



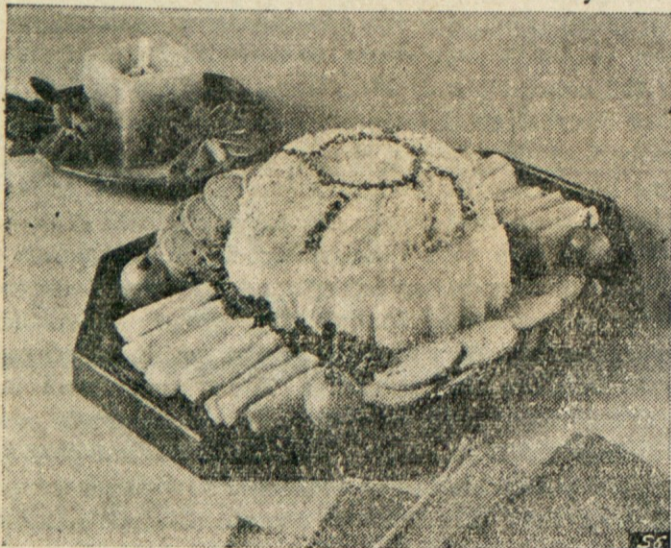








Liederkrantz Goes To A Party



On its 75th anniversary year, Liederkrantz puts on a party face with this mold sparkled with dry white wine, butter and brandy...

- Party Mold (Makes 6 cups OR enough for a 1-1/2 quart mold) 5 (4-oz.) packages Liederkrantz Brand soft ripened cheese 2 cups Chablis, or dry white wine

HEART ASSOCIATION SAYS CHANGES IN DIET WILL LOWER RISK OF HEART ATTACK

The American Heart Association recently reaffirmed its earlier advice that the American people should control the amounts of saturated fats and cholesterol in their diets if they hope to reduce the toll of heart attacks, which now claim more than 570,000 lives a year.

foods of high biological quality, careful planning is necessary to lower the intake of cholesterol without impairing the intake of foods high in protein.

Identifying Polyunsaturates On the subject of more accurate labeling to help consumers in marketing, the Heart Association statement said: 'Considerable confusion has resulted from the regulations forbidding manufacturers to label vegetable oil products with their actual polyunsaturated fatty acid content.'

Modifying Eating Habits According to the Heart Association recommended that healthy individuals, and especially those who are at an increased risk because a high fatty concentration has been found in their blood, adopt as soon as possible the following modifications in eating habits:

- 1. A caloric intake adjusted to achieve and maintain proper weight. Obesity is statistically associated with both hypertension and diabetes, and diabetes, and secondarily, with coronary heart disease.
- 2. A decrease in the intake of saturated fats, and an increase in the intake of polyunsaturated fats.
- 3. A substantial reduction of cholesterol in the diet.

or controlled include cigarette smoking, physical inactivity, and other diseases, such as diabetes, gout, and high blood pressure. Men generally are more susceptible to heart disease than women and both become increasingly susceptible with advancing years.

The statement was developed by the AHA Committee on Nutrition and authorized for release by the Central Committee for Medical and Community Programs. It was prepared primarily for the guidance of physicians and other professionals, but its recommendations have been translated by the Heart Association into two booklets for the general public.

Make Your Home Fall Safe

The National Safety Council reports prove that many homes are not safe. In 1967, 28,500 people died and 4,300,000 were injured in home accidents.

- 1. All windows should be at least 30 inches from the floor - if not they should be equipped with guard rails.
- 2. All floors should be clean and uncluttered.
- 3. Children should be protected from falling out of bed.
- 4. Loose rugs should have a non-skid backing, or be tacked down.
- 5. Each bedroom should have a night light in case someone should get up during the night.

Amateur Boxing Show

The Post Office Employees' Athletic Association was organized in 1933. Four of the early leaders are now deceased, namely: Henry Koch, Pete Laigno, Icky Mesnick and former Postmaster Michael O'Donnell.

Preserving Good Nutrition The Heart Association has issued statements on Diet and Heart Disease in 1961 and 1965. The earlier statements called for reduced fat consumption, combined with reasonable substitution of vegetable oils and other unsaturated fats for animal fats.

Gas Executions Washington - Death by lethal gas is the form prescribed for capital punishment in eight of the states.

HOW TO WIN BY A NOSE

New York (NAPS) - A rose by any other name would smell as sweet and a nose by any other name would perform the same miracles. But have you ever stopped to consider the magic of which your nose is capable?

Remember, like Dickens' David Copperfield, it will be a rich briny breeze from the sea mingled with the sharp odors of tar, ship's rope and fish. For Dickens' hero, these scents always brought him back to Yarmouth, the English seaside village where he and his nurse, Peggoty, spent such carefree holidays far from his cruel step-father.

For Marcel Proust, the distinguished French novelist, the smell and taste of a certain tea biscuit allow him to recall to the last detail complete days and scenes from his lonely childhood.

Psychologists tell us that the sense of smell is an especially important element in romantic and sexual love. Evidently, this fact was discovered in ancient times by peoples in the Far East, India, Egypt, and Greece.

Cleopatra's perfume jar, a small clay horse with a broken head, is now on display in a museum and the Bible is filled with references to the intoxicating effects of incense and myrrh.

Today, a woman's choice of perfume - or perfumes - is apt to be as individual as her taste in fashions, furnishings, food and flowers.

at work or at play. And she frequently enjoys switching from a lighthearted, garden-fresh bouquet for daytime to an exotic, deeply romantic blend such as Desert Flower for after-dark festivities.

- 1. When shopping for perfume, take your time and sample a variety before making a decision.
- 2. To evaluate its true, lasting fragrance let perfume blend with your skin and dry for several minutes.
- 3. Be sure to choose a fragrance YOU enjoy, since wearing a favorite scent gives you a life and actually makes you feel lovelier.
- 4. Don't be afraid to experiment with new perfumes and don't limit yourself to one type of fragrance.

Remember, though Gertrude Stein never said it: A nose is a nose. With a little practice and imagination you can use yours to add mystery, magic and increased perception to your life and the lives of those around you.

Comedy Hit Opens At Hanna Theatre

Stage and screen star Sylvia Sidney teams up with June Wilkinson, the former British pin-up symbol and answer to Italy's Sophia Loren and France's Bridget Bardot, and both co-star with Sammy Jackson of TV's 'No Time for Sergeants', in the Neil Simon comedy hit, 'Come Blow Your Horn', opening at the Hanna Jan. 6th thru Jan. 11th.

The hilarious plot of an 'expert' playboy living in a lively bachelor pad opens at the Hanna, Monday evening January 6 through Saturday evening, January 11th, on a holiday schedule of no matinees with Monday thru Thursdays at 8:30 p.m. and double headers two complete performances - on Friday and Saturday at 7:00 and 9:45 p.m.

The comic action of the play concerns a playboy son who dates a succession of pretty girls, including the 'upstairs' model 'Peggy' played by June Wilkinson, instead of settling down to running his father's waxed fruit business and marrying 'Connie' a local maid played by Kerry Slattery.

DEATH NOTICES

Chermely, Christ - Husband of Mary (nee Novak), father of Christian, brother of Mary Chermely, Josephine Hrobat, Louise Bizjak. Residence at 704 E. 157 St.

Klima, Joseph R. Sr. - Father of Joseph, Ronald, Constance Pastorius, brother of Mary Gray, Agnes Margolis, John, Frank, Martin. Residence at 1019 E. 63 St.

Zulich Insurance Agency advertisement for Frances Zulich, 18115 Neff Rd. - IV 1-4221, Cleveland 19, Ohio.

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