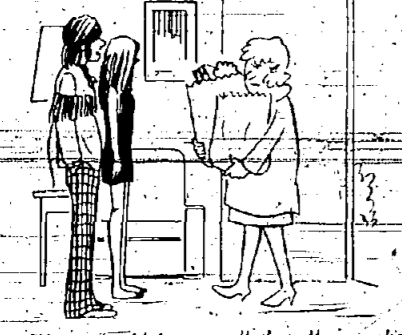


Damerow selected to head UC unit of professors group

Harold E. Damerow of 1456 R. 22, Mountaintop, has been elected president of the new chapter of the American Association of University Professors (AAUP) in the Springfield area.

Generation Gap U.S.A.



You shouldn't carry all that. Men, make two trips.

Banking institute to hear economist on financial outlook

Dr. Edward M. Spring, Jr., associate economist of the Federal Reserve Bank of New York, will be the guest speaker at the New Jersey Bank Administration Institute's meeting.

Upsala gets okay to hire objectors

The New Jersey division of the Selective Service system has granted Upsala College, East Orange, permission to employ conscientious objectors in its civilian work program.

Annual exhibition to be held by Westfield Art Association

The Westfield Art Association will conduct its 28th annual statewide exhibition March 22 to 28 at Union College, Greensburg, Pa.

Overlook opens center to check heart batteries

Safeguarding patients with Pacemaker implants and bringing an important new service to the community, Overlook Hospital this week opened a Pacemaker Evaluation Service to check the battery strength of implanted Pacemakers.

Overlook's Pacemaker service is supervised by Dr. Richard H. Berger, medical director of the hospital, as well as providing clinical training and starting other operational centers. It will be run in conjunction with the pacemaker evaluation clinic at Newark Beth Israel Medical Center.

It comes in three economy sizes.

These are just some of the sizes Volkswagens come in. Regular, large and giant economy size. Regular, you know it's the familiar beetle. Large—our Squaredash sedan holds more than the biggest truck of the largest sedan. Giant economy size is our big beetle. It holds nearly twice as much as the average station wagon. And all three VWs do everything you expect a Volkswagen to do. They have air-cooled engines for the rear, of course. So there's no water to boil over or freeze up. And no need for antifreeze. And they're easy on gasoline. The big and the Squaredash average about 26 miles on a gallon. The box about 23. So you see, no matter what size you make, Volkswagens they're all economy.

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CHECK PEAS, WHITE BEANS OR RED KIDNEY BEANS 5 16-oz. 99¢
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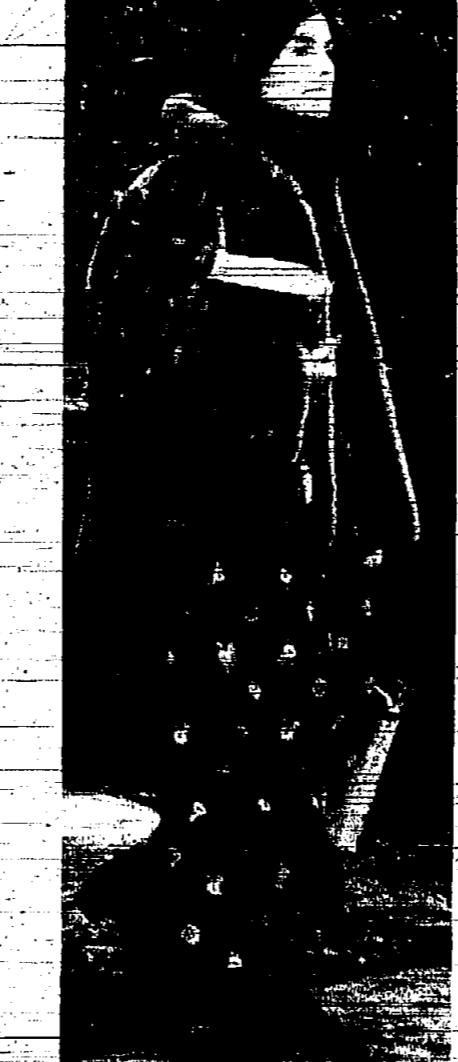
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We reserve the right to limit quantities. Not responsible for typographical errors. Price effective thru Feb. 20, 1971.

In case of emergency call 376-0400 for Police Department or First Aid Squad 376-6144 for Fire Department

Springfield Leader
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Lone bandit sought in armed robbery at Esso gas station

An unidentified amount of cash was taken Saturday during an armed robbery at the Esso gas station on Rt. 22, according to Springfield police.



Town Committee takes a look at fees charged for some children's activities

Objections to fees charged to children for some programs offered by the Recreation Department took the spotlight at Tuesday night's meeting of the Township Committee.



Recreation Department holds midwinter recess program

The Springfield Recreation Department under the guidance of director Steven Maglione, last week sponsored a three-day midwinter recess program for vacationing junior high school youngsters.

Regional schools ready to present referendum plan

Plans for a new referendum proposal expected to be announced in the coming month will first take shape beyond those preliminary discussions.

Caprio chosen to direct drive for cancer fund



Arthur Caprio, chairman of the board of the 1971 American Cancer Society Crusade, has been named chairman of the Springfield drive.

Trip to museum planned Tuesday

The first museum trip set for the spring term, at the Springfield Art Center, is scheduled for Tuesday. A chartered bus will leave the center at 9:30 a.m. and go to the Metropolitan Museum of Art for an all-day visit.

Stromy weather phones made known for Dayton

Anyone wanting to know whether school is in session on snowy days at Jonathan Dayton Regional High School, can call the following phone numbers.

Come to rescue First Aid Squad

During the month of January, the Springfield First Aid Squad answered 68 calls, of which 12 were emergency calls.

Stromy weather phones made known for Dayton

Anyone wanting to know whether school is in session on snowy days at Jonathan Dayton Regional High School, can call the following phone numbers.



Shown from left are head coach Ray Vanclay, Bill Cruesette, Greg Specter, Carmine Howe, Mark Hollander, Bill Jankovics, Howie Alexander, and assistant coach Lou Piccolo.

SPRINGFIELD LEADER PAGE OF COMMENTARY AND FEATURES

Editorial Comment

A school board member may be like an iceberg

The Springfield Board of Education last week took approximately half of a big step forward in the direction of an open door policy in educational decision-making.

The board has pledged a decision by next month's meeting on a proposal that all committee recommendations include the vote by which each committee reaches each decision.

All three successful board candidates promised at last month's pre-election debate to support such a proposal. Without trying to infringe on the board's unquestioned right to select its members, we feel strongly that this change would lead to a better school board, and ultimately to a better educational system.

A member of a board of education or any other elected body functions much like an iceberg—five-sixths of what he does is beneath the surface.

Is the eloquent and forceful speaker at board meetings equally forthcoming and progressive in the privacy of the committee meetings? Does he share, at least by his presence, in the hard work which goes into the maintenance of a productive school system?

Sometimes the public never knows. Even those few dedicated citizens who attend the board meetings regularly cannot tell if the member who declares a policy so eloquently shared in the hard work of formulating that policy—or if the credit should rather go to the member who saves his energy for the working sessions.

It can't happen to me

The average American can probably tell you that he eats too much, exercises too little, smokes too much, and rarely has a medical checkup.

He may also be able to recite a familiar statistic: The death rate in this country from diseases of the heart and blood vessels is 54 percent—claiming more lives each year than all other causes of death combined.

He probably explains that an individual's odds of suffering a heart attack increase if he eats too much, exercises too little, smokes too much, and rarely has a medical checkup.

Most citizens of Springfield are proud of their schools, and thanks must obviously be shared by the staff, administration and Board of Education.

And a completely informed electorate is one that can express its thanks with maximum accuracy.

We strongly, and respectfully, urge the board to help this year carry out its pledge to let the public in on a little of what happens behind those closed doors.

Springfield Public Library reports on newest books for local readers

The Springfield Public Library lists the following titles among the books recently acquired.

This particular adult collection is a group of art books dealing with various phases of art.

TECHNIQUES
"Akyte Watercolor Painting," by Wendon. "Akyte" is a watercolor painting of a mermaid. This work is a discussion of the merits of acrylic watercolor painting and technique. As do most art books, it abounds with illustrations, both black and white and color.

COLLECTIONS
"Famous Artists Annual, Number One." This showcase of contemporary art contains more than 300 beautiful reproductions and through illustrations of paintings, drawings, and sculpture. The artists are listed in alphabetical order from magazine illustrations to classical art, in an extraordinary range.

BUYER'S GUIDE
"Artist's U.S.A., 1970-71," a buyer's guide to contemporary art gives a visual and descriptive presentation of the creativity of 170 living American professional artists. It contains 70 illustrations, many in full color with purchasing prices included.

COLLECTOR
"The Collector's Guide," by Joan Lipman. This guide of "Art in America," Joan Lipman, and the editorial staff of "Art in America" are pleased to present this rare and authoritative directory and buying guide. It contains 70 illustrations, many in full color with purchasing prices included.

CHILDREN'S BOOKS
"The Collector's Guide," by Joan Lipman. This guide of "Art in America," Joan Lipman, and the editorial staff of "Art in America" are pleased to present this rare and authoritative directory and buying guide. It contains 70 illustrations, many in full color with purchasing prices included.

