

## Devise Teens' Weight Ideals

A simple method for computing the ideal weight for teenage boys and girls has been devised and explained in detail by Dr. Irvin Maxwell Stillman and Samm Sinclair Baker in their new paperback book, "The Doctor's Quick Teenage Diet."

Dr. Stillman and Mr. Baker worked out this formula in their new book for computing the ideal teenage male's weight:

"Start with 100 pounds for five feet of height and then add five pounds for each inch of height over five feet. The result is what I call 'average' weight. However, 'ideal' weight would be calculated by deducting one pound for every year between your age and 25.

"For example, a 17-year-old boy of 5-10 would have an average weight of 150 pounds and an ideal weight of 142," according to Stillman.

"The Doctor's Quick Teenage Diet" book's formula for girls is as follows: "Start with 100 pounds for the first five feet in height, then add 3½ pounds per inch. A girl 5-4 and 17 years of age would have an average weight of 114 pounds, but an ideal weight of 106 pounds, sub-

tracting one pound for each year under 25."

Dr. Stillman cautions, of course, that these figures will vary for individuals, depending upon bone structure, and

times each pound of total body weight. For boys, Dr. Stillman suggests a formula of 13 times the number of pounds of total weight for a maintenance caloric count.

### USE CAUTION WITH ELECTRIC HAIR DRYERS

Wearing portable electric hood-type hair dryers while taking a bath or shower or doing the laundry or dishes could cause a big shock — literally — according to Extension home management specialists at Pennsylvania State university.

There is great danger of electrical shock if a hair dryer should come in contact with water. And it would be very easy for a dryer to be pulled accidentally into the shower or tub or other containers of water.

Now that hair dryers are available in forms that are almost completely portable, such as clipped to the waist, or carried with a shoulder strap, they are being used under conditions which are probably the most hazardous ever.

Keep bath and laundry rooms off limits to portable dryers at all times. Even though the hose between the hood and unit may be electrically insulated, an electric current can still pass through if it gets wet. A dryer equipped with a three-prong grounding plug is not complete insurance against current leakage either, especially as the unit gets older or after it has been once disassembled for repair.

To be on the safe side, make yourself a rule; never wear your portable hair dryer if there is a possibility that it may come in contact with water, the home management specialists warn.

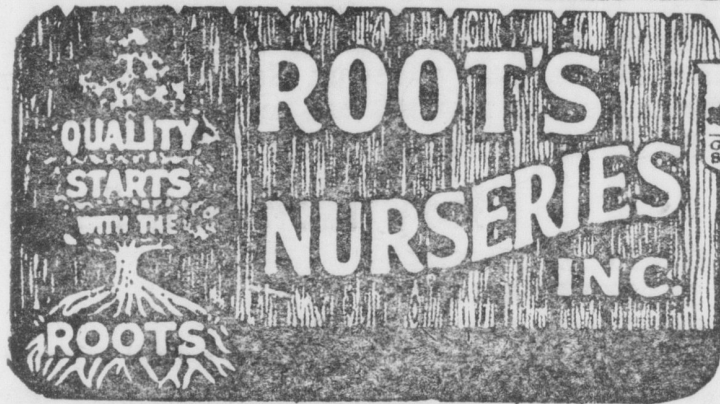


## Her Day of All Days

A baby in her arms, a gift of school artwork, a big good-night kiss . . . these are a Mother's daily rewards for her devotion. Once a year, a day honors her, too, and you want to do the very most on this day to show your love and appreciation. Hallmark Mother's Day cards express your sentiments perfectly, to your Mom, and to other special persons who deserve your attention on this day. Select an imaginative design from our complete selection for your Mother's Day tribute.

### SLOAN'S PHARMACY

EAST MAIN STREET MOUNT JOY  
PLENTY OF FREE PARKING IN REAR OF STORE



S & H GREEN STAMPS  
CASH AND CARRY ONLY

Located on Rt. 72—1 Mile N. of East Petersburg

FREE PARKING

Phone 898 0041

NEW SPRING HOURS:

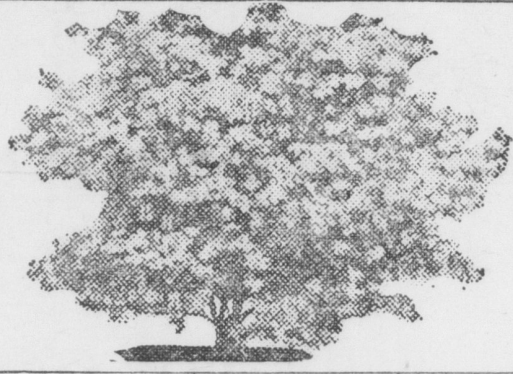
Mon., Wed. & Thurs. to 6 p.m.

Tues. & Fri. to 9 p.m.

Saturday to 5 p.m.

Closed Sunday

Members of The American Association of Nurserymen; Pa's Nurserymen's Assn.



Rhododendrons,  
Azaleas,  
Jap. Andromedas  
Lots of Beautiful Buds!

PICK UP A COUPON IN STORE FOR A FREE TREE  
TO BE PLANTED BY THE U. S. FOREST SERVICE

## Green Survival Show!

15 - MINUTE SOUND - COLOR  
SHOWS AND TELLS WHAT YOU CAN DO — AT ROOT'S

Friday 7:30 p. m.

Saturday 11:00 a. m.

Saturday 3:00 p. m.



PICK UP FREE BOOKLET

AND SEE WHAT  
YOU CAN DO!

## 16 Kinds of Dutch Bulbs and Plants!

Be Sure To See Them! From 59c — \$2.59

### — BONUS —

Friday & Saturday!

DOUBLE AMOUNT OF  STAMPS

ON CASH & CARRY PURCHASES

Lovely Clematis — 5 colors for

**\$2.19**

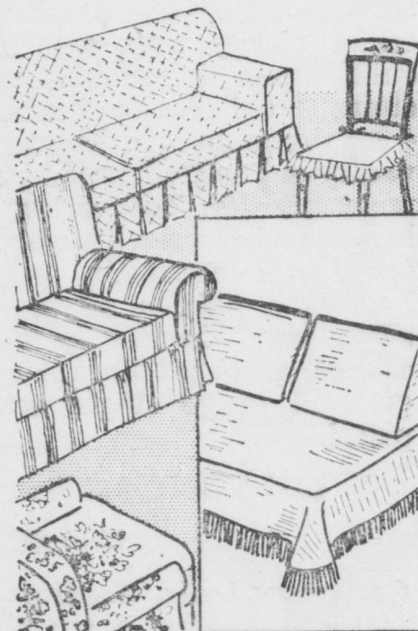
Large Potted Plants

**\$6.95**

SCOTT'S PLUS 2  
WEED AND FEED  
5m Square Ft. \$7.95  
10m Square Ft. \$14.95

BRING THIS COUPON AND  
GET A FREE MINI-SEED  
PACKAGE — VALUE 46c

Seeds — Flower, Vegetable  
Perennial, Herb & Seed  
Strips, New Kys Pots &  
Planting Mixtures for Seeds



### 1139 EASY SLIPCOVERS

Make your own slipcovers and save money while using the fabric you want. Pattern No. 1139 tells you how.

Send 30 cents plus 10 cents for postage and handling to MARTHA MADISON (care of this newspaper), Morris Plains, N.J. 07950.