

the  
**Elks**  
magazine

March 1978

**Social Security: A Dream Renewed? • Is Your Youngster Suicidal?**



# Don't be fooled!



by Mike Senkiw  
Chief Agronomist  
Lakeland Nurseries

the one fully Guaranteed

MEYER Z-52

# ZOYSIA!



**LAKELAND NURSERIES SALES**  
Lakeland's Double Guarantee

**LAKELAND'S FAMOUS DOUBLE-SATISFACTION POLICY!**  
Lakeland Nurseries Guarantees That—

1. All Zoysia Plugs must be received by you in perfect condition or notify us within 10 days for free replacement or notify which-ever you prefer;
2. All Lakeland Zoysia Plugs must thrive after planting, or we will replace them FREE any-time within three full months!

There you have it—in writing—the reasons why we can state that—

**LAKELAND ZOYSIA GROWS DENSE, GREEN, PERFECT LAWNS IN ANY SOIL -- ANY CLIMATE THRIVES WHERE SEED & SOD FAIL**

There are no 'ands,' 'ifs,' or 'buts' about our guarantee. It's short and to the point. But it's as complete as complete can be! That's why you invest in a sure thing with Lakeland Zoysia Plugs.

**The importance of a 3-month Guarantee**

Ask any soil and plant expert. He'll tell you that a 30-day or 45-day guarantee—the kind others offer—are 'iffies' at best. Weather changes may be slight in a month or so. But a Full Three Months Guarantee...that's foolproof protection...complete protection. And that's what Lakeland gives you! Don't settle for anything less. Remember! When you invest your hard-earned green in Lakeland Zoysia, you get perfect thriving green in return.

**Guaranteed-to-grow Lakeland Zoysia Plugs are the lowest priced!**

Don't be hoodwinked by those who boast they pay shipping charges. Just compare our prices against theirs! You'll probably find they've cleverly disguised shipping costs in much higher prices.

**Finest quality, too!**

Lakeland Zoysia Plugs are the finest quality, famous Meyer Z-52 Zoysia Grass...planted, cultivated, harvested, and packaged at our own facilities under exacting professional standards. Our complete dedication to unsurpassed quality and horticultural integrity is the key reason millions of loyal Lakeland customers have continued doing business with us for over 44 years. So, join them...insist on the real thing. Demand the highest guaranteed quality. Insist on Lakeland Zoysia.

**Saves money, headaches!**

How often have you spent good money on seed and sod...spent hour after hour nursing it, slaving over it, only to watch it wash away in a heavy or prolonged rain...scorch blotchy-brown in the sizzling sun? Lakeland Zoysia ends these disappointments, wasted investments. Even through killing heat and drought, Lakeland Zoysia remains a lush, rich green. Yes, your investment is smaller, safer, and more beautiful on the Lakeland side of the fence!

**Sharply cuts your work! Needs little or no care!**

Lakeland Zoysia liberates you from 'lawn slavery'!! Plugs spread out in a lush, rich growth of green...chokes out crabgrass and weeds in its path. Never requires reseeding. Needs much less watering. Best of all...cuts the heavy, sweaty, time-consuming drudgery of mowing by a huge 2/3rds! Summertime can truly be fun-time—not lawntime!

**Practically indestructible!**

Merely place the living, pre-cut Lakeland Zoysia Grass Plugs in the ground. They flourish thicker...wider...covering your entire lawn area. No need to rip out existing grass! Once established, your Lakeland Zoysia 'lawn carpet' becomes so tough, so resilient, it withstands cook-outs, lawn-parties, and children's play. Even thrives on clay or sandy soil. Color fades only with a sharp frost...but renews itself gloriously rich and green in the spring. Lakeland Zoysia is the hardest, most carefree grass for every climate! Plant plugs 1-foot apart. Easy instructions included.

**No-bend, step-on Plugger for fast, easy planting**

Light, but rugged, 2-way Plugger operates from standing position...eliminates back-breaking labor. Cuts away present growth...prepares a perfectly proportioned hole for each plug. Fast, easy, efficient...anyone can use it!

**ASTOUNDING LAKELAND ZOYSIA FACTS**

- Perfected by the U.S. Government
- Released by the U.S. Golf Association, Green Section
- Won't Winter-Kill...survives 30° below zero
- Won't Heat-Kill...when other grasses burn, Zoysia stays green
- Never needs replacement
- Thrives in 'problem' spots...slopes, bare areas
- Resists insects and disease
- Chokes out crabgrass, weeds
- Needs less mowing...less watering...than ordinary grass
- Plugs in without ripping out present grass

**LAKELAND NURSERIES SALES, Dept. L-1158 Hanover, PA 17331**

Please send the guaranteed Zoysia Plugs checked below:

<input type="checkbox"/> FULL SIZE (L000778H) \$4.95	<input type="checkbox"/> 100 PLUGS (L000927Y) Plus Bonus of 25 FREE PLUGS \$4.88	<input type="checkbox"/> 100 PLUGS & PLUGGER (L000950Y) PLUS 25 FREE PLUGS \$7.88 (SAVE \$1.95)
<input type="checkbox"/> 200 PLUGS (L000935Y) PLUS 50 FREE PLUGS \$8.88 (SAVE \$3.32)	<input type="checkbox"/> 200 PLUGS & PLUGGER (L000968Y) PLUS 50 FREE PLUGS \$11.88 (SAVE \$5.27)	
<input type="checkbox"/> 500 PLUGS (L000943Y) PLUS 125 FREE PLUGS \$18.88 (SAVE \$11.62)	<input type="checkbox"/> 500 PLUGS & PLUGGER (L000976Y) PLUS 125 FREE PLUGS \$21.88 (SAVE \$13.57)	
<input type="checkbox"/> 1000 PLUGS (L003293Y) PLUS 250 FREE PLUGS \$28.88 (SAVE \$32.12)	<input type="checkbox"/> 1000 PLUGS & PLUGGER (L003301Y) PLUS 250 FREE PLUGS \$31.88 (SAVE \$34.07)	
<input type="checkbox"/> 1500 PLUGS (L007633Y) PLUS 375 FREE PLUGS \$37.88 (SAVE \$53.62)	<input type="checkbox"/> 1500 PLUGS & PLUGGER (L007666Y) PLUS 375 FREE PLUGS \$40.88 (SAVE \$55.57)	

Zoysia also on sale at Lakeland Nursery Barn, U.S. Rte. 30, W. Abbotstown, PA., 20 min. East of Historic Gettysburg.

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

# Printer Break- through



*A new 10-digit display calculator with the world's first dual-element integrated printing head will revolutionize the printing calculator.*

*The full-featured \$89.95 Canon P10-D with its one-year parts and labor limited warranty is the greatest printer value ever offered by JS&A.*

Hats off to IBM. Their single-element typing system did away with typewriter keys and started a new technology.

The new Canon P10-D printing calculator starts another new technology. Their dual-element printing system does away with the standard printing head which required a separate disc for each column. The Canon has only two discs—one with digits and the other with symbols.

The P10-D head weighs only ½ ounce compared to 31 ounces in a typical printing head. Its motor weighs only nine ounces—again much less than the heavier conventional motors required to drive larger heads. The Canon motor is smaller, lighter and more efficient because it moves less weight.

### THE MOST EFFICIENT SYSTEM

The printing head is controlled by an LSI (large scale integrated circuit). As you press a key, a pulse is generated from this circuit and sent to the motor which does two things: 1) positions the two discs to print the numbers or symbols and 2) glides the numeric disc across the ten column width of the paper.

Conventional printers print from metal discs through thick fabric ribbon onto paper. The Canon system prints directly on paper so each impression is sharp, clear and easy to read. The synthetic polymer disc is first inked by a special cartridge before it prints. Each ink cartridge is easily replaceable. The cartridge lasts for more than 15 rolls of paper at a cost of 17¢ per roll—far less than any other system.

### PLAIN PAPER PLUS

Using standard paper tape is only one of several advantages that make the Canon a truly spectacular value. Here are some other exciting new features:

**Dual Power** Operate the Canon from either your AC outlet or its built-in rechargeable batteries. It's totally portable, yet it also makes a handsome desk calculator.

**Dual Display** Just flip a switch and the 10-digit large green fluorescent display can be used with or without the printer.

**Space-Age Styling** Compare the sleek appearance of the Canon with any other printer. It's small enough to fit in your briefcase and large enough to use as a space-saving desk unit. It measures only 1¼" x 4¼" x 8½", weighs only 24 ounces and the paper tucks into the body of the unit—perfect for travel.

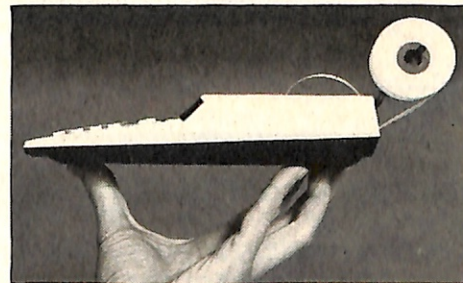
**Buffered Keyboard** If you enter your prob-

lems faster than the printer can print them out, don't worry. The unit's memory stores your keystrokes and prints them out in rapid succession.

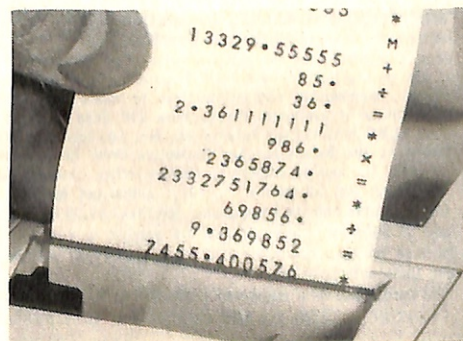
We have always looked at small printers as gimmicks—calculators that lack many important features. We were surprised with the Canon. It has features that far exceed most printers costing hundreds of dollars more.

The following is a list of those features: 10 digit capacity • full four-key memory • addition, subtraction, multiplication and division • percentage key • add-on and discount calculations • power and reciprocal calculations • repeat calculations • add-mode • switch for full-floating or second and third fixed decimal positions • round off or round down switch • paper tape advance.

There are other convenient features that make it perfect for people who spend hours at their calculators. There's a three-digit item counter that counts and prints out the number of entries while printing your total. The symbols on the right side of the tape tell you the nature of each entry. Even in its battery



*The sleek appearance of the Canon P10-D makes it a handsome addition to any desk.*



*The direct-impression dual discs print cleaner and sharper on conventional paper tape.*

operated position, you could print out more than half a roll of tape before the unit signals you that its batteries are low.

### A NEW WAY TO BUY

JS&A offers you a new way to buy your 10-digit Canon P10-D. First we give you the opportunity to use one for 30 days. Carry it in your briefcase. Put it on your desk and see how handy it becomes and how little space it takes up. Check the paper tape and see how clear and easy-to-read it is. Bring it home and let the whole family use it.

Then, within 30 days, decide. If the Canon is not perfect for you, return it for a prompt and courteous refund. And if you do return it, not only will we still consider you one of our good customers, but we will also refund your \$2.50 postage, let you keep the paper tape, and thank you for giving us the opportunity of showing it to you. We couldn't be more positive about the quality and value of this incredible new product.

JS&A is America's largest single source of space-age products. We have been in business for over a decade—further assurance that your modest investment is well protected. Canon is one of the world's largest manufacturers of cameras and precision quality instruments and is highly respected as a quality manufacturer of electronic products.

The Canon costs only \$89.95 plus \$2.50 for postage and handling and includes a free roll of tape, one ink cartridge, rechargeable batteries and a power cord/charger. It's an incredible value thanks to its new technology. To order, send your check to the address below (Illinois residents add 5% sales tax) or credit card buyers may call our toll-free number.

Space-age technology has produced another major product breakthrough. Order your Canon P10-D at no obligation today.

**JS&A** NATIONAL SALES GROUP

Dept. E.L. One JS&A Plaza  
Northbrook, Ill. 60062 (312) 564-9000  
Call TOLL-FREE . . . . . 800 323-6400  
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Polara  
gives it  
to you  
Straighter



Polara is the only ball that limits hooks and slices up to 75%. Polara meets all USGA specifications. In fact the USGA has stated it can be used to establish official handicaps. Polara – excellent distance, superb wind ball, putts true. Polara – now you can put more power in your swing and remain on the fairway. Polara protects against defective balls. They may be out of round, out of balance or imperfect. Result, you hook or slice. Polara's patented dimple design proves the facts. Order today.

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	(reduces slices & hooks up to 75%)
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	(Calif. residents add sales tax 6.5%)
My <input type="checkbox"/> check <input type="checkbox"/> money order is enclosed.	
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<input type="checkbox"/>	Master Charge
<input type="checkbox"/>	Diners Club
<input type="checkbox"/>	Carte Blanche
Account No. _____	
Signature _____	
Exp. date _____	
Name _____	
Address _____	
City _____	State _____ Zip _____
Mail to POLARA ENTERPRISES INC.	
15720 Winchester Blvd. Los Gatos, CA 95030	

# the Elks magazine

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**Cover: Horse and buggy**

Joseph C. Quinlan

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A message from the  
Grand Exalted Ruler

## ELKDOM'S STANDARDS LIVE

In an address to the Constitutional Convention in 1787 George Washington appealed to the delegates to "... raise a standard to which the wise and honest can repair . . ." America's history since then has not been without examples of human folly. Nevertheless our country has grown great and prospered as no other before or after because, on the whole, our people have followed Washington's counsel.

We have held to high standards of justice. We have defended freedom in all of its aspects. We have encouraged political, economic and social cooperation to the benefit of all people.

The Founding Fathers of Elksdom likewise raised high standards when they brought this fraternity into being 110 years ago. It is to the everlasting credit of those who came after them—down to and including today—that Charity, Justice, Brotherly Love and Fidelity have remained living principles. They live because they are practiced every day, in thousands of ways, by generous, thoughtful, concerned Elks working together in their lodges throughout America, their efforts sustained and strengthened by the happy fellowship traditional with Elks.

This can all be summed up as individual responsibility. It's individual responsibility that makes democracy work and that gives Elksdom its unique character. Let us always stand steadfastly by the standards that we have raised confident that **Individual Responsibility Assures Progress.**



CHARITY  
BROTHERLY  
LOVE  
FIDELITY  
JUSTICE

**"Individual  
Responsibility  
Assures Progress"**

A handwritten signature in cursive script that reads "Homer Huhn, Jr.".

Homer Huhn, Jr.

# What you don't know can't hurt you, right? Wrong. It can kill you!



That's why you need this remarkable new

## ELECTRONIC BLOOD PRESSURE KIT.

How much money? The cost for the complete Astropulse 10 Kit is only \$69.95 plus \$3.00 for postage and handling. (Illinois residents add 5% sales tax.)

### You owe it to yourself to try it.

Order your Astropulse 10 Kit. Use it (without obligation or risk) for a full 15 days. Take your blood pressure at least once a day, more often if you like. You'll not only see how easy it is to use, you'll see how much more relaxed you are when you *know* what your blood pressure is.

If you're not thoroughly pleased with your Astropulse 10 Kit, for any reason, return it within 15 days and your money will be refunded in full. Or you will be issued a credit if you paid by credit card.

**IF YOU REALIZE THAT WHAT YOU DON'T KNOW CAN HURT YOU, DON'T WAIT. Order your Astropulse 10 Kit immediately.**

### © Douglas Dunhill, Inc.,

A Cordura Company

Mail This Coupon or

**CALL TOLL-FREE 800-621-8318**

Illinois residents call 800-972-8308

You don't  
even need  
a stethoscope

Know how many Americans are suffering from hypertension right this very moment? 25 million, maybe more. And half of them don't even know they have it.

It's frightening. But it doesn't have to be. You should have your blood pressure checked every time you visit your doctor. And, just as important, you should check it yourself between visits.

### Now it's easy to do.

With the remarkable new Astropulse 10, it's incredibly easy to keep a regular check on your blood pressure. You don't have to be a doctor or nurse. You don't need special training. You don't even need a stethoscope.

Here's all you do: slip the cuff on, tighten it, and then inflate it by squeezing the rubber bulb. Astropulse 10 does the rest. Its micro-electronic circuits and microphone transducer pick up your pulses, measure them, and relay the information to the meter which, in turn, immediately indicates *both* pressure readings in big, easy-to-see numbers. It also flashes an LED signal and emits a sound at both blood pressure readings to assist the hard of hearing or visually handicapped.

It's almost as easy as taking your temperature. And, of course, it's far more important.

### Ask your doctor about it.

Doctors know the danger of hypertension. They know the importance of checking a patient's blood pressure. And they know it's neither convenient nor economical to visit the doctor daily (even weekly) to do something the patient can do just as well himself.

Just remember that Astropulse 10 is an aid to the doctor, not a substitute for a doctor, and you'll realize that this remarkable new Electronic Blood Pressure Kit is well worth the money.

#### DOUGLAS DUNHILL, INC.

4225 Frontage Road DEPT. 3153 E  
Oak Forest, IL 60452

Please send me \_\_\_\_\_ complete Astropulse 10  
Kits @ \$69.95\* each plus \$3.00 shipping and  
handling for each Kit.

Check or money order for \$ \_\_\_\_\_  
is enclosed.

#### OR CHARGE MY

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\* Illinois residents add 5% sales tax.

3153 E



• Most interested in the picture of Multnomah Falls on the cover of the January issue. The falls have a special meaning for my wife and I as we stood on that very bridge last May.

K. A. Shelton  
Bakersfield, CA



• Could not find Multnomah Falls on the map. Would you please tell me where it is in Oregon?

Mrs. Robert E.  
Williams  
Leavenworth, KS

*Multnomah Falls is east of Portland,*

*Oregon, and south of the Columbia River. On a detailed map you'll find it at 45° 35'N and 122° 07'W.*

• Read with considerable interest G. R. von Kronenberger's article, "The Metric Challenge," (January, 1978).

I find it accurate and very informative, with one exception. It stated that "President Andrew Johnson signed a bill in 1886 permitting the use of metrics . . ." Whereas this bill created metrics as the legal system of measurement in the United States, our customary measurement of foot, pounds, and gallons is the accepted, but not the legal, measurement.

Kenneth Mager  
Idaho Bureau of Weights & Measures

• It appears the first challenge of "The Metric Challenge" is to complete the article after reading the first column.

John P. Fiala  
Warm Springs, OR

• Just read "The Metric Challenge" in the January, 1978, issue, and want to congratulate you for printing a practical, factual article on the subject. Your readers were given an excellent dissertation on the U. S. situation regarding metrication.

In case your readers are interested in answers to the questions asked most frequently about our changeover to the metric system, plus some guidance on an easy way to learn the everyday metric units, the U.S. Metric Association has prepared a mailer that is available for just 50¢ to cover costs of printing and mailing. Write U.S. Metric Assn., Sugarloaf Star Route, Boulder, CO 80302, enclosing 50¢ for *Answers to Questions You May Have About U.S. Metric Conversion*.

Valerie Antoine, Vice President  
U.S. Metric Association, Inc.  
Northridge, CA

Letters must be signed and may be edited. Address to: Letter Editor, *The Elks Magazine*, 425 West Diversey, Chicago, Illinois 60614.

**"I lost 5 inches from my waistline..."**

says Bill Parker

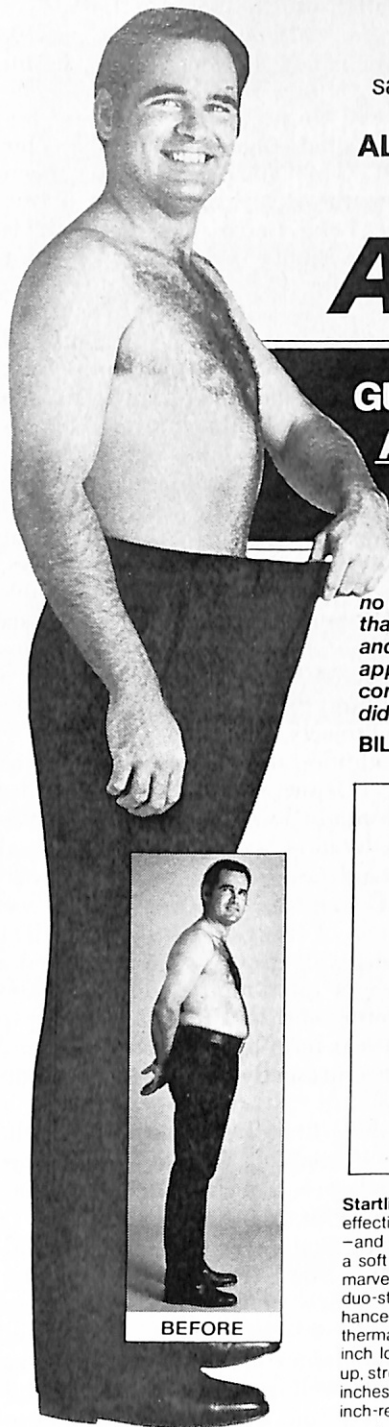
**"...over 7 inches from my waist and tummy"**

says Nancy Blair

ALL IN JUST 3 DAYS WITH THE MOST ASTOUNDING  
**Waist and Tummy Reducer**

# Astro-Trimmer™

**GUARANTEED TO REDUCE YOUR WAIST AND ABDOMEN 4 TO 8 INCHES IN JUST 3 DAYS OR YOUR MONEY BACK!**



**BEFORE**

**AFTER**

Bill Parker...over 5" off waistline in just 3 days.



**BEFORE**

**AFTER**  
Nancy Blair...her incredible results in just 3 days.

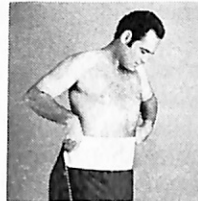
"...and it was a piece of cake—no diets, a simple ten minute program that got rid of the inches for good—and just look at the difference in my appearance! The inches have not come back—here is a product which did everything it promised—and more!"

**BILL PARKER**

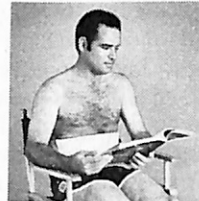
"I wouldn't have believed the inches could come off so fast—4" off my tummy—over 3" off my waist in just three 10 minute sessions. It really shaped up my figure—I just couldn't be more thrilled!"

**NANCY BLAIR**

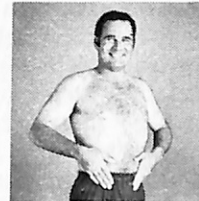
HERE IS HOW IT WORKS:



Bill wraps the Astro-Belt completely around his waistline, before hooking the Astro-Bands to a convenient doorway. He is then ready to perform one of the pleasant, marvelously effective Astro-Trimmer movements—just about 10 minutes.



Now Bill simply relaxes a few moments with his Astro-Belt in place. His Astro-Trimmer movements have triggered the Astro-Belt's incredible inch-reducing effect which goes on working even as he relaxes.



After his brief period of relaxation, Bill removes his Astro-Belt. His waistline is already tighter and trimmer. Bill lost 2 1/4 inches on his waistline the very first day—and over 5 full inches from his waistline in just 3 brief ten minute sessions.

**Startling discovery**—thousands of users are finding the Astro-Trimmer to be the most sensationally effective and the most fun to use slenderizer of all time. It is a marvel of ease, comfort and efficiency—and a pure joy to use. The Astro-Trimmer's totally unique design consists of a double layered belt—a soft nonporous inner thermal liner which wraps completely around your mid-section producing a marvelous feeling of warmth and support—and a sturdy outer belt that attaches you to the super duo-stretch Astro-Bands which you hook to any convenient doorway. These duo-stretch bands enhance your slightest movements and transmit their effect—greatly magnified—directly to the inner thermal liner of the belt to produce an absolutely unequalled inch-reducing effect. In fact, for sheer inch loss, the Astro-Trimmer is supreme. Try it for yourself—at our risk—just slip on the belt, hook it up, stretch and perform one of the easy-to-do movements in the instruction booklet and watch the inches roll off. Men and women from 17 to 70 are achieving sensational results from this ultimate inch-reducer. Results like these:

**Laurie Jensen**—"It was easy and so much fun. The Astro-Trimmer totally transformed my figure—took 3 1/2 inches off my waistline and 5 inches off my tummy in just 3 days—and best of all, the inches stayed off!"

**Fred Masters**—"No matter what I tried—dieting, exercise—I was never able to get rid of the roll around my mid-section. Then Astro-Trimmer came along and reduced my waistline 6 full inches—from 38 1/2 to 32 1/2 inches—in just 3 days without dieting."

**Denise Dean**—"Was amazed! After just 3 days on the Astro-Trimmer program I lost a total of 9 inches!"

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## Saranac Lake, New York, Lodge No. 1508 Presents

### Leonard J. Bristol for Grand Exalted Ruler

Saranac Lake, New York, Lodge No. 1508 of the Benevolent and Protective Order of Elks, in its regular session on December 28, 1977, unanimously resolved to respectfully present to the Grand Lodge the name of its most distinguished member, Leonard J. Bristol, for the office of Grand Exalted Ruler for the year 1978-79.

Brother Bristol was born in New York City on April 28, 1919. When he was eight years old, his family moved to Peekskill, New York. He attended the parochial and public schools of that city and was graduated at the Peekskill High School in 1937. He received his pre-medical education at New York University and at the end of his junior year was accepted at The Long Island College of Medicine. He was awarded his Doctorate of Medicine in 1944.

Following his internship at St. Catherine's Hospital, Brooklyn, New York and his Radiological Residency at The Long Island College Hospital, he served as Assistant Radiologist at the National Naval Medical Center, U.S. Navy Hospital at Bethesda, Maryland. He was also a full-time fellow in Radiology at The Johns Hopkins University Medical School, Baltimore, Maryland.

His keen interest in lung diseases was the primary reason for his migration from Johns Hopkins Hospital to "the little village in the Adirondacks," Saranac Lake, New York.

In September, 1948, he accepted appointments to the Clinical and Research Staffs of the Trudeau Sanatorium and the Edward L. Trudeau Institute. His

work at these centers led to national recognition.

In 1949 he became Director of the Department of Radiology of Trudeau Sanatorium, and presently is Director of the Department of Radiology of the Trudeau Institute, Inc., at Saranac Lake, New York.

He is a Special Consultant to the Center for Disease Control, National Institute of Occupational Safety and Health, Education and Welfare, Morgantown, West Virginia. He was also a contributing member to the 1971 International Classification of Radiographs of the Pneumoconioses. Brother Bristol is a Diplomate of the American Board of Radiology and a Fellow of the American College of Radiology. He is also a member of: American Medical Association; Eastern Section American Trudeau Society; Franklin County Medical Society of which he was President 1965-66; New York Medical Society; Saranac Lake Medical Society, and is a Charter Member of the Northeastern New York Radiological Society.

Although extremely busy at his profession, Brother Bristol found time to serve his community as well. He is a third degree member of the Knights of Columbus; American Legion Post No. 447; and the Saranac Lake Rotary Club for the past 28 years, serving as President in 1969. He also served on the Saranac Lake Central School Board of Education for a period of sixteen years, thirteen of which were as its President, as well as being a member of the Board of Directors of the New

York State School Boards Association.

Initiated into the Saranac Lake Elks Lodge No. 1508 on February 22, 1950, he immediately became active in all Lodge activities. Starting as Esquire he progressed through the chairs and became Exalted Ruler during the year 1956-57. He later served for seven years on the Board of Trustees of the Saranac Lake Lodge. Currently he is on the Advisory Board of the Past Exalted Rulers Association of his home Lodge.

In recognition of his distinguished service to Elkdom and the community, the Saranac Lake Lodge voted him an Honorary Life Membership in 1957.

Along with remaining extremely active in his own Lodge, his devotion to Elkdom assumed wider dimensions and added responsibilities. A Past President of the New York State Elks Association, Chairman of the New York State Scholarship Committee for two of his six years of service, he is currently a member of its Advisory Committee and a Director of the New York State Elks Major Projects, Inc.

In addition to his appointment as District Deputy Grand Exalted Ruler by the then-Grand Exalted Ruler William A. Wall in 1961, he has also served the Grand Lodge on the State Associations Committee. Brother Bristol was Chairman of this Committee from 1971 through 1973. He was then appointed a member of the Grand Lodge Activities Committee and in 1974 was elected to a four-year term on the Board of Grand Trustees, presently serving as its Chairman.