School Lunches

FLORENCE GAUDINER-SCHOOL
Monday-March 1—Juice, Frankfurt, mustard, frankfurter, bun, French fried potatoes, sauerkraut, fruit, milk.
Tuesday—Juice, hamburger, sauerkraut, ham, corn, carrot sticks, jelly and topping, milk.
Friday—Soup of juice, bacon (or chicken), lettuce and tomato sandwich, coleslaw pudding and topping, milk.
Menu subject to change in case of emergency.

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3512 Massachusetts st.
Washington, D.C., 20009

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2421 Rayburn House Office Building
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80 MEMBERS
Hugo M. Pflieger (R)
118 Prospect st.
Union, 07091

Charles J. Swin (R-Lor)
400 Sherwood pkwy.
Mountain House, 07092

Our representatives

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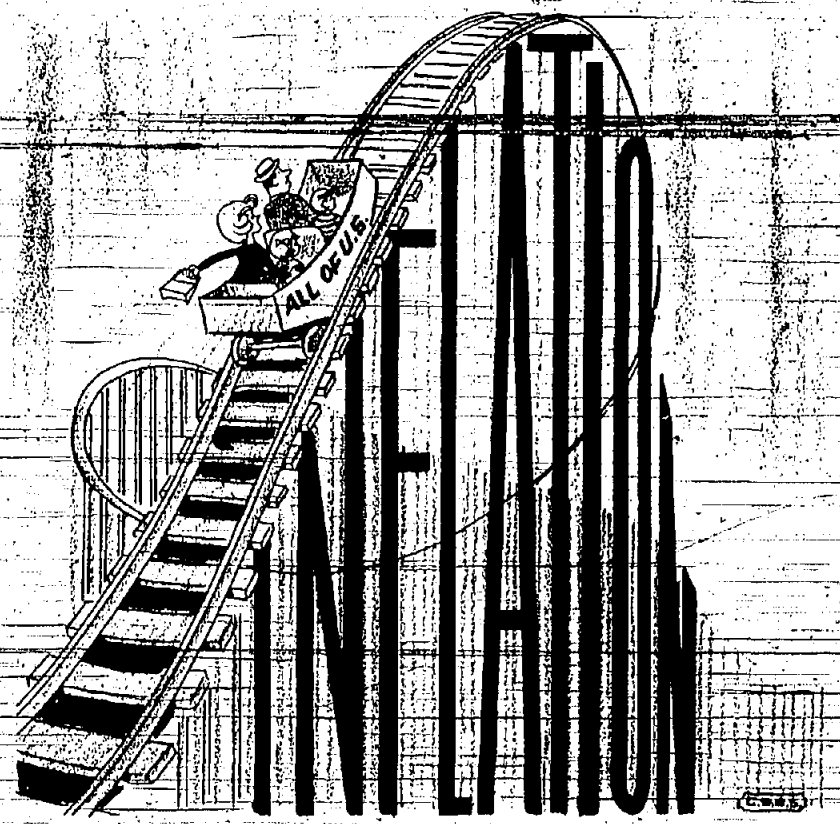
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IT CAN'T HAPPEN TO ME

WHY NOT WALK instead of riding with your car? You live too far from work to walk, try parking your car some distance away and walk the rest. Use stairs instead of elevators. According to most authorities vigorous leg muscle exercise is a good way to prevent the formation of blood clots in the arteries leading to the heart. Furthermore, it gives the heart muscle a rest from having to pump all the blood through the rest of the body.

All forms of physical exercise have their beneficial aspects but—a word of caution—if you're not in shape don't try to be a superman. Work your way into an exercise pattern gradually, a little at a time. You physician can be your best "coach."

"THOUSANDS OF AMERICANS who are finding hope that their willpower is more powerful than they thought. What about you? The evidence indicates that regular exercise helps to heart disease and other illnesses is making your habit loss less attractive. Here are some interesting facts about this program: 1. Reduce saturated fats such as those found in whole milk, cream, butter, and some meats. 2. Eat less high-cholesterol food such as egg yolks, fish, and organ meats. 3. Increase intake of fruits, vegetables, and whole grains. 4. Increase intake of fiber. 5. Increase intake of calcium. 6. Increase intake of potassium. 7. Increase intake of magnesium. 8. Increase intake of zinc. 9. Increase intake of selenium. 10. Increase intake of chromium. 11. Increase intake of manganese. 12. Increase intake of copper. 13. Increase intake of iodine. 14. Increase intake of cobalt. 15. Increase intake of nickel. 16. Increase intake of boron. 17. Increase intake of silicon. 18. 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Breakaway signs point to saving lives

A computer device which permits large signs to be automatically collapsed upon their service damage to vehicles or injury to persons will be a standard installation on New Jersey highway projects in the future.

Commissioner John C. Kall said the device, a component of a breakaway signpost, developed by the New Jersey State Highway Department, approved by the Federal Highway Administration.

Jim Bouton to get on the old ball for Library Week 71

Jim Bouton, former pitcher, author of the controversial best-seller "Ball Four" and a spokesman for ABC-TV, has been named as the keynote speaker for Library Week 1971 in New Jersey.

In making the announcement, Edwin Beckerman, president of the New Jersey Library Association and director of the Woodbridge Public Library said, "It is a honor to say that this April Jim Bouton will be pitching for New Jersey libraries."

Bouton, a resident of Wyckoff, will tour libraries throughout the state during the week-long celebration, April 18 to 24. On April 20 he will visit South Jersey. April 21 will be devoted to visits of North Jersey libraries. Tuesday, April 13, Bouton is expected to meet with Governor William F. Cahill and State Library officials for the signing of the National Library Week proclamation.

New Jersey's National Library Week slogan for 1971 is "Libraries: The Most Important Resource in Our Society." The slogan is being used in a variety of ways throughout the state. In New Jersey, no longer just book warehouses or reading rooms, "bookstores" are being established in shopping centers, libraries, and other public places. They are being used to provide a variety of services, including book clubs, book discussions, and book exchanges.

The Commission said that the breakaway signpost, for which a patent is pending, will be used on all highway projects. It will be used on all highway projects and will be used on all highway projects. It will be used on all highway projects and will be used on all highway projects.

Information Services, 1035 Parkway Ave., Trenton.

Breakaway signposts, which are now mandatory along federal-aid high speed highways, were developed in cooperative federal-state sponsored research at Texas A. & M. Transportation Institute beginning in 1963. The Texas post, which has been installed in many states, is designed to ely at its base upon impact and move forward and upward.

County gets Gamblers Anonymous

Gamblers Anonymous, an organization patterned after Alcoholics Anonymous, is organizing a Union County Chapter.

An open meeting will be held at 8 p.m. today at Townside Methodist Church, 1000 N. 10th St., in Trenton. The meeting is for anyone who is a compulsive gambler. The meeting is for anyone who is a compulsive gambler.

State UHF station near Channel 52 on air in April

The UHF signal will be approximately two million watts according to Wilber. The state channels will be as strong as any now in operation.

The new station will be approximately two million watts according to Wilber. The state channels will be as strong as any now in operation.

S&L investing unit chooses officers at organizing meeting

Stockholders of the recently formed State Savings Service Corp. held an organizational meeting last week and elected directors and officers.

The new corporation has the authority to provide certain services to borrowing customers which might otherwise be performed and to assume a variety of financial forms.

Formation of soot is under study

A research project to determine how engine conditions which result in soot formation is underway at Newark College of Engineering.

The study, under the direction of Dr. Leonard D'Amico, is based on an investigation of the causes and properties of soot formed in space engines. The project is supported by the National Aeronautics and Space Administration.

Benefit set to help boys

The 3rd annual benefit and fashion show for Bonnie Brice Farm for Boys will be held April 18 and 19, 7 p.m. at the Farm. The show will be held at the Bonnie Brice Farm for Boys.

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ONE DAY ONLY! SAT. FEB. 27, 10 A.M. to 9 P.M.

PRINCE RANGE LOW PRICE SPECIALS!

Prince Charlie Scissors: Don't miss it! This is our once-a-year event! It's Prince Range scissors with fantastic quality. Prices so low you have to see them to believe them.

HOOVER SCISSOR SHARPENING CLINIC! COME IN! HAVE ALL YOUR SCISSORS SHARPENED! 38¢ A PAIR

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HEART FUND DRIVE EXTENDED

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The Union County Heart Association's fund drive will be extended to March 15.

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Beit Israel gets a major U. S. research grant



Dr. Marvin A. Kirschenrath, director of the Beit Israel Medical Center, has been awarded a major research grant from the National Institutes of Health, Bethesda, Md. The grant, valued at \$120,000, is the largest ever awarded to a private medical center in New Jersey.

The grant is for a three-year study to explore the "diagnostic potential" of a technique called "diagnostic ultrasonography." Dr. Kirschenrath has been involved with the project for three years.

The new approach of heart sampling of blood from the hormone-producing glands in the body will help to better define the kinetics of hormone secretion and abnormal conditions," Dr. Kirschenrath stated. Further, hormone analysis of blood samples obtained from a patient during a cardiac catheterization procedure may enable physicians to localize the sites of endocrine abnormalities.

In the case of a woman who is making too much male hormone, this technique has already proved helpful in locating the site where the extra hormones are being produced. The male hormone, or testosterone, is often the cause of excessive facial and body hair in women. Locating the site of testosterone production causing the "masculinization" will permit a more rational program of therapy in such patients.

