

-Mr. and Mrs. James Burgett
and family of Williamsville, and
Sue Peters of Williamsville, and
Sue Suests of ther relatives. They returned home Monday, December 27th.

Mr. and Mrs. Frederick Midday, December 27th.

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Mr. and Mrs. Ralph A. Allen
Wayne Fossett and son, Jefberg of Crmp Springs, Md.

Mrs. and Mrs. Ralph A. Allen
Were, in Salamanca Thursday, Decentrer 23 to visit his mother, Mrs. S
Helen Allen. Enoute Loma, they
called, on her and. Miss. Isabelle
Lougitead at the Cuba, Memorial
Hospital. They were also Christmas Day visitors of his zunit Mrs.

R. Allen, at the Hilltop Rest
Home.

### American Red Cross News

The blood needs of the Rochester Red Cross Blood Center are increasing daily. Members of the Board of Directors of the Allegary County "Chapter, American Red Cross were informed at their quarterly board meeting, that 250 pints a day no longer meets the need. The center must collect at least 300 pints a day to meet the need of area residents.

Mrs. Jack Collins, Elm Valley:

med of area residents.

Mrs. Jack Collins. Elm Valley:
Dr. Roger Bluisdell Andover; Mrs.
Ralph Tompkins, Mrs. Mae Lauzze
and Mr. Richard Scutt of Wellsylle were elected to the nominat-

ville were elected to the nominating committee.
Center Chairman James Young Jr. Wellsville announced that the Chapter will hold its annual dincer meeting on Pahruary 6. This meeting is open to anyone who donates to the Red Cross.

nates to the Red Cross.

The following prints covering a period of July 1 to Dec 1 were received: Service to Military and Their Families — 86 eases given service: 4 one family fire disaster civen assistance: Blood Program — 5 bloodmobils visits resulting by collection of 657 n true of blood in first aid 22 certificates issued in familiary and 22 certificates issued in Cardiologumouary Resuscitation and 2 instructors. 2 instructor certificates is ned in Water

# Citz Bank Announce New **Banking Hours**

Beginning on Monday December 13 all seven offices of The Citizens National Bank & Trust Chimpany have extended banking hours. On those offernoons when the bank is oen the closing hour has been wien and to 4 mm. This increase, n. a. b. nk. wide basis total 23 Zu.d. s. no bours wookly

Thendow M is Tope resident of The Officers Notice Raph & Tope Common state that the tention is in hashing hour would be a meaning arrangement made needly by the interfact of the tention in the proposed of the proposed in propositions and improvements in propositions and improvements in propositions and interface to do not a fair to the hard to do not a fair to make the dotter of the policy of the tention of the fair to do not a fair to make the fair to do not a fair to make the fair to do not a fair to make the fair to the fair to make the fair to the

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view of the Concerner Credit
To an import you are a four of a my
and Priday: 0 a m to 19-20 a

more an Workspecial and four of a m., to 8 p. m., every Thursday

#### From Our Files

Barney, Norman Drew and Miss Barbara Bassett of Independence, started High School in Wellswife Tuesday,

Miss Eloise Mingus of Independence, started High School in Wellswife Willey Miss Hilda Clarke, Maxine Crandall, Betty Green, and Charles Spicer, all of Independence, sale attending school in Andover, Mrs. Lottie Drew moved into the W. J. Potter house in Independence, Sunday.

Mrs. Bessie Connell and sons David and Robert returned to their home in Elgin, Illinois after spending their vacation with her mother. Mrs. Lovina Osborne of Elm Valley.

Mrs. Gertrude Phalen of Au-burn died at the Buffalo Genéral Hospitál. September 2. Shaiwas a daughter of the late Warren and Sary Snow of Whitesville. She is survived by one daughter, Miss Mildred Phalen of Aubirn; two sisteris Mrs. Leon William of Whitesville and Mrs. Alice Mrs. Graw of Danselle de Buffal was in Whitesville. Buffal was in Whitesville Rural Ceme-tery. ley.
Mrs. tery. Rev. and Mrs. Charles Parsons

Rev. and Mrs. Charles Parsons and family of Branchville, N. J. were callers at the hone of Mr and Mrs. E. A. Mullen, Friday Rev. Parsons was a former pastor of Andoyate Freshsterien Church Wiss July Preshsterien Church Wisself Wisself William Wisself W

J. D. Cheesican attended Mrs. J. D. Cheesigan attended the funeral of her cousin. Mrs. Miles Dodge in Cancaded. Suhday. Miles Dodge was the corner Milder. A Brainard. daughter of Loubrainard.