Brother Bristol is married to the former Virginia C. Gallagher. They are extremely proud of their seven children: Noreen (Mrs. Donald Oslander of Madison, Connecticut), Kevin of Middletown, New York, Kathleen (Mrs. Terry Bailey of Saranac Lake, New York), Dennis of Dallas, Texas, and Michael, James and Eileen of Saranac Lake, as well as their five grandchildren. His son Kevin is a member of Middletown, New York Lodge No. 1079 and son-in-law Donald Oslander is a member of Westbrook, Connecticut Lodge No. 1784.

Therefore, Saranac Lake, New York, Lodge No. 1508 proudly and respectfully presents Leonard J. Bristol as its candidate for the office of Grand Exalted Ruler, with confidence that his earnest and diligent efforts in behalf of his own Lodge and his splendid contribution to the New York State Elks Association and to the Grand Lodge, together with his excellence in leadership, make him an outstanding candidate for this high office.

Frederick Oberst, Exalted Ruler  
Emery J. Fullaytor, Secretary



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# SOCIAL SECURITY: A DREAM

Congress gave the nation a Christmas present in 1977: a new package of amendments to the Social Security law. Just like all too many Christmas presents, however, no matter how carefully chosen, this one may not be exactly what the recipient wants. It isn't even exactly what the giver had in mind, since President Carter had made requests which the Congress chose not to meet and since the final bill is, as always, a compromise between House and Senate measures.

Opinion is sharply divided. Proponents of the bill say that it has solved the financing problems of the social security system. Without this legislation, the disability trust fund would have run out of money in 1979, the old-age trust fund in 1982 or 1983. With this legislation, the disability trust fund is supposed to be secure until the year 2007, the old-age fund until 2030. As the Conference Committee puts it: "The bill makes provision for strengthening both the short-term and long-range financial stability of the program . . . and provides adequate financing well into the next century." Critics, however, claim that such projections are over-optimistic. "Historical experience with inflation is no longer valid," says James M. Hacking, assistant legislative counsel for the American Association of Retired Persons; "such long-range plans are sheer speculation." Critics including the AARP, also claim that the bill is a disastrous inflationary measure which will create as many problems as it may solve.

What, exactly, does the bill provide?

**Its major provision**, designed to raise \$227 billion in additional revenue from 1979 through 1987, is a sharp increase in payroll taxes. The tax rate for employed workers will rise from 5.85 percent in 1977 to 7.15 percent in 1987; the tax rate for the self-employed will go from 7.9 percent in 1977 to 10 percent in 1987. At the same time the wage base itself will rise, even more sharply, from \$16,500 in 1977 to \$42,600 in 1987. The wage base actu-

ally rises by legislative mandate, step by step, only to \$29,700 in 1981. Thereafter it will rise in line with inflation in wages. With an assumed inflation rate of 5.75 percent, government actuaries are projecting a 1987 wage base of \$42,600.

The impact: Where a middle-income wage-earner was paying 5.85 percent on earnings up to \$16,500 in 1977 (although he may have earned considerably more), or a maximum of \$965, the same worker, if his wages keep pace with inflation, will be paying 7.15 percent of \$42,600 in 1987, or a maximum

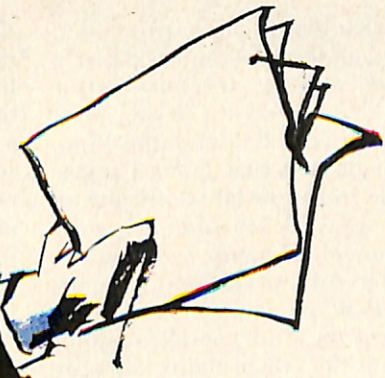
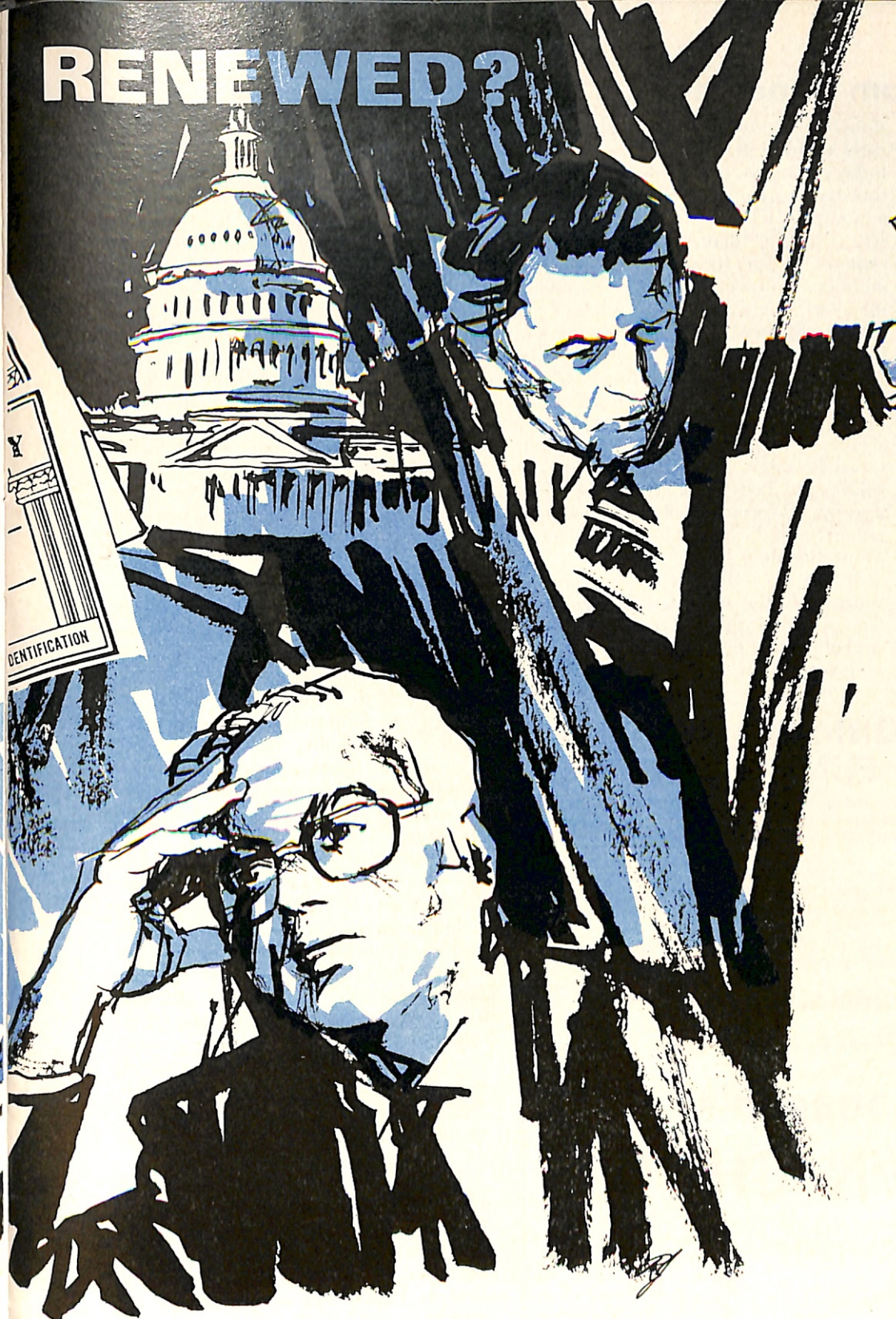
of \$3,046. Lower-income workers are affected too. The government estimates that a worker who earns \$10,000 in 1978, on which he pays \$605, will earn (with inflation) \$18,600 in 1987, on which he will pay \$1,330 in social security taxes. When social security began, back in 1935, a wage-earner paid 1 percent of the first \$3000 in earnings—or a maximum contribution of \$30. Times have certainly changed.

The tax increases under the 1977 legislation will begin in 1979. The bigger bite you see taken out of this year's paychecks reflects previously-mandated



# RENEWED?

by Grace Weinstein



increases: the 1978 contribution is 6.05 percent of earnings up to \$17,700; the maximum tax is \$1,071.

The legislation is primarily a tax measure. But it does include other provisions:

**It "decouples" social security** from the double effects of both wage and price inflation, ending an error which crept into the system in 1972, and thereby eliminates a substantial portion of the long-range deficit. From now on, with a five-year transition so that those about to retire will not lose out, initial benefits will be adjusted for wage

inflation while later benefits will be adjusted once each year to reflect the cost of living.

**The earnings limitations** on retirees have been changed but not eliminated. In 1977 retirees could earn up to \$3000 a year without losing any portion of social security benefits; in 1978 that figure was to rise to \$3,240. Under the new legislation, retirees between the ages of 65 and 72 may earn \$4000 in 1978, \$4500 in 1979, \$5000 in 1980, \$5500 in 1981 and \$6000 in 1982 without having any benefits withheld. The present law, with its maxi-

imum of \$3,240, will continue to apply to beneficiaries under the age of 65. Those over 72, as in the past, may earn as much as they can or want to, without penalty; in 1982 that advantage will be extended to those over 70.

No change has been made in the provision that, once the ceiling is reached, \$1 in retirement benefits is withheld for every \$2 earned. No change has been made in the provision that the ceiling applies only to earnings, not to dividends or royalties or interest. But there is another change: the removal of monthly calculation of post-retirement earnings. Until now, seasonal employment was recommended to retirees because full social security benefits were retained for any month in which earnings did not reach 1/12th of the earnings limitation. This is no longer the case. Earnings will be calculated strictly on an annual basis.

**Remarriage over age 60** will no longer be penalized through the reduction of benefits for widows or widowers; the much-publicized "living in sin" of elderly couples, striving to avoid financial penalties they could ill afford, will no longer be necessary.

**A divorced spouse** will now be able to receive spouse's benefits if the marriage lasted at least ten years; the previous requirement was twenty years.

**The incentive to retire** at 65 has been slightly changed: the previous law provided that retirement benefits were increased 1 percent a year for each year that a worker continued to work after 65 and did not take benefits; the new legislation increases this retirement credit to 3 percent, beginning in 1982.

That's the Christmas package. Does it fit? Or should it be returned?

The legislation is primarily a financing bill, not an overhaul of the system. It maintains two long-standing principles: that the system be funded only through contributions based on payroll taxes, and that those contributions be made equally by employers and employees. The Carter Administration had

## Social Security: A Dream Renewed?

requested changes in both principles. Because unemployment rates directly affect social security revenues—when fewer people are working, fewer people are making contributions—the President had suggested that limited transfers be made to the social security trust funds from general revenues in years in which unemployment exceeded 6 percent. The Administration had also suggested that employers pay social security taxes on total payroll, without reference to the wage base, thereby making employer contributions higher than those of employees. Congress rejected both proposals.

If social security were to draw on general revenues, even on a limited basis, it would undermine the long-held belief that social security is an insurance system in which benefits are a direct return of worker contributions. But social security is not, in fact, an insurance system and never has been. Social security is a pay-as-you-go sys-

tem in which the contributions made by today's workers are used to fund the benefits received by today's retirees. This intergenerational transfer system worked well, with a minimum tax burden on younger workers, as long as there were a great many younger workers for every retiree. Those numbers, however, have been shrinking for years. Right now three workers are paying the benefits for one retiree; in not too many years, that ratio will be two to one. At the same time benefits have steadily risen. In the future, under the new legislation, the average retired worker can expect to draw benefits equal to about 43 percent of wages at retirement. Low-income workers, under a weighted formula, will draw about 60 percent, and higher-income workers proportionately less.

If you are retired or on the verge of retirement, the increased benefits that Congress has granted over the years probably look very good. If you are a younger worker, paying for those bene-

fits, it may well seem an intolerable burden. Using general revenues would reduce some of that burden, or, at least redistribute it. Using general revenues would not, in fact, be terribly radical: every other western nation uses general revenues to fund at least part of its old-age program and, perhaps more to the point, the founders of our own program expected that by the 1960s contributions would come from three sources: employees, employers, and the government itself. J. Douglas Brown, who headed the Social Security Advisory Council in 1937-38, explained in a letter to the *New York Times* in May 1977 that "The planners of O.A.S.D.I. . . . were convinced that, as the system matured, Government contributions would be necessary and fully justified to preserve the integrity of the system." So far, at least, Congress does not see it that way.

The immediate fiscal problems, in any event, have been solved. Nonetheless, many observers agree that the legislation is a patchwork job which does not address the social security system, or its long-range problems, as a whole. Specifically, the bill fails to address the issues of societal change, as reflected in the ever-greater numbers of working women, and of universal coverage.

Social security legislation, drafted in the 1930's, reflected the 1930's image of the American family: a wage-earning father and a mother who stayed at home and tended to the children. That image is not valid in the 1970s; in fact, it has been estimated, it currently fits just 16 percent of American families. Of all working-age women 54 percent are now in the labor force; 44 percent of all married women work outside the home. Yet social security regulations continue to maintain the fiction that most women stay at home.

Under these regulations, designed to protect dependents, a woman is entitled to either one-half of her husband's retirement benefit or to a benefit based on her own earnings, whichever is larger. Since women, on the average, earn less than men, and since their working lives are often interrupted by child-rearing, most women do better with social security based on their husband's benefits. But this means that a woman who has never worked outside the home can collect as much, in many instances, as the woman who has worked for years and who has paid social security taxes for years. As more and more women work outside the home, often driven by the same inflation that affects social security in other ways, the inequity produces more and more outcry. So far all the outcry has produced is the appointment

(Continued on page 64)



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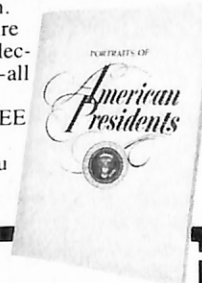
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# Is Your Youngster Suicidal?



by **Ernie Holyer**

**A** ten-year-old California boy came home from school and told his mother he was going to visit a friend. When the boy failed to show up for supper, his father called the police. By midnight, a missing person's report was filed. Next day, the boy was found, hanging by a clothesline in the garage of his family's home. Authorities listed his death as suicide.

© A thirteen-year-old New York boy excused himself from Sunday dinner, saying he was not hungry. He withdrew to his room and shot himself with a .22 caliber automatic which had been hidden in a drawer of his parents' bedroom. The father ran upstairs and found his son, shot through the heart.

© A fifteen-year-old Minnesota girl quit attending school and alienated herself from family and friends after the accidental death of her boyfriend. She became so emotional the parents told her to snap out of it. The girl had been a valedictorian of her grammar school graduating class and was a member of her high school honor society. The parents knew that a bright girl like their daughter would come to her senses, and the girl finally did cheer up. Reassured by her promise to return to school the next day, the parents were shattered on finding their daughter unconscious in

her bed. A suicide note and empty pill bottles told the story.

Youngsters across the country are committing suicide at an alarmingly increasing rate, and experts are warning parents to be alert for danger signs.

Suicides among children and adolescents baffle parents and society alike. Why do young people attempt to end their lives prematurely? What are some of the factors responsible in creating suicidal youth? What, if anything, can parents do to recognize the problem within their families, prevent it, or help a child who might already be suicide prone?

Self-annihilation has been known since biblical times. Poets romanticized it, and mental health experts have elevated its study into a special science in our time.

How big is the problem? Should average parents be concerned about it? Dr. Mark Antonucci, Director of the Suicide and Crisis Service, Santa Clara County, California, says, "Parents definitely should be concerned about suicide. Self-chosen death is the second highest killer of young people, after accidents. Probably two to three times as many suicides cannot be identified as such, since many accidents, autos and motorcycles, are the result of reckless behavior. That kind of a death may be a suicide on a subconscious level, rather than an active consideration of taking one's life."

According to the American Association of Suicidology, the suicide risk is directly correlated with advancing age. It is nonexistent in children under five, rare in children under nine, increasing in the early teens, and staggering in the late teens and early twenties.

In the two decades between 1954 and 1973, the suicide rate for 15 to 24 year olds rose from 4.2 to 10.6 per 100,000 Americans. Over the past five years, the number of suicide attempts by teenagers increased 400 percent. Increases in attempts of self-destruction also have been reported in children as young as six to eleven years of age.

Suicide claims the lives of about 35,000 Americans each year. Because suicides are not always reported as such, the true figure may be closer to 100,000.

"In our county, 205 people committed suicide last year," says Dr. Antonucci. "Of that portion 33 percent were young people between the ages of 20 and 29, making them the largest group of people who commit suicide in the Santa Clara County (an affluent, urban community near San Francisco)." He also noted that there were eleven people in the 10 to 19 age group, including an eleven and twelve year old.

Experts estimate that for each completed suicide some eight additional

youngsters attempt self-destruction. Why do they do it? Suicide has been called "a cry for love," and "a cry for help." Many suicide notes and explanations by attempters stress that "Nobody cared whether I lived or died."

Suicidal children have in common a feeling of worthlessness, of not being loved, and not being wanted. "Suicide could be committed on a subconscious level, built or based on a lot of unhappiness, or a sense of not fitting in, not being either a child or adult, not having a peer group relationship or identification," says Dr. Antonucci.

Dr. Richard H. Seiden, Associate Professor in Residence, School of Public Health, University of California, Berkeley, states, "Suicide in the young is particularly tragic since they frequently do not seem realistically aware of their own mortality... a child may wish to kill himself but not to die. That is, death is simply and tragically equated with running away or escaping from an unbearable situation. Without the realization that death is final, a child measures his life's value with a defective yardstick."

Experts believe that children think of death as being reversible. Supposedly children have this concept because of their difficulty in distinguishing between reality and unreality.

"Young people don't have the opportunity to learn about death and many don't conceptualize the finality of death," stresses Dr. Antonucci. "Children are protected from death because of the breakdown in the family. There are not as many family members around with whom they have close connections. Even if Uncle Fred or Aunt Sally dies, it doesn't mean anything. And probably the children don't attend any funeral or burial services. Many children therefore reach early adulthood without having learned about death or their mortality. This, I think, accounts for a lot of recklessness."

Evidence suggests that suicidal adolescents suffered a severe disturbance in their early childhood in terms of parent-child relations. This disturbance becomes more pronounced in the adolescent period when it creates significant communication gaps within the family. Suicidal youngsters are described as sensitive, lonely, unhappy children who may have many acquaintances but lack close and meaningful relationships.

Studies reveal that many suicidal students suffered the loss of a parent. Some had parents who were themselves suicidal. Many suicides were committed by children of college-educated parents in professional occupations. Others came from homes with a history of economic stress, illness, alcoholism, parental discord, or abandonment.

In such unhappy environments, children get the feeling of being "a burden" to their parents early in life. Instead of developing a sense of optimism, these youngsters develop feelings of unworthiness. These negative feelings, combined with a child's helplessness, lead to a hopeless rage and dangerous depression. Failing to develop a basic trust in people or the confidence to succeed in life, these children withdraw inwardly while desperately trying to please their parents (on the outside).

Dr. Antonucci comments, "Sometimes we consider the normal child one who grows up well liked by parents and family, one who is very meek, does well in school, is a good athlete, or things like that. But in some instances that person is really a depressed, repressed personality, one that hadn't much opportunity to expand into his own world to become his own person."

**In the past five years  
teenage suicide  
attempts increased  
400 percent . . .**

Dr. Edwin S. Shneidman, Professor of thanatology and director of the Laboratory for the Study of Life-Threatening Behavior, U.C.L.A., reports findings of a study involving thirty patients, all male, Caucasian, and superior in intelligence when tested as a child (*Psychiatric Annals*, November, 1976). This major university-based longitudinal study revealed a "psychologic autopsy" of patients who later committed suicide.

"For these bright persons, the decade of life between ages of 20 and 29 was a critical period," states Dr. Shneidman. "In it, their psychodynamic patterns, their neuroses, and their choice of mate, whether supporting or competitive, turned out to play a vital role. A number of additional findings related to early parent-child relationships . . . emerged. A strained relationship with the father, coupled with the feeling of being rejected by him was a poor augury. This, together with a subtly competitive spouse and a physical illness . . . seemed to make up a typical prodromal pattern in the suicidal adult. But the relationship with the parent seemed to set the scene: . . . The suicidal person is one who believes that he had not had his father's love and seeks it symbolically without success throughout his life, eventually hoping, magically, to gain it by a singular act of sacrifice or expiation."

Other findings conclude that estrangement from (or loss of) her parents may prompt an adolescent girl to

find a parental (or love) substitute in a boyfriend. When this all-important new relationship fails, the girl may court death as a lover.

How can parents detect suicidal tendencies in their young? "One clue that

I would always look for, whether it is a child or adult, is changes in behavior," says Dr. Antonucci. "I'd watch the child that is normally active and energetic and suddenly becomes depressed, irritable, unmanageable, or withdrawn. Pay

particular attention to someone who is saying, 'I'd be better off dead,' or 'You'll miss me when I'm gone.' I'd make it a habit to check out those kinds of statements. Find out what that person means. In other words, treat any gesture seriously.

"One of the key factors in suicide is that people become very much alone and depressed, very isolated," Dr. Antonucci adds. "Pay close attention to the isolated child, the withdrawn child that doesn't have a lot of friends, or doesn't relate well to other children his own age. Sometimes a child or young adolescent encountering first love, breakup of a relationship, or a first sexual experience may be in danger. Any kind of traumatic experience can spell danger, even one that doesn't seem so traumatic. For instance, the grade conscious youngster who brings home a bad report card may feel like 'what's the use?'"

What can parents do to prevent suicidal tendencies in their young? "I'm not sure we can prevent the suicidal tendencies. Perhaps the best we can do is to recognize the symptoms," says Dr. Antonucci, "but a loving, caring, and supportive family can provide stability for emotionally distressed children. The environment of the family is very important; it makes a difference whether it's conducive to a child's learning and being able to develop his personality, or whether the child is continually repressed or somehow restricted.

"The biggest job this society has is that of parenting, but it's the one we're least equipped for," Dr. Antonucci admits. "We learn about parenting from our own parents. The same child-rearing methods get passed on from generation to generation without a big break or deviation. As we become more educated and aware, we begin to deviate from our parents' methods, but in a pinch we always fall back on the method that Mom and Dad used on us, whatever that was. Sometimes our response is to do the opposite of our parents which creates just as much trouble."

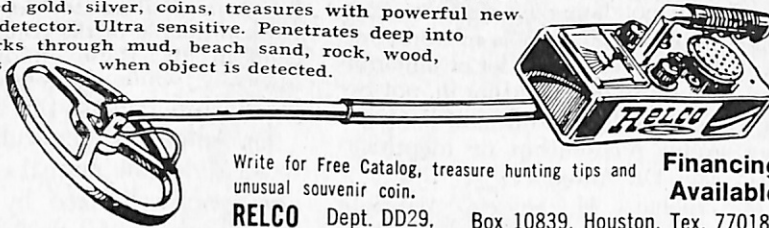
What should parents do when a child gets in trouble? Dr. Antonucci thinks that "What is really important is an understanding parent who is willing to sit down and listen to a child, one who will be there and will be supportive, one who will make the young person feel like whatever they're doing, although the parent may not approve of a particular behavior, that they still care about the child as a person."

Should parents let their children get away with anything then? Not according to Dr. Antonucci (himself a parent). He points out, "Children need limits that are realistic for them, that they can test. Children are always test-

(Continued on page 39)

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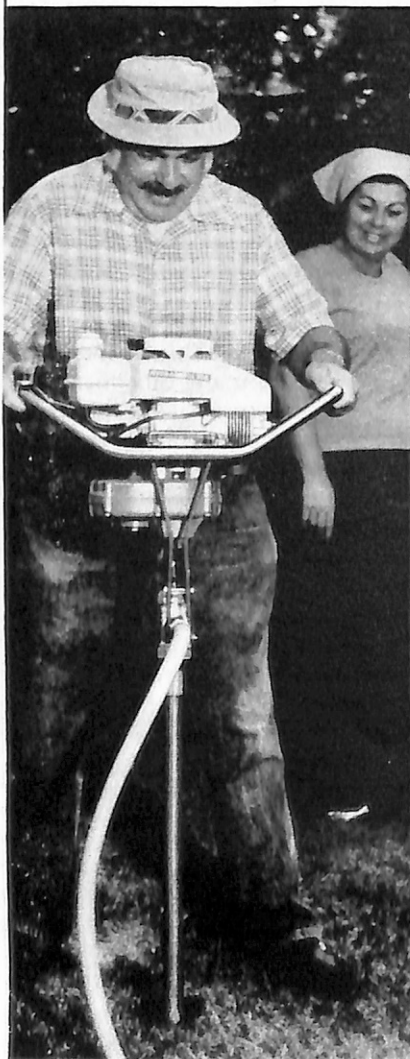
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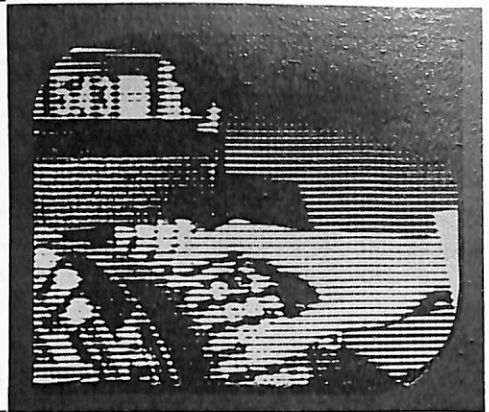
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# IT'S YOUR BUSINESS

by John C. Behrens



## COUNSELORS CAN SAVE YOU MONEY

A business friend made a surprising remark to me recently. We were talking about when a proprietor should seek outside help. "I know how you feel about that," I said, reminding him of a day when he even refused to hire an accountant to handle his taxes. "That day is gone," he replied with a grin. "Now I get regular advice from pros. More important, they've saved me money."

While my friend's revelation apparently doesn't represent the attitude of the vast majority of business owners, I believe he's discovered what a growing number of proprietors recognize as a need today: expert advice on complex subjects. Considering the mountain of government regulations at state and federal levels and the rapid changes taking place in marketing, distribution, insurance needs, consumerism, energy conservation, personnel benefits, and safety procedures just to name a few, it's no wonder the day of the counselor has arrived for the harried proprietor.

Yet, some independent business owners still aren't convinced; they are still suspicious of the advice they could obtain.

"You are correct that businessmen are often reluctant to spend money for outside help," says Bernard S. Browning, president of General Business Services, Rockville, Maryland. GBS is the only commercial, national service for small business offering a multitude of counseling, he points out.

"This attitude is usually due to a lack of knowledge on where help is needed or the fact that they are inexperienced and have never used an outside consultant. GBS is somewhat unique in that we work with clients on a continuing basis rather than a one time project. We have clients that have been with us since we opened for business in 1962. A business owner may pick up general information from a variety of sources and we encourage our clients to do so, but they need help to give it specific application to their business. Our society is becoming more and more specialized and the smart business owners are aware of this."

What are the basic problems proprietors face?

According to Browning, GBS counselors find the chief difficulties are management and financing. "Better management covers many items but it could be boiled

down to lack of completed staff work. For example, many many new businesses begin operations without doing adequate market research, have no business plan, inadequate budgeting and a complete lack of understanding of all that is required of them to be successful. Venture capital is another serious problem for small business, and all indications are that it will become worse in years ahead unless the government in its tax reform proposals makes provisions for incentives to small business investors. Unfortunately, such incentives are characterized as 'tax loopholes' in the media and popular opinion."

Furthermore, Browning continues, proprietors simply don't have time to digest the tax information and planning options that could be available to them under the law. "This again is particularly true of new business owners. Those who have been in business so often have delegated this responsibility to an actual bookkeeper, lawyer, etc., who often cannot keep abreast of the tax law changes and the client unknowingly may suffer."

How can a business service provide the small proprietor with such assistance for a price he can afford?

Says Browning: "The secret of providing top quality service at a very attractive fee is volume. By spreading the costs of development as well as research libraries and staff over thousands of clients you can deliver to the user far more for a given price than any individual or small operator could offer. One specific example in our services is the Tax Advisory Service for clients. By answering inquiries from thousands of small business clients we can maintain a professional staff who quickly can take advantage of research facilities and handle several inquiries of the same type at one time. The range of client fees with GBS may vary from \$300 to \$3000 depending upon the extent of the services provided.