Working with Dr. Kirschenrath on the research project are Dr. L. Richard Zucker, chief of the cardiac catheterization laboratory and director of cardiology, and Miss Barbara Taylor, research associate in the department of medicine.

After coming to Newark Beit Israel Medical Center, Dr. Kirschenrath served on the staff of the National Cancer Institute, Bethesda, where he was the senior investigator of the institute's endocrine branch. He is a graduate of Cornell University, the Albert Einstein College of Medicine and is an associate professor of medicine at the College of Medicine and Dentistry of New Jersey.

Dr. Zucker is a member of the pulmonology team at Newark Beth Israel Medical Center and is an assistant professor of medicine at the College of Medicine and Dentistry of New Jersey.

Newark Beit Israel Medical Center, a voluntary, non-profit institution, is a member of the Jewish Community Center of Essex County, a beneficiary of the annual United Jewish Appeal campaign and a member of the United Jewish Community Fund of Essex and West Hudson.

Change improving college teacher training courses

Change is improving the education of New Jersey teachers. The state's colleges are developing new ways to produce teachers ready to enter the classroom with a year of public-school classwork.

Until recently, reports the New Jersey Education Association, education majors spent most of their time on the campus studying theory. They had to wait until their "practical" laboratory work was done in the big cities — backed up by down-to-earth seminars, workshops and field trips.

These practical experiences, reports the current issue of the NJEA Review, take the students off-campus for prolonged periods. The volume in its entirety as well as educational projects, and put them in contact with children in a variety of ways — in hospitals and guidance centers as well as classrooms.

Some of the colleges are making special efforts to produce teachers for big-city schools. The NJEA Review reports, Montclair State College entered a special arrangement with Newark William Paterson College with the city of Paterson and speaks with East-Orange headmaster William Paterson College has been training teachers through its Black Studies Institute.

At least three colleges have reorganized their teacher-education programs. Montclair and Paterson have established a new School of Education. Rutgers University has decentralized its teacher training, setting courses away from the main campus. Seton Hall University has established a new curriculum that requires students to get other "practical" experiences in all educational settings.

Montclair is the first to require that all education majors participate in the field for at least one year. In addition, it has established a new "Year-1" program in which students are placed in small groups in more than 30 high schools and assist regular teachers in leading class discussions, aiding in research, and promoting learning outside the classroom, says the NJEA Review. In addition, a new course combines classroom instruction with at least 15 hours of "practical field experiences in the classroom."

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These practical experiences, reports the current issue of the NJEA Review, take the students off-campus for prolonged periods. The volume in its entirety as well as educational projects, and put them in contact with children in a variety of ways — in hospitals and guidance centers as well as classrooms.

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Smooth color viewing, spectacular stereo hearing and more to enjoy with these outstanding Magnavox color sets. Each has TAC, total automatic color, that always remembers the best picture, and a built-in stereo system with 20-watt EA music power, two high efficiency 12" bass woofers, and 1,000 cycle resonant horns, plus built-in Microfilm Player that lets your records last a lifetime, are all outstanding features of these Magnavox Color Stereo Theatre's in space-saving Atomites.

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IN THE CITY OF CAPE MAY, N.J. \$12,990

Gallery exhibits

film shot on moon

NEW YORK CITY — Much of what the Apollo 14 astronauts accomplished on the moon can be seen at the Kodak Gallery and Photo Information Center, 1133 Avenue of the Americas (at 43rd street).

In conjunction with the spectacular display of the "Moon Colorama" at Grand Central Station, a special exhibit has been offered in the Kodak Gallery to run until April 6. One of the featured items in the exhibit is a print of the first 16mm movie film shot on the moon. The film will be shown continuously throughout the day.

Chorus auditions

Auditions for membership in The Madison Avenue Chorus will be held tonight at 8 o'clock at the Madison Avenue Chorus Headquarters, 300 Madison Ave., Manhattan.

FRIDAY DEADLINE

All items other than spot news should be in our office by noon on Friday.

A 'mity' sneeze

Blame the bug

THE HOUSE DUST MITE, no bigger than the period that ends this sentence, lives around the house in any cozy or service that can collect dust. They multiply so fast, he can cause head big trouble, says the National Pest Control Association. House dust mites are not only a pollen allergy, the cause of hay fever, as a medical problem.

It will doubtless surprise no one to know that the dust mite, which breeds on the carpet and sneezes of hay fever, is the leading cause of allergy in the United States.

But experts will doubtless rise upon learning that the second leading allergy—house dust—mites are associated with a very widespread and no larger than the period at the end of this sentence. The mite's name is the house dust mite.

The National Pest Control Association cites as evidence the scientific research it sponsored in the Agricultural Laboratory of Ohio State University's College of Biological Sciences.

There, Dr. G.W. Wharton, the lab director, has carried on years of work on mites and their closely related arthropods, ticks. Dr. Wharton reported that allergies arising from house dust make up a full quarter of the practice of doctors specializing in the disease. He believes that house dust mites can be found in virtually every American home.

Seventy-four carefully vacuumed-up samples from nine homes in the plain fields of Ohio, which breed on the carpet and sneezes of hay fever, are the leading cause of allergy in the United States.

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Scholarship fund set up

A scholarship fund in memory of Daniel J. Kessler has been established at Rutgers University for the Graduate School of Business Administration.

The scholarship will primarily to aid students entering New Jersey residents entering the graduate program leading to an advanced degree in business administration and who demonstrate financial need.

Mr. Kessler was a native of New Brunswick and one of the founders of Unisec, Inc., in Jersey City. He died in 1969 of leukemia, and his wife and children established the Daniel J. Kessler Memorial Foundation in his memory.

At University Heights Campus in Piscataway, the Daniel J. Kessler Teaching Laboratory, designed and constructed by the foundation, is dedicated May 29, 1970, to reduce the contribution of the foundation to the State University.

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100 Main Street, Newark, N.J. 968-6640

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Icy Point Red Salmon 16-oz. can. \$1.09

Betty Crocker Hash Brown Potatoes Pkg. 41¢

Sunshine Cherry Cooler Cookies 10-oz. box 47¢

Psst Dry Shampoo 10¢ Off \$1.29

Coronation Slender Liquid Cigs 30

Coronation Slender Variety Pack 89¢ 4 pk.

Totley Tea Bags 10¢ Off 48 ct. 59¢

Sarawrap Jumbo 100 lb. 69¢

Eveready Cocoa 16-oz. 59¢

Motis A.M. and P.M. Drinks 22-oz. can 35¢

Modess Regular box 95¢

Modess Super 24 ct. 95¢

Minute Rice 7-oz. box 39¢

Hudson Together T.T. 2's 30¢

Hudson Together Combo 48¢

Hudson Together Fiscal Tissue 12's 24¢

Helly Trash Can Liner 20 ct. 17.9¢

Helly Garbage Bags 30's 47¢

Helly Trash Can Liners 6's 91¢

Dixie Bathroom Refills 100 ct. 3-oz. size 53¢

Dixie Assorted Bathroom Refills 100 ct. 3-oz. size 53¢

Clairol Loving Care 3-oz. size \$1.49

Clairol Loving Care Dark Brown 3-oz. size \$1.49

REGAL PRINT TOWELS

BY VANITY FAIR JUMBO ROLL 29¢

Purex Liquid Bleach 49¢

Staff-Tamato Catsup 19¢

Sterling Table Salt 10¢

Snappy Cat Food 12¢

Snappy Dog Food 8¢

Minute Rice 7-oz. box 39¢

Hudson Together T.T. 2's 30¢

Hudson Together Combo 48¢

Hudson Together Fiscal Tissue 12's 24¢

Helly Trash Can Liner 20 ct. 17.9¢

Helly Garbage Bags 30's 47¢

Helly Trash Can Liners 6's 91¢

Dixie Bathroom Refills 100 ct. 3-oz. size 53¢

Dixie Assorted Bathroom Refills 100 ct. 3-oz. size 53¢

Clairol Loving Care 3-oz. size \$1.49

Clairol Loving Care Dark Brown 3-oz. size \$1.49

SEAFOOD FOR LENT

FANCY HALIBUT FILLETS 69¢

PANAMA PINK SHRIMP 89¢

FRESH SHRIMP 99¢

FRESH FISH CAKES 59¢

FOUNDER FILLETS 119¢

FILET O' SOLE OR FOUNDER 79¢

SHRIMP CAKES 39¢

CRAB CAKES 69¢

SHRIMP COCKTAIL 89¢

APPETIZING VALUES!

BOILED HAM 59¢

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EVERYDAY LOW, LOW PRICE!

STEAKS

JUICY SIRLOIN 95¢

Juicy Chuck Steaks 49¢

Flavorful Rib Steaks 95¢

Porterhouse Steaks 119¢

Tail Less T-Bone Steaks 119¢

Whole Filet Mignon 119¢

Center Cut Chuck Steaks 69¢

ROASTS

RIB ROAST 89¢

Bottom Round Roast 99¢

Boneless Cross Rib Roast 99¢

Boneless Chuck Roast 99¢

Boneless Top Round 119¢

Boneless Top Sirloin 119¢

Fresh Meaty Spare Ribs 69¢

Fresh Beef Liver 49¢

Slab Bacon BY THE PIECE 49¢

Smoked Beef Tongue 69¢

Shoulder Lamb Chops 99¢

Pork Chops 89¢

EVERYDAY LOW, LOW PRICE!

