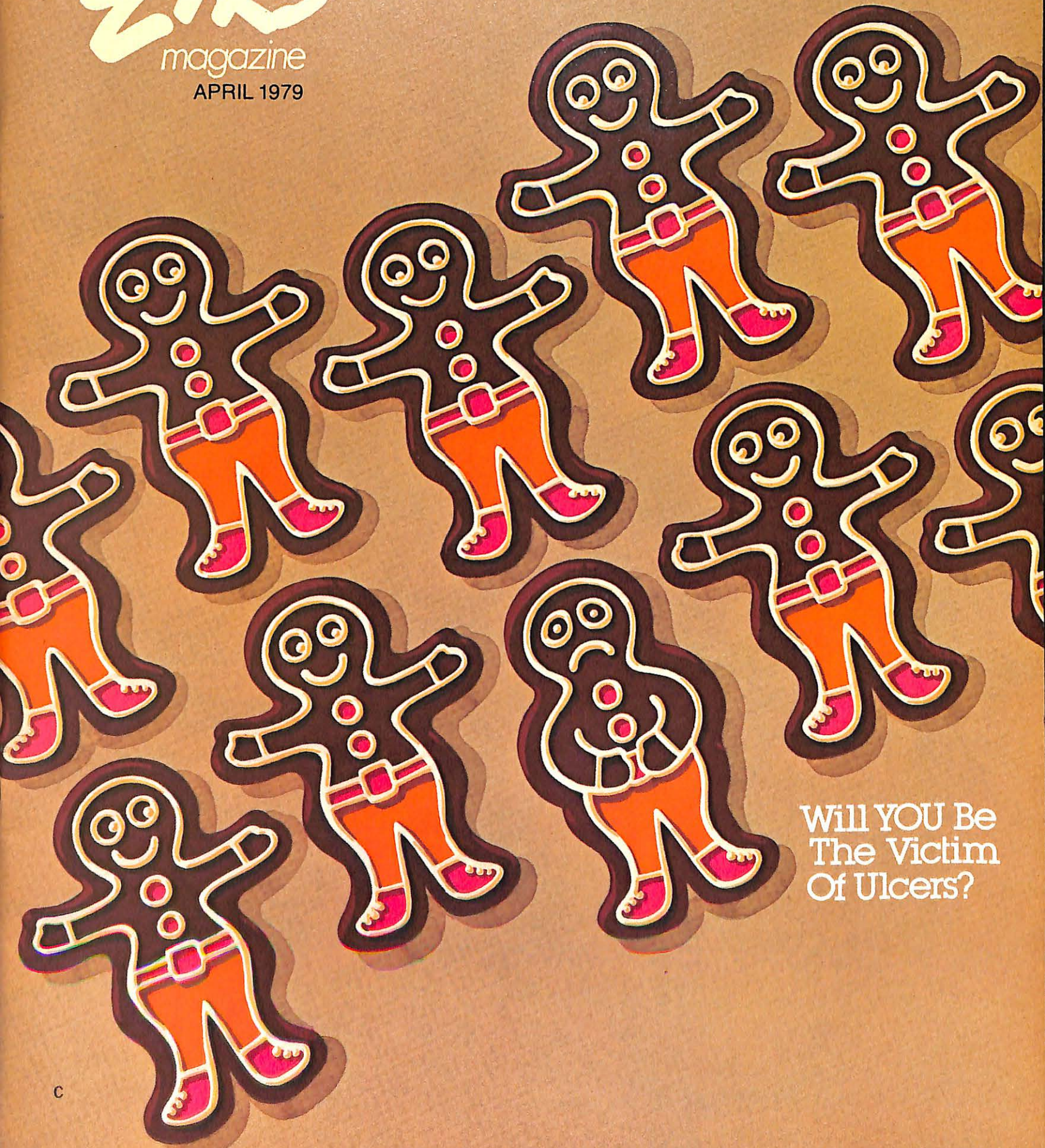


the  
**Elks**  
magazine  
APRIL 1979

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Old Village Shop, 1979





A view of the Elks National Memorial — Hitchcock artist Germaine Marshall has created the view of the Elks National Memorial in Chicago, Illinois. The building commemorates the more than seventy thousand Elks who served in World War I and establishes a permanent headquarters for the accommodation of the Order's officials. At center, the dominating unit of the structure is cir-

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*"Man would make great social progress if he tried to think and talk with his heart . . ."*

## DIFFICULT TASKS



A  
MESSAGE  
FROM THE  
GRAND  
EXALTED RULER

THIS MONTH we begin a new lodge year. The new Exalted Ruler and his Chair Officers have been together for some time and they should begin working assiduously to assure qualified elected and appointed people. Great care must be exercised.