GBS representatives work on an annual fee basis providing the business owner with a list of specific tasks or services that will be provided so that he knows exactly what he is getting and what he is paying for the year. Where possible to identify, we recommend the task or service be listed rather than having it solely on a per hour basis. An hourly fee for general consultation may be the only fair

(Continued on page 46)

# NEWS OF THE LODGES

The Brothers of **Southside Jacksonville, FL, Lodge** observed the exchange of certificates and checks recently. Est. Lead. Kt. George Scheibler received five certificates worth \$500 for the Harry Anna Hospital from Brother Herman Berner, while ER Lee Ray presented a check to Brother Henry Kelly for the Jacksonville Police Athletic League. Est. Loyal Kt. Michael Kavanaugh, district chairman, delivered Foundation certificates to Brothers M. Robert Barnett, Harry Knight, Trustee Earl Jorgensen, and Secy. Charles Marseilles.

Kansas Elks in the newest building constructed for the state major project, the Kansas Elks Training Center for the Handicapped. The facility will house three of the Training Center's seven departments: the work activity program, projects-with-industry, and the resource group. Dedication ceremonies were conducted by PGER George Klein, A. F. Casado, mayor of Wichita, Max Field, administrative coordinator of the Sedgwick County Mental Retardation Governing Board, SP Larry Meyer, and Ronald Gabbert, president of the Training Center's board of directors.

The key to the city of **Opelousas, LA**, was bestowed on PGER Willis McDonald (second from right) during a recent visit to the local Elks lodge. Brother Vernon Schwartzburg (second from left), city councilman, made the presentation to the city's visiting VIP, while ER Thomas Murrell (left) and DDGER James Caillouet observed.

Life in **Georgia** has been busy for PGER Robert Pruitt recently. The GL Advisory Committee, the National Convention Committee, and the National Service Committee are among the Elks duties which demand the time and dedication of the PGER, whose work load is eased by the assistance of his secretary Henrietta.

Ex-New York Yankee and Hall of Fame pitcher Whitey Ford recently visited **Hamilton, NJ, Lodge**. Brother Ford, who has been an involved Elk for about 20 years and is presently the Commissioner for the New Jersey Slow Pitch Umpires Association, was greeted by PDD and PSP Thomas Rhodes Jr., PERs Charles Luft, Stanley Hughes, Esq. George Ward, PDD Robert Foley, and DDGER Francis Patsey, members of several local lodges.

The Brothers of **Holiday**



PGER Bob Pruitt and his secretary Henrietta

**Isles, FL, Lodge** thanked the Elks' ladies who have donated a freezer, carpeting, jewels of office, and a total of \$2,500 to the lodge during the year. Pres. Catherine Chrisman most recently contributed \$400 to the lodge.

Young athletes were honored by two lodges recently. A sports awards banquet was held by **Plantation, FL, Lodge**. Over 200 children and parents attended the affair, the guest speaker for which was Coach Hal Blitman of Broward Community College. Ann Moriarty, the first girl to participate in the basketball league in eight years, received a special All-Star award and the Most Improved Player award. In **Pennsylvania**, the first-place little league baseball team sponsored by **Titusville Lodge** received trophies from Chm. Joe Chalmers and ER William Ellis.

The state of **Massachusetts** paid tribute to Frank Dangoia, the Circle District's Elk of the Month. SP Albert Murphy, State Trustee William Maguire, ER Dominic English, and SDGER W. Edward Wilson were among those who congratulated the Randolph Lodge Brother.

A gala evening of dinner and dancing was held at **Meadville, PA, Lodge** to welcome GER Homer Huhn, Jr. ER Russell Graham, PDD Clifford Daniels, DDGER Emil Hessinger, and PGER E. Gene Fournace were among the celebrants who also joined the GER at a brunch which followed the previous night's activities.

PGER Willis McDonald's visit to Opelousas Lodge



Mr. Bruce Hevel (right) and PGER George Klein

The initiation of seven sons of Elks took place at **Prince George's County, MD, Lodge** recently. Visiting DDGER Marland Deen welcomed John and Gene Morris, Charles Mills, David Avery, Carl Harkleroad, Steve Miller, and Ray Beitzell to the order. The Brothers of Prince George's County also recently contributed \$275 to the Presidential Classroom for Young Americans program. The money will send Parkdale High School student Patti Powers to Washington, DC, where she will learn firsthand about the structure of the federal government and obtain an understanding of democracy.

Open house festivities were held by



**BACKGAMMON**, dominoes, and checkers were among the games Americanism Chm. Herbert Baker and ER E. Raymond Benway presented to Capt. Libia Robinson, director of nurses, and Capt. Victor Stetka, commanding officer of the U. S. Naval Regional Medical Center at Newport, RI. The games were collected by the members of Newport, RI, Lodge for the benefit of those who are patients at the Medical Center.



**THE MORTGAGE** of Dalton, GA, Lodge went up in smoke recently at a ceremony in which the lodge officers participated. ER Melvin Lake (center) put a candle flame to the \$81,958 note, while (from left) Chap. Fred Childs, Secy. Harry Moore, Esq. David Owens, Est. Loyal Kt. Mike Moore, Est. Lead. Kt. Mike Bailey, and In. Gd. Steve Townsend cheered him on.



**THE ANNUAL** trip by the members of Prince George's County, MD, Lodge to the veterans hospital in Washington, DC, was undertaken again this year. (From left) Vets Chm. Joseph Dooley, Est. Lead. Kt. William Moore, ER Walter Piechowicz, and Est. Loyal Kt. Robert Hess (right) presented \$1,025 in four checks to C. H. Corsaro, assistant director of the hospital. The contributions were for the television fund, social services for indigent patients, the Christmas fund, and the coffee fund for outpatients.



**A FLAG** retirement ceremony was held by the members of Encinitas, CA, Lodge recently. Participants in the proceedings included (from left) VP Harvey Tedder, SP Donald Luce, ER J. W. Sheridan, Chula Vista ER James Fergus, San Diego ER Thomas Smith, PER William Hansen, Escondido ER Melvin Hogan, Lester Box, and Arnold Bennett.



**AN INVESTMENT** in youth for the future was behind Bismarck, ND, Lodge's contribution to the Boy Scout program. A check was presented by ER W. J. Brintnell to Ralph Fisk, district Boy Scout executive, while Trustees Chm. Ed Weimer and Secy. William Sprynczynatyk observed.



**OVER SIXTY** certificates of appreciation were presented to Brothers and Elks' ladies by ER Jim Dellos and Blood Bank Chm. Robert Shelton for total individual blood donations of from one to over 10 gallons. Among the Elks' ladies of San Mateo, CA, Lodge who received their certificates during a luncheon was Marie Gibson, who contributed over four gallons.



**TEXAS** State Vets Chm. E. F. Burgdorf (left) and DDGER Harlan Starnes (right) presented a plaque to PDD Buddy Ferguson for his work with the veterans in the Texas Gulf Coast District. The award was given to Brother Ferguson during a meeting of state Elks.



**PANA, Illinois,** Lodge joined the Veterans of Foreign Wars Post No. 4431 in conducting outdoor services recently. The commemorative ceremony took place in Kitchell Park at the site of a World War I monument.

**AN UNUSUAL** Elks emblem was presented to Beatrice, ND, Lodge by John Metcalf (right), a locksmith, who utilized keys in constructing the emblem. ER Joe Stiefvater accepted the display, which was made from 1,023 keys and weighs 50 pounds. The keys in Mr. Metcalf's design were from the old lodge building from which the Brothers moved during the past year.

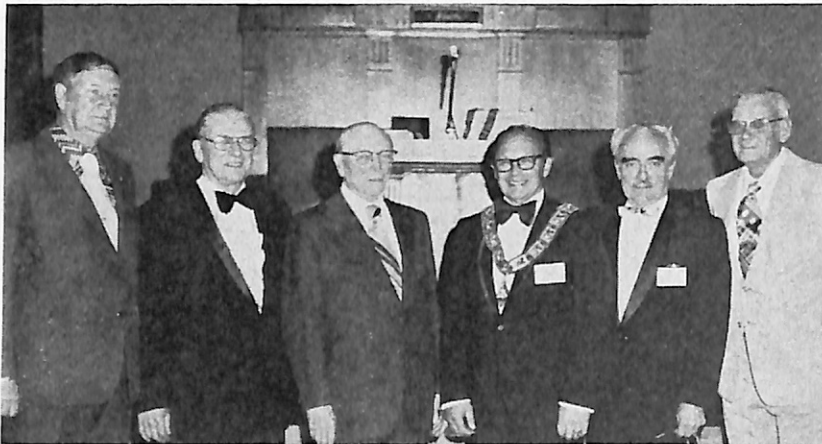


**THE INITIATION** of family members, the celebration of his 31st birthday, and the visit of DDGER Ted Mickelson (right) made a recent evening at Yankton, SD, Lodge a memorable one for ER Russell Jurgensen (left). Brother Jurgensen presided at the ceremony which brought his father David (second from left), and his brothers Steven and Lowell (third and fourth) into the order. Following the initiation, all of those present joined the ER for a birthday celebration.

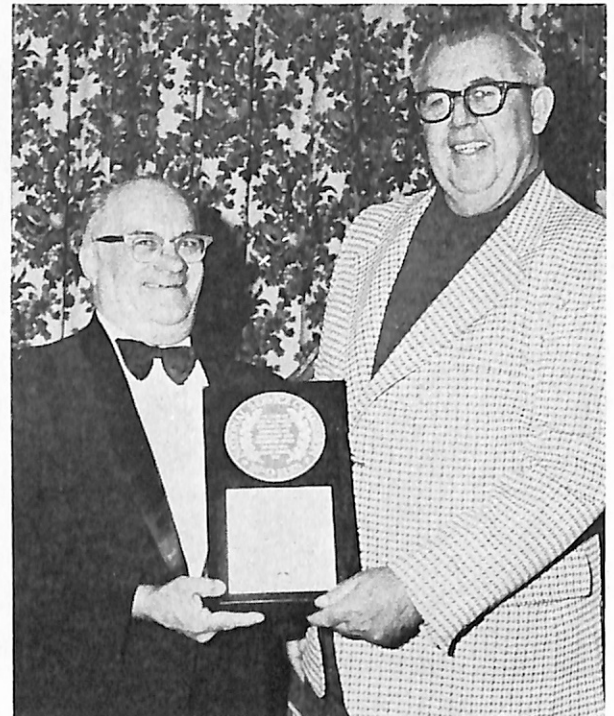




**DIGNITARIES** who gathered for the dedication of Manila Lodge's new quarters in the Philippines included PGER Horace Wisely (second from left), PGER Gerald Strohm (right), and U.S. Ambassador David Newsom (second from right). A National Foundation award, which will be placed in the new building, was presented to ER William Council (center) and Secy. August Elzingre by PGER Wisely.



**THE CURRENT** South Central DDGER, Don Abraham (third from right), was greeted at Corvallis, OR, Lodge by five Past District Deputies. (Standing, from left) E. N. Butler, PGER Frank Hise, Fred McHenry, William Raw, and W. Harold Kennedy were the five former office-holders who extended the Corvallis welcome mat to the visiting dignitary.



**A PLAQUE** was presented by DDGER Adjutor Pare (left) to PDD Charles Walker for the latter's work with hospitalized veterans. Brother Walker's efforts on behalf of veterans covered the East District of Maine.



**DONATIONS** and raffles provided the funds with which Rock Island, IL, Lodge purchased a wheelchair for four-year-old Stacey Hoover. Est. Loyal Kt. and Youth Chm. Al Nessler (right) presented the chair to Stacey's grandfather Tom Huges (second from left) and her aunts Sherry (left) and Mary Huges.



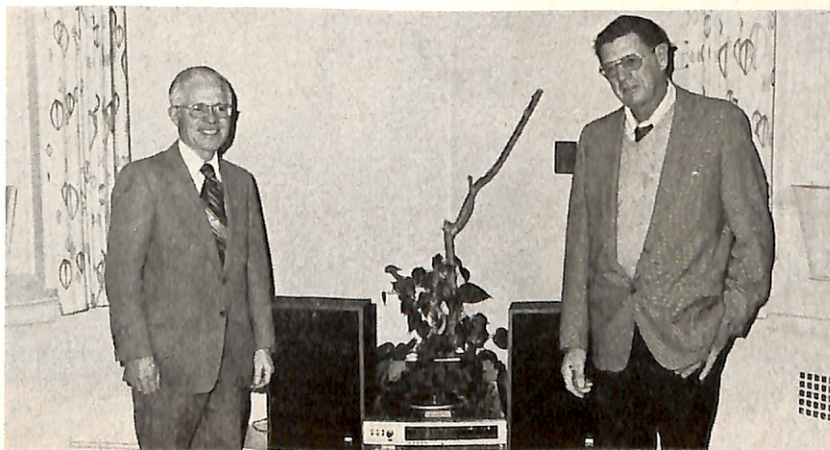
**FLAGS** for the classrooms at Christ the King School were presented by Hillside, NJ, Elks to school representatives Mrs. G. Seylaz (second from left), Father O'Connor (center), and Sister Lucille Coviezzo. Americanism Chm. Walter Reuter (left) and ER Frank Mann Sr. (right) gave the flags on behalf of the lodge in conjunction with the Brothers' project to provide any fraternal, religious, charitable, or governmental agency with flags.

**THE OPENING** of a new building was celebrated by Caldwell, ID, Elks with a Friday night banquet and a Saturday dedication ceremony. Guests and members who attended the dedication included (front row, from left) Chap. Henri Pilote, Est. Lead. Kt. Jack Hughes, Treas. Archie Stradley, Esq. Kenson Pollard, Est. Lect. Kt. Phil Morford, ( second row, from left) Tiler Wayne Larson, Est. Loyal Kt. John Fredricks, In. Gd. Al Uargason, Secy. Coleman Ensign, and (third row, from left) GL Committeeman B. J. Bybee, SDGER Philip West, PGER Frank Hise, ER Virgil Isaacson, and DDGER L. Dan Rowell.



**WERTHAN WEIL** (center), Exalted Ruler of Jacksonville Beach, FL, Lodge, presented a \$200 check to Hugh Ferguson Jr. (left), assistant director of the VA Hospital at Gainesville, while Ralph Thomas, chief of voluntary services, observed. The funds were donated by the lodge for the purchase of electric razors needed in the hospital wards.

◀ **TRAINING** in cardiopulmonary resuscitation (CPR) is given at Alameda, CA, Lodge by the Alameda Chapter of the American Red Cross, whose aim is to train one person out of five in the community to render on-the-spot aid to victims. (From left) ER Grant Eaton joined Red Cross Chapter Chairmen Brother Pat McDermott and Brother Adam Stonehouse, and instructor Dr. Basili Pataka in practicing the CPR technique.



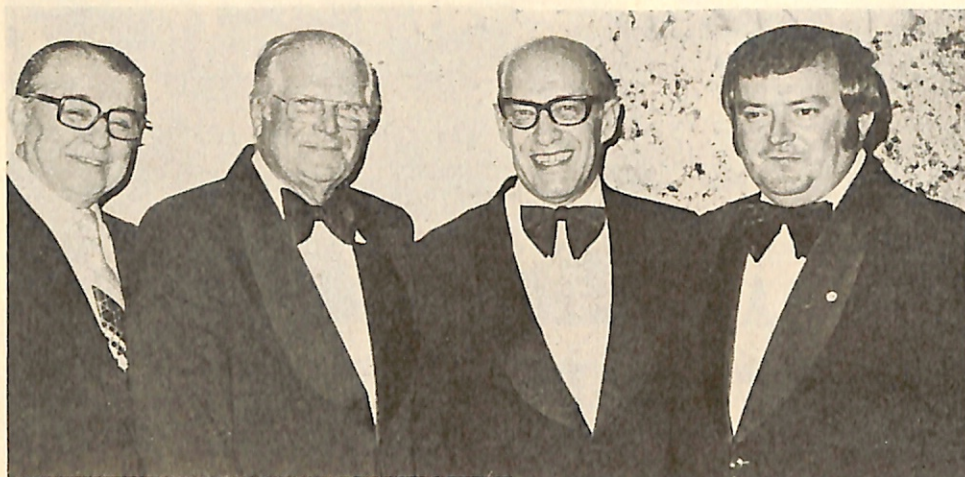
**A STEREO** with an eight-track tape recorder, AM/FM radio, and two sealed speakers was donated by Reno, NV, Lodge to the local veterans hospital. H. C. Potter (left), hospital director, accepted the gift from Chm. George Hawkins and thanked him for the lodge's generosity.



**A GATHERING** of Brothers at Queens Borough (Elmhurst), NY, Lodge was highlighted by the presence of Grand Treas. George Balbach (right) and guest speaker Vincent Naro (left), who are Justices of the Supreme Court of the state of New York. ER Joseph Fabrizi organized the lodge's program and welcomed the two guests.

# LODGE VISITS

GRAND EXALTED RULER HOMER HUHN, JR.



A visit to Logansport, IN, Lodge was made by GER Homer Huhn, Jr. (second from right) and his wife Jo for the celebration of the lodge's 90th anniversary. Among the dignitaries who joined in the festivities were (from left) Grand Secy. Stanley Kocur, PGER Glenn Miller, a member of Logansport Lodge, and ER Robert Fettig. SP Joe Stevens, PSP and National "Hoop Shoot" Director Gerald Powell, GL Committeeman J. Floyd Beldon, Past Grand Trustee William Collisson, GL Committeemen Stanley Mascoe and P. W. Loveland Sr., and DDGER Norman Green were also in attendance.



Mark Twain's tall stories were related by radio personality Bill Moeller (center) to guests at an informal reception held by Centralia-Chehalis, WA, Lodge in honor of GER Homer Huhn, Jr. (second from right). (From left) DDGER Fred Oakes Jr., Grand Trustee Frank Garland, and ER Harland Forrest were among the Washington Elks who greeted the GER and "Mark Twain."



Sayre, PA, Lodge welcomed the GER, SP C. Bennett Dry (seated, second from left), and PSP N. P. Chacona (third) to a dinner-dance recently. Brother Huhn (standing) thanked the lodge members for a pewter wall plaque and a U.S. Savings Bond which they had presented to him.



In recognition of Mason City, IA, Lodge's program of service to hospitalized veterans, GER Homer Huhn, Jr. (left) presented a plaque to the Brothers. ER Jerald Ames accepted the token from the GER during a meeting of Iowa Elks, which was held in Des Moines. Brother Huhn and guest PGER Glenn Miller, state sponsor, addressed the assembly of over 500 Elks and ladies.



The diamond anniversary of Vancouver, WA, Lodge was celebrated recently by the local Brothers and their guest GER Homer Huhn, Jr. (second from right). A cake, which measured over four feet tall, was baked by member Al Price in tribute to the lodge's 75-year history. State Public Relations Chm. Bob Burns (left), Brother Emil Schimil (second from left), and DDGER Fred Oakes Jr. were among those who exchanged greetings with the GER.





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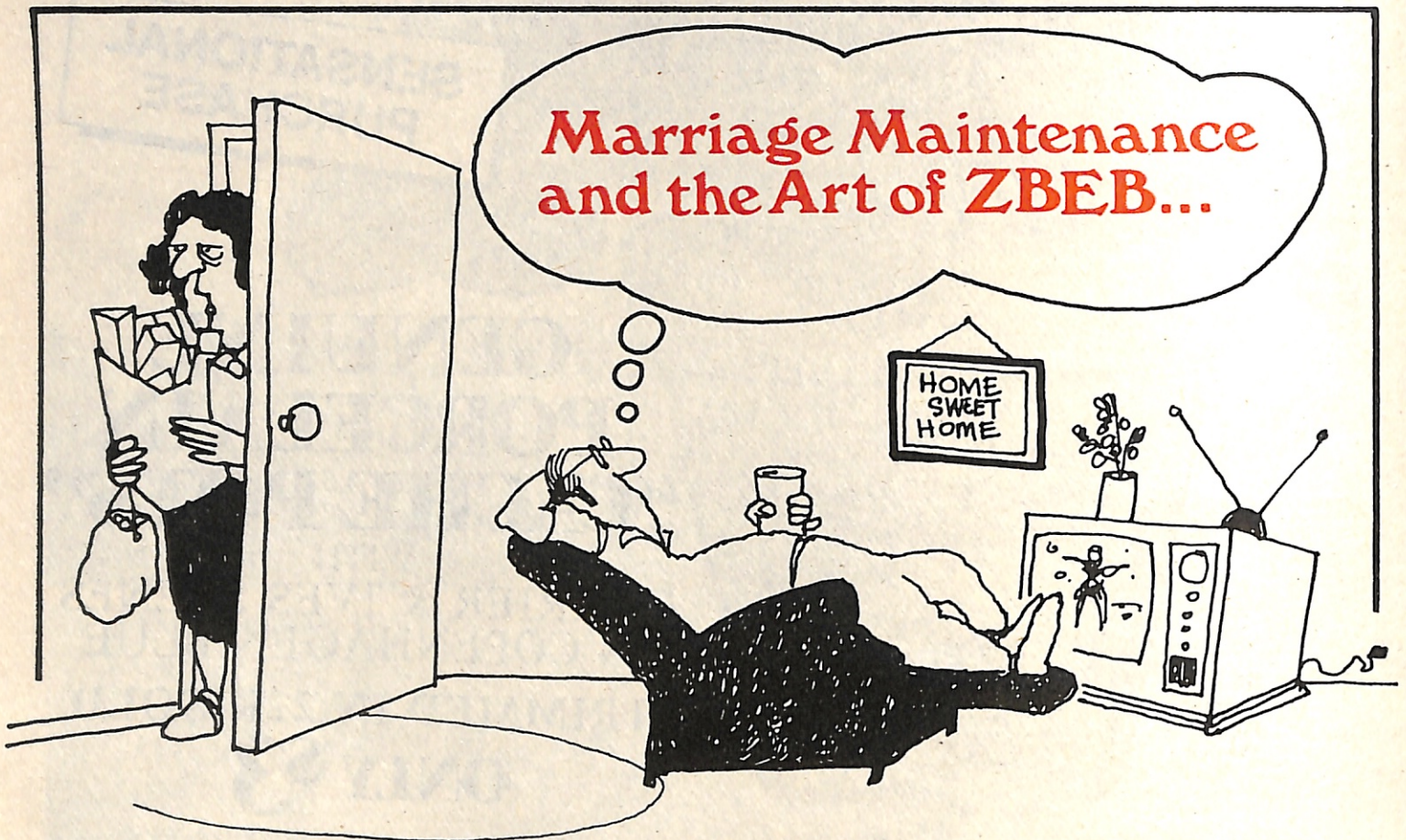
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by John Ellerbach

□ She comes home from shopping carrying boxes of variegated dimensions stacked high and jutting splendidly from her limbs like precious shards of rock crystal glimmering in the sun. It is Saturday and she has shopped and conquered the sales and she wants to share the jubilation with her husband. Although she nearly swallows the car keys she manages to crouch and press her nose to the doorbell. The tube is blasting out a ball game. Why won't he answer? She wrests a pinky free and futilely caresses the slippery door-knob. Isn't the man aware that she is hunched at the door laden with bargains, fatigued at the pinky, and still wincing from the acrid metal taste in her mouth? Of course he is. But this husband is one of millions of conscientious ZBEBers and therefore, for her own good, he must pretend to be asleep on the recliner. And it isn't easy to feign a catnap—it requires years of discipline and restraint. Every Saturday the shopper's husband must battle deep-seeded solicitous impulses to keep from running to the door to help.

All ZBEBers have one goal: to ensure

the personal growth of their wives by maintaining a balance of power in the political arena of marriage. Inside, all still burn with chivalrous intent but they willingly suppress it because they realize that the blossoming personhoods of their wives are at stake.

But it is not just out of consideration for the healthy autonomy of his wife that the aforementioned husband desists from pampering her. It is also because he must share the delicate duty of budgeting with her. He contributes with a strategy of ZBEBing (pronounced ZBEBing). And we have already witnessed one important tactic in the Zero Based Enthusiasm Budgeting (ZBEB) scheme—pure neglect. Later you will see why neglect on the part of the husband is vital to the balance of power in a healthy modern marriage.

Out of a genuine regard for his wife's individuality the husband faking a fitful slumber has gladly turned the charge accounts and the checking account over to her without so much as a censorious glower when he finds that she is overdrawn and charged to the hilt for the third time in as many weeks. He has

long since abandoned the chauvinistic attitude that all wives are irresponsible spendthrifts. Instead he subscribes to the ZBEBers creed which states that all women are *individuals* who: "have inherited the same pesky chromosome that has seemed to snub the process of evolution since the time of the first ape mates. An errant genetic enzyme forced a level-headed Eve into heavily exceeding Adam's take home pay at Eden's Giant Spectacular Once In a Lifetime Going Out of Business Fig Leaf Bonanza. This minute hunk of protoplasm (branded *spend!*) is especially active on Saturdays and is unfortunately programmed to totter precariously on the precipice of bankruptcy. No liberated woman is to blame for an uncontrollable activation and secretion that temporarily suspends good sense and spawns sprees and binges."

Every wife who needs to realize her full potential in a trusting environment but who is also sporadically bushwhacked by a budget-ravaging chromosome should definitely have a husband who practices the art of ZBEB.

ZBEB takes those attributes errone-

ously attributed to the husband since the time of Eve's big boo and turns them into a creative science. All ZBEBers take great pride in effectively utilizing the classic stereotypic characteristics of the husband: indolence, neglect, insinuation, prevarication, and indifference. But the old story wherein the husband, obese and prone to belch, sits in front of the tube, sips a beer, and ignores his wife, is truly a myth. These days no husband really does that unless he is ZBEBing. Any practice like that is actually loathsome to all males. So if your husband is pretending to have a good time doing it, it only means he loves you.

Below is a typical ZBEB situation. It shows a husband using an economic stability restoration ZBEB procedure. Listed are five Wife Phases and five Counter Moves by the ZBEBer. Remember that in this case the ZBEBer has several goals. First, he must underplay her exuberance every chance he gets. Secondly, he must make sure that few of her purchases ever reach the fifth phase—Banishment. Next, he must keep her from going shopping in the middle of the week. And finally, he must be a crafty manipulator, subtly persuading her to take back the most expensive purchase.

**Wife-Phase I: A Display of Pride**  
**ZBEB Counter: Neglect**

He is plopped in front of the tube. She has soaked and is now bandaging the foot she used to kick the door in. He has yet to acknowledge her presence. He squeals for the quarterback; he curses the referee. But his real concern is her; he is preoccupied with her needs. (This is evident because he is watching a tennis match.)

"John," she utters so sweetly that he must fight the urge to nibble on her ear, "I want to show you what I've bought."

He does not look up. "Hmmp?" He shakes the beer can and pretends to scowl. "Honey, would you get me another beer?" But he agonizes inside for the sacrifice he makes—he must watch her hobble to the kitchen.

Before he can finish the beer she has spread out on the floor a dazzling array of boxes. "John," she coos so helplessly that he wants to lavish praise, assist her in any way he can, and recite encouraging words, "Look!" She displays a stunning pastel dress with a lace bodice, tiny leg-of-mutton sleeves, and a v-neck with a modest plunge (she only hopes he can recognize it's a dress). Two pant suits (one gaucho), another dress, a navy blue wrap-around skirt, a sheer form-fitting tank top, two pairs of shoes, and a congregation of

what they used to call "unmentionables" (now they're Cross Your Hearts, No Nonsenses, and I Can't Believe It's A...) round out the exhibition. She carefully parts each filmy inside sheet as if it were a tabernacle cloth. She is his priestess of high fashion. He yearns to fall to his knees and worship the vestments that will enhance the gift of her beauty. But he cannot. The next four phases are crucial. He must only grunt, grimace, and slight, on his way to the closet and the Paralyzing Admiration Phase.

**Wife-Phase II: Paralyzing Admiration**  
**ZBEB Counter: The rag remark**

Everything has been put away. She now stands before the closet in a reverential trance marvelling at the new selections that are "most definitely her." "John, this dress is so beautiful I don't know if I can bring myself to wear it anywhere. What if I get a spot on it or it accidentally tears?"

"Don't worry about it, honey. Any material that's absorbent and rips easily will be excellent for washing the car."

Good move. This item will now become an active part of her wardrobe. You have brought her back down to earth with a veiled jab and yet you have made no incriminating judgment on the garment itself. Proceed to the next phase, John.

**Wife-Phase III: But where...?**  
**ZBEB Counter: You're right...**

"John, why don't we ever go anywhere where I can wear it?"

"What about tonight... Richards' party?"

"No, that wouldn't look right."