CHICKENS

Grade 'A' Whole 29¢

Fresh Chicken Breasts 39¢

Fresh Chicken Legs 39¢

Strawberries 39¢

Asparagus 49¢

Ground Meats 59¢

Fresh Ground Beef 59¢

Fresh Ground Chuck 79¢

Strawberries 39¢

Asparagus 49¢

Ground Meats 59¢

Fresh Ground Beef 59¢

Fresh Ground Chuck 79¢

GROCERY VALUES!

SLICED PEACHES

25¢

HI-FASHIONED Panty Hose 49¢

Staff Fabric Softener 59¢

Green Giant Niblets Corn 24¢

Caruso Blended Oil 17¢

Staff Evaporated Milk 17¢

Dishwasher Detergent 39¢

Carnation Coffee 79¢

Bathroom Tissue 49¢

Staff Spaghetti 17¢

Staff Half Gallon Soda 39¢

DAIRY VALUES!

YOGURTS

10¢

Nuoca Margarine 29¢

Cottage Cheese 33¢

Alderny Sour Cream 49¢

Tropicana Orange Juice 35¢

Borden's American Cheese 65¢

LOOK WHAT 15¢ BUYS!

15¢

LOOK WHAT 17¢ BUYS!

17¢

DAIRY VALUES!

SLICED BACON 59¢

Good Deal Pork Roll 99¢

Oscar Mayer Bacon 79¢

HyGrade Franks 2.99¢

Ball Park Bologna 75¢

Gleem Toothpaste 55¢

Crest Toothpaste 64¢

LEMON OR APPLE PIE 59¢

KING SIZE BREAD 29¢

FRESH MILK 99¢

99¢

Red Cross-chapter to begin its annual campaign for funds

The Westfield-Mountaineer Chapter of the International Red Cross will launch its annual fund-raising drive in the Mountaineer area on Monday, Feb. 22, at 10:30 a.m. at the annual meeting...

Report from Trenton

For the next few weeks, legislative activity in Trenton will be concentrated on Governor Cahill's budget for 1971. As one who has long advocated a balanced budget...

I GREETED the Governor's announcement of a \$25 million increase in state aid to 24 cities with mixed emotions. On the one hand, I was pleased that Plainfield would obtain \$24.5 million in state aid...

Getting a new bicycle? Sell your old one with a want ad. Just call 686-7700.

Save Hard Cash Everyday at your Nearest SUPER Finest WE REDEEM U.S.D.A. FOOD STAMPS Rain Check Policy

Pork Butt 59¢ lb. BONE-IN TASTY SUCCULENT. Tenderloin 2.12.99 lb. BONE-IN. Tenderloin 2.12.99 lb. BONE-IN.

Vegetable Juice 35¢ COCKTAIL. FINAST 1-qt. 14-oz. can. Progresso Tomatoes 39¢ IMPORTED WITH BASIL (LIMIT 3) 2-lb. 3-oz. can.

GRAPES FRUIT 45¢ in bag. FLORIDA SEEDLESS. Vitamin C-Weight Watcher's Delight. Yellow Onions 3 lbs. 29¢.

Del Monte Corn 24¢ CREAM or WHOLE KERNEL 1-lb. (LIMIT PLEASE) can. Del Monte Peas 19¢ EARLY GARDEN 1-lb. (LIMIT PLEASE) 1-oz. can.

100 Tea Bags 87¢ 15-Off pkg. Label. HEALTH & BEAUTY AID! Shampoo 1.29 FAMILY SIZE JAR 5-oz. Mfg. \$1.95 SIZE jar. Deodorant 69¢ ANTI-PERSPIRANT 7-oz. can. SPRAY-FINAST.

40¢ Towards the purchase of a 10-oz. jar of Savarin Instant Coffee. 15¢ Towards the purchase of a 2-lb. can of Hills Bros. Coffee. 10¢ Towards the purchase of a 7-oz. pkg. of Cheerios Cereal.

ORT sponsoring benefit art festival at Short Hills Mall

The Springfield Chapter of Women's American ORT (Organization for Rehabilitation through Training) will take part in presenting the annual festival of art sponsored by the ORT...



Engagement is told of Ellen Sue Levy. Mr. and Mrs. Joseph Levy of 81 Morris Ave., Springfield, have announced the engagement of their daughter, Ellen Sue, to Milton Stein of 1111 North 1st St., Newark.

Miss Boyle to wed Thomas Ruedel

Thomas Ruedel, son of Mr. and Mrs. Tom R. Ruedel of Newark, and Miss Boyle is a graduate of Jonathan Dayton Regional High School, Springfield, and the University of Delaware.

June date planned by Dayle R. Seroff

Mr. and Mrs. Leonard Seroff of Westfield have announced the engagement of their daughter, Dayle Ruedel, to Gary Seroff, son of Mr. and Mrs. Jack W. Seroff of Westfield.

Steak Lovers! PALS SPECIAL STEAK 12 OUNCES OF PRIME STRIP SIRLOIN BROILED OVER HICKORY CHARCOAL \$5.75

Det. Sgt. Rice slated to present drug talk to Newcomers Club

Det. Sgt. Jerome Rice of the Mountaineer police force will speak about local drug problems at the Mountaineer Newcomers Club's March 10 meeting at 12:15 p.m. at the Mountaineer Inn.

Laudes Rosarians to hear chaplain of detention center

The Rosary-Art Society of Our Lady of Lourdes Church, Mountaineer, will hold its March meeting on Monday at 8:30 p.m. in the school auditorium, Mrs. Sam Mischella will be the featured speaker.

Sisterhood to hear lecture on the arts

Mrs. George Wilcox, president of the Sisterhood of Temple Beth Ahm, Springfield, has announced that the monthly luncheon meeting on Monday will be devoted to the arts.

Mrs. Callen heads planning for dinner

Mrs. Sidney Piller, president, of the B'nai B'rith Women's Chapter, has announced that the dinner to be held at the Mountaineer on March 10 will be headed by Mrs. Wallace Callen.

Charge for Pictures. There is a charge of \$5 for wedding and engagement pictures. There is no charge for the announcement, whether with or without a picture.

Miss Porter plans wedding in August

Mr. and Mrs. Edward W. Porter Jr. of Fair-Hill, Springfield, have made known the engagement of their daughter, Barbara Ann, to Brian Paul O'Sullivan, son of Dr. and Mrs. E. Paul O'Sullivan of Madison.

Atkins-Blumenfeld engagement told

Mr. and Mrs. Lewis L. Atkins of West Orange have announced the engagement of their daughter, Diane to Robert Jay Blumenfeld, son of Dr. and Mrs. Philip Blumenfeld of Springfield.

Dads, girls planpow-wow

Approximately 200 fathers and daughters are expected to attend the Summit Area Y.M.C.A. Father-Daughter Pow-Wow scheduled for this weekend at the Central New Jersey Y.M.C.A. campus located near Blairtown.

Sleek smooth skin

Without a trace of superficial hair every woman's wish. Our exclusive Exfoliant electrolysis treatment removes facial hair, painlessly, forever. Do come in for a private consultation with one of our beauticians. There's no charge, of course. Call 376-7000 for your appointment. The Beauty Salon, Millburn and Short Hills Avenues, Springfield.

AEGEAN WEAWE A NEW PATTERN BY WALLACE STERLING. SAVE MONEY ON MARSH'S INTRODUCTORY OFFER. Wallace Sterling's new Aegean Weave. Smart. Sophisticated. An uncommon design for today's woman.

Write your dreams in Marsh's bridal register and make them come true. See the Sterling's china and glassware you would like to have and just register in Marsh's Bridal Register.



SOOBY

College president to lecture AAUW, Elizabeth Chapter.

Dr. Eugene G. Wilkins, president emeritus of Newark State College, Union, will discuss "International Education," at the regular meeting of the American Association of University Women, Elizabeth Chapter, Wednesday at 8 p.m. in St. Paul's Evangelical Lutheran Church, Elizabeth.

Annual meeting set by Flo Okin Group

The Okin Cancer Relief, Young Women's Group, will hold its annual membership meeting Wednesday, March 8, at 8 p.m. in the Temple Israel Synagogue, Springfield.

Miss Schmoll troth to Mr. Garnel told

Miss Genevieve Kathleen Schmoll, 18, of Woodbridge, is engaged to be married to Mr. Joseph Garnel, 21, of Woodbridge. The wedding is planned for Saturday, March 12, at 10 a.m. in the St. Luke's Episcopal Church, Woodbridge.

Twins christened in Roselle church

The christening of Alan and Diane Lynn Anderson, twin daughters of Mr. and Mrs. Alan H. Anderson of Whippany, N.J., was held at 10 a.m. in the Roselle Episcopal Church, Roselle. The officiating minister was the Rev. Dr. J. J. Halsey.

Engagement told of Barbara Kahn

Miss Barbara Kahn, 18, of Scotch Plains, is engaged to be married to Mr. Robert Katz, 20, of Scotch Plains. The wedding is planned for Saturday, March 12, at 10 a.m. in the St. Luke's Episcopal Church, Woodbridge.

Art exhibit set tonight

The Israel Verein will meet tonight at 8:30 p.m. in the Temple Israel Synagogue, Springfield. The meeting will be devoted to the art exhibit of the Y-Women's Division.

