



YOU'LL ENJOY SHOPPING WEIS FOR THESE

REALLY GOOD VALUES PLUS
GREEN STAMPS



Prices Effective thru June 16

... AT YOUR MT. JOY WEIS MARKET . 441 WEST MAIN STREET ...

<p>WEIS MARKETS' SPECIAL GRIND</p> <p>BLEND-O-BEEF</p> <p>... AS VERSATILE AS GROUND BEEF YET IT COSTS YOU LESS!</p> <p>Use as you would ground beef ... for Hamburgers, Sloppy Joes, Chili, Meat Loaf, Spaghetti Sauce, etc.</p> <p>79^c LB.</p>	<p>USDA CHOICE BEEF WEIS "VALU-TRIM"</p> <p>ROUND STEAK</p> <p>BONELESS FULL CUT</p> <p>\$1⁵⁹ LB.</p> <p>SPECIAL OFFER! GREEN GIANT</p> <p>"SNACKWICHES"</p> <p>Pkg. of 3 Frozen Toaster Sandwiches</p> <p>10^c</p>
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MACARONI & CHEESE

Kraft Dinners 5 ^{7 1/2 oz. pkgs.} **\$1⁰⁰**

SAVE 29c ON 3 BOTTLES OF RITTER'S

Tomato Juice 3 ^{1-Quart Bottles} **\$1⁰⁰**

MARGARINE QUARTERS

Kraft Parkay 1-lb. ctn. **29^c**

BANQUET FROZEN

Dinners CHICKEN, TURKEY or SALISBURY STEAK PKG. **39^c**

A 79c VALUE! "TOTEM" BRAND

Trash Bags 10 ^{in pkg.} **49^c**

MORTON'S FROZEN

Pot Pies BEEF, CHICKEN, TURKEY 5 ^{8-oz. pies} **\$1⁰⁰**

SOMERDALE Frozen CUT GREEN

Beans or Peas 3 ^{1-lb. 2-oz. BAGS} **\$1⁰⁰**

THIN-CUT, FROZEN

French Fries "VAHLSING" BRAND 1 1/2-LB. BAG **19^c**

FRESH ... LARGE, JUICY

BING CHERRIES LB. **49^c**

SAVE 30^c WITH THIS COUPON
ON AN 84-OZ. PACKAGE OF
CHEER DETERGENT
EXPIRES 6-20-73
One Per Family

SAVE 20^c WITH THIS COUPON
ON TEN 3-OZ. PKGS. OF
JELL-O GELATIN DESSERTS
EXPIRES 6-20-73
One Per Family

SAVE 25^c WITH THIS COUPON
ON A 49-OZ. PACKAGE OF
FAB DETERGENT LEMON FRESHENED
EXPIRES 6-20-73
One Per Family

SAVE 30^c WITH THIS COUPON
ON 3 BOXES OF 200
PUFFS FACIAL TISSUES
EXPIRES 6-20-73
One Per Family



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

NUTRITION A LA CARTE
Calories measure how much energy the food we eat will give us. Thus, a calorie is not, in itself, a nutrient. But since you need energy you need calories, but not too many. If you are fat it means you are storing too much future energy, or that your are lugging around energy in the form of fat that you'll never use.

Do you live alone and find cooking for one a problem? There are ways to get more variety in your meals. Take ground beef. You don't have to use it all on successive days. Wrap ground beef into separate small portions and store in your freezer. Meat loaf or spaghetti sauce doesn't have to be eaten all at once.

Adults, too, could improve their snacks. The typical morning coffee break is a case in point. And for some people, it's not just a break, but their breakfast and a poor one at that. Coffee break snacks would be improved if they included items such as cheese wedges, oranges, fruit juices, milk, cottage cheese with fruit, or ready-to-eat cereals.

How far back in history is

Nurses Tell Rotary

Two registered nurses - Mrs. Robert Sherk and Mrs. Franklin Eichler - were the speakers Tuesday noon, May 29, at the luncheon meeting of the Mount Joy Rotary club, held at Hostetters.

Earlier this year they spent about two weeks in Santo Domingo on a "short-term volunteer missionary" assignment under the auspices of the Christian Medical Society, assisting medical teams.

They talked and showed pictures of how they lived and worked - including their husbands - with the natives under rather primitive conditions.

They were introduced by Dr. David E. Schlosser, club vice-president and program chairman.

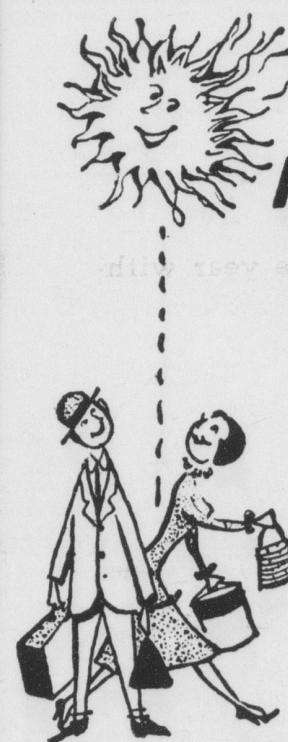
butter mentioned? Well, butter dates back as far as recorded history and undoubtedly beyond. There's a Biblical reference in Genesis, Chapter 18, the 8th verse - about Abraham providing butter as part of a meal. It seems that all through the ages, people have loved butter and regarded it as one of the great delicacies.

Everybody talks about losing weight. But some people need to gain weight. How can they do it? Underweight people should eat more, and more often; they should eat more of the foods that furnish more calories in small bulk -- meat, eggs, sweets, chocolate, fats, and oils. Ask your doctor about physical activity and more rest.

People ask me so here's my answer: There is a difference between chocolate milk and chocolate dairy drink. Chocolate milk is made from whole milk and chocolate dairy drink is made from skim or partially skim milk. Otherwise, the two milk drinks are made with similar ingredients.

From the simple one-celled plant to highly complex human beings, all living things need food. Food is necessary to support growth, the repair tissues, which constantly are wearing out, and to supply energy for physical activity. If your meals do not furnish all the elements you need your body will not operate at peak efficiency for very long.

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102 North Market Street
MOUNT JOY, PENNA.
Now Serving Sunday Dinners
In first floor dining rooms
11 A.M. to 7 P.M.
For Reservations
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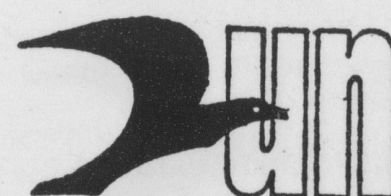


Make That Dream Vacation Come True

A trip to the mountains? A week at the seashore? Make that vacation you have always dreamed of come true. Start now to pay for it in advance.

Join our **Vacation Club** today

and see how fast your small regular payments mount toward a fund that will take care of all your vacation costs. There's a class of club for every need.



Union National Mount Joy Bank

Mount Joy - Maytown