



HEART ATTACK?

KNOW THE SYMPTOMS

- Prolonged, heavy pressure or squeezing pain in the center of the chest, behind the breastbone.
- Pain may spread to the shoulder, arm, neck or jaw.
- Pain or discomfort is often accompanied by sweating. Nausea, vomiting and shortness of breath may also occur.

WHAT TO DO

- Call your doctor and describe your symptoms at once.
- If your doctor is not available, get to a hospital emergency room immediately

THIS NEWSPAPER joins your Heart Association in presenting this life-saving educational message and in asking your support of the February Heart Fund Campaign.

NEEDS INCREASED ON FARMS FOR EQUIPMENT SERVICING

Dairy formers of Pennsylvania are finding increasing need for modern on-farm facilities to maintain and repair equipment, a 29-county survey by agricultural education personnel at Penn State university indicates.

Such a farm shop or repair center saves the dairyman considerable time delays and sizable fees, the study shows. At the same time, the dairyman must possess special skills to operate an on-farm repair center efficiently, as confirmed in the findings. Of the farmers surveyed, very few used the services of farm equipment dealers or other off-farm personnel.

Most farmers reported they had tools but lacked power tools such as gas and electric welders. Instruction in gas & arc welding ranked as the most vital need among farmers intending to buy power tools.

Heading up the study were Dr. Frank Anthony and Dr. Harry J. Hoerner, Department of Agricultural Education, who sought the cooperation of teachers of agriculture working with "Young Adult Farmer Programs." Of 190 dairy farmers responding, 180 said they use on-farm repair or service centers an average of 10 to 16 hours per month.

The machine used most commonly on the 190 dairy farms was the tractor—679 in all. The plow rated second with 354 items. Trucks and mowers were next in numbers, with 255 and 240, respectively.

Tractor maintenance jobs most commonly carried out by the farmer or his employee, in order of frequency, were (1) change oil and oil filter, (2) clean the air filter, (3) replace spark plugs, (4) change fuel filter and clean sediment bowl, (5) check over the cooling system, and (6) replace points and condenser.

FIRST RECORD

The verse, "Mary Had a Little Lamb," were the first sounds ever recorded on a phonograph.

SUBWAY GRANDMOTHER

The London Underground is the grandmother of all subways, being completed in 1863

Never lose your temper because someone else cannot think clearly.

ANCIENT LANGUAGE

Our words chicory, hyssop, myrrah and saffron all were borrowed from the Sumerian an ancient language.

It is not "un-American" to disagree with others, regardless of what positions they occupy.

Service," discusses the selection and care of silver; dinnerware; glassware; and table linens. Detailed directions are given for setting a table and serving family or guest meals. Buffet meals and tea service are also discussed. This course costs \$2.25.

Used with the second course entitled "Guides For Entertaining," you have an excellent guide for almost any form of entertaining, complete with menus and recipes.

Guides For Entertaining stresses planning ahead so you present a relaxed atmosphere to guest and family.

Special attention is given to planning parties within the budget; quick and easy meals; correct forms for invitations and replies; decorations; and party management for preschool; school age, and teenage parties.

FIREPLACE

To clean a stone or brick fireplace, hot water & strong soap applied with a stiff brush are often adequate. If they're not, mix up a paste of powdered ammonia and concentrated ammonia and cover the smoked area with it. Let stay about an hour or two before scrubbing it off with hot water and soap.

The largest city trucking center in the U. S. is Chicago which is home for 118 carriers. New York ranks a close second with 112 carriers, and Los Angeles is third with 99.

Entertaining Get You Down?

Don't let entertaining get you down.

If you aren't sure of your entertaining know-how, there are available aids. Penn State university offers two such correspondence courses, both written by Extension specialists at Penn State.

One course entitled, "Table

You can meet friends everywhere but you cannot meet enemies anywhere—you have to make them.

Whoever stands to parley with temptation

Parleys to be overcome.

—George Lillo

If you hear a steady thumping noise while driving, and can't find the cause, one of your tires may be severely underinflated, possibly the result of a slow leak.

port to help wipe out cancer. Help yourself with a checkup and others with a generous check to the ACS.

How poor are they who have not patience. What wound did ever heal but by degrees. —Shakespeare

The American Cancer Society urgently needs your support.

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POTTER COUNTY POTATOES

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EGGS — Lg. 50c doz; Not Classified 2/85c; Crax 3/85c
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2 ^{14 OZ.} BOTTLES 59c

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