Spring fashions benefit scheduled

The Deborah League of Elizabeth will hold its annual spring fashion show and sale on Saturday, March 10, at 10 a.m. in the Temple Israel Synagogue, Springfield.

Membership event planned March 8 by Flo Okin group

Mrs. Sidney Hirschfeld of Union, president of the Flo Okin Cancer Relief, will welcome members and their guests at the annual membership meeting Wednesday, March 8, at 8 p.m. in the Temple Israel Synagogue, Springfield.

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The Okin Cancer Relief, Young Women's Group, will hold its annual membership meeting Wednesday, March 8, at 8 p.m. in the Temple Israel Synagogue, Springfield.

Y Women's Division schedules 3-day annual art show, sale

More than 1,000 selected pieces in every form and media will be on display at the Y-Women's Division 12th annual art show and sale, March 7 through March 10, at the Y-Women's Building, Green Lane, Union.

Gourmet classes set Wednesdays by Woman's Club

The Woman's Club of New Providence has held members' meetings in the form of three gourmet cooking classes at Bloomingdale's Short Hills, Wednesday at 9:30 a.m., March 3, 10 and 17 featuring fare of the Middle and Far East and the Island of the Pacific, conducted by Alvin Kerr.

Newark Link 3 to hold its annual donor dinner

The 30th annual testimonial dinner of Newark Link 3, Order of the Golden Chain, will be held Tuesday at 7 p.m. in the Parkland Center, Livingston.

SEW WHAT? THIS WEEK'S PATTERNS

Behind every well-dressed woman is an interested woman. Sew what? This week's patterns are designed to help you create a wardrobe that is both stylish and practical.

FINAL, FINAL CLEARANCE!

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DRESSES & PANT DRESSES SAVE 20 to 50%
WINTER COATS As low as \$25
PANT COATS Reg. \$45 to \$60 \$23

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beginning of a beautiful Spring. Shopping variety. The first warm breeze or budding flower, and every girl wants to look her prettiest. We don't have to tell you why. So we've fashioned a young and colorful collection of shoes to get you started. Right now.

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Suede is a leading fashion material this year and can be used and enjoyed in a wide variety of ways. It is soft, velvety nap, and because of the depth of nap, suede garments have a four-season appeal. Suede is of durable material, and because of the depth of nap, suede garments have a four-season appeal.

Curtain Bin

GIVE YOUR HOME A TOUCH OF SPRINGTIME TOWELS. A beautiful array of Spring towels to choose from. Terry, velour, solids, prints.

SHOWER CURTAINS and BATHROOM BOUTIQUES

A colorful variety of shower curtains by John Ames, Paris, Hygiene, Panama, and other designers. Also available are bathroom accessories.

DRAPERIES

The widest selection of in-stock and custom made draperies. Order your custom-made draperies now and avoid the winter rush of take home our fine antique satins in single or multiple widths.

BED SPREADS

Here is where it's all! Twin, full, and large sizes in a variety of styles. Bedspreads to match your decor.

UNION BOOTERY

beginning of a beautiful Spring. Shopping variety. The first warm breeze or budding flower, and every girl wants to look her prettiest. We don't have to tell you why. So we've fashioned a young and colorful collection of shoes to get you started. Right now.

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SPRING FASHION SHOW

Glenda Lanza (right) and Arietta Collins, buyers for the Spring Fashion Show, will be at the store's spring fashion show, scheduled in the Summer store March 11 at 7:30 p.m.

Deborah League, Elizabeth, holds installation of its regular meeting

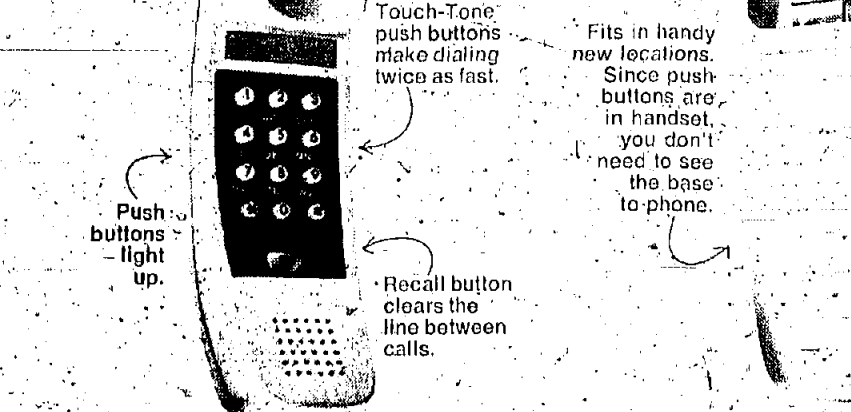
The Deborah League of Elizabeth, the Junior Women of Elizabeth, and the Y-Women's Division of Elizabeth will meet in the Y-Women's Building, Green Lane, Union, March 10, at 8 p.m.

Attorney to speak on 'Law' Sunday

Jeffrey Mintz, a member of the Essex County Bar Association, will speak at the meeting house at 516 Prospect St., Maplewood, Sunday at 11 a.m. The topic will be "Law and the Revolution."

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More than just a beautiful body. Everything you need to talk to home. The push buttons, the lights, the handset.



The Triline Phone. A perfect blend of beauty and practicality. Yours for only pennies a day more. It's lovely colors. Attractive wall and table models. A choice of optional push buttons or standard rotary dial. To order Triline phones for your home, just call your local Telephone Business Office. Or ask a telephone man.

Miss Schmoll troth to Mr. Garnel told

Miss Genevieve Kathleen Schmoll, 18, of Woodbridge, is engaged to be married to Mr. Joseph Garnel, 21, of Woodbridge. The wedding is planned for Saturday, March 12, at 10 a.m. in the St. Luke's Episcopal Church, Woodbridge.

Twins christened in Roselle church

The christening of Alan and Diane Lynn Anderson, twin daughters of Mr. and Mrs. Alan H. Anderson of Whippany, N.J., was held at 10 a.m. in the Roselle Episcopal Church, Roselle.

Engagement told of Barbara Kahn

Miss Barbara Kahn, 18, of Scotch Plains, is engaged to be married to Mr. Robert Katz, 20, of Scotch Plains. The wedding is planned for Saturday, March 12, at 10 a.m. in the St. Luke's Episcopal Church, Woodbridge.

Art exhibit set tonight

The Israel Verein will meet tonight at 8:30 p.m. in the Temple Israel Synagogue, Springfield. The meeting will be devoted to the art exhibit of the Y-Women's Division.

Spring fashions benefit scheduled

The Deborah League of Elizabeth will hold its annual spring fashion show and sale on Saturday, March 10, at 10 a.m. in the Temple Israel Synagogue, Springfield.

Membership event planned March 8 by Flo Okin group

Mrs. Sidney Hirschfeld of Union, president of the Flo Okin Cancer Relief, will welcome members and their guests at the annual membership meeting Wednesday, March 8, at 8 p.m. in the Temple Israel Synagogue, Springfield.

Annual meeting set by Flo Okin Group

The Okin Cancer Relief, Young Women's Group, will hold its annual membership meeting Wednesday, March 8, at 8 p.m. in the Temple Israel Synagogue, Springfield.

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Y Women's Division schedules 3-day annual art show, sale

More than 1,000 selected pieces in every form and media will be on display at the Y-Women's Division 12th annual art show and sale, March 7 through March 10, at the Y-Women's Building, Green Lane, Union.

Gourmet classes set Wednesdays by Woman's Club

The Woman's Club of New Providence has held members' meetings in the form of three gourmet cooking classes at Bloomingdale's Short Hills, Wednesday at 9:30 a.m., March 3, 10 and 17 featuring fare of the Middle and Far East and the Island of the Pacific, conducted by Alvin Kerr.

Newark Link 3 to hold its annual donor dinner

The 30th annual testimonial dinner of Newark Link 3, Order of the Golden Chain, will be held Tuesday at 7 p.m. in the Parkland Center, Livingston.

SEW WHAT? THIS WEEK'S PATTERNS

Behind every well-dressed woman is an interested woman. Sew what? This week's patterns are designed to help you create a wardrobe that is both stylish and practical.

FINAL, FINAL CLEARANCE!

RAINCOATS Reg. \$29.95 \$9.90
DRESSES & PANT DRESSES SAVE 20 to 50%
WINTER COATS As low as \$25
PANT COATS Reg. \$45 to \$60 \$23

GRAND OPENING at our new location

1255 STUYVESANT AVE. UNION, N.J. Sunday, February 28th, 2 P.M. THE W. W. GALLERY

WHEN YOUR DOCTOR PRESCRIBES A BACK SUPPORT

CORONATION BACK SUPPORTS. High fashion back supports that will deliver all the back support your doctor can prescribe.

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CRUSADE DANCE

George L. Randall of Plainfield, president of the Union County Unit, American Cancer Society, purchases first ticket for the organization's Crusade Ball from Mrs. Henry Clark.

GALLOPING HILL DRUGS & SURGICAL

1350-2 Galloping Hill Rd. MU 7-6242. At 5 Points, Union. (Next to A.S.P.)

