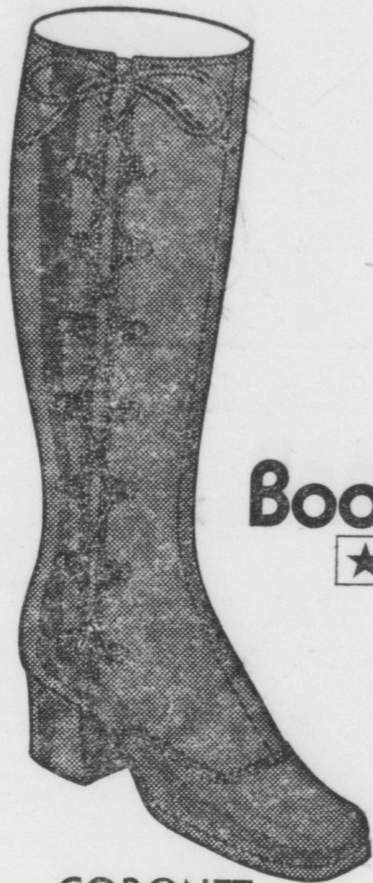


Sterner's Shoe Store

16 SOUTH MAIN STREET MANHEIM, PA.
"Where Price and Quality Meet"

THE ELEMENTAL BOOT

At last, a slim, go-anywhere boot fully lined with heavenly warm pile. Long, easy-on, easy-off side zipper. New rounder toe, great heel for walking. Exclusive waterproof features by Converse let you merrily defy the elements.



Bootinos
★ CONVERSE

CORONET

er rental service or disposable
diapers.)

* Four to six cotton shirts with or without sleeves, depending on time of year.

* At least two sweaters and three to six nightgowns.

* A warm cap and bunting for the winter or a cotton cap for warmer climates.

* Several sets of booties & socks.

Don't forget that clothing should be bought a size larger to allow for baby's growth.

Also, keep in mind, that while there is no way or insuring against the expense of clothing for the new baby—outside of generous friends and grandparents—the hospital and medical costs for the delivery of the new addition can be trimmed considerably through health insurance. Private coverage, or a group plan where the mother or father works, will pay \$150 to \$350 or more toward these expenses.

LUTWAFTE ATTACKS

In August, 1940, the German Luftwage began daylight attacks on the British.

The crossing of two species to produce a third, hybrid form is known to occur in trout, suckers, minnows and sunfishes.

GUN STOCK

REFINISHING & REPAIR

100% HAND RUBBED, CLEANING & OILING

All work fully guaranteed

REASONABLE PRICES

CALL

HOWARD S. MANGAM
Phone 653-2321 After 6 p.m.
MOUNT JOY, PA.

Member N.R.A.

29-tfc

American clergyman Rein-ocracy possible but man's in- hold Niebuhr said, "Man's ca- cination to injustice makes pacity for justice makes dem- democracy necessary."



The Manheim Building & Loan Association

Manheim, Pa.

Is Opening Series 123 for Sale

INSTALLMENT ACCOUNTS

During the month of October, 1973

Mature in approximately 12 years

Present Dividend 5½%

Interest compounded semi-annually.

FULL PAID ACCOUNTS

Current Dividend 6% on Deposits Totaling \$10,000 when invested for 6 months dividend period, 5½% on all accounts under \$10,000.

All Accounts Redeemable on 30-day notice.

Under State Banking Supervision

ORGANIZED 1911

30-2c

MOTHER-TO-BE

Hints on Style

Styles may go out of fashion, but babies keep coming. Here are some style hints for the mother-to-be and for the new addition, as reported by the Health Insurance Institute

Style choices for the lady-in-waiting are plentiful this year, reports the Institute. Among them count this season's one or two-piece dresses with pleats that remain flat as the mother expands, as well as the up-to-date "smock" look and the fashionable "peasant-dress" style. As for colors, anything that is flattering goes. However, for those women whose complexions tend to become a bit sallow, pink and red are especially flattering, according to fashion authorities.

When shopping for maternity clothes, experts advise to check seam and hem allowance, so that alterations can be done easily when needed. In a growing number of styles, easily-removed stitches can be snipped off seams as the wearer's figure expands in size.

Some things to avoid: bulky or scratchy fabrics—since the pregnant woman's skin stretches, she may find herself feeling overheated and itchy. Clingy fabrics should be avoided as well; they often make the wearer's bulk overly obvious; the same applies to over ruffled clothing.

It's possible to keep the wearer's figure within bounds for some of the attractive maternity wear as well as in healthy trim; doctors advise that 25 pounds, give or take some, is about a "normal" gain during pregnancy for most women.

Diet-wise, doctors suggest a good rule of thumb for the mother-to-be to follow is to eat twice as much milk, eggs, meat, vegetables and whole grain cereals as before — and reverse the trend on sweets and pastries . . . by cutting them down to half.

And here are some items to jot down for the little fashion plate's layette:

* Three to six dozen diapers (unless you decide on a diap-

COUPON
GOOD LUCK MARGARINE
4 for \$1.00
packages
(with this coupon)
Purchased
Limit 1 Coupon Per
At MOSEMANN'S - Expires 10/14/72
Without coupon 37c

BUTT END **HAM**
lb. **69c**

HERSHEY'S
CHOCOLATE SYRUP
16 oz. can **19c**

MARTIN'S **DUTCH BOLOGNA** ½ lb. **59c**
Fresh sliced or piece!

BORDEN'S **GRATED CHEESE** 8-OZ. PKG. **85c**
Prmesan or Romano

WESTERN "ICEBERG"
LETTUCE
BIG HEAD
Fresh — Crisp — Solid Heads! **19c**

COLD POWER
GIANT SIZE **69c**

GROUND CHUCK
Fresh Ground at Mosemann's!
lb. **89c**

MOTT'S
APPLE JUICE
2 48-OZ. BOTTLES **55c**

OPEN - THURSDAY and FRIDAY till 9 PM - SATURDAY till 6 PM

MOSEMANN'S FOOD MARKET

37 MARKET SQUARE

MANHEIM, PA.