"How about the church banquet this Thursday?"

"Are you kidding?"

"Well, what about..."

"No, I'm afraid this dress won't fit at any occasion." (She waits for "Oh, darling, but of course it will." But as a



## Marriage Maintenance and the Art of ZBEB...

(Continued from page 27)

ZBEBer he knows he cannot succumb to comforting.)

"I guess you're right. It probably isn't appropriate for any occasion."

Her finger goes to her lips in rumination. "But what's wrong with Richards' party? And how about the church banquet? Yes, the banquet..."

**Wife-Phase IV: TOTIG** (*The only thing I've got*)

**ZBEB Counter:** *The pudgy implication.*

The day after the party she goes to the closet again. "I just don't have a thing to wear to the banquet." (John is aware of the pitfalls. He would never ask the following: "Why don't you wear the same dress you wore to Richards' party?" or "What are you talking about; you've got a whole closet full of clothes!") He replies, "That blue skirt did seem a bit tight around the hips, and that gingham top you wear with it—did it lose its shape at the cleaners?"

Now not only will she prove that everything in her entire wardrobe fits but she will also show him that she can coordinate some outfits to make even more outfits.

**Wife-Phase V: Banishment**

**ZBEB Counter:** *Honesty*

Occasionally he checks the musty recesses of her closet. He inspects the steel cabinet in the basement and the storage boxes in the attic. Sometimes, no matter how good a ZBEBer he is, a few get away. He understands that clothes wear out and styles change but is particularly vigilant of something banished to cast-off limbo before its due time. The article in question is a camel hair sweater with simulated alligator trim. She bought it on a whim. "I happened to find that camel hair sweater with simulated alligator trim in the attic," he says, "I never much cared for it—too faddish. And with those beads and that Pocahontas skirt and feathers—yuk!" It will be immediately returned to wardrobe duty. He doesn't worry because he knows she will get more wear out of it. Maybe she'll wear it when she washes the floors. She is too prudent to wear it again in public, especially after her best friend laughed at the moccasins and the spear.

Finally, after successfully handling all the phases, John decides to treat them both to a Friday night on the town. He hopes that she will wear his

favorite dress, the other one she bought Saturday but hasn't had a chance to wear. Although it was very expensive he likes the dress so much he thinks maybe they can afford it.

He is in luck. Although a ZBEBer never directly tells his wife what to wear, she must have sensed something. As they get ready she does select his favorite.

He no longer has to pretend. Real enthusiasm comes spewing forth. "Wow! I love it! You look so young, so slim, so attractive! And it matches your eyes!"

She frowns disbelievingly. "Aw, I really don't care for it. I'm taking it back tomorrow." She goes to the bedroom to put on the camel hair sweater with the simulated alligator trim—the thing he worked to retrieve from banishment. Now he wishes he could take the spear and put it out of its tailored misery.

All things considered though, it has been a week of effective ZBEBing. Tomorrow she does return the most expensive purchase. Of course, after she returns the dress, she is sure to return home carrying many more boxes of variegated dimensions stacked high and jutting splendidly from her limbs like precious shards of rock crystal glimmering in the sun... ■



The Altoona Veterans Hospital received a 17-inch color television set, 1,000 paperback books, puzzles, and games from the Elks of Lewistown, PA, Lodge. Vets Chm. Jess Havice presented the items to the hospital officials.



## ELKS NATIONAL SERVICE COMMISSION

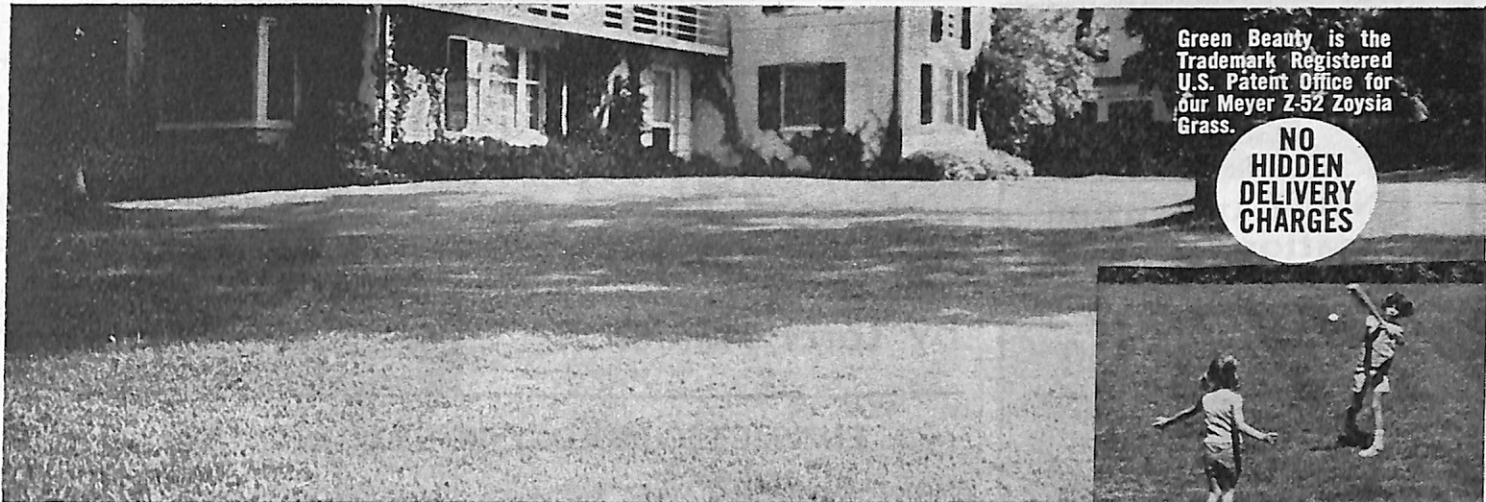
"So long as there is a disabled veteran in our hospitals, the Benevolent and Protective Order of Elks will never forget him."



Alameda, CA, Lodge invited 17 young men from Oak Knoll Naval Hospital to a holiday open house. The gentlemen partook of a turkey and ham buffet, and spent the afternoon talking with Brothers Bill Pitts (seated, left), Russ Roberts (standing, right), and ER Grant Eaton (second row, third from right).



Ten television sets, 17 boxes of paperback books, 55 decks of playing cards, and a \$100 check for canteen books were presented by Brothers Henry Ray (second from left), Ed Glover (third), Vets Chm. Henry Capucille (fourth), and ER Richard Haws (sixth) to the vets hospital in Durham, NC. The gifts from Raleigh, NC, Lodge were accepted on behalf of the patients by Al Kan (left), Jim Williams (third from right), chief of recreation, and John Arledge, hospital director.



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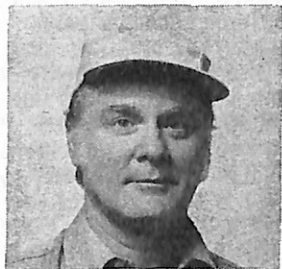


# Why Rip Up Your Lawn? Zoysia Saves Time, Work, Money

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By Claude Gerard

If you're like most lawn owners, you've been advised again and again to dig up your lawn to rebuild areas that have died. More advice is to lime, seed, rake, roll the soil, weed and feed. In short, traditional grass experts tell you to re-plant your lawn the same old way. What they don't add is that you will get the



same old results!

This year, say "goodbye" to such work and expense. Plant the real thing: Green Beauty premium Zoysia.

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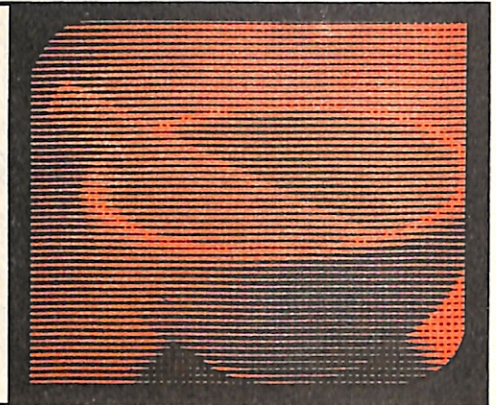


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# MEDICINE AND YOU

by Larry Holden



## ENZYME TECHNOLOGY: NOW AND IN THE FUTURE

Imagine an injection that will dissolve painful slipped discs without surgery. Or a chewing gum that eliminates cavities. Or a substance that speeds up the recovery process after a heart attack. Or a way to accurately signal the presence of a tumor in the body.

All of these are already possible or may one day be possible through research in the fast developing field of enzyme technology, according to Dr. E. Kendall Pye, a leading enzyme research scientist at the University of Pennsylvania Medical School.

"Enzymes are responsible, essentially, for life as it exists today. We wouldn't be able to have life at all without enzymes," points out Dr. Pye. Found in all living organisms, enzymes are tiny non-living protein molecules, which speed up the chemical reactions that support all forms of life. In the human body alone there are more than 1500 different enzymes, which make such vital functions as the movement of muscles, the process of breathing and the digestion of food possible.

"About 60 percent of the dry weight of most living cells is enzymes," explains the noted enzyme researcher. "They're biological catalysts which allow reactions to take place within the cell. These reactions provide energy for the cell to live and provide the conversion of one material to another material. So enzymes are the building blocks of the cell itself. They are absolutely required for life and for reproduction of the cell and for all other biological processes."

Enzymes already play a vital role in medicine since more and more physicians are employing them to detect and treat a wide variety of diseases and conditions. Additionally, doctors, medical researchers and enzyme scientists working on new ways to improve health care indicate recent enzyme discoveries have opened up many new potential treatments for illnesses, as well as new methods of disease prevention.

"You can use the presence of enzymes in the blood as an indication of a disease situation in the body and you can tell what tissue in the body is actually diseased," says Dr. Pye. "This is a new medical diagnostic application which is just coming into development."

Medical researchers have recently isolated enzymes that can signal the presence of tumors in the body, according to

the University of Pennsylvania expert. "When you get a tumor in the body, the tumor seems to 'leak out' certain enzymes. These enzymes, which are rather specific to that tumor, appear in the blood stream. If large amounts of certain types of enzymes are discovered in the blood, it's a strong indication of cancer. The exact type of enzyme can indicate in which body tissue the tumor is located."

Another current use of enzymes is in the diagnosing of heart attacks and in dissolving some types of blood clots.

"When someone has a myocardial infarction," notes Dr. Pye, "a very specific enzyme appears in the blood. If this enzyme is examined very carefully, it's easy to determine that it's from heart tissue. So it's a very good indication the person's had a heart attack."

"Enzymes can also boost the quality of treatment for all thromboembolic diseases, those which occur because of blood clots in the body. These conditions include myocardial infarction, caused by a blood clot in the vessels of the heart; pulmonary embolism, where clots lodge in the lung and phlebitis, which is a clotting of the blood in the leg."

In addition to these applications, Dr. Pye firmly believes enzyme technology will provide us with many more useful and essential products and processes in coming years. Researchers, for example, are working to develop an enzyme chewing gum that would eliminate cavities. If perfected, the gum would release an enzyme that would dissolve the dental plaque (tartar) on our teeth. If the plaque can be dissolved, tooth decay would be virtually prevented.

Perhaps the most exciting potential use of enzymes may be as a "cure" for aging that would extend our average life span to more than 100 years. Although aging research is still in its infancy, some scientists believe enzymes could be used to slow down the effects of aging. While Dr. Pye is confident our average life expectancy may someday be significantly increased, he feels strongly that enzymes, more immediately, will play a major role in improving the quality of our daily lives. ■

Address your comments and questions to Larry Holden, c/o The Elks Magazine, 425 Diversey Parkway, Chicago, IL 60614.

# MAJOR PROJECTS

*This is part of a continuing series on the state major projects. All state chairmen have been contacted by The Elks Magazine and have been asked to forward information for upcoming articles.*

For a handicapped child, it is a challenge to walk and eventually to run and play with other children. Therapy is necessary to meet this challenge and, as of 1955, the Elks of **Washington** have supported an extensive rehabilitation program for children suffering from cerebral palsy and other physical afflictions.

The Washington Elks Therapy Program for Children, Inc., includes the establishment of 12 mobile units, the support of a trained staff comprised of nine physical and three occupational therapists, and assistance to medical research concerning the causes of cerebral palsy. Basic policies of the program emphasize flexibility for the location at which a child is treated: at home or in a community clinic, the necessity of parental involvement, and the alleviation of the financial burden from the parents.

Two requirements are established by the program: patients must be under 21 years of age and have a prescription from a physician. A family need not be in any particular economic bracket; treatment is free for everyone and it is estimated that 78-80 percent of the patients served by Washington's major project would not be able to afford equivalent treatment on the open medical market.

One aspect of the program's ideological position is that proper treatment for the handicapped ought not be restricted to the attention of only one profession. The expertise of at least both a therapist and a physician is necessary for the progress of a handicapped child. Further, the two must remain in full communication and cooperation with each other; the therapist works from the doctor's prescriptions, while the doctor in turn revises his prescriptions according to the therapist's progress reports.

Along with the active attention of a therapist, parental involvement is enlisted to complete the treatment. By doing so, exercises can be practiced on a daily basis even in the absence of the therapist. In effect, there are four parties aiding the child: a doctor, therapist, parent(s), and the Brothers of Washington.

The dedication of the staff is evidenced by the 2,400 miles each therapist travels per month. The qualities looked for in a potential worker are tolerance, patience, the ability to communicate and cooperate with parents, and, of course, sincere interest in the children's progress.

For those women and men who have these characteristics but are not yet trained as therapists, the Elks' program provides scholarships to facilitate their certification.

Despite the problem of communicating information about the major project to all the Washington Brothers who are scattered throughout the state, the therapy program is successful and is fully financed by the Elks. The primary source of support is a charge of \$1.25 levied on each member. About 43 percent of the needed income is provided by the sum of this tax. The rest of the cost of operation is met in various ways. The Elks sponsor ball games and hockey games, encourage donations and bequests, and run the Tall Elks and Tall Ladies programs.

The Brothers of Washington and their wives who wish to supplement their per capita contribution to the major project may make a \$10 donation per year and thus become a Tall Elk or Tall Lady. After five years and \$50 in contributions, the Brother becomes a "silver member," after ten years and \$100 he is a "gold Tall Elk," \$500 qualifies him to be an "emerald member," and with \$1,000 in personal donations he is a "Diamond Tall Elk." From this program within the major project is derived the saying "No man stands so tall as when he stoops to help a crippled child."

At the head of the program is the President of the state association who appoints a Board of Trustees who meet at least four times a year. From the Board, an executive committee is formed which is responsible for the investment and disbursement of all funds. The committee meets monthly and each committeeman oversees the major project activities of at least three lodges. A program manager, who also serves as the Secretary of the state association, works closely with the therapists in coordinating their activities.

Progress has certainly been made by Washington's major project. In 1957 five mobile units were on the road, whereas, 1977 saw 12 traveling all over the state. Twenty years ago there were five therapists who served about 300 children, but now nine physical and three occupational therapists work with over 700 youngsters. Washington Elks continue to look to the future and keep in mind that \$18,000 will support an additional unit which can provide therapy for another 60 children.



*A Washington therapist helps a child keep his balance.*

If you are a resident of the state of **Tennessee** and are interested in pursuing a career in nursing, it is worth your while to investigate the scholarship program run by the Tennessee Elks Association. The Brothers of the Volunteer State chose their major project with an interest in aiding students of good character and academic standing who wish to become nurses but haven't sufficient funds for medical training.

In 1956 an unmarried senior in high school or graduate under 21 years of age had the opportunity to be awarded \$600 to help pay the tuition for nursing school. Four people were chosen, one from each of the state's four districts, on the basis of financial need, scholastic achievement, experience as a hospital volunteer, character, and involvement in school, church, and community activities. The scholarships increased to \$700 in 1968 and to \$900 in 1970, when awards were given to 25 recipients.

Acknowledging the state nursing shortage in 1963, the state association decided to establish a trust fund to support their major project. With the approval of the subordinate lodges, the association dues were increased by 40¢ per capita, thus sustaining the new fund. The intention was to build an account large enough so that its interest alone would be sufficient to expand the scholarship program, and eventually to provide all the funds. The addition of the trust to the major project occasioned the establishment of the Tennessee Elks Benevolent Trust, Inc., in 1970 to administer the

*(Continued on page 40)*

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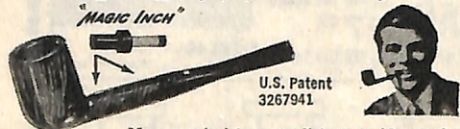
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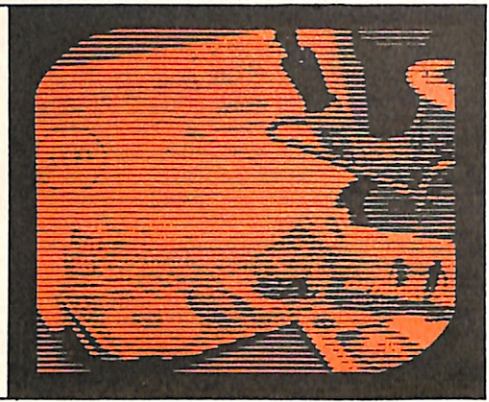
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# YOU AND RETIREMENT

by Grace W. Weinstein



## HOW TO SELECT A NURSING HOME

Fewer than 5 percent of elderly Americans are institutionalized at any one time. But 25 percent of those over 75 need extensive care at some time. You may be faced with the need to choose an extended care facility, for yourself or for an ill or aging relative. If so, it is important to choose wisely.

A nursing home is defined by the U.S. Department of Health Education, & Welfare as "a patient care facility that primarily provides nursing, medical and rehabilitation care, but also furnishes residential and personal services as well." There are two kinds of nursing homes: **Skilled nursing facilities**, which provide 24-hour nursing services, regular medical supervision and rehabilitation therapy, and serve convalescent patients and those with long-term illnesses. **Intermediate care facilities**, which provide some nursing care and some rehabilitation but which are primarily concerned with personal care and social services, serve people who are not ill enough to need full-time care but who are not fully capable of living alone.

The type you need will probably be recommended by the patient's physician. But, if you have a choice of facilities in your area, you will want to get recommendations from other people, and to visit each facility before making a decision. The first things to consider:

- ✓ Is the home licensed? Are personnel licensed in their respective fields?
- ✓ Is the home approved for participation in the Medicare or Medicaid programs? Even if you plan to pay your own way, you will want to know that the home meets federal and state standards established by these programs.
- ✓ Is there space available?
- ✓ Where is the home located? Is it near a hospital which can provide emergency care?
- ✓ What does the home cost? Nursing home costs range from \$210 to \$420 per week, according to a *Business Week* survey reported in February, 1977, with an average of \$280 per week in most metropolitan areas; that average covered only room, meals, and general nursing care.

Medicare will pay for covered services for the first 20 days for patients over 65 who have been hospitalized for at least three days, and for all covered services over \$15.50 a day for the 21st through the 100th day. But extra charges, which

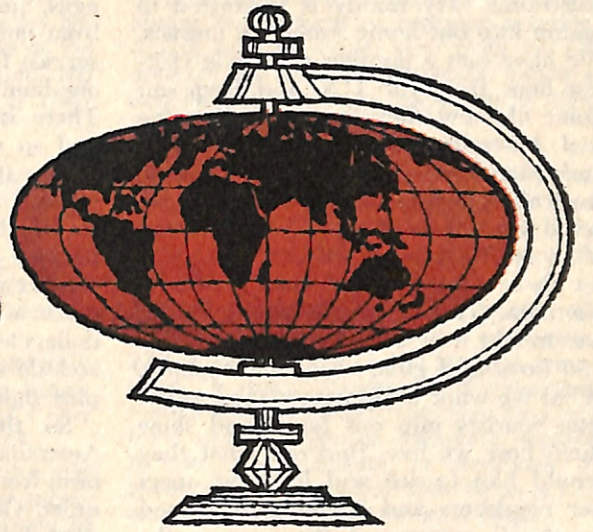
can add as much as 25 percent more to the bill, are often (not always) imposed for physician's services, drugs and medications, physical therapy, diagnostic services such as laboratory work and X-rays, personal services such as personal laundry, telephone calls, and haircuts. Special diets, spoon-feeding, and administration of drugs may be included in the basic charge in some nursing homes, but may be extra in others.

You can get answers to most of the above questions without going near the facility. But the only way to judge what a nursing home is actually like is to pay a personal visit. Talk to the staff, and to the patients, and evaluate what services are actually being provided and in what way. Observe, insofar as possible, therapeutic services, social services and house-keeping services. Spend as much time as possible in the home and visit as many parts of the facility as possible.

Patient participation is important at all levels, including, when at all possible, the initial decision to go to a nursing home. Even then, and especially when it is clear that residence will be permanent, adjustment takes a while. In their excellent book, *You and Your Aging Parent* (Pantheon Books, 1976), Barbara Silverstone and Helen Kandel Human point out: "Already exhausted physically from the strains of moving and emotionally by the assortment of feelings aroused by the move, they must now become familiar with new patterns of living: new daily routines, new rules, and new roommates." Don't expect immediate adjustment. And don't expect that visits home will ease the process; they may only make it more difficult, in the early months, to feel at home in the new residence. Visits to the nursing home, however, by family and friends, are important; they show the patient he or she has not been forgotten, and maintain contact with the outside.

For more information: "How to Select a Nursing Home," (\$.90) published by the U.S. Dept. of Health, Education, and Welfare Public Health Service, contains a detailed checklist of factors to evaluate, and is a very useful guide to choosing a skilled nursing facility. It is for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402; ask for Stock No. 017-022-00502-6.

Next: The home care alternative. ■



# TIPS FOR TRAVELLERS...

by Jerry Hulse

Occasionally this column is given over exclusively to tips for travelers, which is the case this month. It is our desire to smooth the way—whenever possible offering money-saving suggestions. It's our guide for Elks Who Travel. We suggest that you file it away for use when vacation time rolls around this year.

## **Culture on Wheels**

Here's still the best buy in New York: the Culture Bus Circuit. Costs \$1.25. Operates Saturdays, Sundays and holidays. Hop on and off whenever you wish (another bus follows up in a few minutes). Sights range from the U.N. Building to Carnegie Hall and the Metropolitan Museum of Art for a total of 22 "culture" stops. For a free copy of the "Weekend Culture Bus Schedule" drop a card to M.T.A., 1700 Broadway, New York City 10019.

## **Ski Scene**

Amtrak is revving up its ski season schedule. The railroad has compiled a couple of tour brochures titled "Pick of the Peaks." One for western skiers, one for eastern skiers. A choice of dozens of ski vacation packages. Anyone buying a complete Amtrak tour saves 40 percent on round-trip coach fares. For copies of "Pick of the Peaks" brochures write to Amtrak Travel Center, P.O. Box 311, Addison, IL 60101.

## **For the Golfer**

*Golf Digest* magazine has published a guide listing 250 hotels and resorts

that combine golf with sales meetings, and conventions. Hotels and resorts are listed by state. Reprints available by sending 50 cents to *Golf Digest* "Places to Meet," Box 475, Norwalk, CT 06856. (States include Alabama, Arizona, Arkansas, California, Colorado, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Massachusetts, Michigan and Mississippi.)

## **Valley of Sun**

Phoenix gets popular this time of year. It's big with sun worshipers. Planes shuttle back and forth with an amazing regularity. Some of the West's greatest resorts are found in the Phoenix-Scottsdale area. The Arizona Biltmore, for one. Mountain Shadows and Camelback Inn also get raves. A new four-color brochure outlines the attractions: golf, tennis, restaurants, suggested driving tours, shopping centers. Copies available from the Phoenix & Valley of the Sun Convention & Visitors' Bureau, 4621 N. 16th St., Suite 106A, Phoenix, AZ 85016.

## **Alaska Blue Book**

Here's a nifty free guide—the Alaska & Yukon Blue Book. Information on tours, weather, clothing, cruises, hotels-motels (contains prices), hunting, fishing, wilderness camps, car and camper rentals, ferries, railroads, etc. This is a paperback, 112 pages. Copies available from Western Airlines sales offices or by writing to Regional Sales, 6733 S. Sepulveda Blvd., Los Angeles

90045. Fits snugly in a shirt pocket or purse.

## **Camping Guide**

The National Park Service has published a new pocket-size guide ("Camping in the National Park System"). Tells all about services in more than 400 campgrounds in 99 park areas (including the Virgin Islands and Hawaii). Most parks operate on a first-come, first-served basis. Others require reservations. You'll get all the answers in this booklet. Send a check or money order for 70 cents to Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. (Ask for G.P.O. Stock No. 024-005-0068-1.)

## **Climate Charts**

Dr. Vincenzo Marcolongo, founder of International Assn. for Medical Assistance to Travelers (IAMAT), has a new series of climate charts. More than 1,400 cities and towns listed (worldwide). Besides temperatures, the charts contain tips on water, milk, food conditions. Copies are free with IAMAT membership. Besides the climate chart, members receive the following:

- ✓ A medical directory listing English-speaking doctors in 120 countries.
- ✓ A membership card entitling the holder to preset medical fees overseas.
- ✓ A "traveler's clinical record."
- ✓ A world immunization and malaria risk chart listing required (or recommended) inoculations.

## Australian Farm Holiday

Occasionally a letter arrives that gives even an old travel pro the urge to pack his bags and flag down a jet. Consider this one from Mrs. C. M. Smith of Australia: "My family is interested in taking into our home American tourists. We have met a number of people visiting here from the U.S. and from our point of view they are not seeing the real Australia or getting to meet and understand the sincere and genuine Australian people. For several years we acted as a host family for American G.I.s on R&R leave. They would stay for three or four days, then return to Vietnam. They enjoyed it and so did we. In just over two years we had over 150 boys and girls, all at our expense. What we want to do now is take American tourists into our home and show them how we live, find out what they would like to see and let them meet our neighbors and friends. All around us at all seasons of the year is the beauty of our vast country. We want to share it with you all. I live with my husband and three sons (Colin, 22; Peter, 17, and Simon, 5) in a large, comfortable house on a 3,500-acre farm. We raise wheat and beef cattle. The whole area around us is picturesque and lovely. The climate is mild; in the winter we have light frost and warm days, and never see snow; the summer

is hot with cool nights. We have wild kangaroos on the farm (excellent photographic subjects). There is a stream with catfish and trout. We grow our own fruit and vegetables, have fresh eggs, poultry, milk, butter and cream from our own cows. There is daily air service from Sydney to towns within a one-hour drive by car from our house. There is just so much for us to offer and so much for a visitor to see and enjoy, it is not possible for me to write it all. The reason I have written to you is to ask if you can advise us how to contact the people who are coming down here. We would have to make a daily charge of 25 Australian dollars to cover expenses, but this would include all meals and accommodations, plus sight-seeing tours of the area."

So there you have it—a friendly Australian family, a 3,500-acre spread, farm-fresh meals and all that peace and quiet. Get out the pad and pencil and drop a line to Mrs. C. M. Smith, c/o "Old Warrah," Willow Tree 2339, New South Wales, Australia. If you're in a rush you can telephone the Smiths at "Big Jacks Creek 471-777."

## Budget Mexico

Ten fly-drive vacations are described in a new Creative Leisure brochure which features condominiums in Mazatlan, Puerto Vallarta, Acapulco and Guadalajara. These are big money-sav-

ers for families: One to six bedrooms, beachfront locations, private swimming pools, maids, gardeners. Just move in and enjoy. One condo in Mazatlan is priced at \$67.45 per person for seven days. For a copy describing properties, write to Creative Leisure (Mexico '78), 1280 Columbus Ave., San Francisco 94133.

## Small Fry's San Francisco

If you're going to San Francisco and want to unload the kids for a day (or an evening), Katy Swenson's your contact. She offers package tours for youngsters from seven years up. Her minivans pick up the kids at your hotel at 10 a.m., return them in the late afternoon. Figure on about \$25 per child, lunch included. Ms. Swenson has a program for teens, too—dinner, dancing at a discotheque, etc. For a brochure, write to Katy's Custom Tours, P.O. Box 51, San Rafael 94902.

## Budget Motels

More than 1,600 motels are listed in the new "National Directory of Budget Motels." This guide covers 48 states. Prices start at about \$9 single a day, \$11 double. If you're planning a trip across country by car it could prove a saving. Copies available from Pilot Books, 347 Fifth Ave., New York, N.Y. 10016. Price: \$2.95 postpaid.