THE BUSINESS of selecting proper people, arranging accurate schedules and providing interesting activities for the lodge falls upon the Exalted Ruler. It is a difficult task not to be taken lightly or cavalierly.

THE POSITION of Exalted Ruler is not one of glitter or glamor. It is one of hard work embracing wide authority requiring frequent definitive decisions. This frequently creates situations that induce either blessing or blame. Leadership and its inherent power must be respected; too frequently it becomes confused with dictatorship. This begets arrogance, which in turn spawns apathy, unrest and total disinterest—all geared to destroy the unity and harmony of any organization.

THIS TYPE of situation might appear in our Order unless the Exalted Ruler and his Chair Officers take the proper precautions to prevent it. Hard work and a conscious appreciation of people will unlock the doors to unity and harmony.

THE EXALTED RULER and his Chair Officers must take the time to investigate and isolate the latent talent within every member of his lodge. We must engage these assets. Every member would contribute his time and his energy and his talents if he were properly approached. Surely, there is no great problem in making personal contact and explaining the situation and requesting his aid. No man is about to extend himself and lend his every effort and enthusiastic support when peremptorily commanded to when he sees his name, almost anonymously, on a committee of which he knows little or nothing. At best, his attitude will be indifferent; at worst, totally unconcerned. The personal rather than the impersonal; the quiet, polite request rather than the stern, rigid command will do a great deal to enhance unity and harmony. A word about the committees is important.

FOOLHARDY, indeed, would it be for us or for anyone to try to detail committees in order of importance; they are all extremely important. However, we would like to mention two that have a direct bearing on the future of our Order.

INVESTIGATION AND RETENTION. Investigating, because selecting of the people whom we invite to join our Order will probably yield members who will remain enthusiastic and loyal to the cause of Elkdom. Retention, because lapsation is often the result of indifference which we might, unwittingly, have permitted to develop. These are not the most important, but they do deserve some thought. The personal touch is very important. If we hope to persist in and strengthen our commitment to **effort and enthusiasm**, we must keep in mind the words of the critic who insisted that man would make great social progress if he remembered to try to think and talk with his heart, not with his glands.

*Leonard J. Bristol*

Leonard J. Bristol



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# the Elks magazine

VOL. 57, NO. 11 / APRIL, 1979

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## 6 Will You Be The Victim of Ulcers?

Jean E. Laird

Chances are about one in ten that some time in your life you will develop an ulcer. Are you the ulcer type?

## 20 Chemistry in Everyday Life

O. A. Battista

As the adventure of mankind unfolds, the role of chemistry in our daily lives will greatly increase.

## 26 Bourbon: The Magic Elixir

Bill Thomas

Bourbon has made its mark on folks of all ages, creeds, and social status. Whether it is good or bad is merely a matter of conscience for the individual.

## Departments

- |  |                                    |
|--|------------------------------------|
| 3 Message                                    | 18 Letters                         |
| 8 Elks National Foundation/<br>Joy of Giving | 23 You and Retirement: Tax Changes |
| 10 Candidates for Grand Lodge Office         | 24 Major Projects: KY/LA           |
| 12 Convention Proclamation, 1979             | 25 Medicine and You: Imagination   |
| 14 It's Your Business: Computer Era          | 30 "To Our Absent Brothers"        |
| 15 News of the Lodges                        | 31 Travel: Bargains                |
| 18 Elks National Service Commission          | 35 Visits of Leonard J. Bristol    |
|  | 38 Elks Family Shopper             |

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454



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U.S. Government Patent No. 3,925,673

Think of that sweet "country fresh air" smell following a thunderstorm. That's actually the absence of odor. The electrical activity in the air created by lightning adds a small negatively-charged electron to each oxygen molecule in the air. Science has long recognized the miracle of this phenomenon known as *ionization*. Amazingly, these ionized molecules combine with any odor-bearing molecules in the air—destroying them.

The Environ-air unit's patented process electrostatically creates these same negatively-charged oxygen molecules that permeate any enclosed space and attract odor molecules like a magnet until they're totally "neutralized."

