club.

"This is particularly true during Spring's frequent rains," said Edward P. Curran, Keystone's Safety Director. "Windshield wipers must be in prime condition to do a good job now, as well as during the remainder of this year. Accordingly, we offer the following suggestions:

"Have wiper arms checked regularly to make certain that wiper blades sweep across the glass with adequate pressure, figured to be about one ounce per inch of blade. For clean wiping, then, a blade 12 inches long should exert at least 12 ounces of pressure against the windshield.

"Wipe the wiper blades often to remove grit, oil and other dirt accumulations.

"Blades should be replaced about once a year with new blades of live resilient rubber. Exposure to sun, wind and road film causes rubber wiper blades to deteriorate rapidly.

"Wiper blades that smear or streak the windshield

should be replaced in most cases. Sometimes wipers can be adjusted to give cleaner wiping action.

"Outright failure of the wiper arms to operate usually can be corrected without too much effort. Leakage usually accounts for failure of vacuum-type wipers to function. Poor electrical connections often are the cause of trouble with electrically operated wipers."

When in need of printing remember The Bulletin.

BOOKMOBILE

FIRST TUESDAY

Mount Joy Memorial Park
1 to 8 p.m.

SECOND TUESDAY

Mastersonville Fire Hall
10 to 12 a.m.

THIRD TUESDAY

Bainbridge Post Office
10 to 12 a.m.

FOURTH TUESDAY

Marietta Square
12:30 to 4 p.m.

Landisville Fire Hall
10 to 12:30 a.m.

and
East Petersburg Bank
12:30 to 4 p.m.

Watch Activity When Fall Comes

Crisp autumn air may spell trouble for the man about the house, especially if he is over 40.

Crispness in the air may induce a homeowner to engage in more exercise than is good for him, putting a severe strain on his heart.

Too much exertion hunting ducks or deer; or too much exertion raking leaves have been known to bring on heart attacks.

"These are twin fall dangers," Dr. Noah Sloan declares. "The hunter should not walk too far, become weakened by overexposure or strain himself in carrying out a deer or other game. By the same token, prolonged, unaccustomed labor from leaf raking can induce heart attacks in the fall, just as snow shoveling can in winter."

Instead of attacking the leaf raking job at a furious pace, Dr. Sloan suggests a more leisurely approach. He advises:

1. Take frequent breaks. Enjoy the fall colors and the brisk air.
2. Don't carry large containers of leaves. Break the load up into easily portable amounts.
3. Whether using a rake or a mechanical lawn sweeper which must be pushed, stop to rest