*(Continued on page 38)*



# THE JOY OF GIVING

Elks National Foundation  
2750 Lakeview Avenue • Chicago, Illinois 60614



The second honorary founder's certificate to be received by Lucien LaRose (fourth from right) was presented by ER Carroll Wakefield (fifth from left) recently. Windsor, CT, Lodge Chm. M. Raymond Merz (right) and Esq. Frank Bill (left) also honored new participating members (from left) Salvatore Conforto, Earl Buckley, George Fischer, Kenneth Christensen, George O'Neill, and Robert Bird.

Norm Foss (center) was thanked by Foundation Chm. Lou Blose (left) and ER Michael Petrunio for his \$1,000 contribution to the Foundation. The Fullerton, CA, Lodge Brother accepted his honorary founder's certificate during a lodge meeting.



A paid up member for the third time, Brother A. Clair Davis (center) received his certificate from PDD and Chm. Harry Stoops (right). ER Harold Bortz was on hand to offer his congratulations to the 56-year member of Apollo, PA, Lodge.



# The Fraternal Corner

**Q.** Is it true that the Elks have an amateur radio network?

**A.** Yes, and it's brand new. The Elks Net for licensed "ham" radio operators was launched on January 2, 1978, with 18 Elk operators checking in with New Coordinator John Alexander, WBØ1T1 of Wheatridge, CO.

"All of us at Grand Lodge," said Grand Secretary Stanley F. Kocur, upon being patched to Coordinator Alexander, "are proud of your efforts, this gives Elksdom untold opportunities for excellent community work."

Coordinator Alexander seeks a Net Control aide with a big signal from California and one from the Pacific Northwest to round out an effective net, which will be available for services in almost every situation.

Elks Net is heard daily at 1800 UCT on 14328 kc.

**Q.** How do I find out when my State Association's annual meeting will be held?

**A.** Here are the convention dates and sites that have been announced to date. The balance of the dates will be published as soon as the information is released.

AL	5/25 thru 5/28	Mobile
AK	5/18 thru 5/20	Fairbanks
CA-HI	5/17 thru 5/20	Fresno
CO	9/7 thru 9/9	Boulder
FL	5/18 thru 5/20	Daytona Beach
IN	6/1 thru 6/4	French Lick
KS	5/4 thru 5/7	Topeka
MI	5/19 thru 5/21	Lansing
MT	7/27 thru 7/29	Kalispell
NE	5/19 thru 5/21	North Platte
NH	5/26 thru 5/28	Compton
NC	5/19 thru 5/20	Charlotte
OK	4/28 thru 4/30	Oklahoma City
OH	4/27 thru 4/30	Columbus
TN	3/30 thru 4/1	Nashville
WY	5/5 thru 5/7	Laramie

**Q.** Our Lodge Secretary is ill and may be incapacitated for some time. May the Exalted Ruler appoint an "Acting" Secretary?

**A.** There is no provision in Grand Lodge statutes for the appointment of an "interim" secretary or treasurer. Whenever any elective office becomes vacant through death, resignation or illness, the Exalted Ruler shall order an election to fill the office for the unexpired, or full term. This should be done no later than the second meeting thereafter. The Exalted Ruler may designate a qualified

member to perform the functions of the office of treasurer, or secretary, until an ill officer recovers, or an election can be held. However, the Grand Secretary advises listing only the name of the individual, without title, until the Grand Lodge is notified of their election.

**Q.** Why is there no national directory showing what facilities each lodge has for eating, drinking, etc?

**A.** Questionnaires are now being sent by the Grand Secretary's office for possible compilation into a national directory.

**Q.** Since I purchased a Life Membership from my lodge by paying twelve times the regular dues why must I now continue to pay Grand Lodge dues?

**A.** Such contracts for Life Membership are between the member and subordinate lodge. Dues must still be paid to the Grand Lodge as previously outlined.

**Q.** Did the Elks ever wear aprons, either during meetings or to social functions?

**A.** Brother Emanuel Goldman of Lexington, MA, Lodge recently sent "The Fraternal Corner" a photograph of an "Elk Apron" he owns. It is leather with a full color Elk on the center of the apron and the letters BPOE interlocking across the

top. The edges are based in a purple and gold ribbon. The curators at the Elks National Archives know of no other examples. Speculation is that the use of the aprons was a local or regional practice. If you, or your lodge, ever used an Elk apron or you have any additional information let your brothers know. Write "The Fraternal Corner."

**Q.** Recently our lodge secretary received a packet of raffle tickets from a nearby lodge with the request that they be made available to our members. Is this legal?

**A.** No. This is a very serious matter. All brothers should be aware of Section 219 of the Constitution and Statutes Annotated. It says: "Lodges and members thereof are prohibited from soliciting aid from sister Lodges or members thereof by the sale of tickets, or otherwise. A violation of this provision shall be an act of contumacy and punished accordingly. . ."

**Q.** Can a lodge charge a Life Member a fee toward administrative expenses?

**A.** Yes, provided the lodge bylaws have been amended to include this fee.

This column will appear periodically. The purpose will be to answer the more common questions received by both *The Elks Magazine* and the Grand Secretary's Office.

Questions for "The Fraternal Corner" may be addressed to: Fraternal Corner, *The Elks Magazine*, 425 West Diversey, Chicago, IL 60614.

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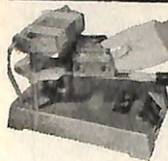


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## TIPS FOR TRAVELERS

(Continued from page 36)

### Wilderness Scene

Wilderness trips are described in a new brochure published by Adventure Guides Inc., 36 E. 57th St., New York, NY 10022. Company handles reservations for horseback and backpacking trips, float trips, etc. Tells all about what to pack, transportation, accommodations. This same organization publishes the popular guidebook "Adventure Travel U.S.A." Says the author, Pat Dickerman: "I collect exciting trips." She'll share her experiences. Write to Adventure Guides or telephone (202) 355-6334.

### New York Guide

New York is getting plenty of attention. Seems everyone's taking advantage of new low air fares to the East Coast. (Not even Con Edison with its foul-ups can discourage the steady stream of jet travelers.) Everyone's happy. Especially the hotel-motel people. They've got a new directory. Lists more than 400 accommodations. For a free copy write to New York State Hotel & Motel Assn., 141 W. 51st St., New York, NY 10019.

### For the Handicapped

A booklet for handicapped travelers is available from the U.S. Travel Service. (Ask for Stock No. 2405-0286.) Send check or money order for 40 cents to the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. (Note: A list of other guides for handicapped travelers is available from the President's Committee on Employment of the Handicapped, Washington, DC 20210.)

Other tips for the handicapped:

▶ Diabetes Travel Services of New York provides counseling for persons with this disease. Tips on special tours and cruises, how to adjust to insulin intake

while traveling, etc. Drop a card to DTS Club, 349 E. 52nd St., New York, NY 10022.

▶ Glendale Fiesta Travel specializes in tours for the handicapped. Upcoming: a trip to New Zealand. Contact Ruth Lusby, Glendale Fiesta Travel, 116 W. Stocker St., Glendale 91202 or telephone 240-4468.

### More on Handicapped

Douglass Annand is a paraplegic who's been in a wheelchair for 25 years, so he knows his subject: travel for the handicapped. Annand has published the 10th consecutive edition of his popular "Wheelchair Traveler," a guide aimed at the ambulatory vacationer as well as those confined to a wheelchair. Contains 3,500 listings of hotels, motels, restaurants and sight-seeing attractions in the United States as well as Canada, Mexico and Puerto Rico. Send \$4.95 plus postage (65 cents third class, \$1 first class) to "The Wheelchair Traveler," Ball Hill Road, Milford, NH 03055.

### Caribbean Isle

St. John (U.S. Virgins) is a dream of an island with gorgeous beaches, peaceful hiking trails, the clearest water in the entire Caribbean. It's the setting for a new camping resort (overlooks a private beach). The emphasis is on quiet, back-to-nature vacationing. No blaring radios. No bleating guitars, no calypso bands. Just peace. The camp features tent cottages and a help-yourself herb garden. The living rooms convert into a second bedroom. Furnishings include beds, a sofa, dining table, chairs, two-burner propane stove, an icebox, linens, blankets, towels, pots, pans, utensils. Rates: \$150 a week (double occupancy) plus a \$30 security deposit. An extra \$35 is added to the bill for each accompanying child. Drop

(Continued on page 40)

## Best Lodge Youth Program

Subordinate lodge youth activities chairmen should be in the process of assembling their Best Youth Program brochures. The deadline for submitting brochures to the state youth activities chairman for judging is March 23, 1978.

The state winners in all membership categories will be declared by the state association youth activities chairman by April 6, 1978.

The state association youth chairman is to have selected a winner in each membership group and also to have selected a state overall winner for the Best Youth Program and mailed them to me for consideration in the national Best Lodge Youth Program Contest by April 20, 1978.

If you have planned and carried through a sound, well-balanced year-round Youth Program you will have touched the lives of children of all ages and helped our youth meet the challenges of tomorrow.

Bob J. Bybee, Member  
Grand Lodge Youth Activities Committee  
1430 Antares Drive  
Idaho Falls, ID 83401

# Is Your Youngster Suicidal?

(Continued from page 14)

ting the limits; they're always pushing their limits and expanding their personalities. They want to holler and scream about how strict you are and want

to stay out past eleven; but internally there is a process going on like, 'I don't want to admit to my friends that I want to come in at eleven, so I just say it's my parents who want me to. In this way it's my parents' responsibility.'

What should parents do if they detect danger signals? "Establish some kind of communication," advises Dr. Antonucci. "Listen to any person who says 'I am going to kill myself.' Do not discount such threats. Do not say, 'Oh, you're not going to kill yourself, you haven't any reason. What's wrong with you?' That may be off base to what that person is experiencing within. A better response might be 'Sounds like you have something going on with you. You sound upset.' If it appears that you (parent) can't handle the situation, the best thing to do is get professional help. It may not be a serious problem, but it's better to find out.

"In general, our society is not equipped to deal with people who want to take their own lives, not equipped to deal with death, not equipped to deal with people who are different or in a crisis. The general feeling is, 'I am terrified of death and talking about it upsets me.' This is why our (suicide and crisis) service exists. We provide a place where people can explore their feelings in a nonjudgemental way. There has to be a willingness to communicate, a willingness to listen to what the problems are, to hear young people out, to let them talk and recognize that they are people," Dr. Antonucci continues. "Growing up is really hard in this society. We are putting all kinds of responsibility on young people, adult kinds of views, sexual worries and standards, achievement and work standards.

"If you suspect that somebody might be in danger, involve outside help, a child psychologist, or someone who specializes in working with young people, or a family therapist who will work with the whole family. A suicidal child is likely to be reflecting a problem that the whole family has and that child then becomes the vehicle of expression. A suicidal child's behavior could assist the whole family if the family sees a counselor, finds out what's wrong within the family structure, and learns how to be supportive of one another. It's certainly better than having to deal with the shock of a suicidal death," Dr. Antonucci concludes.

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Ohio residents please reference OAD-77

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## TIPS FOR TRAVELERS

(Continued from page 38)

a card to Maho Bay Camp, 17 E. 73rd St., New York, NY 10021.

### Trip Planner

Packing for a trip is not one of the joys of travel. (It can be a bloody nuisance.) To make it easier TWA has published a booklet telling travelers what to wear and what to pack. Makes no difference whether you're going for a weekend or several weeks, it's all laid out. The booklet contains a checklist for both sexes; tells exactly how to pack a suitcase. There's a section titled "Most Forgotten Items" (everything from aspirin to address books). To help match clothing and climate, you'll find a temperature chart (covers the United States as well as 17 European destinations). Free copies available from travel agents and TWA ticket offices. My own advice for traveling on an airplane: Make it casual, particularly if it's a long overseas flight. Wear slacks (both men and women), open-neck shirt or blouse, loafers or sandals. And be sure to take along a sweater in case the flight engineers decide to snap on the air conditioner, giving everyone the impression the plane's made a landing somewhere in the Arctic.

### Canada

Air Canada is plugging a new do-it-yourself travel plan. It's a vacation package that permits visitors to set their own pace, coast-to-coast. Here's how it works: You buy a "Canadapass" voucher for each day you plan to spend in Canada. Guarantees a roof over your head each night without making a reservation. A rental car goes with the deal. A three-day, three-night package is offered as low as \$75 per person (air fare is extra). The one-week package starts at \$178. Details from your travel agent or Air Canada.

### At Home in Britain

The British Tourist Authority has prepared a couple of handy lists for

## Major Projects

(Continued from page 31)

program. Presently, the Trust is operated by a board of trustees, a president, vice-president, secretary, treasurer, and executive committee.

The firm backing of the Trust Fund allows Tennessee Elks to continue, with ease, the yearly presentation of nursing scholarships. An interested party must submit an application to the local lodge by April 1. A certificate of good health, recommendations from a school principal or guidance counselor, employer and church leader, as well as a school transcript must accompany an application. A potential scholarship recipient must be willing to report his progress and the grades he has attained to the treasurer of the Trust. All the submitted information is reviewed and judged by a committee appointed by the State President each

visitors. One is titled "Staying with a British Family." Names organizations that reserve rooms in private homes and cottages. The other ("Self-Catering Accommodations in Britain") is aimed at the visitor who wishes to rent a farmhouse or cottage—the do-it-yourself vacationer. No landlord on the premises. Both lists are offered by the British Tourist Authority, 612 S. Flower St., Los Angeles 90017 (telephone 623-8196). Meanwhile, the BTA has issued a new edition of its popular paperback titled "Commended Country Hotels, Guesthouses and Restaurants." This lists 374 establishments throughout Britain; all price ranges. The BTA put a lot of effort into this one. Listings were chosen for outstanding food, service, welcome. They range from the Elms at Abberley in western England ("a Queen Anne country house set in a 12-acre park with superb views across the Teme Valley . . . Warm country welcome.") to the Plough Inn at Rhosmaen, Wales ("A small intimate restaurant featuring veal, venison, salmon and lobster."). Copies available for \$1.80 from British Gifts, P.O. Box 26558, Los Angeles 90026.

### South America

If you're planning a trip to South America get a copy of Charles Babette Jacobs' "South America Travel Digest." This is a 176-page paperback (available in bookstores: \$7.95). Sections on Argentina, Brazil, Bolivia, Chile, Colombia, Ecuador, Panama, Paraguay, Peru, Surinam, Uruguay and Venezuela. There's a special section titled "What you've wanted to know about South America and didn't know who to ask." Tells all about climate, clothing, sight-seeing, dining, tipping, tourist entry requirements, passport and customs, nightlife, gambling, ad infinitum.

Other sources on South America include Myra Waldo's "Travel Guide to South America" and Robert S. Kane's "South America A to Z." Pan Am also puts out a trip planner.

year. Finally, the 25 people who are chosen to receive the scholarships are notified by June 1 and can enroll in any accredited school of nursing in Tennessee.

Although the Trust is supported by the per capita dues and the National Foundation, donations in the form of personal or lodge gifts are needed and made. Anyone wishing to contribute may add to the Trust Fund, in which case only the interest from the contribution will be used. Alternatively, a donor may present an open gift leaving the disbursement up to the administration.

For those who are awarded Tennessee's major project scholarships, nursing school tuition becomes less of an obstacle to medical training. Deserving young men and women are given the opportunity to pursue a nursing career and, in time, they add their efforts and expertise to the pursuit of better health in Tennessee.

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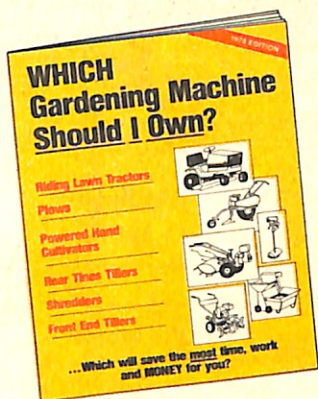
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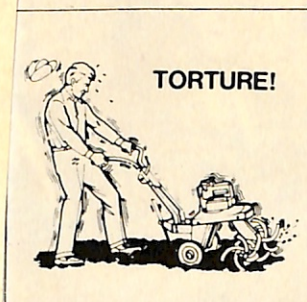
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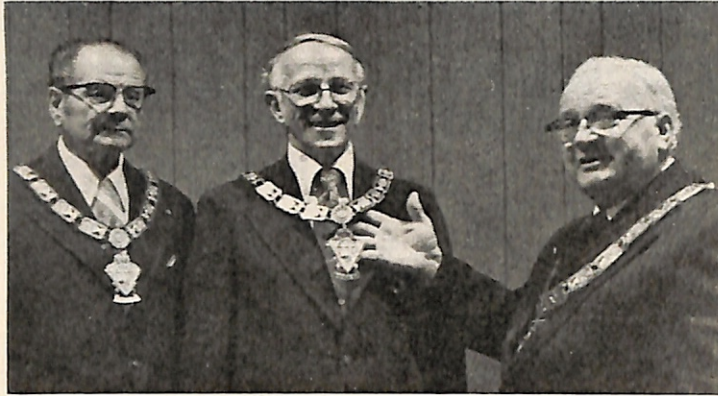
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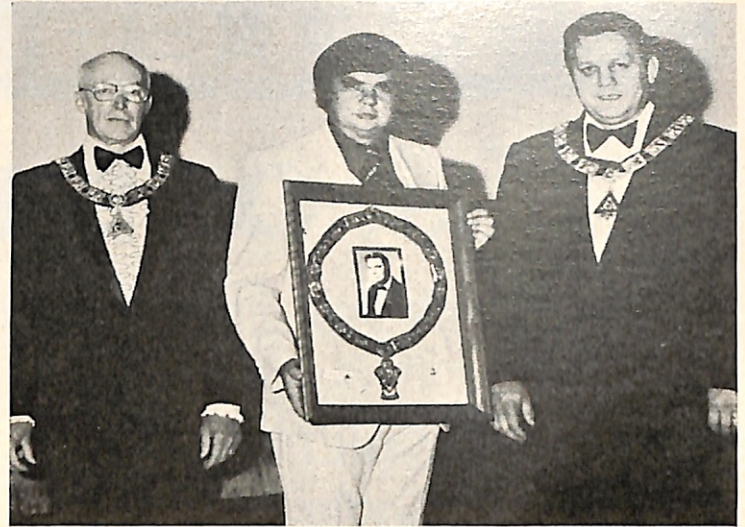


# NEWS OF THE LODGES

(Continued from page 21)



**A RECENT** meeting of Erie, PA, Elks hosted PSP Edward Brown (left) and Oliver Sexton (right), president of the Past Exalted Rulers Association. DDGER Emil Hessinger (center), who was visiting his home lodge, received the jewels of his office from the distinguished guests during the gathering.



**DDGER** Milton Kuhn (left) was pleased to present the jewels of office to PDD Albert Protin (center) during the DDGER's visit to Charleroi, PA, Lodge. ER Donald Podwika offered his congratulations to Brother Protin.



**A CHARTER** member of Enfield, CT, Lodge, Bill Walsh (second from right), was pleased to observe the initiation of his youngest son William Walsh Jr. (second from left) and his twin brother Francis (right). PER Armand Panazza of Hartford Lodge was on hand to offer congratulations.



**A WASHER** and dryer were donated to the Crownsville State Hospital in Maryland by Waldorf, MD, Lodge. DDGER Marland Deen (front, right) and Mildred Pingitore (front, center), Elks' ladies president, joined Paul Woods, maintenance supervisor, and members of the hospital staff in viewing the new laundry machinery.



**A RECENT** meeting of New Jersey Elks brought the East District ritualistic judges to Hoboken Lodge. VP William Dagneault (seated, center) joined judges (standing, from left) James Gross, PVPs Jim Staltes and Dick Bonamo, PER Harold Green, PVP Len Semararo, PDD Christian Bittman (seated, left), and PER Peter Fabian.



**SEVEN BOXES** of clothing and books were donated to the VA hospital in Miami, FL, by North Palm Beach Elks. Mrs. B. Meyer (left) thanked Brother John Busby for the needed items.



**A NEW BOY SCOUT** troop begun in Troy, NY, recently is sponsored by Troy Lodge. The number of the lodge, 141, is coincidentally the same as that of the troop. Attending the charter ceremony were Brothers Frank Kane (third from left), coordinator, ER Thomas Dalton (fourth), Scoutmaster Scott Schmiedsoff (fifth), and Commissioner Harold Rowe (right) who examined the troop's official document.



**THREE** Park Ridge, NJ, Boy Scouts of Troop No. 80 were promoted to the rank of Eagle Scout recently. Eagle Scouts Douglas Jascha (second from left), Anthony Maz-zucco (third), and Brian Sudol (fourth) were congratulated by the sponsoring local lodge represented by PER George Neu-mann (left), ER John Stramiello (right), and Scoutmaster Charles Naden.



**A NIGHT** at the races was enjoyed by East Brunswick, NJ, Brothers recently. Est. Lead. Kt. Bill Thompson (fifth from left) presented the winner's trophy to jockey Menotti Aristone, who won a race named after the attending Elks. On hand to cheer were (from left) Mr. and Mrs. Galabroni, owners of the champion horse, PER Michael Sowa, Est. Loyal Kt. Ted Bardon, Est. Lect. Kt. Al Drost, and PERs Robert McCarthy and John Toraitis.



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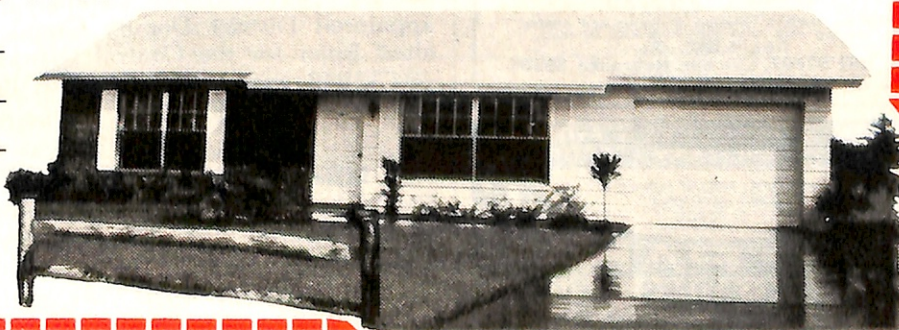
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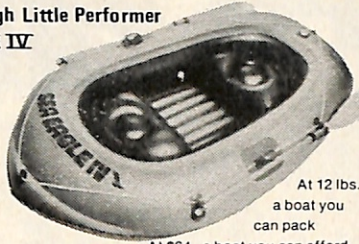


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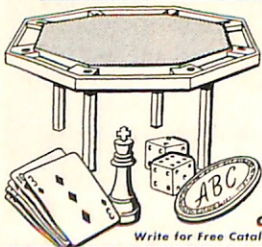
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# It's Your Business

(Continued from page 16)

way to charge but in such instances we recommend the client always be given the opportunity to curtail the program at any time."

Businessmen I talked to who have used local business advisers agree that hourly charges can create friction and suspicion between proprietor and consultant. "The difficulty," one told me, "is that I didn't keep a record of his hours and I was never sure what he included."

While GBS wants the businessman to understand the obligations of both parties, Browning says that contracts aren't used. "Since two of our basic services for clients involve bookkeeping and taxes, which are a recurring need required by law, we serve our clients continually. We do not have a formal contract with our clients, but to avoid any misunderstanding we urge our counselors to provide each client with a written list of all the tasks that will be provided as I mentioned before."

The telephone directory is the best place to find most business counselors. Bankers can be good sources for verifying the competence and reputation of individual counselors in a community. Of course the best way to distinguish such organizations, whether they are national or local, is to ask for names of clients and references. Anyone unwilling to provide such references should be suspect," Browning adds. Good advice for anyone in business these days.

Address your comments and questions to John Behrens, c/o The Elks Magazine, 425 Diversey Parkway, Chicago, Illinois, 60614.

## Obituaries

**PAST DISTRICT DEPUTY** Ralph L. Foote died recently. Brother Foote, a member of Malone, NY, Lodge, served as District Deputy Grand Exalted Ruler in 1958-1959 for the state's North District.

**PAST DISTRICT DEPUTY** Julius J. Marion of South Orange, NJ, Lodge died November 23, 1977. In 1947-1948, Brother Marion held the position of District Deputy Grand Exalted Ruler for the Northwest District.

**PAST DISTRICT DEPUTY** Chris A. Gehlbach of Canon City, CO, Lodge died December 23, 1977. Brother Gehlbach was appointed District Deputy Grand Exalted Ruler for the Central District in 1947-1948 and served as State President in 1944-1945.

**PAST DISTRICT DEPUTY** Burt S. Burns of Reynoldsville, PA, Lodge died recently. Brother Burns was District Deputy Grand Exalted Ruler for the South Central District in 1936-1937, and for the North District in 1942-1943.

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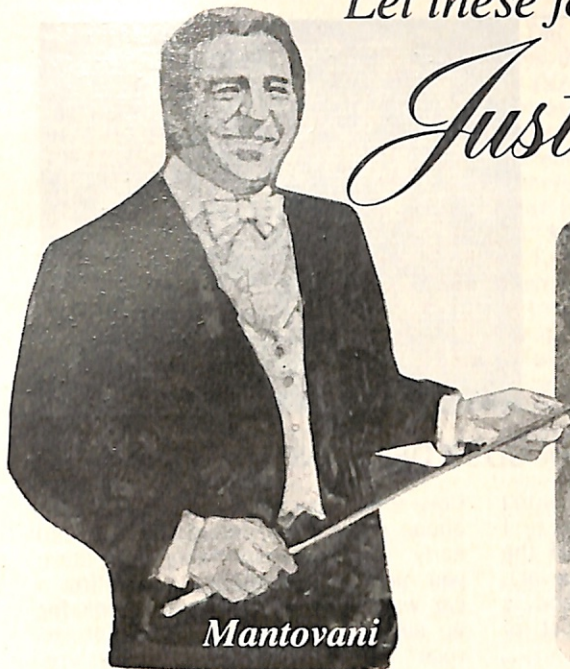
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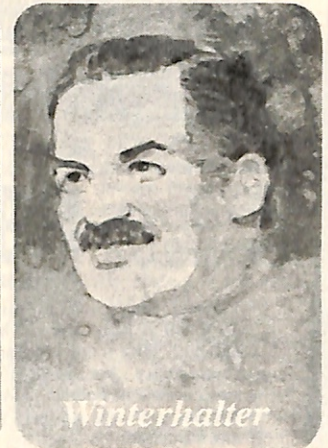
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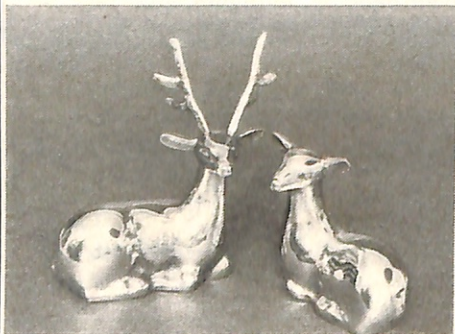
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## TRIM YOUR COST OF LIVING

Your overall cost of living shouldn't rise too rapidly in March, or in the first half of 1978 (the second half of the year may be another story, however). Whether slow or rapid, the trend is for continuing rises in the cost of living.

But you can trim your own cost of living this month, and through the year if you follow a few basic money rules. One of the prime rules is to take advantage of seasonal savings which are available every month.

Here are the bargains for March (add the italicized items to your 1978 *Bargain Calendar*): If you'll be needing housewares soon, consider buying in March because of attractive prices. You should find savings on washing machines and clothes dryers. If you're looking at a new stereo, shop for this month's savings on audio equipment. China and glassware also look good.

You winter sports enthusiasts should check for buys on skis and skates. *Luggage* is also on sale in March. Now's the time to plan your spring garden, and garden supplies are on the savings list.

Sales to Watch: St. Patrick's Day and pre-Easter.

Supermarket Snoop says you'll save on fresh *sweet potatoes*, asparagus, rhubarb, turnips, rutabagas, *parsnips*, *mushrooms*, *broccoli*, pineapples, *oranges*, and *grapefruit*.

Attention winter skiers: the cost of travel, room, and board demands that you get the most for your skiing money. Jerry Muth, director of ski services at Copper Mountain resort in

Colorado, warns that you must plan ahead since peak periods are booked early. Group transportation can save you money, like splitting or renting a car with someone. If you fly, look for an airline offering a "no snow on arrival" refund policy on return airfare. Happy skiing.

