Wednesday, May 27, 1970

EVERYBODY'S

WEARING

B.F.Goodrich

AYSHORES"

LOCAL NURSERYMEN CAN BE HELPFUL

give you valuable advice about the best species of trees at Penn State. Established, local nursery and other plant material to

Page 11 best positions on home properties to obtain desired effects says Craig S. Oliver, exten-

sion .ornamental .horticultist

Homeowners planning to men who enjoy a good reputa- use where you live, their ulti- improve the appearance of extion in your area, can often mate size and shape and .the isting landscapes should remember that overplanted and cluttered effects can at times be overcome by removing the lower branches of trees that obscure a view, or by removing .some .trees .or .large shrubs.

CHILDREN AND DIETS

Diets of many children fall short of the essential nutrients-calcium, ascorbic acid, and vitamin A, say estension food and nutrition specialists at Penn State. Adequate amounts of milk, citrus fruits, and dark green and deep yellow or orange vegetables need to be in each day's meal pattern to assure adequate amounts of these nutritients. Lack of these nutrients tends to become worse from early school years through high school.

CARPET

SHAMPOO

new again!

STOP IN AT

BLUE LUSTRE

Men's := = canvas casuals NOW Sanitized

You see them everywhere - and no wonder! Because whether you're barbecuing or boating, the Bayshore is the most comfortable casual oxford you can wear. That's because only B.F.Goodrich makes shoes with the exclusive P-F Posture Foundation rigid wedge that helps to take the strain off foot and leg muscles. Available in men's and boys' sizes and popular colors. Stop in for a pair (or pairs!) today!





