

# Spice CABINET

## FRENCH-FRIED SARDINES

1 or more tins of sardines, according to number of portions desired. (Most Norway sardines are packed in 3 3/4-oz. cans). For dinner portions, allow 1 tin per person.

Dry mustard  
Bread Crumbs

Drain the oil from sardines and prepare a paste of the oil and dry mustard. Remove sardines from tin and spread the paste evenly over each sardine. Roll in bread crumbs. Place in a wire basket and French-fry in deep fat until sardines turn golden brown. Drain off the excess fat. Serve hot in a covered casserole.

## Two Freshmen Enter Messiah

The following students from the Mount Joy area have enrolled in the freshman class at Messiah College at Grantham, Pa.

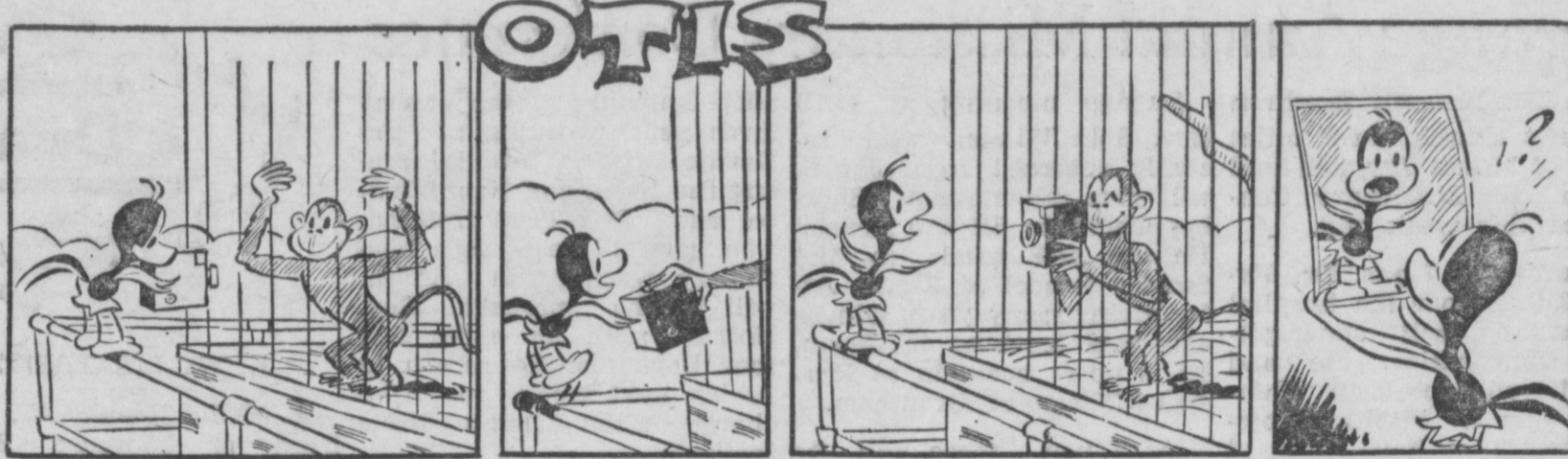
They are: Benjamin Horst, 157 Manheim St., Mount Joy; Nancy Heisey, Mount Joy R1.

The liberal arts college is located ten miles southwest of Harrisburg, the state capital. This year Messiah College has a total enrollment of 582, including 19 at its urban campus adjacent to Temple University in Philadelphia. This enrollment figure is 16.4 per cent above one year ago. The freshmen class, largest in the college's 60 year history, numbers 195.

## Named Vice-President

Susan Ann Hostetter, daughter of Mr. and Mrs. James G. Hostetter, of 207 Park Ave., has been elected vice-president of the University Apartments at Millersville State College.

Miss Hostetter is a senior majoring in elementary education.



## LANDISVILLE - SALUNGA NEWS

The Landisville - Salunga Auxiliary to the Lancaster General Hospital planned a program featuring "Lady On The Rocks", a dramatic presentation by the Lancaster County Council on Alcoholism for its first meeting on Monday, Sept. 22.

All meetings of the year will be held in Zion Lutheran Church, Landisville, in the meeting rooms. Mrs. Jack Bidding and Mrs. Charles Ellicott were chairmen of the first program. Mrs. Richard Bryson, is auxiliary president.

Lutheran Church women of Zion Lutheran Church, East Petersburg, held a covered dish supper recently in the church. Dr. John Kreider presented the mission study, "The American Indian". The meeting was open to members and their husbands.

The East Hempfield Guild of the Lancaster Osteopathic hospital met recently at the home of the Rev. and Mrs. S. Clyde Weaver, 2342 Leabrook Road. Husbands were invited.

Ray Brubaker, 17, of 206 Rohrerstown Rd., was named a state 4-H livestock conservation demonstration winner in the 1969 4-H National Awards program. Ray, the son of Mr. and Mrs. Raymond Brubaker, is a senior at Hempfield High School.

He has been a 4-H member four years. He is a member of the Red Rose 4-H Baby Beef and Lamb Club. Ray will have an opportunity to compete for honors at the national level.

Theodore Risser, son of Mr. and Mrs. Jay F. Risser, 365 Stony Battery Road, Landisville, is a freshman at the Elizabethtown College this fall.

The East Hempfield Exchange Club was presented the National Exchange Clubs' Big 'E' award for excellence recently. The presentation was made by Paul Mocent, District 5 director.

The award is presented to Exchange Clubs meeting high standards of efficiency, community service and growth.

