

# PEOPLE & PLASTICS

**ARE PLASTIC CONTAINERS REUSABLE?**

TODAY THERE ARE MORE THAN 100 DAIRIES USING RETURNABLE PLASTIC BOTTLES SO DURABLE THEY CAN MAKE AS MANY AS 90 ROUND TRIPS BETWEEN CONSUMER AND DAIRY...

A NEW MOBILE TRASH CONTAINER OF PLASTIC, WITH A CAPACITY 4 TIMES THAT OF CONVENTIONAL CONTAINERS, AFFORDS GREATER PROTECTION AGAINST WIND AND ANIMALS AND IS INCREASING PICKUP EFFICIENCY IN FORT LAUDERDALE BY 40 TO 60%--THIS CUTTING COLLECTION COSTS SUBSTANTIALLY.

IT MAY COME AS A SURPRISE TO YOU BUT PLASTICS DO DEGRADE. THERE IS EVEN A PLASTIC THAT DISSOLVES IN WATER--USED FOR PRE-MEASURED BLEACH OR SOAP THAT IS DROPPED INTO THE WASHER, BAG AND ALL

## ESCAPE

The desire to escape is not necessarily a dishonorable, weak, or dishonest emotion. Some of the strongest people occasionally have an urge to "chuck it all, get away, escape for awhile." This can be a time of renewal, of strengthening of purpose, which will bring a higher degree of performance over the long pull. If you feel this way at times, remember it is not necessary to condemn yourself for the desire; instead try to discover ways of escape that are wholesome, helpful, and not destructive.

## BEING

Sometimes when we listen to people discussing the theories of art, literature, music, or religion, we get the impression that they think talking about something is really the same as accomplishing. The reality of life is being and doing. Our values, our ideals, our whole philosophy of life is revealed in what we are. If we want to tell the world what our real values are, we are required to live, act, react and become that which we would like to be.

It Pays To Advertise

# Health Hints

FROM BLUE SHIELD



Ice Skating

"Skating on thin ice," is a real hazard and not just an idle cliché for ice skaters. Experienced skaters warn that the ice should be at least three to four inches thick. Before skating on a lake or a pond, check conditions with local authorities and familiarize yourself with these rescue techniques.

If you break through the ice, try to spread your arms over the ice—either in front of or behind you—and kick your legs, gradually working your way onto the ice. Once out, squirm or roll away from the hole.

When rescuing another person, resist the impulse to run out to him. Distribute your weight over the ice by lying down and crawling out to the victim, extending a pole, plank, ladder or similar object toward him. Or, use a rope loop, placed over the victim's head and under his arms, to pull him from the water. A final method frequently used to pull the victim to safety is the formation on the ice of a human chain with several people holding the ankles or skates of the person ahead of them.

Remember that ice skating, like most popular sports, can be exciting but very dangerous if safety precautions are not observed.



YOU'LL ENJOY SHOPPING WEIS FOR THESE  
**REALLY GOOD VALUES** plus  
**S&H GREEN STAMPS**

Prices Effective thru Sat. Feb. 17 at your FRIENDLY MOUNT JOY WEIS MARKET

FAMILY SIZE... 6 to 10 POUND... YOUNG

**FRESH** (or FROZEN)  
GOVT. INSPECTED  
**TURKEYS** lb **49<sup>c</sup>**

ALL SKIN, FAT & BONES REMOVED!..  
HICKORY SMOKED  
**Boneless HAMS** WHOLE, HALF or PIECE lb **\$1<sup>19</sup>**

BE SURE TO VISIT THE MAGNIFICENT, NEW...  
**MANHEIM WEIS MARKET**  
THIS WEEK FOR VALUES, PRIZES and FREE GIFTS!!  
(MANHEIM SHOPPING CENTER . . . DOE RUN ROAD)

EMPRESS CRUSHED  
**Pineapple** 5 15-OZ. CANS **\$1<sup>00</sup>**

CAMPBELL'S  
**Veg. Soup** 7 10 1/2-OZ. CANS **\$1<sup>00</sup>**

BIG TOP  
**Catsup** 5 14-OZ. BOTS. **\$1<sup>00</sup>**

DOUBLE LUCK" SHORT CUT  
**Wax Beans** 6 1-LB. CANS **\$1<sup>00</sup>**

WEIS QUALITY CHOPPED, FROZEN  
**Broccoli** 5 10-OZ. PKGS. **89<sup>c</sup>**

WHITE, COLORED or DECORATED  
**Bounty Towels** 3 JUMBO ROLLS **\$1<sup>00</sup>**

DESSERT MIX THAT SEPARATES INTO 3 LAYERS  
**JELLO 1-2-3** ORANGE or LEMON-LIME 4 1/2-OZ. PKG. **10<sup>c</sup>**

PINK OR WHITE... SEEDLESS  
**GRAPEFRUIT** EACH **10<sup>c</sup>**

<p><b>SAVE 40<sup>c</sup></b> WITH THIS COUPON ON AN 84-OZ. PKG. OF <b>COLD POWER</b> DETERGENT Offer Expires 2/21/73 One Coupon Per Family</p>	<p><b>SAVE 20<sup>c</sup></b> WITH THIS COUPON ON A 22-OZ. BOTTLE OF <b>PALMOLIVE</b> LIQUID DETERGENT Offer Expires 2/21/73 One Coupon Per Family</p>
<p><b>SAVE 24<sup>c</sup></b> WITH THIS COUPON On three 11-oz. pkgs. Betty Crocker <b>PIE CRUST MIX</b> Offer Expires 2/21/73 One Coupon Per Family</p>	<p><b>SAVE 20<sup>c</sup></b> WITH THIS COUPON On a Qt. Bot. of Industrial Strength <b>DRANO</b> DRAIN CLEANER Offer Expires 2/21/73 One Coupon Per Family</p>