Miss Natalie Shepard leaves today for Macaleste College at St. Mille Medicator of Physical Education for Momen.

Women.
Mr. and Mrs. Flord Hann, Miss.
Kina Caple and Mr. and Mrs.
Charles Caple and son Roy passed
the weekend at Howe Cavernismea.

Albany J. J. Oakes and daughter Leah left Monday for New York City where Leah entered the Moor Secretarial School. Mrs. Oakes will stay in the city for the Lack McDonough of Trougsburg staying with als grandmother. A!bany

is staying with his grandmother Mrs Anne McDonough and attend-tive school here.

Mrs. Guy' Hulin accompanied Mrs. Guy' Hulin accompanied Mrs. Hulin on his trio to Pitt-burgh Fo. last week.

Mr and Mrs. H. S. Therne and Mr and Mrs. Erwin Lewis attended the Syracuse Fair Thursday.

Mr and Mrs. Eduyne Nobles and daughter, Patricia of Towanda, Pawere weekend guests of her broth er, Mr and Mrs. Robert Churchana attended the Gee and Ghostles Reunion at the home of his parameters.

Simday.

Simday was returned to Detect Manday was he will take to be work as teacher after passing the summer vacation with his mother. Mrs. Fladge Dawson.

Mr. and Mrs. Forrest Gee and son. Lloyd of Cancadea were guests Saturday night at the home of Mr. and Mrs. Ira Conner.

# 30 YEARS AGO

September 12, 1946 Claire C. Backus, Publisher

Claire C. Backus, Publisher
Albert J. Rogers has purchased
property on Barney Street from
the Town of Andover, which was
formerly owned by Harry Kemp
and Leo Davis. He will build one
or more houses on the property to
les sold or rented to a veteran of
World War II.

Mrs. Vivian George, daughter of
the and Mrs. Ira Connor was marfried September 2 to Eddred Raw
leigh, son of Mr. and Mrs. Harry
Rawleigh of South Dansville
Victor L. Clark, Robert Jackson

Jackson

Victor L. Clark, Robert Jackson and Leslie Behn have culisted in the Navy and will go for examination the 20th of the month.

Staff Sergeant Ralph A. Allen arrived home Thursday hight on a 80-day terminal leave "Red" has been in the Army 45 month of the 24 r on his service, in the Function.

bat infantry Badge, A.T.O. and E.T.O. Ribbons with Bronze Bat-

hat Enfantry Badge, A.T.O. and E.T.O. Ribbons with Bronze Bat-tle Start and the Army Commen-dition Ribbon.

Pvt. Lyle Beil who bassed a 10-day furfough with relatives in And-over- and vicinity, returned to Car-ifornia, Friday night.

A Daughter was born to Mr. and Mrs. A. T. Gilkes, Jr., at the 81 James Mercy Hospital, Hornell September 8.

September 8.

Mr and Mrs. Lyle Ordway of New London, Conn., are parents of a daughter, Janice Lynn, burn Art

gust 31.

A son was born September a to
Mr. and Mrs. Herald Ford of All-

A son was born September 3 to
Mr. and Mrs. Herald Ford of Alllentown.

Mrs. Rafferthe Kellenberger

widow of the late Alois Kellenberger

died September 7 at the St.

James Mercy Hospital what is the St.

James Mercy Hospital what is 1888.

In 1897, she married Alais Kellenberger who field Schienter 30

1941. She is siftyied the fines 30

1942. She is siftyied the fines 30

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1946. She is siftyied the fines 30

1947. She is siftyied the fines 30

1948. She is siftyied the siftyied

moved to Livonia.

Mer. Manie Clair entertained a party of friends at her home Sunding enriversary of the 20th wedding enriversary of the 20th wedding enriversary of the 20th wedding A special time with refreshments served by the hostess was

Raymond June 52 of Harrell enjoyed.

Raymond June 52 of Harroll

Ice Cream manufacturer, was killed bridge little by the best of the bridge little by the best of the bridge strains and the bridge strains and b

Sinding Central School ocened creday September 3 — 515 students were enrolled. Kindergarten, Miss Recktenword 40 Mr. Connor, 1st Grade 28: Mrs. Hall 1st Chade 28: Mrs. Bennett 2nd Grade 23: Mrs. Grade 23: Mrs. Grade 23: Mrs. Grade 30: Miss Jordan 5th Grade 30: Miss Jordan 5th Grade 31: Miss Church 5th Grade 31: Miss Church 5th Grade 22 and Miss Elliott 3rd Grade 34.