GRAND UNION

SALAD SHRIMP 99¢

Halibut Steak 89¢

Perch Fillet 59¢

Haddock Fillet 59¢

Shrimp Cocktail 3.99

Tomato Puree 3.11

Light Tuna 3.11

Spaghetti 3.11

CALYPSO SCOTTIES 4.11

Red Cabbage 4.11

Catsup 4.11

Shake 'n Bake 4.11

LA ROSA SPAGHETTI 5.11

Bread Crumbs 5.11

Dog Food 5.11

Facial Tissues 5.11

White Bread 3.89

Apple Pie 5.55

Donuts 2.69

FLAVORED YOGURT 5.89

Velva-Kreme 2.25

Wispride 4.49

Verment Maid 4.43

FRESH HAMS 49¢

Chicken Legs 55¢

Chicken Breasts 59¢

Flank Steaks 5.19

Large Roasters 49¢

California Steak 89¢

Whole Fryers 29¢

Pork Chops 75¢

Boiled Ham 59¢

Hot Dogs 69¢

Cold Cuts 69¢

Chicken Wings 39¢

Spareribs 1.79

Hot Cross Buns 39¢

White Bread 3.89

Apple Pie 5.55

Donuts 2.69

FLAVORED YOGURT 5.89

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SCOTT DIAPERS

COOTIE MATS

15¢ OFF

10¢ OFF

50¢ STAMPS

50¢ STAMPS

SWANSON BREAKFAST 3.11

INTERNATIONAL VEGETABLES 3.39

French Fries 89¢

Stuffers 39¢

Myers 5.19

PRELL SHAMPOO 65¢

TOOTH BRUSHES 4.99

GRAND UNION

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French Fries 89¢

Stuffers 3

To Publicity Chairmen:

Would you like some help in preparing newspaper releases? We'll give you tips on Submitting News...

Police nab three sought in Union

Two 15-year-old youths and a 16-year-old, all from Plainfield, were picked up Monday by Springfield police and turned over to the Essex County Sheriff's Office...

Township of Springfield

1971 LOCAL MUNICIPAL BUDGET

It is hereby certified that the budget presented hereto and hereby made a part hereof is a true and correct copy of the original as approved by the Township Committee...

It is further certified that the proposed budget hereto and hereby made a part hereof is an exact copy of the original as approved by the governing body...

Table with columns: CURRANT YEAR, APPROPRIATIONS, EXPENDED 1970. Rows include General Appropriations, Health and Welfare, Education, etc.

Table with columns: General, Public Works, Police, Fire, etc. Rows include various departmental budgets and expenditures.

Table with columns: Local School Purpose, County Purpose, etc. Rows include various school district budgets.

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Liebler on dean's list at Parsons College

FAIRFIELD, Iowa — Arthur G. Liebler Jr., son of Mr. and Mrs. Arthur G. Liebler Sr. of Montclair, N.J., has been named to the dean's list at Parsons College...

Decline in death rate

The first Heart Fund Campaign was conducted in 1949, there has been a decline in heart and blood vessel diseases applying to persons aged 65.

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Handicapped's craftwork

Senior citizens and adult handicapped who are skilled as artists and craftsmen now have a place to sell what they make...



Party planners — Mrs. Edgar A. Ward Jr. (center) of Springfield is co-chairman of the annual bridge and fashion show of the Orange Memorial Hospital Auxiliary...

Time To Spare — If a good idea for a retired person to open some kind of a business or profession depends upon several factors...

Public Notice — NOTICE OF THE TOWNSHIP OF SPRINGFIELD, N.J., is hereby given that a resolution...

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Minutemen shaded by Union, 62-59; then roll over Irvington PAL, 75-25

The Springfield-Minutemen did a pair of basketball games on their home court last week. Wednesday evening, Springfield rolled to a 62-59 victory over the Irvington PAL...



High scorers in the 52-44 non-league game at Four Seasons Hall Feb. 14 were Joe Affilio, 24-0-4; Agnes Allitto, 18-11-1; Vic Ricketz, 5-0-1; Mike Caggiano, 2-1-2-1-0...

The Springfield-Union game was exciting throughout. Union built a lead through the first three periods, but the Minutemen fought back...

Close games mark play in Ivy League Saturday — Close games were the rule in the Springfield Recreation Department's Ivy League basketball program...

Wyoming triumphs in State League; Texas wins, 38-11 — Springfield State League basketball action this weekend centered around the close game between Wyoming and Texas...

Regional captures title; awaits start of state tournament — The Jonathan Dayton Regional team captured the Suburban Conference basketball crown last night...

Bulldogs third in indoor track — The Jonathan Dayton Regional indoor track team rolled third place in the ISAAA race and held championship honors in the 800-yard run...

Handicapped's craftwork — Senior citizens and adult handicapped who are skilled as artists and craftsmen now have a place to sell what they make...

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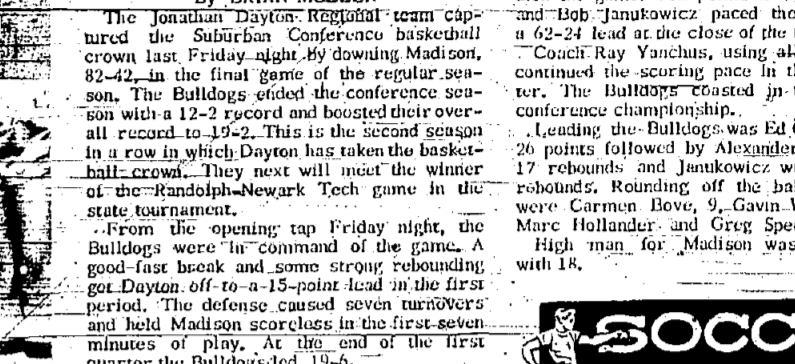
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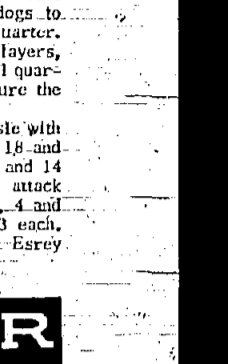
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There are another million clean-smokers in the United States: about one in five adult men in this country has dropped the habit.

Those who give up cigarettes report a great sense of satisfaction, of tremendous pride in being able to do it. To learn a new way of living, a way without cigarette smoking, is very rewarding to the ego—and to the ego's mate.



you can kick the habit.

As You Approach Q Day

Many smokers will never quit until they give up cigarettes. The reason is that they cannot change their own habits of great importance. They enjoy challenging themselves, and when they quit, they break the cigarette habit.

This is a mistake, since many smokers fail to quit until they are in their 40s or 50s, and then they find it very difficult to quit. They are not in the habit of breaking the habit as they quit, and their approach may be less through determination and more through resignation—behavior with patience and perseverance.

Self-enclosed, when they are faced with changing one's feelings and thoughts about smoking, they are in a state of mind that is giving up an object of value, however dependent on it may be. If he begins to feel that he is giving up an object of value, he will quit for himself and because of his wife's suffering. Others, who succeed in quitting, are usually those who will never give up until they are in a state of mind that is giving up an object of value, however dependent on it may be.

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QUESTIONS & ANSWERS

What about going to a cigarette withdrawal clinic?
If there is a clinic or program in your community, you should go. The American Cancer Society funds such efforts.

Sharing your withdrawal experience with others and working with them on a common problem can be very helpful. The clinic may make it considerably easier in various ways, in step cigarette smoking.

However, remember, an clinic can provide support. In this matter you must be both patient and persistent.

Share It Make-A-Big Thing Of Q-Day?
Some find it important to work on a schedule in which Q-Day, quitting day, is a significant event. The important thing is to quit, and the important thing is to quit.

Others who have known for a long time that they are giving up an object of value, however dependent on it may be.

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Do You Believe In "Cold Turkey" Quitting?

Yes, for some, no, for others. If you are a really "addicted" smoker, psychologists favor the sudden decision to quit. For some, gradual withdrawal is less painful and entirely satisfactory.

Some cigarette smokers quit by pipes and cigars, and there is of course some risk of mouth cancer. However, when you quit by pipes and cigars, you are only a little higher than among nonsmokers, if the smoke is not inhaled.

What If I Fail To Make It?
Don't be discouraged. Many thousands who finally stopped did so only after several attempts. Some people prefer to quit for just one day at a time. They promise themselves 24 hours of freedom from cigarettes, and when the day is over they make a commitment to themselves for one more day. And another. And another. At the end of any 24-hour period they go back to cigarettes without betraying themselves, but they usually don't.

Is Smoking A Real Addiction?
This depends on your definition of words. In any case, smokers obviously can become very strongly dependent on cigarettes.

However, the discussion that most feel is giving up cigarettes, is not like the patient with a withdrawal syndrome that drug addicts feel. Giving up cigarettes is a much easier task than the withdrawal syndrome that drug addicts feel.

How About Hypnosis?
Hypnosis in stopping smoking is not accepted. It may not do what the medical profession claims it can do.

Should I See My Physician? YES
However, the problem is, you may not feel that he can help you. On the other hand, he may be able to give you psychiatric support and, if necessary, medication. He can be helpful, and, in suggesting it, he will be helping you from gaining too much weight.

Physicians as a profession have been leaders in getting on the risks of cigarette smoking. The Public Health Service estimates that 100,000 physicians (half of the physicians who were cigarette smokers) have quit. A California study shows that only 21 percent of all physicians in the state are cigarette smokers now.

Why Do So Many People Smoke Cigarettes?
Surely one reason is that the cigarette industry spends about \$100,000,000 a year in advertising and in challenging the facts that scientists have produced that point to the dangers of the habit.