The marriage of Miss Linda Ann Bender to Leonard Weidler, took place Saturday, Sept. 20 in the First Church of God, Landisville, with the grandfather of the bride, Rev. R. H. Daihl officiating and the Rev. Harry Mumper assisting. The bride is the daughter of Mr. and Mrs. Norman Bender Jr., of 620 Stony Battery Rd., Landisville; the bridegroom's parents are Mr. and Mrs. Roy E. Weidler, Orange St., Lititz.

The reception was held in the church social room. The couple will live in East Petersburg.

The bride is a graduate of Hempfield Union H. S. and Cen-Penn Beauty School-Harrisburg. She is employed by Judy McKonly Wig and Hair Fashion, Columbia.

The bridegroom attended Warwick high school and served three years in the U. S. Army. He is employed by Alcoa Co.

State Rep. John C. Pittenger was the guest speaker at the Wednesday, Sept. 24th meeting of the Hempfield Sertoma Club held at the Mount Joy American Legion Post Girl Scout Troop 65, of East Petersburg, were honored guests.

Miss Stephanie Quay, 18, a June graduate of Hempfield high school who will enter Penn State University this fall.

The daughter of Mr. and Mrs. Walter Quay, of Ridgeview Ave., and Miss Krista Durdock, 18, daughter of Mr. and Mrs. Bernard Durdock, East Petersburg, a graduate of Hempfield high school and a sophomore mathematics major at Millersville State College, are contestants for the Miss Lancaster County Scholarship Pageant in Ephrata high school auditorium. Hiss Quay is sponsored by the Lancaster Jaycees and Miss Durdock by the Greater Millersville Jaycees.

John W. Hawthorne Jr., 21, whose parents live at 30 Naomi Ave., Lancaster, received the silver wings of an Army aviator recently and was appointed warrant officer upon graduation from the Army Aviation School, Ft. Rucker, Ala.

During the 16-week course he was taught various fire

## Donegal Schools Menus

### HIGH SCHOOL & JR. HIGH

Friday, Oct. 3  
Barbecue pork on buttered heated roll  
Peas in butter sauce  
Chef salad  
Fruit cup with orange sections  
Milk

Monday, Oct. 8  
Grilled frank on buttered heated roll  
Celery stuffed with peanut butter  
Chilled apricots  
Milk

Tuesday, Oct. 9  
Grilled ham & cheese sandwich  
Lettuce & tomato salad  
Wax beans/butter sauce  
Apple crisp  
Milk

Wednesday, Oct. 10  
Donegal Meat loaf with brown gravy  
Steamed buttered potatoes  
Lettuce/cream dressing  
Roll and butter  
Autumn Cake  
Milk

Thursday, Oct. 11  
Tuna salad sandwich or egg salad  
Peas & carrots/butter sauce  
Celery sticks  
Fresh fruit  
Milk

### ELEMENTARY SCHOOL

Friday, Oct. 3  
Barbecue Pork on buttered heated roll  
Peas in butter sauce  
Celery & carrot strips  
Fruit cup with orange sections  
Milk

Monday, Oct. 8  
Grilled frank on buttered heated roll  
Celery stuffed with

peanut butter  
Chilled apricots  
Milk

Tuesday, Oct. 9  
Homemade vegetable soup  
Grilled meat sandwich  
Wax beans/butter sauce  
Apple crisp  
Milk

Wednesday, Oct. 10  
Donegal Meat loaf with brown gravy  
Steamed buttered potatoes  
Lettuce/cream dressing  
Roll and butter  
Autumn Cake  
Milk

Thursday, Oct. 11  
Tuna salad sandwich or egg salad  
Peas & carrots/butter sauce  
Celery sticks  
Fresh fruit  
Milk

### PAGE TO KNIGHT

Only boys of noble birth could become eligible for knighthood. He began his training at the age of seven and served as a page until his teens. After serving as a page, the boy became a squire and, when a squire was about 21, he took the solemn vows making him a knight.



To repair rusted spots in roof gutters, first sand the spots and prime with a rust-preventive paint. If the spot has rusted through, clean away any dirt and rusted metal, then coat with roof cement. Press a piece of heavy aluminum foil, canvas or fiberglass patching on the spot then coat with more cement.

When in need of printing remember The Bulletin.

# Quiz

## ON TRAFFIC SAFETY

(A 5-question quiz on traffic safety from the Pennsylvania Bureau of Traffic Safety published through the cooperation of this newspaper)

1. A review of statistics for the period 1958 through 1967 reveals that during this ten year period there were .....highway fatalities recorded in Pennsylvania.  
(a) 10,507 (b) 16,761 (c) 18,368 (d) 20,201
2. Injuries resulting from highway accidents during the period 1958 through 1967 were.....  
(a) 560,981 (b) 781,603 (c) 831,980 (d) 950,724
3. In the year 1958 automobiles traveled a total of approximately 38.6 billion miles. In 1967 travel on Pennsylvania highways increased to.....billion miles.  
(a) 44.1 (b) 49.3 (c) 53.3 (d) 55.1
4. Pennsylvania's new inspection system is underway. If your passenger vehicle bears a number 3 inspection sticker it is necessary for you to have your car inspected next during the.....period.  
(a) February-March-April (1970)  
(b) May-June-July (1970)  
(c) August-September-October (1969)  
(d) November-December-January (1969/70)
5. If your passenger vehicle bears a number 2 inspection sticker you will have your car inspected next during the.....period.  
(a) February-March-April (1970)  
(b) May-June-July (1970)  
(c) August-September-October (1969)  
(d) November-December-January (1969/70)

ANSWERS: 1-c, 2-d, 3-c, 4-a, 5-d

techniques and technical maneuvers for helicopters supporting ground troops in combat.



Frederick J. Marsh  
NATIONAL TRUCK DRIVER OF THE YEAR

## Tips from a Pro