Grade 34.
Class Officers: Seniors -- President Doris Wintemberg Vice President James Kessler: Secretary President James Kessler: Secretary James Burgett, Vice Polan. Secretary

President Pat Dolan. Secretary RoseMary Baker. Treasurer Helen Sophomores — President Evelyn Glover. Vice President Bob Consult Secretary - Treasurer Bob Betty Smith, Vice President Gloria Clair Secretary - Treasurer Barbara Wintemberg. 8th Grade — President Dean Fisher. Vice President Dean Fisher. Vice President Theresa Jovec Treasurer Matt Lynch. 7th Grade — President No Ann Marsh. Vice President Ron Sutor. Secretary - Treasurer Wayngs Atwell.

The Truture Farmers of America

The Future Farmers of Americand a few mond showing at the Allegany County Fair. A team of three monds of the Allegany County Fair. A team of three monds of the fair and three monds of the fair of the monds of t

Mrs. Ruth Runvon of Technologies a weekend mest of Mr. and Irs. Robert McCormick.
Mr. and Mrs. Carroll D. C.

Mr. and Mrs. Carroll Cardinal Cardina Cardina Cardinal Cardinal Cardinal Cardinal Ca Mrs. Oto Nye.

100

Basil Brunding spent a few that an average of \$7.5 to \$2.4 are on the Honor Rolley.

R. I., where he visited his sister. Mr. and Mrs. Brundage who has passed six weeks in Fall River accompanied him home Saurday.

(Aless Sylvia Hardy Events Berthalland of the Honor Rolley Annamaire Sky Grade & Rosetts Bross and him home Saurday.

(Aless Sylvia Hardy Events Berthalland of the Honor Rolley & Rosetts Bross and him home Saurday.

(Aless Sylvia Hardy Events Berthalland of the Berthalland o Hardy for a few days, left Monday to visit friends in Daylon, Ohio
Adore. Dor's Mulen, Is
in a few days, left MonOhio and daughter Mrs. Clifford
Ohio and daughter Mrs. Clifford
Wilkins of Allehund Aradics of
Andover Ariends Sampagay while
entoute to their homes after visit
ing at the home of their son and
Done of Ithaca.

Mr and Mrs. Otto Nice and sam
iby and Mrs. Helical Dulnham were
weekend guests of mrs. Sampagan
and Mrs. Helical Dulnham were
weekend guests of mrs. Sampagan
The Mrs. Allen Dulnham were
weekend guests of mrs. Sampagan
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Robert Pittman, Karem, McKenne,
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Sandra Dennison, John Edwards,
Joe Smith, Lori Driche

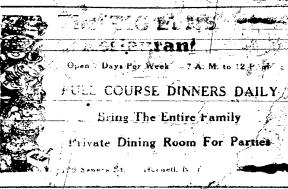
Grade 12 Scott Rollins Susan Hunt John Mills. Peggy Hanbach, Denise Higgins

Lee the Classified Ad Sections

# Greenwood Central School News

The Honor Roll for the First Quarter, has been released by of-ficials of Greenwood Central School. Students estaining an av-erage of 92.5 and above are on the High Honor Roll: those obtaining







# **Doctor** in the Kitchen®

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

#### DON'T BELIEVE FALLACIES

Nutrition misinformation is fraught with fallacies and myths. And in spite of the efforts of many informed people, fallacies and myths about food persist in America.

America.

It's a paradox, in a nation so well equipped to feed its people, that so many people believe things about food that are not true. Some of us think there is more mainutrition in America that is due to ignorance than to economics.

FOR THIS REASON, I am reprinting today some of the nutritional fallacies compiled a few years ago by the American Dietetic Association. Remember, all these statements are false, not

Obesity is due entirely to

heredity.

2. In the experience of some people, all foods turn to fat.

3. Meal-skipping is a good

to lose weight.

4. You can eat all you want and still lose weight if you take "reducing pills."
5. Special low-calorie bread

should be used in reducing diets.

6. Toast has fewer calories than bread.

7. One must not drink water when trying to lose weight. 8. Candy enriched with vita-

mins may be eaten when a per-son is reducing.

9. Washing rice after cooking

reduces calories.

10. Sugar is not as lettening as

starch.
11. High-protein foods and fruits have no calories. 12. Gelatin dessert is non-fat-

tening.
13. Milk should not be included

in a weight-reduction diet,,
14, "De-starched" petato chips 14. "De-starched" de net have calories.

15. Meat burns its own calories. 16. Margarine contains fewer calories than butter.

17. For reducing, eat high protein foods for a week; then eat anything you want for a week.

18. Grapefruit will reduce a per-

For the benefit of anyone who prefers to begin reading this from the end, let me repeat: all these statements are false!

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