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 1970 CHEV. IMPALA SEDAN, A. C.
 1970 OLDS. CUTLASS SEDAN
 1970 V. W. BUS
 1968 OLDS. SEDAN

West Main and New Haven Streets
 MOUNT JOY, PENNA.

ACCEPTANCE

How wonderful it would be if we could accept ourself and others as we accept nature! We don't expect a palm tree to be like an elm, or a sunflower to look like a rose. To be fully accepted by everyone is undoubtedly an unattainable goal. But it is a wonderful feeling to have someone with whom we can be honest and discuss our inmost feelings and know that we're still accepted. To find this kind of acceptance, we must be willing to give it in return. I can be me only if I'm willing to let you be you!

work has been directed toward making people laugh. My greatest feelings of accomplishment have come when I really felt that I had made people forget their troubles and feel better. As I was growing up, there was much laughter in our home, and afterward during my marriage, and often it helped us over some hard places. Values will stay in their perspective if you work with a keen sense of humor. —Virginia Sale

FOR Moving Storage

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Charles E. Groff
 653-1357 MOUNT JOY

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

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

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Chinese Food For Dieting?

Chinese food can form the basis of a healthy, taste-tempting and effecting reducing diet, suggests an article in the current issue of Epicure magazine.

The health factor is nurtured by the quick-cooking technique of Chinese food preparation, which enables the food to retain the highest nutritional value of any known palatable cuisine today, according to Epicure.

The vegetables are treated to heat for mere minutes, thus conserving precious vitamins and minerals to a high degree. And seafood, poultry meats swiftly sauteed (or stir-fried) in a minimum of oil retain their basic nutrients in much larger quantities than slow-cooked fishes.

From the caloric standpoint Chinese foods basically are non-fattening because most of the dishes are composed of lean meats and fish with low-calorie sauces.

FAT OVERWEIGHT

Odrinex can help you become the trim slim person you want to be. Odrinex is a tiny tablet and easily swallowed. Contains no dangerous drugs. No starving. No special exercise. Get rid of excess fat and live longer. Adrinex has been used successfully by thousands all over the country for 14 years. Odrinex Plan costs \$3.25 and the large economy size \$5.25. You must lose ugly fat or your money will be refunded by your druggist. No questions asked. Accept no substitutes. Sold with this guarantee at leading drug stores. 32-6c

ENTHUSIASM

It seems we all have to be reminded that exuberant enthusiasm is not confined to the very young. Even children have varied feelings in this regard. Some think school-work, learning, or disciplined practice is a "drag," while others follow the same courses of action with great exuberance and enthusiasm. If you find it difficult to express enthusiasm, just think of having allowed a precious gift to be covered and unused for a time. Uncover it. Express it. Use it. It can work miracles.

PARENTS REMORSEFUL OVER CHILD'S FAILURE

Parents blame themselves for too much for their children's failures, according to a report by the National Association for Mental Health.

"A parent should concede from the start that their child is not going to be ideal," said Wallace Denton, a Purdue U. psychologist.

HURRICANE CARLA

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

ATOMIC SCALE

The atomic time scale of the earth's age is an outgrowth of Henri Becquerel's discovery in 1896 of the natural radioactive decay of uranium.

Electric eels in South America can generate enough electricity to run a small motor.

Rapelling is a technique used by mountain climbers to descend sheer or even over hanging cliffs on a rope.

Ferdinandina, founded in 1740, was the first white settlement in Oklahoma.

A Vote for Harry Raymond on Nov. 7, is a Vote for

- MATURE
- EXPERIENCED
- DEDICATED
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REPRESENTATION AT HOME AND IN HARRISBURG

BE SURE LEVER
 "5 A"
 POINTS DOWN

ELECT
 ELIZABETHTOWN'S
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 98th District

BE SURE LEVER
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Vote for HARRY RAYMOND, even if it means splitting your vote for the First time.

Paid by Harry Raymond Campaign Fund—Christian Nolt, Treasurer

GOLDEN MAID MARGARINE 5 lbs. 99c	YELLOW Sweet Potatoes 3 lbs. 59c	EBY'S HOMEGROWN CELERY pk. 39c	FRESH SELECT OYSTERS doz. 99c
BOMBERGER'S MINCE MEAT lb. 75c	MA'S — (SAVE 40c) SOFT DRINKS 6-PACK 30-OZ. 89c plus dep.	SNYDER'S MINI PRETZELS & PRETZEL STIX 3 bags \$1.00	ROUND STEAK lb. \$1.19
ROASTING CHICKENS 5/2-LB. AG. lb. 69c	LEAN, TENDER BEEF CUBES lb. \$1.19	CENTER - CUT PORK CHOPS lb. \$1.09	BONELESS ROUND and RUMP ROASTS lb. \$1.19

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