Another reason is that cigarette smoking is a habit. It is a habit that is formed, usually in childhood, and it is a habit that is difficult to break. It is a habit that is formed, usually in childhood, and it is a habit that is difficult to break.

Because promotion is important in maintaining the habit's popularity, the Society believes in the advice given in all media. It is a habit that is formed, usually in childhood, and it is a habit that is difficult to break.

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Keep A Track Record

Many smokers have found that a useful step in understanding their smoking is the keeping of a daily record on a scale like the following.

In your gradual withdrawal you may decide to eliminate those daily cigarettes that you feel are rated 1, 2, or 3 on the scale, i.e., ones you would like.

On your way to giving up the cigarettes, you will give you information about yourself, make you more aware of what your smoking habits are.

Use the left hand. It is your custom to read the cigarette in the right corner of the month. Try the left side.

Make it a habit to get a cigarette. When you get a cigarette, get a cigarette. When you get a cigarette, get a cigarette.

Before you light up, ask yourself, "Do I really want this cigarette?" and if you are not sure, do not light it. Do not light it.

A smoker may find an unlighted cigarette in the month is helpful. Others enjoy handling and playing with a cigarette.

Cigarette smoking is a habit that is usually very well learned—learning the habit of smoking can be difficult. It can help by bringing into your habit chain to make you more aware of the number and frequency of your smoking behavior.

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Cigarette smoking is a habit that is usually very well learned—learning the habit of smoking can be difficult. It can help by bringing into your habit chain to make you more aware of the number and frequency of your smoking behavior.

Use the left hand. It is your custom to read the cigarette in the right corner of the month. Try the left side.

Make it a habit to get a cigarette. When you get a cigarette, get a cigarette. When you get a cigarette, get a cigarette.

Approaches in Giving up Cigarette Smoking

1. List the reasons for and against smoking.

2. Select Q Day—change to low tar and nicotine cigarette.

3. Chart your smoking habits for at least two weeks; how many cigarettes, when, the most and least important.

4. Repeat each night, at least ten times, one of your reasons for not smoking cigarettes.

5. Eliminate one category of cigarettes, the most or the least desired.

6. Secure a supply of substitutes (mints, gum, an inhaler, ginger root, etc.)

7. Quit on Q Day—try the different substitutes, if the wish to smoke recurs—enlist your wife or a friend in a busy series of events, eating well, going to the movies or theater, exercise and many long walks, moderate drinking.

8. If you are depressed see your physician and discuss your symptoms.

9. Keep reminding yourself, again and again, of the shocking risks in cigarette smoking.

10. Review the facts that you know about the risks of cigarette smoking. Remind yourself that there, but for the grace of God go you, that you may indeed, if you continue smoking, lose six and a half years of life, that—if you are a heavy smoker—your chances of dying between 25 and 65 years of age are twice as great as those of the nonsmoker. Are the six minutes of pleasure to a heavy smoker in a cigarette worth six fewer minutes of life? Would you fly in an airplane if the chances of crash and death were even close to the risks of cigarette smoking? Think over why it is that 100,000 physicians have quit cigarette smoking.

11. Use the left hand. It is your custom to read the cigarette in the right corner of the month. Try the left side.

12. Make it a habit to get a cigarette. When you get a cigarette, get a cigarette. When you get a cigarette, get a cigarette.

13. Before you light up, ask yourself, "Do I really want this cigarette?" and if you are not sure, do not light it. Do not light it.

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18. Before you light up, ask yourself, "Do I really want this cigarette?" and if you are not sure, do not light it. Do not light it.

19. A smoker may find an unlighted cigarette in the month is helpful. Others enjoy handling and playing with a cigarette.

20. Cigarette smoking is a habit that is usually very well learned—learning the habit of smoking can be difficult. It can help by bringing into your habit chain to make you more aware of the number and frequency of your smoking behavior.

Dr. Sylvan Tomkins distinguishes four general types of smoking behavior. An abbreviated summary of the types follows.

Habitual Smoking.
The smoker is usually a man who has been smoking since childhood. He usually smokes a pipe or a cigarette in the month. He usually smokes a pipe or a cigarette in the month.

Addictive Smoking.
The smoker is usually a man who has been smoking since childhood. He usually smokes a pipe or a cigarette in the month. He usually smokes a pipe or a cigarette in the month.

Positive Affect Smoking.
The smoker is usually a man who has been smoking since childhood. He usually smokes a pipe or a cigarette in the month. He usually smokes a pipe or a cigarette in the month.

Negative Affect Smoking.
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100,000 doctors agree quit smoking cigarettes ... you can quit, too!

THE WEEK BEFORE Q-DAY
Think over your list of reasons why you should not smoke: the risk of disease, the blurring of the taste of food, the cost, the cough, the bad breath, the mess and smell of morning-after ashtrays.

Dr. Sylvan Tomkins distinguishes four general types of smoking behavior. An abbreviated summary of the types follows.

CLERK-TYPISTS
(GOOD TYPING SKILLS)
Pleasant Working Conditions, All Benefits.

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(GOOD TYPING SKILLS)
Pleasant Working Conditions, All Benefits.

Thursday, February 25, 1971

4-H makes urban sounds Music clubs help reach kids

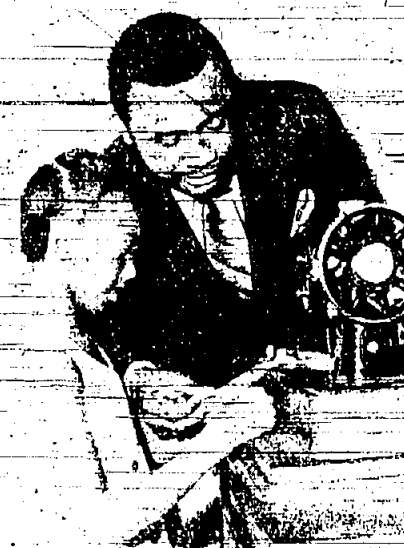
Underground Funk, The Cautions, The Young Souls, The DebTones.

When small groups of boys from city neighborhoods of Union County got together, these are the names they took.

But these aren't street gangs. They're the names of some of Union County's new 4-H music clubs.

The man behind this different look in Union County 4-H is Romaldo (Ray) James, 4-H agent with the Cooperative Extension Service since July.

"4-H groups and projects can give status to kids who have never had it," he says. "The different activities give them something to look forward to."



NEW WORLDS THROUGH 4-H — Romaldo James, 4-H agent in Union County, examines the sewing machine bag that Sherry Canfield is stitching up at the 4-H Opportunity Sewing Center in the Elizabethtown section of Elizabethtown. Sherry is one of hundreds of inner city youngsters who use the center daily to make and mend their own clothes and to learn how to make articles for sale.

RAY KNOWS WHAT he's talking about; he's worked with teens before.

After his graduation from Florida A&M University he taught fifth grade in Sarasota, Fla. His assignment in the army as information specialist also included organizing youth programs for the children of army professionals.

Following his army duty he served as program director for the Boys Clubs of America in Newark.

He was a substitute teacher in Newark, and later joined the Jersey City public school system as a full-time teacher.

He continued his education at Jersey City State College and was awarded an M. A. in education and teaching in 1968. He is now studying for a Ph.D. in urban planning at Rutgers.

"I'VE FOUND THAT one way to reach these kids is through music," he says.

"They are really concerned about music, and they practice all the time."

Ray first became acquainted with many of these music groups after he organized "Your Musical City." This was a caravan of bands in inner-city areas which played engagements, mostly on a volunteer basis, in Jersey City, Newark, Plainfield, Bayonne and Elizabeth.

By including these music groups to join the 4-H program, Ray has helped the kids continue their musical and social activities. In the "Underground Funk," a seven-member band led by 4-H leader Harold "Butch" Banks of Plainfield, won first place in a 4-H competition, the Union County Multi-Service Festival.

"These kids are really motivated," Ray says. "They've heard about other groups making it through music and that's what they're working for in the long run."

BESIDES BUILDING the reputation of the music group, the 4-H activities are good for individuals in the group too, as they mingle with other kids.

"A Little Bit of Heaven and a Lot of Hell" is an "improbable" game for a 4-H project, but another of Ray's clubs thought it deserved their project best.

This project is part of the activities of the 4-H Playmakers Guild, a group that meets in back of Elizabethtown's Little City Hall at 169 First St. Ray's undergraduate degree in drama has come in handy here.

"A Little Bit..." is a play about the deaths of 9/11 and it was written by the 4-H Club members.

The 20 guys and girls in the cast write all their own material and produce it for community groups. They performed "A Little Bit..." last fall during Senior Member Camp at the Rutgers 4-H Youth Center for Outdoor Education in Stokes State Forest.

Other plays have been done on narcotics and equally pertinent topics.

THE 4-H OPPORTUNITY Sewing Center at 173 First St., Elizabethtown, is another of Ray's projects. It is a well-lighted project that is available to the community since July.

Mrs. Esther Coffield of Elizabethtown, manages it. Mrs. Joseph Rinderer of 123 Sterling Pl.,

Union College officials will attend convention

Dr. Kenneth W. Iverson of Cranford, president, will represent Union College at the annual convention of the American Association of Junior Colleges in Washington, D.C., from Sunday through Friday, March 5.