The *Mov-A-Stat* helps cut home heating costs by letting you lower the thermostat without losing warmth. *Mov-A-Stat* is a simple device that accelerates the flow of heated air through a room. It's electric and portable. For free literature, write Vital Industry & Development Corp., 559 Manchester Rd., Yorktown Heights, NY 10598.

Raymond G. of Ogdensburg, NY, recently asked how to remove moss from his roof and prevent its reforming. Well, Donald Arendsee of McFarland, WI, advises that you can control roof moss by spraying with a heavy concentrate of copper sulfate. When working on the roof, be careful of slipping because moss is slick. Donald adds that it's also helpful to run a bare copper wire (lightning rod cable) down each side of the ridge of the roof, 2 or 3 inches from the ridge. Thanks, Donald.

Want to join a new buyer's club that offers real moneysaving opportunities? S.A.V.E., an acronym for Shoppers' Association for Value and Economy, gives you a chance to try brand name goods at about half-price. You can join by filling out a coupon in any of the ads that S.A.V.E.'s sponsor—the G.R.I. Corp.—places in national home

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Mary Slosarz of Indianapolis, IN, says the light bulb that just went out may still be good for many hours of service. Try tapping the glass. Often the filament has become "disconnected" and may join again at a tap or two.

Here's a new directory of mechanics certified by the National Institute for Automotive Service Excellence, with over 10,000 listings by state, including phone numbers. This 1978 edition of *Where to Find Certified Mechanics for Your Car* is \$1.95 from NIASE, Suite 515, 1825 K. St., N.W., Washington, DC 20006. If you want a listing for only your state, that's free if you just request one by state and send a stamped, self-addressed business-size envelope to the same address.

It takes only one-fifth as much oil to make a retread as to make a new tire, recycled tires means fewer old tires littering the landscape—and retread tires cost you less. Retreads cut your cents-per-mile average and they often ride quieter than new tires. Still skeptical? Consider that retreads must meet Department of Transportation regulations and must meet the safety standards set for new tires. Radial tires offer an exceptional retread value. Retreads deliver new-tire mileage at about half the cost, and many retreaders mount and balance free, plus offering warranties equal to those of new tires. Rethink retreads.

Del Quackenbush of Anaheim, CA, says that when not in use, your razor or razor blade should be placed in a jar of mineral oil. Since doing this, Del reports he uses blades for 2 weeks instead of just a few days. "As a fringe benefit," adds Del, "the daily contact with mineral oil has a smoothing effect on hands and face."

To keep warm on chilly days, remember that it's not always necessary to create more heat—you can also insulate your body. There are three rules to keeping warm: First, the thicker (not heavier) the garment, the warmer it is. Second, keep clothing clean and dry, avoiding sweating if possible. Third, wear loose clothing in layers. That should keep you warm as toast.

Do you have old bed sheets that you don't know what to do with and yet hate to throw out? They make perfect garment bags and covers for storage, especially for furs and natural suedes, which need to breathe. (Never store furs, suede, or leather in plastic bags.) Leftover pieces of sheets make good rags for cleaning, hobbies, working on machinery, or whatever. If some of your old white sheets are still usable but are getting sad looking, try a dye job in some bright color. Follow package directions for dyeing in your washing machine. You can create great matched or color coordinated sets of linens.

Got a tip for "Money Saver of the Month"? Send it in. If it's published you'll get a small prize and all the fame you can stand.

Money Saver of the Month: Congratulations to Peggy LeSuer of Moses Lake, WA, for this one. She says, "When I have a bath towel that gets thin in the center I cut it into squares and use it for dish rags. They are soft, and when they are grimy I throw them away. The ones you buy are expensive and get hard after use." You're welcome.

Send questions and tips to Mike LeFan, c/o More For Your Money, 425 W. Diversey, Chicago, IL 60614.

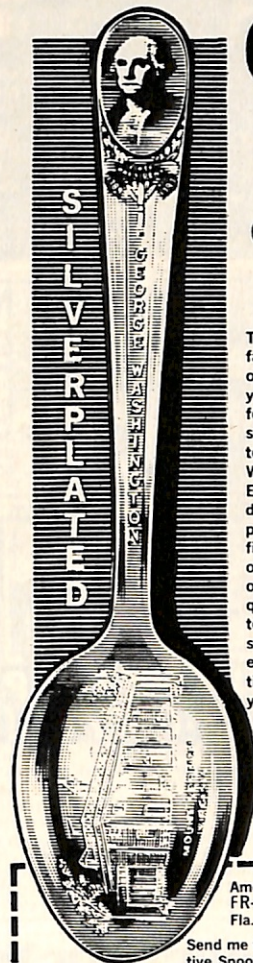
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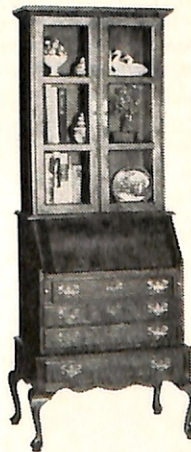


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**BUILD IN BAD WEATHER, USE IN PRETTY WEATHER!!!**

**TOTE PICNIC TABLE for all ages**

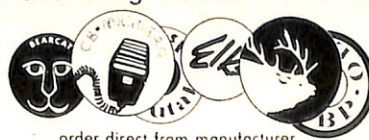
A multi purpose table No bolts No screws No nails ! For use at home or travel. You can take it apart and put it together in one minute! All this from one sheet of plywood or particle board. Table is very strong and rigid. Large 2'x4'x4' size. Will fit on trunk floor of medium cars. PERFECT FOR TRAVEL TRAILERS!

For plans and instruction, fill out form and send with \$ 3.00 to: J.A. OWEN  
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 NASHVILLE, TENN. 37211

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 City \_\_\_\_\_  
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## BUTTONS • BADGES

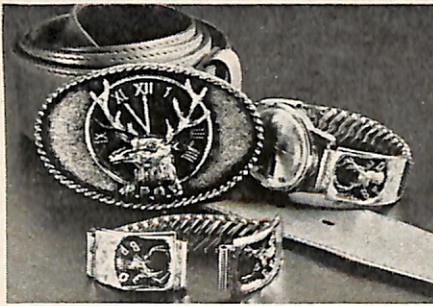
- Conventions & Meetings
- Fund Raising Drives
- Political Campaigns
- Advertising & Sales Promotions



order direct from manufacturer

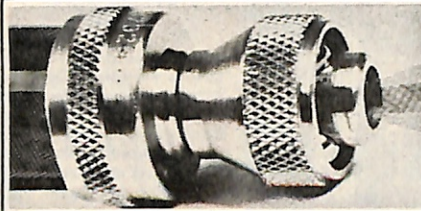
### NEW HORIZONS BADGES

Free Brochure • Dept. EB • P.O. Box 279  
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## SHOW ELK PRIDE...BUY YOUR elk emblem watchband & belt buckle

These beautifully hand-crafted pieces of Elk styled jewelry will make a handsome gift, or buy it for yourself, you deserve it. Both pieces are unconditionally guaranteed against breakage. Both watch band and belt buckle are available in silverplate or goldplate; your choice at one low price. Watch band—\$19.50. Belt buckle—\$16.50. Price includes shipping and handling. Please allow up to 3 weeks delivery time from date order is placed. When ordering, be sure to specify gold or silver. Send all orders to J & L Enterprises, P.O. Box 486, Montebello, CA 90640 (213) 724-6407.



## NEW! Adjust-A-Power Hose Nozzle

has 50% more power and lifetime leakproof guarantee. The ONLY adjustable nozzle with solid jet stream. Precision made of solid brass with stainless steel ball bearings. Easy fingertip control permits adjustable sprays: pin-point, fan spray, solid jet stream, or complete shutoff. No washer needed—ever! Ideal for patio, garden, auto, driveway, or industry. MONEY BACK GUARANTEE. Order direct from LARCH, Dept. 602-X, Box 770 Times Sq. Sta., New York, 10036 **343** plus 45c shpg. & hdlg.



## TONGA BANANA STAMP & 110 OTHERS—ONLY 10¢!

Genuine postage stamp from Tonga—shaped like a real banana! Ten large France pictorials picturing Neolithic stone monuments, the Riviera seacoast and more. Plus, giant collection of 100 different stamps from around the globe. Also, other exciting stamps to examine free. Buy any or none, return balance, cancel service anytime, but this mammoth collection is yours to keep for just 10¢! HARRIS, Dept. IF-59, Boston, MA 02117



## New Way to Sleep!

Tee-PJ's resemble a T-shirt, but are over a foot longer. Rib-Knit, soft combed cotton. Gives when you move, eases up when you relax. No bind, no bunch, no chafe, no buttons, no ironing! If not most comfortable sleeper you've ever worn, return within 7 days for full refund and we send you regular T-shirt FREE! S (34), M (36-38), L (40-42), XL (44-46, for weight over 180 lbs. and/or over 6 ft.)

\$7.00 ea. 3 for \$16.00  
 NOW! Tee-PJ's available in long sleeves with knit wristlets.  
 \$9.00 each 3 for \$22.00  
 Postpaid  
 Choose Snow White or Soft Blue  
**WITTMANN TEXTILES**  
 6787 Southboro St., Dept. 226  
 West Palm Beach, Florida 33405

## Get Relief for Your Aching Back.

Orthopedic physicians report remarkable results with the EXO-PAIN BACK SUPPORT BELT.

Most people suffer from common lower back pain. Doctors have confirmed that 85% of this common lower back pain is caused by weak abdominal muscles. The EXO-PAIN BELT is designed as both an abdominal and a back support. It holds the body in proper position, reducing and often temporarily eliminating pain and discomfort.

The EXO-PAIN BELT has also aided serious cases in recovery and has allowed many to resume work and stay active, despite their back problems.

Countless personal interviews have revealed that sufferers with removed discs, pulled muscles, pinched nerves, broken backs, have worn these belts as much as 24 hours a day.

The secret of the belt is its unique, unrestrictive, gum rubber construction.

The gum rubber, non-slip waistband gives you a comfortable fit and solid

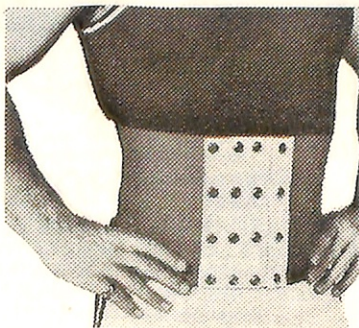


support with no heavy corsets or stiffening stays. It moves with you and can be worn while you play active sports, drive a car, fish, hunt, cycle, do yard work or anytime your back is under strain from exercise, sustained sitting or standing, or an injury.

EXO-PAIN also helps support abdominal muscles while you do exercises that help reduce your waist.

Free kit on care of the back, including waist reduction exercises. Sizes for both men and women.

Satisfaction guaranteed or your money back.



EXO-PAIN BACK SUPPORT 3-ELK  
 P. O. Box 21303  
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Please send me \_\_\_\_\_ EXO-PAIN BACK SUPPORTS @ \$9.95 each plus 85 cents shipping.

Enclosed is check for \$ \_\_\_\_\_

Check size:  Small 25"-29"  Large 35"-39"  
 Medium 30"-34"  X-Large 40"-44"

Tennessee Residents Add 5% Sales Tax.

Name \_\_\_\_\_  
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 State \_\_\_\_\_ Zip \_\_\_\_\_

## Elks Family Shopper consumer/news

What do users of millions of new CB radios, garage door openers, and other gadgets have in common? They're all part of the new electronic explosion competing for space on the nation's airwaves. As a result, over 100,000 people may complain to the Federal Communications Commission this year about radio and television interference.

If you are a victim of this type of interference, a new booklet from the Federal Communications Commission may help. In it, sample television pictures show different types of TV interference with suggestions for home remedies. If these don't work, there is also a section for your service technician describing more sophisticated technical solutions, plus some technical suggestions for the interfering CBER as well. For your copy of *Radio-TV Interference Problems*, send \$1.50 to the Consumer Information Center, Dept. 051F, Pueblo, Colorado 81009.

The good news is that some home remedies will help with most common interference problems. Installing a high pass filter on the antenna wires at the back of your TV set can help eliminate television interference from CB radios. This filter allows your set to receive TV signals, but it blocks out lower-frequency CB signals. It is important, however, to select the right kind of filter for either coaxial or twin-lead types of antenna wire.

(Continued on page 52)



"SAVE YOUR HEART"

with a STAIR-GLIDE® Stairway Elevator

RENTAL-PURCHASE Program Available

Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE®...the nation's largest selling stairway elevator! UL LISTED.

USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITIS, SENIOR CITIZENS, PHYSICALLY RESTRICTED, POST OPERATIVES...and household convenience.

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE® CORP.

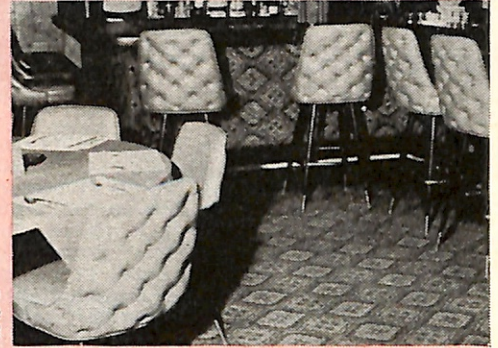
4001 East 138TH ST., Dept. E-38  
 Grandview, Missouri 64030



# MAKE BIG MONEY FAST with high-profit



# VINYL REPAIR!



**1st CUSTOMER 3 DAYS AFTER RECEIVING KIT**  
 "Am now doing repairs for 15 auto dealers, 3 furniture stores, 15 restaurants/bars, also bowling alleys and insurance companies. Am averaging \$1,000 a mo. already and plan to expand to other towns. As an auto salesman, I know how much vinyl repairs are needed, and 50% of my jobs are on car tops and seats."  
 C. Gambill, Ohio

**ALL THE WORK HE CAN HANDLE!**  
 "I have a few used car lots that use my service, and Montgomery Ward, which really keeps me busy. I also have a Howard Johnson Restaurant and motel. It's all I can take care of."  
 Ralph Reiter, Fla.

**SWAMPED WITH BUSINESS!**  
 "This business is BIG. I did a large bar in a local restaurant. Am doing a job on one of the Bradford House restaurants at W. T. Grant, and they're referring me to other Grant managers. I'm swamped with business."  
 John Reed, N.Y.



**MADE \$440 IN 9 HOURS**  
 "I repaired 55 chairs at the NCO Club at \$8 each—\$440 for 9 hours work. Materials and transportation cost only \$35! On another job, made \$140 in 3 hours. I'm doing much better than VIP ads say you can!"  
 David Gagnon, S.C.

**BIG, STEADY BUSINESS!**  
 "After only 3 months, I'm doing repairs for 4 car dealers, 3 furniture stores, 6 restaurant/bars, 2 hospitals. Biggest week was \$954 for 1 restaurant, 3 car dealers, 1 mobile home. Now go to bank to put money in, not take it out!"  
 L. C. Rust, Okla.



## START YOUR OWN PART-TIME/FULL-TIME BUSINESS for less than you'll make in an hour's work

VIP's exclusive Vinyl Repair process puts you in a profitable business of your own, faster and with less money, than you ever dreamed possible. After just a few hours' practice, you can repair holes, cuts or burns in any item made of vinyl . . . car tops, seats, furniture, booths . . . all the things that are made of vinyl these days.

### BIG DEMAND FOR REPAIRS

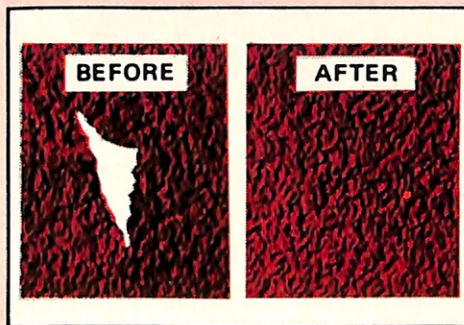
No matter where you live . . . small town or big city . . . every place that uses vinyl needs your service . . . homes, businesses, car shops, offices, motels, hospitals, bars, restaurants, buses, beauty shops, and more.

### VIP ON-THE-SPOT REPAIRS PAY BIG

Walk into any place, business or home, and in half an hour to an hour you can repair vinyl damages quickly, conveniently, right on the spot. That small repair can make you \$10 to \$20, gladly paid by your customer who can use furnishings right away. He saves money — you make it! And most of what you make is PURE PROFIT!

### GROUND-FLOOR OPPORTUNITY FOR BIG, BOOMING BUSINESS

This is so new that people are amazed that such repairs are possible. That's what VIP Craftsmen tell us. Craftswomen, too, because it's as easy for women as it is for men. This may be the first time in your life you've had a true ground floor opportunity! One you can cash in on fast and



build to as big a business as you want! It's clean, quick, easy and PROFITABLE!

### COMPLETE KIT SENT AT ONCE

Your VIP kit is sent immediately for just your small down payment . . . complete with equipment, materials, simple instructions, practice material and everything you need to go into business! Even your business-building guides. You're in business, ready to work for pay, just hours later!

### SAY GOODBYE TO INFLATION, RECESSION, UNEMPLOYMENT OR JOB WORRIES

Here is the business that can see you through rising costs and tight money worries! You can do VIP Vinyl Repair as a part-time extra moneymaker, or a full-time business. You have no business overhead of shop or office. Take phone calls at home. Equipment fits into the businesslike attache case that comes with your kit.

And all work is done on your customer's premises . . . day or evening, or weekends, any time that's convenient. It's the growing kind of business that can mean security and independence for you, fascinating work that can bring true job satisfaction.

### EVERYTHING COMES TO YOU BY MAIL NO OBLIGATION — NO SALESMAN WILL CALL ON YOU

Hurry get free facts today about the money-making opportunity that can change your life into big-time earnings and a rewarding career.

### MAIL THE COUPON BELOW OR PHONE

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**VINYL INDUSTRIAL PRODUCTS**  
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 Chicago, Illinois 60618

VINYL INDUSTRIAL PRODUCTS, DEPT. 153  
 2021 Montrose Ave., Chicago, IL 60618

Please rush FREE facts by mail about VIP Vinyl Repair. I am under no obligation. No salesman will visit.

Name \_\_\_\_\_ (Please Print)

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_





# HANDSEWN HONEY BEAR MOCCASINS

**\$19<sup>88</sup>** + 95¢ p.p. & handling

**MEN'S HONEY BEAR**  
51204G Sand Suede  
5042G Brown Suede

**SIZES:**  
B 7 to 12 & 13  
C 7 to 12 & 13  
D 6½ to 12 & 13  
E 6½ to 12  
EEE 7 to 11 & 12  
Whole and Half Sizes

**\$17<sup>88</sup>** + 95¢ p.p. & handling

**WOMEN'S HONEY BEAR**  
20334G Sand Suede  
2142G Brown Suede

**SIZES:**  
AAA 6 to 11  
AA 5 to 12  
B 4 to 12  
C 5 to 10  
Whole and Half Sizes

COMPARE AT  
\$40.00

You won't believe such fine quality can be had for so little money. Luxurious suede leathers are handsewn into genuine tubular moccasins (where the upper leather surrounds your entire foot). Has thick genuine plantation crepe rubber soles, leather sock linings, bellows tongue, crepe wedge heel. We guarantee that you won't be disappointed: **Wear them for 10 days and if not delighted return them for full refund of your purchase price.** This low price is to introduce you to our superb quality shoes, so buy now and save!



## SEND FOR FREE CATALOG

The new Spring Lawson Hill color catalogs feature top quality shoes from here and abroad in a wide range of sizes and styles for both men and women. Please specify Men's, Women's or both!

## LAWSON HILL

LEATHER AND SHOE COMPANY  
5402 Lawson Hill Building, Waltham, MA 02154

**A small Tampa Cigar Manufacturer would like to demonstrate to a few Havana Lovers that you can still enjoy the unique Havana Flavor without Mr. Castro's permission.**



If you remember savoring and lingering over a fantastically mild and flavorful Cuban leaf cigar in the days before the Cuban embargo, you will be interested in this offer — and the story behind it!

When the Cuban embargo hit, we and other small manufacturers of fine custom-made cigars faced ruin. Our very existence depended on maintaining the same incomparable quality we had made our reputation on.

The solution was pure cloak-and-dagger. One dark night a few years ago a group of daring Cuban expatriates put to sea carrying a precious cargo of Cuban tobacco seeds. After running a gauntlet of Cuban gunboats they finally reached their destination — Honduras. Here under almost identical conditions of climate and soil, this prime tobacco flourishes to this day, far from its native land. This is the tobacco we use to make our superbly mild and flavorful cigars — cigars an expert can't tell from Havana.

### My Offer to Cigar Lovers

I will send you postpaid a variety of 60 Factory Fresh Cigars. Smoke one or a half dozen with our compliments. If these cigars aren't all you expect and a great deal more, return the remainder by Parcel Post and I'll refund your money. No questions asked. Your delivered cost is only \$9.90 for 60 Factory Fresh Cuban Seed Leaf Cigars.

To order: Fill in & mail coupon to: **A151**

### THOMPSON CIGAR CO.

200 No. Edison Ave., P.O. Box 1839, Tampa, FL 33601

**O.K., TOM!** Ship me the Thompson Sampler under your money-back guarantee for only \$9.90.

Check for \$9.90 enclosed. (Fla. residents add 4% sales tax.)

Charge \$9.90 to my    

BankAmericard  
 Master Charge  
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Credit Card No. (Print All Digits)

Master Charge Also Enter 4 Digits Below Your Acct. No. EXP. DATE

name \_\_\_\_\_  
address \_\_\_\_\_  
city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

## Elks Family Shopper

### consumer/news

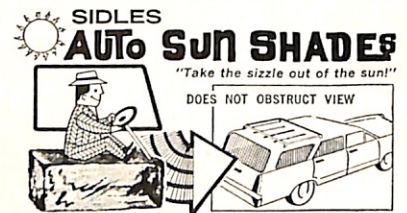
If the CB operator is in your neighborhood, you may be able to get cooperation in taking care of the problem. The CBER can install a low pass filter on the transmitter and eliminate the high frequencies that cause TV interference. And this shouldn't hurt the performance of the CB set.

There are other types of interference that can also affect your TV picture. Sometimes it is possible to pick up two channels at one time. This is called co-channel interference, and it appears as one picture superimposed over another. If atmospheric conditions are responsible, the trouble will be temporary. But the problem could be the location of your house in relation to the two stations. If this is so, the use and proper alignment of a directional antenna on your roof can help.

FM interference can happen if your home is near an FM radio broadcast station. It usually affects TV channel 6 and can be recognized by wavy lines "dancing" on the screen to the tunes on the radio, not those on your TV's sound. Installation of an FM band rejection filter on your antenna wire at the back of the TV set is your answer, and remember to buy one suited to your type of antenna.

Perhaps the interference problem most difficult to solve is that of electrical interference. It can come from electrical tools, appli-

(Continued on page 54)



**RIDE UP TO 15° COOLER with SIDLES SHADES**  
Custom made from durable aluminum to block out the sun's rays. Easily installed and instantly removable. Increases air conditioner efficiency and saves passengers and contents from the ravages of a blazing sun. For free information send year, make, series, model (sedan, station wagon, pickup, bus, etc.), and style (2 or 4 door), with your name and address to **SIDLES MFG. CO., INC., Box 3537E, Temple, TX 76501.** For questions and/or same day shipment on Master Charge phone orders, call (817) 778-1636.

## CUSTOM MADE EMBLEMS

Organizations, Schools, Churches, Commercial Fund Raising and etc. Free Brochure Dept. CM 10E



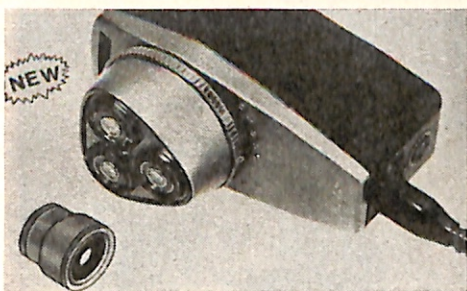
**EMBLEMATIC JEWELRY** 1:15  
75¢ ea. ELKS, K of C., MASONS, ETC. p.p. 25¢  
Free brochure Dept. EJ 12E  
**Fraternal Wholesale Jewelry Mfg. Co.**  
P.O. Box 8123, Cranston, R.I. 02920  
(401) 942-4591



### Cheney. Because Frank really enjoyed his game room.

Frank built his own game room and enjoyed many hours there. But then he was confined to a wheelchair and was unable to use it. Now his Cheney Wheelchair Lift III makes movement up and down the narrow basement stairway safe and easy. For more information on Cheney Wheelchair Lifts, Wheelchair Van Lifts, and Weclator™ stairway elevators, contact your Cheney Representative, or write: The Cheney Company, Dept. EM, 3015 S. 163rd St., New Berlin, WI 53151 (414) 782-1100.

helping people help themselves  
**CHENEY Wheelchair Lifts**



### NORELCO SHAVER SHARPENER

Get added years of use from your rotary shaver. Fast, safe and easy to use—just slip over shaving head and switch on. In seconds you can sharpen your Norelco shaver . . . and keep it sharp! Makes worn heads give smoother, comfortable shaves. No more costly replacement blades to buy! Fits all rotary shavers.

**\$3.99 plus 50¢ hdlg.**

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Wheat Ridge, Co 80036



### REMOVE HAIR FOREVER

Perma Tweez electrolysis safely and permanently removes all unwanted hair from face, arms, legs and body. No-puncture safety feature—clinically tested and recommended by dermatologists.

**14 DAY MONEY BACK GUAR.**

**\$19.95**—send check/M.O.

Cal. residents add 6% sales tax

I enclose \$4.00 deposit and will pay balance COD plus extra COD charges.

I enclose \$19.95 in full payment.

BankAmericard/Master Charge #/Exp. date

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1935 Armacost Ave., W. Los Angeles, CA 90025



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### TAKE THE FOOLISHNESS OUT OF STEAMCLEANING

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DESIGNED FOR SIMPLICITY.  
LOW MAINTENANCE COST—  
NO SMOKE OR FUMES.

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1. DEVELOP YOUR OWN SUKII DEALERSHIP—Big Money Filling Demand All Over Your Territory

Earn a giant \$200.00 profit per sale. Dozens of different kinds of businesses . . . service stations, garages, factories, farmers, etc. . . earn extra profits by saving time and work cleaning their property and equipment. Keeps customers happy, too.

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lightweight, quickfiring, long-lived, easy to operate, the choice of steam cleaners. L.P. gas fired and at a price users can live with.

Produces Hot Steam **FAST!**

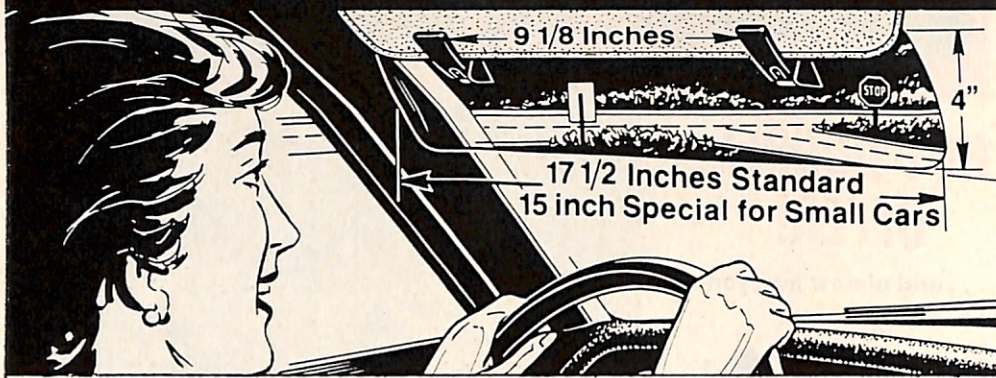
**\$259<sup>50</sup>** SHIPPED F.O.B. FROM FACTORY NEAR SIOUX CITY, IOWA

CLEAN UP RIGHT HERE  
Get All The Facts!