#### BEFORE ENVIRON-AIRE

There were two ways to control odors: *Dilute*—constantly recycle fresh air to dilute odor molecules or *deodorize*—constantly mask odor with a heavy perfumy scent. Now, with Environ-air, there's a third, more effective and highly scientific way. And that's to destroy all organic odor molecules electronically.

#### WHAT THE ENVIRON-AIRE IS NOT

It's not a one-shot cover-up. It doesn't mask odors—it destroys them electronically. And it kills tough odors *continuously*—not temporarily like sprays, wicks, stick-ons, etc. There are never any chemicals to buy, bulbs to burn out or filters to replace. The unit uses only as much electricity as a 25-watt light bulb.

#### WHAT IT IS

The Environ-air is a *continuous* air-cleansing process so unique it's patented. It uses the latest in space-age electronic technology to create the first energy and cost-efficient air purification system for the home. Even in a

smoke-filled room, you will be breathing only clean, fresh air all day long.

#### FORCED AIR—THE MOST IMPORTANT NEW FEATURE INNOVATION

One of the secrets of this new system is that it keeps the ionized air in *constant motion*. The Environ-air is the *only* electronic air freshener that *continuously* "pumps out" ionized oxygen molecules into the air, permeating every square inch of space—ready to attack and deactivate any odor-causing molecules instantaneously. Keeping the ionized air circulating is such an important factor that so-called "space age" air fresheners without it are truly outdated. Without it, odor-killing molecules simply fall to the ground near the unit, rendering them useless against odors.

#### A DUST-FREE ENVIRONMENT: AN UNEXPECTED BONUS

The Environ-air also de-activates dust particles suspended in the air. The ionized oxygen pumped into your room will attach itself to any impurities in the air, causing them to fall to the ground. Ahhhh... what's left is pure, clean air.

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#### TO USE IT IS TO LOVE IT

You will feel the difference immediately. The Environ-air will cleanse any 20' x 20' room of odor-causing molecules within just 5 minutes!

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#### CLEAR THE AIR ONCE AND FOR ALL

In the kitchen... bathroom... basement... nursery... pet areas... smoke-filled offices. Use it anywhere stale, musty, offensive or pungent odors are a problem. The attractive wood-grain unit is compact—10" x 6" x 4" deep—and lightweight—only 8 pounds. It can be wall mounted as an inconspicuous permanent fixture where annoying odors tend to accumulate. Or, it can be moved from place to place as needed, taking up little space on a shelf or floor. And installing it is simple—just plug it in. It uses regular household current.

#### LET YOUR NOSE PROVE ITS EFFECTIVENESS IN YOUR HOME OR OFFICE

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# Will YOU Be The Victim Of Ulcers?





by Jean E. Laird

In samples of a million Americans, a recent health survey showed that 44 percent of the men and 55 percent of the women had complaints originating in the digestive system, according to Dr. J. Edward Berk, chairman of the Department of Medicine at the University of California at Irvine.

And, every day about 4,000 more individuals develop an ulcer, along with some 10,000 persons in the United States who die from complications of peptic ulcers each year. In addition to the human suffering ulcers create, the medical expenses and man hours lost, the U.S. Department of Health, Education and Welfare recently reported an annual cost of \$500 million in the U. S. economy.

Who gets indigestion? A better ques-

tion would be, "who doesn't?" Kings and quarterbacks, paupers and presidents, even astronauts get it. Several years ago, America's Apollo spacemen found they were getting severe gas pains at mealtime. It seems their mostly-liquid diet was producing an excess of mucus in the stomach, which was turning to bubbles. Under normal conditions, solids would drag the bubbles through and clear the gas out of the stomach, but the semi-solid diet, combined with zero gravity, was leaving the bubbles hanging there. And, they hurt.

At one time or another, almost all of us have wondered, "Do I have an ulcer?" Upset stomach—a feeling of fullness or discomfort in the stomach or lower chest area accompanied by belching or burning sensations—assails us all occasionally.

Are *you* the ulcer type? Chances are about one in ten that at some time in your life you will develop an ulcer. There was a time when the ulcer victim was typecast as a meek, mild, non-assertive individual who stifled his feelings and hesitated to stand up for his rights. He "swallowed his feelings until he got a hole in his stomach." This may be characteristic of some ulcer victims, but other sufferers are just the opposite.