Dr. Kenneth C. MacKay of Madison, executive director of the Union County Coordinating Agency for Higher Education, will also attend the conference.

Astronomy course \$1,887,000 in N. J. budget to begin March 8 for county higher education

An advanced astronomy course will be offered at Union College beginning March 8 at 8 p.m. The eight-week course at the William Miller Sperry Observatory is sponsored by Amateur Astronomers, Inc.

Topics to be covered in the course include Time and Celestial Coordinates, Telescopes and Accessories, Constellations, Forces in the Universe, Spectroscopy, Stellar Stars, Radio Astronomy and Space Probes.

Most of the students in the advanced course will be persons who are enrolled in a basic astronomy course offered last fall at the Observatory. Some background in astronomy is recommended for all others planning to enroll in the course, according to Patrick J. White of Mountaintop.

Enrollment is limited to 35 students. Registration deadline is March 1. All applications should be accompanied by a \$15 tuition fee.

Gov. William Cahill's 1971 budget submitted to the legislature on Feb. 16 includes \$1,887,000 in state aid to Union County for higher education. It was reported this week by Dr. Kenneth C. MacKay, executive director of the Union County Coordinating Agency for Higher Education.

Dr. MacKay said the \$1,887,000 appropriation for the 1971-72 academic year will support 3,145 full-time equivalent students; 2,400 at Union College, Cranford, Elizabeth and Plainfield, and 745 at Union County Technical Institute, Scotch Plains.

The state funds will be provided to Union College and Union County Technical Institute under contract with the Coordinating Agency to provide programs at the two-year college-

Union College also offers pre-engineering and pre-science programs, a program for first Opportunity Fund Project for educationally and economically disadvantaged students.

Other programs available at Union County Technical Institute are: Pre-business, pre-health, and pre-technical, and one-year certificate programs for library assistants, medical secretaries, technical secretaries, dental assistants, medical assistants, and practical nurses.

With the funds provided by the state as well as those appropriated by the Union County Board of Preadvisors, the tuition for full-time students from Union County will remain at \$300 a year or \$150 a semester at both Union College and Union County Technical Institute, Dr. MacKay said. The tuition for part-time students at Union College will remain at \$12 a credit per each semester, while the tuition for part-time students at Union County Technical Institute will remain at \$9 a credit hour each semester.

15¢ OFF WITH THIS COUPON

Toward the purchase of **MAXWELL HOUSE COFFEE** 2-LB CAN

GOOD ONLY AT TWO GUYS

One coupon per customer. Good thru Sat. Feb. 27, 1971.

Two Guys more for your money

PLUS YOUR MOST VALUABLE TRADING STAMPS FREE!

WE USE ONLY U.S. GOVT. GRANT CHOICE BEEF

SALE TODAY thru SAT.

15¢ OFF WITH THIS COUPON

Toward the purchase of **PKG. OF 150 BAGGIES SANDWICH SIZE**

GOOD ONLY AT TWO GUYS

One coupon per customer. Good thru Sat. Feb. 27, 1971.

TURKEYS SWIFT PREMIUM

BUTTERBALL 49¢

5 TO 12 lb. Avg. lb.

PRODUCE DEPARTMENT

BANANAS GOLDEN RIPE 11¢ lb.

LETTUCE FRESH CALIFORNIA ICEBERG 25¢ large head

ORANGES FLORIDA INDIAN RIVER 12 in 49¢

YELLOW TURNIPS U.S. #1 CANADIAN WAX 6¢ lb.

APPLES CRISP AIR MCINTOSH 3 lb. bag 39¢

YAMS TOP QUALITY SOUTHERN 2 lbs. 29¢

6¢ OFF WITH THIS COUPON

Toward the purchase of **6 CANS HEINZ SOUPS** 10 1/2-OZ. CANS

VEGETARIAN OR MEAT SAUCE

GOOD ONLY AT TWO GUYS

One coupon per customer. Good thru Sat. Feb. 27, 1971.

CHUCK STEAK 49¢

GROUND CHUCK 69¢

CHICKEN BREAST 59¢

DAIRY DEPARTMENT

MARGARINE NEW SOFT PAK 39¢

TIP TOP BREAKFAST TREAT 49¢ plastic 1/2-gal.

10¢ OFF WITH THIS COUPON

Toward the purchase of **WELCH'S - 18-OZ. JAR ORANGE MARMALADE**

GOOD ONLY AT TWO GUYS

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BONELESS STEAK SALE!

SHOULDER STEAK 1.23

CUBE STEAK

SWISS CHEESE 8-oz. 49¢

MORTON POT PIES CHICKEN, BEEF, TURKEY 6 8-oz. 89¢

10¢ OFF WITH THIS COUPON

Toward the purchase of **8 JARS HEINZ STRAINED FOODS**

GOOD ONLY AT TWO GUYS

One coupon per customer. Good thru Sat. Feb. 27, 1971.

ITALIAN SAUSAGE 79¢

SPARE RIBS 69¢

DRUMSTICK 29¢

ROCK CORNISH HENS 45¢

DUCKS 59¢

SLICED BACON 49¢

FROZEN FOOD DEPT.

SHRIMP COCKTAIL 3 4-oz. 79¢

OMELETS 3-PAK 69¢

ONTO EVERY CAR A LITTLE RAIN, SNOW, OR SLEET MUST FALL.

Life for an automobile is not all palm trees, polo ponies and white sandy beaches as some cars would lead you to believe.

With a Volvo, you can accept the winter for better and for worse.

For instance, every Volvo we send out into the world is covered with six coats of paint and primer, instead of a ton of chrome.

This is one of the reasons why 9 out of every 10 Volvos registered here in the last eleven years are still on the road.

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7 live wires take course

Seven journeymen electricians have been enrolled in a two-year live wire cable splicing course, sponsored by the Division of Continuing Education at Union County Technical Institute, Scotch Plains, according to Richard Kay of Newark Plainfield.

The students, all members of the International Brotherhood of Electrical Workers, Local 675, Elizabethtown, meet two nights a week to take the cable splicing course at UCTI, one of the few places in New Jersey where the course is taught.

Kay explained the course involves working with high voltage, high powered cables with copper diameters of four inches. After the cable is spliced, it must be covered with solder, insulated and then covered with tape, while still retaining the strong currency of the original cable.

Presently, few persons in the state are qualified to perform this process completely. Those who are usually work as consultants for electrical firms.

The UCTI course is taught by Robert Mumm of Elizabethtown, also a member of Local 675.

10¢ OFF WITH THIS COUPON

Toward the purchase of **4 PKGS. ROYAL PUDDINGS**

4 FOR 19¢ WITH THIS COUPON

CASH VALUE 1/20th OF 1¢

GOOD ONLY AT TWO GUYS

One coupon per customer. Good thru Sat. Feb. 27, 1971.

GENUINE (SHOULDER) LAMB CHOPS 98¢

STEER SLICED BEEF LIVER 49¢

TWO GUYS SKINLESS ALL MEAT FRANKS 69¢

SLICED-COLD CUTS 3-PAK 99¢

FRESH EXTRA LEAN GROUND ROUND 85¢

BIRDSEYE POTATOES REGULAR OR CRINKLE CUT 16-oz. 22¢

SHRIMP COCKTAIL 3 4-oz. 79¢

OMELETS 3-PAK 69¢

TWO GUYS PEACHES 5 1-cant. 99¢

HEART'S DELIGHT APRICOT NECTAR 3 46-oz. 51¢

HUNT'S 8-OZ. CAN TOMATO SAUCE 10 FOR 89¢

WESSON OIL 2.29

MILK BALLS 69¢

DETERGENT 39¢

APPETIZING DEPARTMENT

CHOPPED HAM 99¢

CHICKEN ROLL 59¢

TWO GUYS SODA 6 6-oz. 99¢

4-PC. METAL CANISTER SET YOU PAY ONE

FACE TISSUES 4 99¢

3-B ALL DETERGENT 1.89

ROSE LOTION VEL 39¢

PAPER TOWELS 39¢

PINEAPPLE 4 20-oz. 99¢

LADDIE BOY DOG FOOD 5 1 1/2-oz. 99¢

TINY SHRIMP 3-can pack 89¢

VIENNA FINGERS 15-oz. 41¢

PARFAIT COOKIES 12-oz. 47¢

ONE BOOK SPECIAL 3.97

4-PC. METAL CANISTER SET YOU PAY ONE

BEANS 3 89¢

CHEF BOY-AR-DEE 89¢

TWO GUYS BEETS 9 99¢

SARAN WRAP 100-F. 53¢

CHOCO. CHIP COOKIES 4 10-oz. 51¢

ANN DALE CHOCO. CHIP COOKIES 28-oz. 79¢

RICH N CHIPS 14-oz. 47¢

WEEKLY BONUS SPECIAL

CREW BATHROOM CLEANER BY JOHNSON 53¢

17-ounces. REG. 74¢

WITH A FOOD PURCHASE OF \$2 OR MORE. HOUSEWARES DEPT.

BAKERY SPECIALS!

WHITE BREAD 3 89¢

JEWISH RYE 29¢

STREUSEL FINGERS 43¢

GRILLED PEACH PIE 69¢

POP CORN 25¢

Two Guys OPEN DAILY 9:30 A.M. 'TIL 10 P.M. SUNDAY 10 A.M. 'TIL 6 P.M. *FOR SALES ALLOWED BY LAW

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