

COMMUNITY LETTERS

News Correspondents

West Hill

Mrs. Dan Mullen, Reporter
Dec. 28—Mr. and Mrs. Gerald Mullen and family and Mrs. Dan Mullen were in Rochester on business Monday afternoon.

Mr. and Mrs. Stanley Rex, Jr., of Dansville, called on Mr. and Mrs. Gerald Mullen Tuesday P. M. Julia Coats and John, of Andover were supper guests of Anna Mullen and family Thursday evening.

Mr. and Mrs. Burdette Hulse and son, Mike, called on Mr. and Mrs. Gerald Mullen Wednesday evening.

Mr. and Mrs. Adelbert Gayhart called on his Aunt, Mrs. Dan Mullen Thursday P. M.

Mr. and Mrs. Willard Hulse passed Sunday evening at the home of Mr. and Mrs. Gerald Mullen and family.

Mr. and Mrs. Howard-Sherman of Greenwood were Christmas Day supper guests of Mr. and Mrs. Burdette Hulse and son.

Mr. and Mrs. Daniel Mullen and family of Ganaseraga and Mr. and Mrs. Gerald Mullen and family were dinner guests of their mother, Mrs. Dan Mullen Christmas Day. Miss Donna Mullen and Dave Lehmann came in the evening.

Mr. and Mrs. Franklin Krtsen called on Mr. and Mrs. Gerald Mullen recently.

Mr. and Mrs. Nelson Brewster and Neil called on Gerald Mullen and family Friday P. M.

Mr. and Mrs. Carroll Peiffer and family have sold their farm here and moved to Zieglerville, Pa. Gerald Mullen called on his cousins, Mr. and Mrs. Dan Mullen of Slate Creek, recently.

Heart-To-Heart Talk

"It takes 45 years to develop this disease," the doctor said, "and what you've done in the past 15 minutes doesn't matter."

The doctor was Richard O. Bates, M.D., of Michigan, and he was holding forth on a subject close to everybody's heart. By way of clinching his point, he added: "Your chances of heart attack are just as good in bed as out mowing the lawn."

Dr. Bates sees little point to the old newspaper custom of checking hospitals after a heavy snowfall to find out how many persons have

died while shoveling snow. It really doesn't matter, he insists, because on an ordinary, un-snowy day you could probably find twice as many "who dropped dead while not shoveling snow."

To rising young businessmen he offers his own modest "recipe" for working up a coronary:

"Get a good job and make lots of money behind a desk. Eat plenty of meat and dairy products. Smoke two packs of cigarettes a day and never exercise."

On the subject of weight control, too, Dr. Bates, advice shuns the orthodox. He suggests ignor-

ing the standard weight tablets and watching the waistline instead. For every inch that should not be there, he says you can figure five undesirable pounds.

What are the chief enemies of a healthy heart? "Gluttony and indolence," according to Dr. Bates.

In short, more exercise coupled with less appetite indulgence is what the doctor orders. He does not pretend that it's easy, but thinks it's necessary if you're really interested in surviving beyond the middle age.

It's A New Year

Bells are ringing for a brand New Year! We hope it is the happiest ever, overflowing with peace, happiness and success. It is with grateful thanks to friends and patrons that we extend this message.

ANDOVER GARAGE

Nichols Bros. PHONE 4685 Andover
Distributors of Keystone Products



STEUBEN SILK MILLS

Card Of Thanks

I wish to express my sincere gratitude to the Andover Volunteer Firemen and Auxiliary, the neighbors and friends for the many acts of kindness and expressions of sympathy extended my Aunt Mary Gilfillan and family during their bereavement.
Martha McDonough Berds



We ring in the New Year with our warmest wishes for your success and happiness, best of health and prosperity in all the days to come.

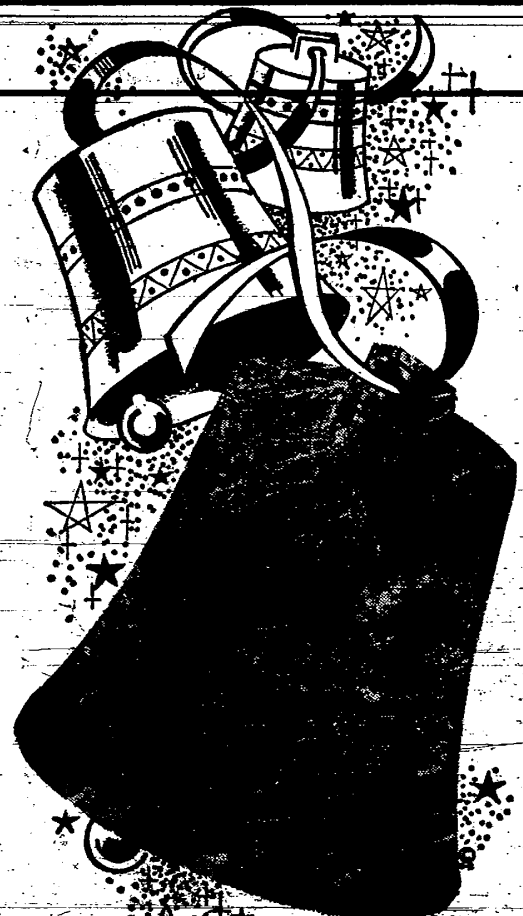
DR. S. B. SCOTT



"OK! I'LL TAKE IT FROM HERE!"

It's a bouncing New Year, full of bright new promises! We hope it lives up to all your fondest expectations!

Henry Stephens Insurance Agency



THE BELLS RING OUT OUR WARMEST WISHES FOR A VERY HAPPY NEW YEAR

James B. Mulholland Funeral Home

Andover, N. Y. Dial 478-4375 or 478-3465