

West Main and New Haven Streets MOUNT JOY, PENNA.

# Chinese Food For Dieting?

basis of a healthy, taste-temp- regard. Some think schoolting and effectiving reducing work, learning, or disciplined diet, suggests an article in practice is a "drag," while the current issue of Epicure others follow the same coursmagazine.

ed by the quick-cooking tech- you find it difficult to express nique of Chinese food prepar- enthusiasm, just think of havation, which enables the food ing allowed a precious gift to to retain the highest nutrition- be covered and unused for a al value of any known pala- time. Uncover it. Express it. table cuisine today, according Use it. It can work miracles. to Epicure.

The vegetables are treated to heat for mere minutes, thus PARENTS REMORSEFUL conserving precious vitamins OVER CHILD'S FAILURE and minerals to a high de- Parents blame themselves gree. And seafood, poultry for too much for their childmeats swiftly sauteed (or stir- ren's failures, according to a fried) in a minimum of oil re- report by the National Associtain their basic nutrients in ation for Mental Health. much larger quantities than "A parent should concede slow-cooked fleshes.

Chinese foods basically are Wallace Denton, a Purdue U. non-fattening because most of psychologist. the dishes are composed of lean meats and fish with low- HURRICANE CARLA calorie sauces.

## ENTHUSIASM

reminded that exuberant enthusiasm is not confined to WORK the very young. Even child-Chinese food can form the ren have varied feelings in this es of action with great exub-The health factor is nurtur- erance and enthusiasm. If

It seems we all have to be

from the start that their child From the caloric standpoint is not going to be ideal," said

Hurricane Carla hit Texas and Louisiana on Sept. 11, 1961, killing 40 persons.

### ACCEPTANCE

How wonderful it would be be willing to give it in return. of humor. I can be me only if I'm willing to let you be you!

### CAPACITY

Developing our personal capacity for achievement is hard work, but it can also be enjoyable. In whatever we are doing, the hard work becomes easier when we learn to enjoy the ongoing process and the net results. It is difficult to think of anything that brings more real satisfaction than developing some skill or using some potential capacity to a much higher degree than we have in the past.

Work usually calls up images of something that requires great effort. I never cease to be grateful that my

if we could accept ourself and work has been directed toothers as we accept nature! ward making people laugh. We don't expect a palm tree My greatest feelings of accomto be like an elm, or a sun- plishment have come when I flower to look like a rose. To really felt that I had made be fully accepted by every- people forget their troubles one is undoubtedly an un-at- and feel better. As I was tainable goal. But it is a won- growing up, there was much derful feeling to have some- laughter in our home, and afone with whom we can be terward during my marriage, honest and discuss our inmost and often it helpd us over kind of acceptance, we must you work with a keen sense -Virginia Sale

### WEDNESDAY, NOVEMBER 1, 1972



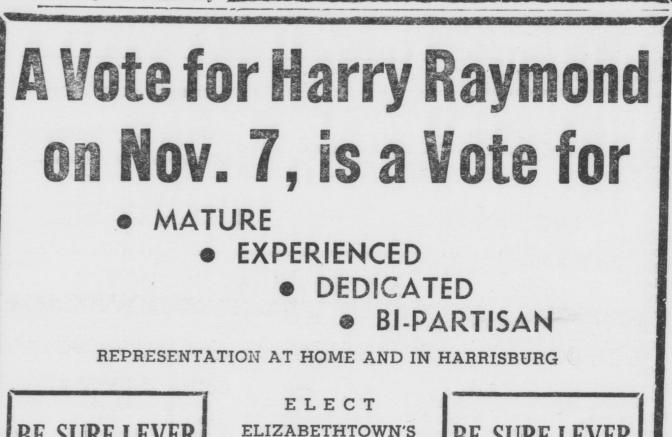
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## FAT OVERWEIGHT

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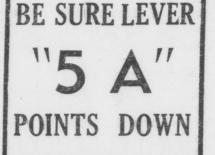
# ATOMIC SCALE

The atomic time scale of the earth's age is an outgrowth of Henri Bequerel's discovery in

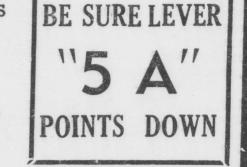
Electric eels in South Am-

Rapelling is a technique descend sheer or even over hanging cliffs on a rope.

Ferdinandina, founded i n 32-6c tlement in Oklahoma.



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Paid by Harry Raymond Campaign Fund-Christian Nolt, Treasurer