SUKII Ph. 602-994-3270 Dept. E-3  
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Tell me how to clean up with newly designed SUKII instant steam cleaning machine!  
 Here's a check or m.o. for \$259.50—rush me demonstrator machine (\$179.50 retail value) and moneymaking details.  
 Tell me how to get started as SUKII dealer.  
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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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- Reduces ALL GLARE and HEAT, front or side, Day or Night
- Accepted by leading safety authorities • Positive screw clamps hold securely
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THE IDEAL GIFT • MOST ENJOYED • MOST APPRECIATED

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Check or money order enclosed; Michigan residents ONLY add 4% tax.

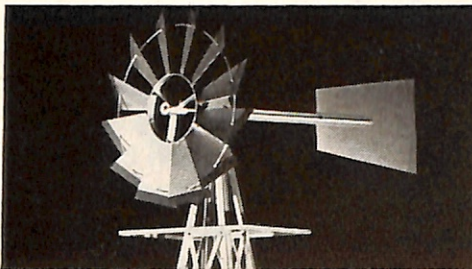
- \$5.00 for one Sun Shield, shipped postpaid promptly.
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- \$42.00 Doz. (minimum, one order) for group buyers - fleet owners.



E  Specify 15 in. LENGTH (not car model) for sub compact & small foreign cars.

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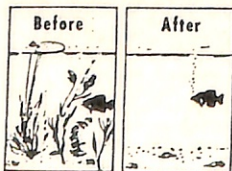
### ORNAMENTAL WINDMILLS

Eye-catching, unique yard ornaments. Each is an authentic, built-to-scale replica of the real thing. Windmills rotate to indicate wind direction. Wheel revolves on quality ball bearings. These windmills add "rural charm" to your yard or grounds. Steel construction with durable aluminum color finish with red trim. 4 1/2 ft. \$39.95 plus \$4 shpg. 8 ft. \$59.95 plus \$4.50 shpg. Send check or M.O. 20-day money back guarantee.

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## KILL LAKE WEEDS

Proven Aquacide pellets destroy unwanted underwater weeds.



Spread marble sized pellets like grass seed. Effectively kills weeds at any depth.

Registered with Federal Environmental Protection Agency.

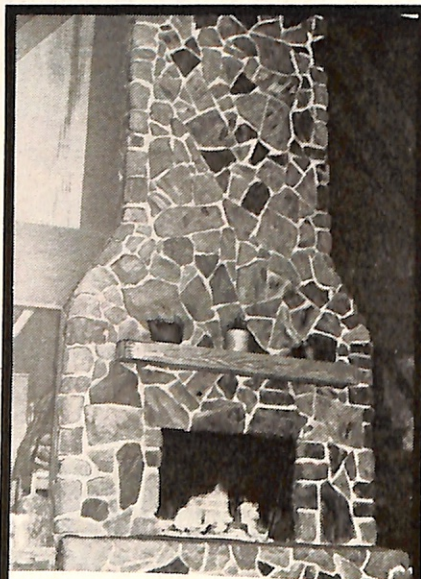
Used and tested by many State conservation departments.

10 LB. CAN (Treats 4,000 sq. ft. of lake bottom) \$25.95 includes delivery. (50 lb. carton, \$94.95 includes Delivery)

Or write for free information to:

**AQUACIDE CO.**

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!!!MAKE YOUR OWN STONE!!!

!!!ANYONE CAN DO IT!!!

!!!SAVE THOUSANDS OF DOLLARS!!!  
!!!LOOKS EXACTLY LIKE REAL STONE!!!

It's TRUE! The stone on the fireplace pictured above was made for less than \$50! AND, it LOOKS and FEELS so REAL it's unbelievable!!! I invented the process, and it's so SIMPLE, it amazes me why nobody has thought to try it before!!! You can make it in any color! Use it inside or out! Cover fireplace, wall, cookout, foundation! Make your own planters, cornerstones for driveways, THOUSANDS OF USES!!! GUARANTEED 100%!!! FREE BROCHURE.

STONE

Fox Bay Road, Dept. O-1  
Loris, S.C. 29569

Patent Applied for 1977 © Darrell Wright 1977

## Elks Family Shopper

### consumer/news

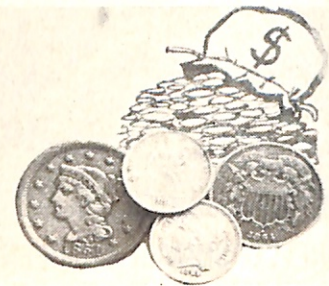
ances, or even your car's ignition system. Your picture will be disturbed, and you'll hear sizzling or buzzing noises on the TV.

When this happens, your first step is to locate the source of the interference. Use a portable radio that is also affected, and carry it from room to room. The closer you get to the source of the trouble, the louder the interference will sound. Or you can selectively switch off electrical appliances until the interference stops to identify the culprit.

Unfortunately, finding the source of the problem is one thing, but correcting it is quite another. Modifying tools and appliances is a job for professionals. It may make more sense to avoid using a certain electrical device during viewing hours.

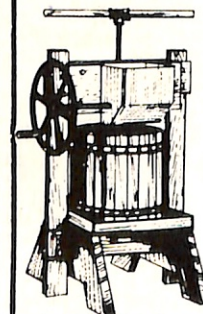
If a working woman interrupts her career to have children. What will this do to her social security benefits? If a non-working widow  
(Continued on page 56)

### U. S. COINS BY THE POUND & GOLD!



Rather than sort overflowing vaults, these are sold by the pound! A GOLD PIECE of the world added! All coins 30-150 years old. May include Indian, Lincoln cents; silver dollars; 2¢; 3¢ pcs. etc. 1 lb.—\$16.50; 2 lbs.—\$30; 5 lbs.—\$72; 10 lbs. (plus 2 gold pcs)—\$115. Add \$1.50 for ins., hndlg. M.C. and BOA (VISA) accepted. Centre Coin Co., Box 1, Dept. L-3, Sherman Oaks, CA 91413.

## NEW! Complete Home FRUIT GRINDER and CIDER PRESS



An extremely efficient double purpose unit available completely assembled or in low cost kit form. Grind your own apples (and many wine making fruits) in the top mounted grinder—then press the pulp to produce delicious cider and fruit juices. Enjoy fresh pure cider, and vinegar for year 'round cooking.

from bruised or fallen apples. Full bushel capacity—over 4 ft. tall! Constructed from spruce and Vermont maple hardwood to last a lifetime. Plans and kits also available. Send for free catalog.

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Dept. 80123P, Charlotte, Vermont 05445

## TRY A BURKE ELEVATING CHAIR FREE FOR A WEEK.

The Burke Chair helps you all the way to a standing position—safely and gently. Send for a free catalog. Then, if you desire, select the recliner, rocker or contemporary of your choice. And try it free for a week in your own home.

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COVERAGE!

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Mission, Kansas 66202  
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## New sleep comfort without extra pillows.



Enjoy new comfort with your back, shoulders and head gently raised and cushioned on this light buoyant foam wedge. Provides an even, gradual slope for more healthful, restful sleep. **Head Elevation** comforts diaphragm hernia, hypertension, acid regurgitation, breathing, bronchial and heart ailments. **Leg Elevation** eases varicose circulatory and swelling leg discomforts. 27" long. Washable zipper cover. **FOAM-SLANT** is available in heights most often prescribed by doctors. Order 4" high for two pillow users \$15.00; 7½" high for three pillow users, \$17.00; or choose extra high 10" at \$20.00 or 12½" at \$23.00. Order from this ad, we'll pay postage, ship promptly. NJ residents add 5% tax.

Send Check or Money Order to—

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Box ES, New Providence, NJ 07974

**MONEY BACK  
GUARANTEE**  
QUALITY  
PRODUCTS  
SINCE 1951

See Advertisement on Inside Front Cover

**LAKELAND NURSERIES SALES, Dept. L-1158  
Hanover, PA 17331**

Please send the guaranteed Zoysia plugs checked below:

- Full size Plugger (L000773B) \$4.95
- 100 Plugs (L000927Y) PLUS BONUS OF 25 FREE PLUGS \$4.88
- 100 Plugs & Plugger (L000950Y) PLUS 25 FREE PLUGS \$7.88 (SAVE \$1.95)
- 200 Plugs (L000935Y) PLUS 50 FREE PLUGS \$8.88 (SAVE \$3.32)
- 200 Plugs & Plugger (L000968Y) PLUS 50 FREE PLUGS \$11.88 (SAVE \$5.27)
- 500 Plugs (L000943Y) PLUS 125 FREE PLUGS \$18.88 (SAVE \$11.62)
- 500 Plugs & Plugger (L000976Y) PLUS 125 FREE PLUGS \$21.88 (SAVE \$13.57)
- 1000 Plugs (L003293Y) PLUS 250 FREE PLUGS \$28.88 (SAVE \$32.12)
- 1000 Plugs & Plugger (L003301Y) PLUS 250 FREE PLUGS \$31.88 (SAVE \$34.07)
- 1500 Plugs (L007633Y) PLUS 375 FREE PLUGS \$37.88 (SAVE \$53.62)
- 1500 Plugs & Plugger (L007666Y) PLUS 375 FREE PLUGS \$40.88 (SAVE \$55.57)

Zoysia also on sale at Lakeland Nursery Barn, U.S. Rte. 30, W. Abbottstown, PA., 20 min. East of Historic Gettysburg.

**CHARGE TO MY:**

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I enclose check or m.o. for \$\_\_\_\_\_ (PA residents add sales tax) Shipped "Transportation Collect" the most economical way.

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ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

# 100% GENUINE NATURAL DIAMONDS

¼ to 4 CARAT FROM ONLY

**\$9.95!**

These beautiful diamonds are the real thing. Not artificial or synthetic. Each diamond comes with a signed and notarized legal certificate guaranteeing that it is a 100% GENUINE NATURAL DIAMOND.

The average diamond in an engagement ring is ½ carat and normally sells in jewelry stores for \$500 to \$1,000. A 4 carat diamond normally sells for \$10,000 to \$20,000. **HERE ARE OUR FANTASTICALLY LOW PRICES:** ¼ carat only \$9.95! ½ carat only \$17.95! 1 carat only \$29.95! 2 carat only \$49.95! 4 carat only \$79.95!

**HOW CAN WE DO IT?** We make huge diamond purchases. Then, rather than cutting and polishing these diamonds, we leave them in their pure natural form—unprocessed. These are 100% PURE diamond nuggets cut to beautiful shapes by Mother Nature alone. We purchase perhaps 20,000 times as many unprocessed diamonds as an average jeweler, who rarely carries them in stock. So do not be surprised when your jeweler says that he can special order an unprocessed diamond of comparable appearance but costing 20, 30, or 40 times our prices!! We are confident that you will definitely not pay less for diamonds of equivalent quality and appearance!



Our dazzling 100% GENUINE DIAMONDS make the perfect gift and investment. Our prices are unbeatable. Treat a loved one—treat yourself!!

Our wild unprocessed diamonds are impressive and extremely stylish. We pay extra for our diamonds because they are carefully and individually hand-selected for quality and stylish appeal. Only the MOST SPECTACULAR DIAMONDS are accepted. They go beautifully on pendants, necklaces, earrings, tie-clasps, cuff links, bracelets, rings, etc. Your jeweler can easily mount these diamonds into whatever setting you desire. They are EXQUISITE JEWELS for yourself, ELEGANT and ORIGINAL GIFTS for loved ones, GREAT CONVERSATION PIECES, and SUPERB INVESTMENTS. Dazzling on both women and men.

A diamond is the most PRECIOUS, the HARDEST, and said to be the LUCKIEST of all gems. It is the most accepted symbol of love in the world. It is a perfect way to show a loved one how much you care.

**A diamond is forever, but this offer is not!** With the threatening civil war in southern Africa and the exhaustion of most world diamond mine reserves, diamond prices are skyrocketing, and unprocessed diamond prices are soaring the fastest. Our limited stock of the rare 4 carat diamond is a phenomenal buy. The bigger the diamond, the more spectacular its appearance and the greater its investment value. This is truly the BEST INVESTMENT BUY ANYWHERE! We will not be undersold!! If you want these diamonds at these rock-bottom low prices send immediately. **15-DAY UNCONDITIONAL MONEY BACK GUARANTEE OF COMPLETE SATISFACTION. YOU TAKE NO RISK AT ALL!**

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MAIL THIS NO-RISK COUPON TODAY!

**U.S. DIAMOND IMPORTS**  
Dedicated to serving satisfied customers

3600 Wilshire Blvd., Suite 1510, Dept. A16, Los Angeles, CA 90010. **15-DAY FULL MONEY BACK GUARANTY.** Each diamond comes with a luxurious velvet diamond pouch and a legal certificate of authenticity.

DIAMOND SIZE	QUANTITY	TOTAL
¼ carat at only \$9.95 each!		\$
½ carat at only \$17.95 each!		\$
1 carat at only \$29.95 each!		\$
2 carat at only \$49.95 each!		\$
4 carat at only \$79.95 each!!!		\$

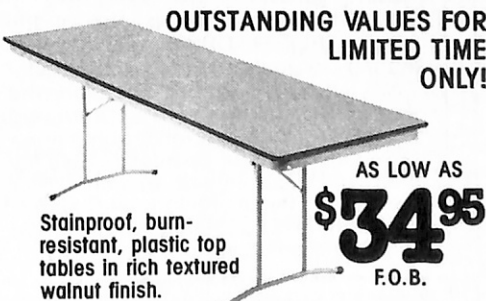
Order 3-5 diamonds, deduct 10% on total purchase price. Order 6 or more, deduct 20%!

ADD POSTAGE & HNDLG \$1.05  
**TOTAL \$**

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(Print)  
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City, State, Zip \_\_\_\_\_

# Monroe Table & Chair

# SALE



OUTSTANDING VALUES FOR  
LIMITED TIME  
ONLY!

Stainproof, burn-resistant, plastic top tables in rich textured walnut finish.

AS LOW AS  
**\$34<sup>95</sup>**  
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Quality Samsonite All-Steel Folding Chairs

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# FREE

Mail coupon today for special FREE SALE folder with below-catalog prices on folding tables, chairs, table and chair trucks, conference tables... but send today—sale prices expire May 15, 1978!



THE MONROE COMPANY  
90 Church St. Colfax, Iowa 50054

Please rush me your FREE SALE folder. (No salesman will call.)

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Phone 515/674-3511  
90 Church St. Colfax, Iowa 50054

**"I am age 65 and retired. My friends joke about my second childhood but I sure enjoy the bike."**

L.M. Dendy, Magnolia, AR

Super Tryke's your ticket to outdoor fun or economy (25 mpg) transportation. **Reverse gear** (option) and automatic, torque converter make handling a breeze. Select forward or reverse and go — always in the right "gear." All controls are hand operated. **Double seat** (option) is 24" off ground — no drop sitting or awkward climb getting up. **Four-shock suspension** and low pressure tires smooth any bumps. **10 H.P. Briggs & Stratton engine** runs smoothly at moderate speeds to 45 mph. **You assemble Tryke** from an easy-to-build kit, save assembly costs. In 8-10 hours using common tools you'll have a quality, handcrafted machine. For information, send to:

**Carl Heald, Inc.** Dept. EK-3, P.O. Box 1148, Benton Harbor, MI 49022



Tryke brings outdoor fun to many retirees.

## Elks Family Shopper consumer/news

remarries, can she continue to receive her late husband's benefits? Can a divorced woman draw death or retirement benefit on her former husband's work records?

These questions and more are answered in a new pamphlet, *A Woman's Guide to Social Security*, available free from the U.S. Department of Health, Education and Welfare. For your copy, just send a postcard to the Consumer Information Center, Dept. 618F, Pueblo, Colorado 81009.

If you're a woman who has interrupted her career to raise a family, you want to know what to expect. For you or your family to get social security benefits, you need credit for a certain amount of work, and the amount you need depends upon your age when you become disabled, die or retire. If you stop working before you earn enough social security credits, you won't receive benefits. But credits you have already earned remain on your work record, and you can always go back to work and earn the additional credits you need.

However, you should remember that the amount of your monthly benefits is based upon your average earnings over a period of years.

(Continued on page 58)

### 4 REAL OLD COINS



2 INDIAN HEAD CENTS  
2 BUFFALO NICKELS  
ALL 4 ONLY \$2.50  
Only \$2.50 brings you 2 Indian Head Cents minted before 1909 and 2 Buffalo Nickels minted before 1939.

1909 VDB FIRST LINCOLN PENNY \$3.50  
Designer Victor D. Brenner's initials appear on the back of the coin.  
SAVE 50¢  
ALL ABOVE COINS ONLY \$5.50

Please add 50¢ postage. Our catalog included with order. Satisfaction guaranteed.

**Village Coin Shop**

DEPT. E, PLAISTOW, NH 03865

### MAN'S WIG \$7.95

Stretch Wig Completely Covers All Your Hair and Sideburns

Stays in place on all size heads—easy to put on. Thinned and razor cut—handsome tapered look and full sideburns. Cool and lightweight. Made of mod-acrylic fiber—looks and feels like real hair—has luster, rich body and bounce of human hair. Can be washed and shampooed—never loses its shape—can be combed, trimmed and restyled if you wish. Specify color desired: Black, Off Black, Chestnut, Dark, Medium or Light Brown, Dark Blonde, Grey and Black mixed, Grey and Brown mixed. Mention Style M-157. Send \$7.95 plus \$1 shipping and handling. C.O.D. orders send \$2 deposit and pay postman balance plus postage and handling. Money back guarantee if not satisfied.

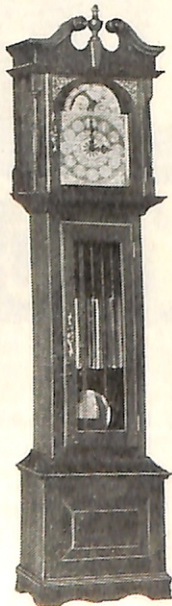


FRANKLIN FASHIONS CORP., Dept. M-397  
103 E. Hawthorne Ave., Valley Stream, N.Y. 11580

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FINE GRANDFATHER CLOCK KITS

STARTING UNDER \$200



- (including West German movement)
- Heirloom quality
- Solid 3/4" hardwoods: black walnut, cherry, mahogany, oak
- Easy to assemble, parts pre-cut
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**EMPEROR CLOCK COMPANY**  
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS

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Superb Shoes for Men Who Want to Look TALLER



26 Numbers for Dress, Business or Casual Wear

This handsome shoe is one of the famous ELEVATORS®, specially designed to make a man look about TWO INCHES TALLER! The man who wears them knows their amazing secret . . . everyone else only knows how much better he looks. Sold by mail and Guaranteed by the ONLY maker of these remarkable shoes. Send for FREE Catalog, showing the wide style selection of ELEVATORS®.

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Send me FREE catalog of ELEVATORS® shoes, without obligation now or ever.

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## NOW! Improved and Patented RUPTURE-EASER®



Pat. No. 3097641

(A ~~Back~~ Truss)  
No laces — instant pull-strap adjustment  
No Fitting Required  
Right or Left Side  
\$8.95 Double \$10.95  
Strong, form-fitting washable support for reducible inguinal hernia. Snaps up in front. Soft, flat groin pad. No steel or leather bands. Unexcelled for comfort. Also used as after operation support. For men, women, children. Send measure around the lowest part of abdomen and state right, left side or double. Add \$1.45 postage PIPER BRACE CO. Dept. EK-38 • 811 Wyandotte • Kansas City, Mo. 64105

Having Trouble Reading Small Print? Wear a Pair of

## MAGNIFYING GLASSES

\$5.45 plus 55¢ postage



If small type is getting harder to read, these glasses can be a real boon. Small type is instantly magnified to a bigger, easier-to-read size. Top quality, precision ground & polished, impact resistant optical lenses, sturdy metal hinges, dark frames. (Note: These are not for prescriptions nor for astigmatism or eye diseases.)

HALF MAGNIFIERS. Read small print. See over top for distance. Black frames, \$5.45 plus 55¢ postage.

Specify age, sex & style desired. Send check or MO. No COD'S. 90-Day Money Back Guarantee.

BARCLAY, Dept. 51-C, 1575 N. Dixie Hwy., Pompano Beach, Florida 33060

# Lady Plugs In Zoysia Grass Saves Time Work & Money

**SPECIAL INTRODUCTORY OFFER!**

**ORDER NOW AND GET UP TO 600 PLUGS FREE!**

**CUTS YOUR WORK,  
SAVES YOU MONEY**

Your deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement . . . ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by  $\frac{1}{2}$ .

**WEAR RESISTANT**

When America's largest University tested 13 leading grasses for wear resistance, such as foot scuffing, the Zoysia (matrella and japonica Meyer Z-52) led all others.

Your Amazoy lawn takes such wear as cookouts, lawn parties, lawn furniture, etc. Grows so thick you could play football on it and not get your feet muddy. Even if children play on it, they won't hurt it—or themselves.

**CHOKES OUT CRABGRASS**

Thick, rich, luxurious Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long—from part-shade to full sun! It will NOT winter kill. Goes off its green color after killing frost, regains fresh new beauty every Spring—a true perennial!

**NO NEED TO RIP OUT  
PRESENT GRASS**

Now's the time to order your Amazoy Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas". Plug it into poor soil, "builder's soil", clay or sandy soils—even salty, beach areas, and I guarantee it to grow!

**Your Own Supply of Plug Transplants**

Your established Amazoy lawn provides you with Amazoy Zoysia plugs for other areas as you may desire.

**PLUG AMAZOY INTO OLD  
LAWN, NEW GROUND OR  
NURSERY AREA**

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checkerboard style.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

**NO SOD, NO SEED**

There's no seed that produces winter-hardy Meyer Z-52 Zoysia. Grass and sod or ordinary grass carries with it the same problems as seed—like weeds, diseases, frequent mowing, burning out, etc. That's why Amazoy comes in pre-cut plugs . . . your assurance of lawn success.



Amazoy is the Trade Mark Registered U.S. Patent Office for our Meyer Z-52 Zoysia Grass.

Every year I watch people pour time and money into lawns that fail them just when they want their lawns the most.

I see them reseed, feed, water, weed and mow, mow! When it turns to hay in midsummer, I feel like calling out, "For Heaven's sake, when are you going to stop throwing money away and switch to Amazoy Zoysia Grass."

In comparison, I'm always happy to get letters from people who have plugged in my Amazoy Zoysia Grass, because they write to tell me how beautiful their lawns are even in midsummer heat and drought.

**"MOWED IT 2 TIMES," WRITES WOMAN**

For example, Mrs. M. R. Mitter writes me how her lawn ". . . is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in . . . Last summer, we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

Wonderful? Yes, Amazoy Zoysia Grass IS wonderful! Plant it now and like Mrs. Mitter you'll cut mowing by  $\frac{1}{2}$  . . . never have another weed problem all summer long the rest of your life!

And from Iowa came word that the State's largest Men's Garden Club picked a Zoysia lawn as the "top lawn—nearly perfect" in its area. Yet this lawn had been watered only once all summer up to August!

**PERFECT FOR SLOPES**

If slopes are a problem, plug in Amazoy and let it stop erosion. Or plug it into hard-to-cover spots, playworn areas, etc.

**Work Less • Worry Less • Spend Less**

- Easy To Plant, Easy To Care For
- Perfect For Problem Areas
- Reduces Mowing  $\frac{1}{2}$
- Resists Blight, Diseases, And Most Insects
- Chokes Out Crabgrass
- Stays Green Through Droughts
- Won't Winter Kill
- Laughs At Water Bans

**No Need To Rip Out Your Present Grass  
Plug In Amazoy**

**FREE** PATENTED STEP-ON PLUGGER, AVAILABLE EXCLUSIVELY FROM AMAZOY. FREE WITH ORDERS OF 1000 PLUGS OR MORE.

A growth-producing 2-way plugger that saves bending, time, work. Cuts away competing growth at same time it digs holes for plugs. Invaluable for transplanting. Rugged yet so light a woman can use it.

Just set Amazoy plugs into holes in ground like a cork in a bottle. (Plant 1 foot apart, checkerboard style.) Easy planting instructions with each order.

Order now for your Bonus Plugs Free, and earliest delivery at correct planting time in your area.

All orders sent shipping charge collect, via most economical means.

**Every Plug  
Guaranteed to Grow  
In Your Area • In Your Soil**

- AMAZOY WON'T WINTER KILL—has survived temperatures 30° below zero!
- AMAZOY WON'T HEAT KILL—when other grasses burn out, Amazoy remains green and lovely!

Every plug must grow within 45 days or we replace it free. Since we're hardly in business for the fun of it, you know we have to be sure of our product.

**FREE UP TO 600  
TO PLUGS**  
Just For Ordering Now!

Compare Bonus Plug offers with our nationally advertised prices and see how you save!

More than a HALF-BILLION of our Zoysia plugs have been sold. Our Early Bird Bonus Plug Offer means clear savings to you. Order now. And if you don't want to take another chance with lawn disappointment—

*remember: If it isn't Amazoy,  
you're not getting the plugs that  
made Zoysia famous.*

To: Zoysia Farm Nurseries, Dept. 426  
(Our 23rd year) General Offices and Store  
6414 Reisterstown Rd., Baltimore, Maryland 21215

Please send me the quantity of guaranteed Amazoy as checked below:

FULL SIZE PLUGGER . . . . . \$4.95

<input type="checkbox"/> 100 PLUGS Plus Bonus of 40 FREE <b>TOTAL 140 PLUGS \$4.45</b>	<input type="checkbox"/> 100 PLUGS & PLUGGER Plus Bonus of 40 FREE <b>TOTAL 140 PLUGS \$7.45</b>	<input type="checkbox"/> 200 PLUGS Plus Bonus of 80 FREE <b>TOTAL 280 PLUGS \$7.95</b>	<input type="checkbox"/> 200 PLUGS & PLUGGER Plus Bonus of 80 FREE <b>TOTAL 280 PLUGS \$10.95</b>
<input type="checkbox"/> 500 PLUGS Plus Bonus of 200 FREE <b>TOTAL 700 PLUGS \$17.95</b>	<input type="checkbox"/> 500 PLUGS & PLUGGER Plus Bonus of 200 FREE <b>TOTAL 700 PLUGS \$20.95</b>	<input type="checkbox"/> 1000 PLUGS & PLUGGER Plus Bonus of 400 FREE <b>TOTAL 1400 PLUGS \$30.95</b>	<input type="checkbox"/> 1500 PLUGS & PLUGGER Plus Bonus of 600 FREE <b>TOTAL 2100 PLUGS \$39.95</b>

I Enclose \$ \_\_\_\_\_ Check \_\_\_\_\_ M.O. \_\_\_\_\_

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**FAMOUS COLORADO 1860**  
**\$20 GOLD PC.**  
 STRUCK IN 10K  
**SOLID GOLD**



**\$29.50**  
 (3 for \$85)  
 SHOWN EXACT SIZE!

Collector's item to hand down to future generations! 'Private Gold' was originally struck in the 1860's by assayers and banks. Limited quantity now restruck in genuine 10K gold!

- SOLID 10K gold . . . not 'filled' or plated!
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- Display case and history included! **10 DAY MONEY BACK GUARANTEE!**

Centre Coin Co., Box 1, Dept. LK-2 Sherman Oaks, CA 91413 — Enclosed please find \_\_\_\_\_ for \_\_\_\_\_ gold coin(s) plus \_\_\_\_\_ for golden holder (bezel). Please add \$1.50 for insurance & handling.  Mastercharge  BankAmericard Exp. Date \_\_\_\_\_

Acct. No. \_\_\_\_\_  
 Name \_\_\_\_\_  
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 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Due to gold fluctuation, we may withdraw offer at any time. CA residents add 6% sales tax.

PHONE ORDERS:  
 (213) 788-9752

Ideal as gold necklace! Golden holder (bezel) — \$8.00.

**RADIO RERUNS**  
**On Cassette Only \$2.98 Per Show!**

Each 30 minute show as originally aired including commercials.

**THE 20 BEST SHOWS EVER AIRED!**

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Return to:  
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 Mpls., MN 55411

12. ABBOTT AND COSTELLO—Incl. "Who's on First"—All Time Classic 6/18/44
28. AMOS 'N' ANDY — "Kingfish's Travel Bureau" 4/47
103. AMOS 'N' ANDY — "Marriage Go Round" — All Time Classic
126. BABY SNOOKS — "The Opera" — Voted Best of Series
32. THE BICKERSONS — Argument at breakfast/Bedtime on a fishing boat/Anniv.
33. BOB AND RAY — Best of Their Comedy Routines "Bits & Pieces"
129. BURNS AND ALLEN — "Gracie Has Laryngitis" — All Time Best
123. EDGAR BERGEN & CHARLIE MCCARTHY — "Last Show" — Collectors Item
18. JACK BENNY SHOW — Last Radio Show, 1955 — A Collectors Must!
20. W.C. FIELDS — "The Day I Drank a Glass of Water" — All Time Classic
99. CBS NEWS ROUNDUP — Pearl Harbor attacked 12/7/41 — Hist. Collect. Item
100. GOLDEN DAYS OF RADIO—B. Crosby, J. Benny, A. & Andy, L & Abner, B. Hope
46. THE GREEN HORNET — "A Matter of Evidence" — All Time Best Show
48. INNER SANCTUM — "Only the Dead Die Twice"
67. LIGHTS OUT — "Cat Wife" with Boris Karloff — voted best of series 1938
62. THE SHADOW — "Death From the Deep" w/ Orson Welles — All Time Best Show
153. SUSPENSE — "Sorry, Wrong Number" — All Time Best Show 2/14/60
91. "WAR OF THE WORLDS" w/ Orson Welles, 10/30/38 Part I
92. "WAR OF THE WORLDS" w/ Orson Welles, 10/30/38 Part II
97. 50 RADIO COMMERCIALS — 5c Pepsi, Ovaltine, & more from early days of radio

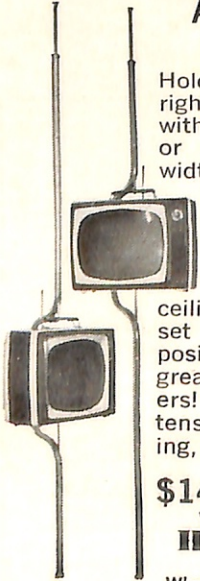
TO ORDER: 1. Circle the "Numbers" of the shows you wish to order. 2. Clip Ad and return with \$2.98 for EACH show ordered. 3. Be sure to choose 1 FREE show for each five shows you order. 4. Add \$1.05 for shipping and handling.

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Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Brass tone finish pole has spring tension rod to adjust to 7 1/2 to 8 1/2 ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers! Made in U.S.A. Extension for higher ceiling, add \$2.00.

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**Elks Family Shopper**  
 consumer/news

If you want to know your Social Security credits, call your local Social Security Administration office listed in the phone book. Ask for *Check Your Social Security Record*, HEW publication No. (SS) 10057. It has a self-addressed, tear-off card which you complete and send. You will then receive a record of your credit to date, and a booklet explaining how social security works.

Here are other points to remember:

- ▶ Widows can get social security benefits at any age if they are caring for a child under 18 years of age or a child who is disabled.
- ▶ Benefits to widows stop when they no longer have a child under eighteen or a disabled child in their care. And usually, benefits stop if you remarry.
- ▶ But, if you remarry at 60 or older, your widow's benefits could continue. The amount you would get would be 50 percent of the retirement benefit your deceased former husband was entitled to.
- ▶ Benefits to your children continue regardless of whether you remarry.

Been thinking **new car?** Many people are these days, but they have been puzzled by generous gas mileage ratings which seem impossible to get in actual everyday driving.

Now the new edition of the *1978 Gas Mileage Guide* is out, and in addition to giving you mileage rat-

**NEW \$19.95 BADGE-A-MINIT™. CAN MAKE YOU \$25 TO \$100 PER HOUR**

Now, at half of the previous cost, you can make colorful, plastic-protected, metal pin-back badges instantly! Make them when and where you need them to make BIG profits taking orders for slogan buttons or photo mirrors that you sell for up to \$2.50 each. Parts cost you just pennies! For more information and your FREE-SAMPLE BUTTON write to BADGE-A-MINIT, Ltd., Dept. EL-38, Box 618, La Salle, Ill. 61301. Or send \$19.95 (plus \$1.75 shipping and 5% sales tax for Ill. residents) for the system, including hand die press, color coded dies, one dozen badge parts and illustrated details and instructions. **MONEY BACK GUARANTEE!**



**ELECTRIC MINI HAIR DRYER**, designed for people on the go, travels with you to dry your hair after shower or swim. Just 4"x4", it has plenty of heat and air power. Comes in attractive travel case that fits easily in luggage. \$8.95; 2 for \$15. Add 70¢ shpg. (Ill. res. add 5% tax.) Chorley House, Dept. EF8, P.O. Box 117, Wilmette, Ill. 60091.



**consumer/news**

ings to compare the fuel economy of new models, it also tells you how and why your actual mileage can vary from the results of the tests conducted by the U. S. Environmental Protection Agency. For your free copy of the 1978 *Gas Mileage Guide*, send a postcard to the Consumer Information Center, Dept. 513F, Pueblo, Colorado 81009. For California-certified cars, write Dept. 514F at the same address.

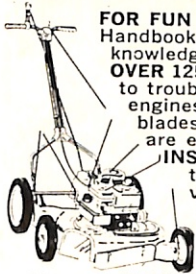
According to a government survey, over half of all drivers report achieving gas mileage within two miles per gallon less than EPA ratings.

There are many reasons for this. First, no two cars are exactly alike, and otherwise identical production models normally vary by as much as ten percent.

Also, environmental factors outside the test lab cause variations. Compared with test conditions at about 70 degrees fahrenheit, wintery 20 degree temperatures exact an eight percent penalty in gas mileage. An eighteen mile per hour headwind or a wet road surface costs ten percent, or two miles per gallon in a car rated at 20 mpg. Driving on a rough road or on loose road surfaces like gravel reduces mileage by as much as thirty percent.

Regardless of weather and road conditions, how you drive your car is the most significant detour to  
*(Continued on page 60)*

**FIX LAWN MOWERS**



**FOR FUN & PROFIT!** Fascinating new Handbook by F. Peterson gives you the knowledge skilled mechanics learn.

**OVER 125 ILLUSTRATIONS** show how to trouble shoot, repair carburetors, engines, balance and sharpen blades, etc. Exploded drawings are extensively used.

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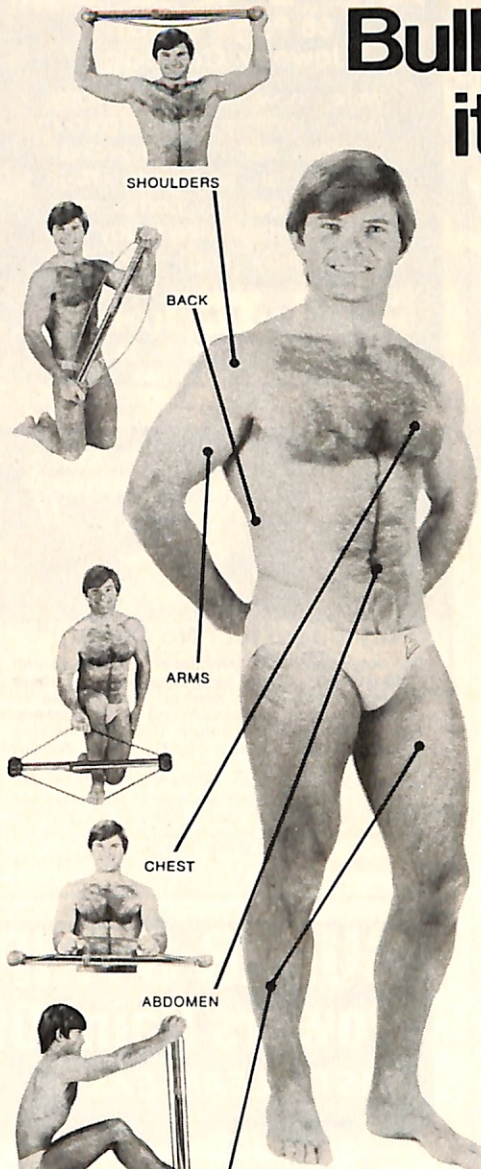
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**If you're into fitness,  
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it all together  
in only  
5 minutes  
a day:**



"Looking for a fitness program that's fast, easy and gets results right away?," asks fitness expert, Bob Breton. "Bullworker puts it all together. In just 5 minutes a day you can give your body a complete fitness workout: shoulders, back, arms, chest, abdomen and legs.

*It's fast:* each exercise takes only 7 seconds, once a day.

*It's easy:* any man between 15 and 65 in good general health can run through the whole program without getting tired.

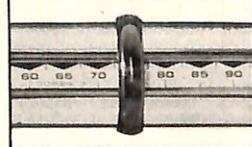
You can see your progress right from the very first day on the built-in Powermeter gauge. After two to three weeks of training, most men can expect to measure an extra inch or two of muscles on their shoulders, chest and biceps—and an inch or two less flab around the middle.

And that's just the start: there are specialized exercises for building-up or trimming down any part of your body you want to. What's more, since Bullworker training is progressive, you perform better each time. Yet the training always seems easy since with every workout your strength increases by about 1%—that's an increase of up to 50% in the first three months.

"I earn my living by keeping executives in top shape," says Bob. "My customers want results and they want them fast. I recommend Bullworker for one reason only: because it's the most advanced fitness trainer on the market and you better believe it."

To receive complete details about Bullworker Fitness training, mail coupon for FREE BOOKLET today. No obligation, no salesman will visit.

See your strength **GROWING** day by day on the built-in patented **POWERMETER**



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**FREE BOOKLET**



24 pages of action photos in full color show you how to build a powerful body in just five minutes a day

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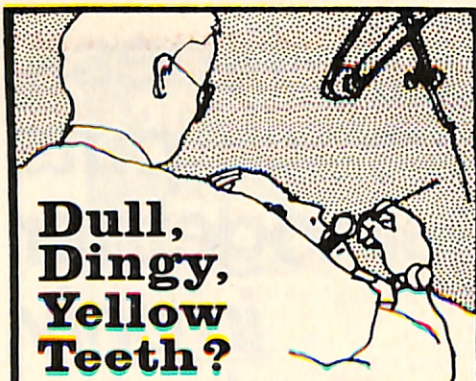
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In kid-soft polyurethane on nylon. Bonded lining, resilient rubber-like sole. 1 1/2" heel in Camel, Navy, Black, Brown, Red, Bone, White.  
Sizes: S5-5 1/2, M6-6 1/2, ML7-7 1/2, L8-8 1/2, XL9-10.

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## Elks Family Shopper consumer/news

good mileage. The EPA city mileage test simulates a 7.5 mile trip with eighteen stops over twenty-three minutes at an average of twenty miles per hour. In this kind of stop-and-go driving, smooth starts and gradual stops are essential to good mileage. Combining small errands around town also helps since short trips of less than five miles do not allow your engine time to reach optimum operating temperature and efficiency.

On the highway, good gas mileage is dependent on speed. In the EPA highway test, the simulated ten mile non-stop trip with a warmed-up engine averages fifty miles per hour. For every ten miles per hour your driving averages over fifty, expect to lose about ten to fifteen percent of your car's highway mileage estimate.

Today, greater emphasis is being placed on foods that have **high nutritional value** in relation to the calories provided. Fresh lemons as well as fish of all types fit the bill perfectly.

Pound for pound, fish is one of the best protein foods you can serve and it is low in calories. It  
(Continued on page 62)

## SUPER STRIPPER Powers Paint Off

FAST! CLEAN! EASY!



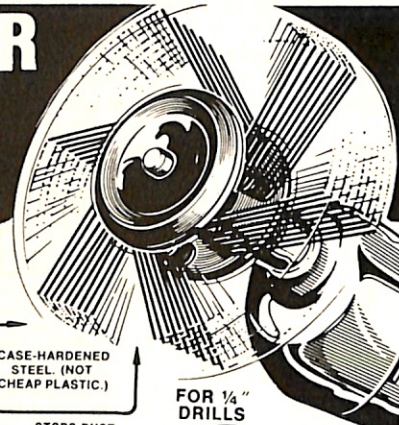
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SAFE TO FINE FURNITURE when used as directed. Leaves a satin smooth finish, ready for paint or stain. No sanding needed (won't raise wood grain as liquids do).

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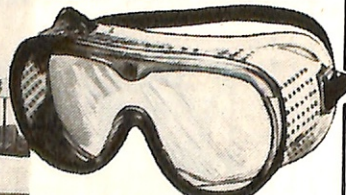
BOATS, HOUSE SIDING, does all big jobs in a fraction of the time

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Dealers' Inquiries Invited.

**NO-RISK TRIAL OFFER!**

New FULLY ADJUSTABLE Shower Head Saves Over 62% on energy, water, sewer bills —

**MUST PAY FOR ITSELF  
-IN 30 DAYS-  
OR YOUR MONEY BACK!**

**Aerates water for a tingling, splash-free shower, yet cuts water/energy use dramatically!**

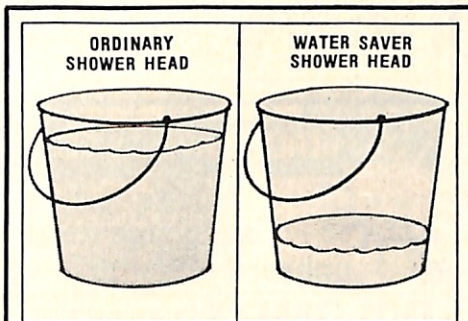
Is the cost of heating hot water driving you up the wall? Do you live where water conservation is a problem? Here's your answer — a patented new design which not only cuts water flow dramatically, but actually

**Must pay for itself in 30 days or money back!**

Just unscrew your present shower head, screw in the new Shower Head, and you start to save immediately. The more people in your home, the longer they like to stay in the shower, the more dramatic your savings are! Based on average utility rates a family of 4 could save from \$59 to over \$369 per year on energy alone (depending on whether you use gas or electric) — not even counting the cost of water. So your new Shower Head should pay for itself 12 times over the first year!



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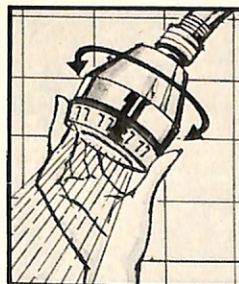


**ORDINARY** shower uses up to 64 gallons for an 8-minute shower, and 32 gallons of it must be heated! That's energy down the drain!

**WATER SAVER SHOWER HEAD** uses only 24 gallons for an 8-minute shower. You need to heat only 12 gallons — you SAVE almost 2/3!

**Order now — start saving beginning with your next energy bill!**

This is our DeLuxe model, fully adjustable Shower Head. The unit itself is made of attractive, stain resistant celcon® with a chrome plated



brass ball joint for long, trouble-free operation. It will not clog or corrode

OFFERS A FULL RANGE OF ADJUSTMENTS FROM GENTLE SPRAY TO STRONG INVIGORATING SHOWER

and is completely self cleaning. Try it for up to 30 days with absolutely no risk — then if you're not delighted in every way, return it for a full refund (except postage and handling). Mail coupon now.

speeds up the velocity, so you get a tingling, cleansing shower with savings of over 62%! On water and sewer service charges alone a family of 4 might save over \$36 per year.

**Works even when water pressure is low!**

Even if you're bothered by water pressure as low as 25 lbs. per sq. in., even if your shower is in a camper or boat with low pressure, you'll be so delighted with the way our Shower Head speeds and aerates water flow, while it cuts down water use, you'll never want to give it up. And because tiny air bubbles are mixed in by the patented design, it's practically splashless — you can shower without a cap and still keep hair dry!

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**MAIL NO-RISK COUPON TODAY**

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It sounds too good to be true — so let me prove it in my own shower. Send me \_\_\_\_\_ (SHH) DeLuxe Fully Adjustable Shower Head(s) at only \$7.98 each plus \$1 per unit postage & handling. I may try my shower head(s) for 30 days, and may return my order within that time for full refund (except postage & handling).

**SAVE** — Get 2 DeLuxe Model Shower Heads for only \$14.98 plus \$1.50 postage & handling.

Total amount enclosed \$ \_\_\_\_\_ PA residents add 6% sales tax. Check or money order, no CODs please.

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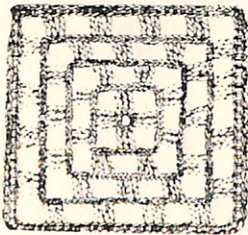
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## GREENHOUSES

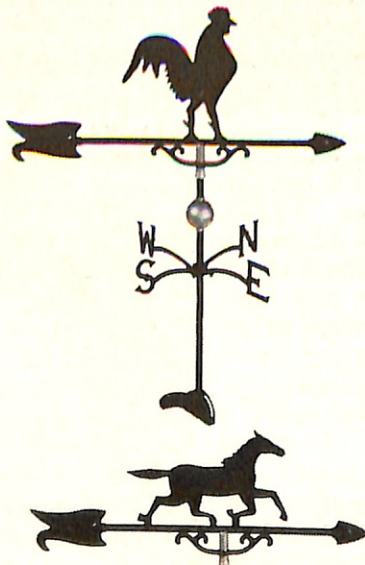
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contains only polyunsaturated fat, making it a desirable food for lowering blood cholesterol. Fish has vitamins A, B, D and K, as well as iodine, magnesium, calcium, phosphorus, iron, potassium and copper.

Lemons, too, share the nutrition limelight for their vitamin C and low calorie count. A medium-sized lemon (size 165, about 4 per pound) has about 39 milligrams of vitamin C.

### East-West Baked Sole

- Juice of 1/2 fresh lemon
- 1 avocado, sliced
- 1 banana, sliced
- 1 pound sole or other white fish fillets
- Salt and pepper
- 2 cups cooked rice
- 2 tablespoons sliced green onion
- 1/2 teaspoon curry powder
- 1/2 fresh lemon, sliced in cartwheels
- 1/4 cup butter or margarine, melted

To prevent darkening, sprinkle lemon juice on avocado and banana slices. Arrange fillets in 13x9x2-inch baking dish; sprinkle with salt and pepper. Combine rice, onion

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## Elks Family Shopper

### consumer/news

and curry powder; mix well. Spoon rice mixture over fillets. Arrange alternately over rice, lemon cart-wheels, avocado and banana slices. Sprinkle with butter. Cover with foil; bake at 350° F. for 20 minutes or until fish flakes easily with fork. Makes 4 servings.

#### Lemony Fried Fish Fillets

Grated peel of 1/2 fresh lemon  
 Juice of 1 fresh lemon  
 1 teaspoon onion salt  
 1 pound sole, cod or other white fish fillets  
 1/3 cup flour  
 1/2 teaspoon paprika  
 2 to 4 tablespoons butter or salad oil  
 Lemon wedges  
 Parsley

In a large shallow dish, combine peel, juice and onion salt. Add fillets; let stand 5 to 10 minutes, turning once. Meanwhile, in shallow dish, combine flour and paprika. Lightly coat fillets with flour mixture. In large skillet, heat butter. Saute fillets (3 to 4 minutes on each side) until lightly browned and fish flakes easily with fork. Serve with lemon wedges and parsley. Makes 4 servings.

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 If, in addition to our free catalogue you wish to get our booklet containing over 20,000 names for which we have records of coats of arms and for which this jewelry is available, plus instructions on "how to design your own coat of arms". SEND US \$1.00.

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 21 WEST 46th ST. NEW YORK, N.Y. 10036

See Advertisement on Inside Back Cover

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2 PAIRS FOR 2295

3 for 34.30 4 for 45.60

#### HABAND COMPANY

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Sirs: Please send me \_\_\_\_\_ pairs of these Executive Summer Shoes for which I enclose my remittance of \$ \_\_\_\_\_ 72F-453

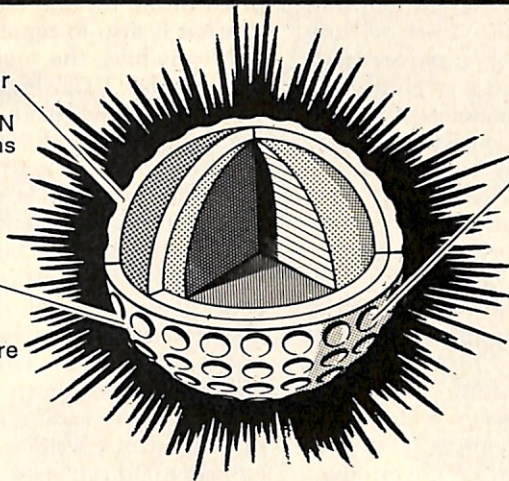
Color/Style	What Size	What Width
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# Mention This Ball And Golf Hustlers Clam Up!

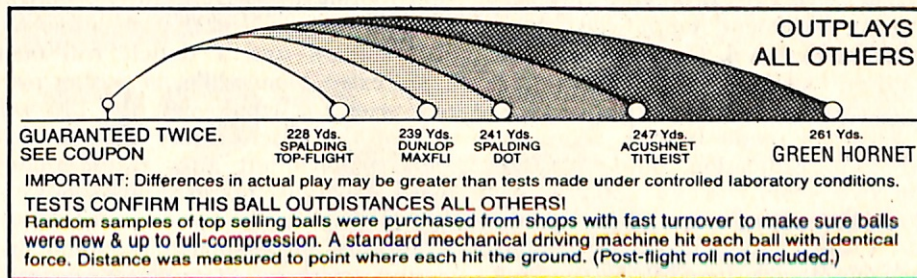
• Cut-Proof Cover (based on DuPont SURLYN research) means longer playing life. No ball is more durable.

• Two Separate Coats of Paint sealed under polyurethane are the secret of our ball's long-lasting whiteness.



• Aerodynamically designed dimple pattern provides extra-ordinary spin and lift—ball bores through the air straight and true.

It drives 20-30 yards longer. Putts like a billiard ball. Straightens out hooks & slices. Trims 3 to 5 strokes off your score! Guaranteed! To prove it we'll send 1 ball FREE. (Be convinced or don't pay!)



#### WARNING: Illegal for USGA Tournament Play!

By regulation, no USGA approved ball can come off the clubhead at a velocity of more than 250 feet a sec. But The Green Hornet can, and does! So, they made it illegal in the U.S. Our ball comes off the clubhead faster! It travels farther with more roll and less bounce!

On the green it putts like a dream and is so deadly in money play that one top tournament pro commented, "They'd have to make every course in America 2,000 yards longer if this ball was ever legalized." (You know who he is, but if we used his name in this ad he'd sue our pants off.)

#### How it Works

Our golf ball is smaller in circumference, yet weighs the same as the American ball. This means it has greater density, and higher compression packed into a smaller area. So, it comes off the clubhead like a cannon shot, with a flatter, lower trajectory. It handles better in wind, goes straighter and 30 yards farther! What's more, it cuts down on hooks and slices be-

cause, its smaller size makes more contact with the clubhead's "sweet spot"! No wonder the same pro states point-blank, "any time you have the choice, it's silly to play the big ball."

#### Like Putting Into a Barrel!

Our ball drives at least one club longer. You will hit one club less on short irons. On long par 5's, reach the green in 3 (or even 2 if you're already a long hitter). You'll birdie shorter par 4's. Even duffers will find themselves shanking fewer shots, because you can actually hit this ball off-center and it'll still go straight! On the green, it putts like a billiard ball, so you'll sink more short putts and leave long-putts closer to the hole. Our golf ball starts off faster and runs truer, and you worry less about the way the putt will break! Furthermore, because the ball-to-cup ratio is changed dramatically in your eyes, you'll feel like you're putting into the mouth of an open barrel!

With all this going for you, if you don't cut at least 3 to 5 strokes off your score, you aren't really trying!

CREDIT CARD CUSTOMERS CALL TOLL-FREE (800-243-5592)

Golf Balls, DEPT P-147, 49 Riverside Ave., Westport, CT 06880

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Still not convinced?  Try 3 for \$5 (add 75c delivery)  
 I understand I may play these balls entirely at YOUR risk. I must be 100% delighted, or I may return them within 30 days for full refund of the entire purchase price. The free ball is mine to keep.

I further understand that every ball is covered by a LIFETIME GUARANTEE of FREE replacement should it ever cut, go out-of-round or lose its built-in perfect balance.

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# Social Security: A Dream Renewed?

(Continued from page 10)

of a study group, headed by former Social Security Commissioner James B. Cardwell. The group's report is due later this year.

Congress has also failed to confront the potentially explosive issue of universal coverage. Federal employees and, in many cases, state and city employees are not covered by social security; if they were, social security revenues would be increased by their contributions. But such employees who have also worked in non-governmental jobs can collect under both civil service pensions and social security. It is an expensive practice for the social security system because the minimum social security benefit, designed to protect low-income workers, provides a windfall for government employees who put in just enough time to qualify. If all employees in the country, government and non-government, were covered under a unified system, double benefits—and the resulting strain on the system—would be eliminated. The question of universal coverage, however, is a hot potato; government employees don't want to be covered. Consequently the legislation, again, provides for the establishment of a study group. A report is to be made by the Secretary of Health, Education, and Welfare within two years.

Study groups are popular with Congress. A third study group appointed under this legislation has a massive assignment: to study the fiscal status of the trust funds, coverage, adequacy of

benefits, possible inequities, alternatives to the current programs and to the method of financing the system, integration of the social security system with private retirement programs, and development of a special price index for the elderly. This Commission is also to report in two years.

Meanwhile, the most serious charge against the 1977 legislation is simply that it will not work, that it will not do the job it is designed to do. "We have to go along with this bill because our chief concern is that benefits are paid without interruption," says James Hacking of AARP, "but this is the least desirable of the options that Congress could have elected. It must have a negative impact on both inflation and unemployment, the two things responsible for the short-term imbalance in the first place." In raising payroll taxes paid by employers, critics charge, the bill will drive up the costs of hiring workers and, therefore, prices of products. In raising the cost of hiring, it may cause increased unemployment. If unemployment rates rise, and fewer workers are contributing to social security, less revenue will come in—less than the projected \$227 billion—and a deficit will once again exist. Meanwhile, in raising payroll taxes for employees, the bill will reduce the discretionary income that workers have left after taxes, money that is otherwise pumped into the economy through consumption and savings.

Administration economists admit privately, according to published reports, that the bill will have an inflationary impact, while the Administration says

publicly that the bill is necessary. The President's proposed \$25 billion tax cut package, however, has also been proclaimed as an effort to offset the sharp increase in social security taxes. Most families will pay lower income taxes under the proposed tax legislation, which has two major components: an across-the-board reduction in tax rates and a tax credit of \$250 per person. The rate reduction, from 14-to-70 percent to 12-to-68 percent, will help higher-income families; the tax credit will be of more value to lower-income families. Something for everybody.

But how would the combination of higher social security taxes and lower personal income taxes work out in practice? How would it affect you? According to one analysis, if the tax cut package is passed by Congress (by no means certain at this writing): A family of four earning \$20,000 with one wage earner currently pays \$2,480 in income taxes; their income taxes would drop to \$2,096. The wage-earner's social security taxes, however, would jump from \$965 in 1977 to \$1,226 by 1979, providing a net saving of \$123. Families earning less would save more; families earning more would save less and would, at \$30,000 a year, owe the government an extra \$117 in taxes by 1979.

What does all this accomplish? If nothing else, it proves James Hacking's contention that social security is indeed part of the economy as a whole. "The increase in the minimum wage, which boosts costs and prices," he notes, "affects social security. So does the proposed energy legislation. Social security is vulnerable to the economy." It can't be treated in a vacuum.

Retirees and those close to retirement have been reassured by this legislation. The system has been rescued. Benefits will continue to be paid. The system will continue to be solvent. But the costs may be very high: continued inflation and unemployment and, as several crystal balls have it, a taxpayer rebellion in the not-too-distant future, a rebellion which will pit younger Americans against older ones. A great many American workers are already paying more in social security taxes than in personal income taxes; what will those figures begin to look like as these new tax rates take effect?

The long-range economic consequences may be adverse and the political situation, as a result, may be volatile. It remains to be seen. For now, although this bill is far from perfect, it does secure benefits. And, because it is imperfect, it virtually guarantees that Congress will take a long, hard look at the system in a few years—at the system as a whole and its place in the American economy. ■



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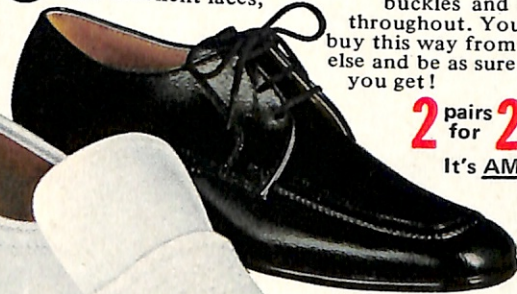
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