Another myth is that ulcers are most apt to strike top-level business executives and government officials. Although it is true that 12 percent of the U. S. Senators have ulcers, so do a high percentage of taxi drivers.

What medicine has shown us is that ulcers occur in people who indulge in extreme stress and strain occupations. We also know that ulcers are likely to occur in alert people who cram their days and nights with activities, operating at too fast a pace. Anyone overburdened with responsibility is also a candidate for ulcers, as well as the person who is a conscientious perfectionist. Those who worry a lot, or individuals who are often consumed by anger or frustrations, also harbor ulcers. Even the person who is usually emotionally "normal" can develop an ulcer in the matter of 24 hours if he is involved in a particularly trying circumstance—such as being held hostage by a criminal.

What is an ulcer? Simply stated, an ulcer is a hole in any lining surface of the body. 88 percent of peptic ulcers crop up in the duodenum. Most other peptic ulcers are located in the stomach and are called gastric ulcers.

Peptic ulcers can cause a wide variety of symptoms, but these often develop in a very characteristic pattern. Most typical is the recurrence, day after day, of a dull, gnawing pain in the pit of the stomach just below the ribs, often accompanied by nausea, belching,

or heartburn—an acid burning sensation felt at the base of the esophagus.

Characteristically, these symptoms arise a few hours after meals, when the stomach is empty. The victim may even be awakened from a sound sleep at three or four in the morning. The symptoms are typically aggravated by such things as coffee, alcohol, spicy or fatty foods, onions or cabbage. Often the distress can be dramatically relieved by taking a glass of milk, a small amount of bland food, a bit of ice cream, or an antacid preparation.

This pattern of symptoms doesn't always mean that an ulcer is present, however. A person with gall bladder trouble or a hiatal hernia may suffer similar distress. Emotional tension alone can account for these symptoms, and sometimes no cause can ever be found at all. Nevertheless, when such symptoms occur they should be investigated by a doctor without delay. If an ulcer is present it can be effectively treated, often with a conservative medical program. Even when no specific cause for the symptoms can be found, a sensible medical program of diet and medication can bring lasting relief.

Patients with an uncomplicated peptic ulcer rarely lose weight. Their appetite remains normal, and because of the food-ease pattern they tend to eat between meals.

The real danger is to ignore the symptoms—or try to live with them. Then what was an easily controllable situation can become a serious medical or surgical emergency.

Nearly 75 percent of all ulcers occur in the duodenum (a 10-inch length of intestine, adjacent to the stomach.) The stomach lining contains some 35 million glands which may secrete about three quarts of gastric juice per day—mainly hydrochloric acid. If any large amount of gastric juice is dumped into the duodenum, it eats its way into the wall. That is why this is the commonest site of ulcers.

Healing of the gastric ulcer usually takes 40 days. "No correlation has been found between this healing time and the age of the patient, size of the crater, history of the previous recurrences, or duration of symptoms," says Dr. S. R. Bralow, in the Delaware Medical Journal. "And, most chronic ulcers heal completely," adds Doctor Bralow.

Acute distress, sometimes requiring emergency surgery, may be caused by:

*Perforation.* Fortunately, this complication is rather rare. It happens when the ulcer has gone unchecked and tunnels through the wall of the duodenum or the stomach, so that the gastric acid spills into the peritoneal cavity of the body. This is known as peritonitis (also a much-dreaded complication of appendicitis.) When this happens, there is



# Ulcers

excruciating pain. An emergency operation is required to mend the hole.

Or, your physician may recommend radical treatment involving surgery, in which up to three-fourths of the stomach, including a large portion of the acid-secreting portion of the stomach, is removed. This is known as a gastric resection and, from a surgical point of view, has been the most successful medical treatment to date.

**Broken blood vessel.** This happens when an ulcer breaks through the inner lining into the intestinal wall, which is rich in nerves and blood vessels. Emergency surgery may be needed to prevent the patient from bleeding to death if a vein or artery has been pierced.

**Obstruction.** When the gateway between the stomach and the intestine becomes blocked due to inflammation or scarring from an ulcer, the food is trapped in the stomach. Some obstruction cases respond nicely to non-surgical treatment, and others require an operation.

Do you inherit a tendency toward ulcers? Dr. S. R. Bralow, professor of Medicine at Jefferson Medical College,

in Philadelphia, says, "Genetic factors may help to explain the increased risk of peptic ulceration in certain individuals. On the average, duodenal ulcer patients tend to have larger stomachs, greater parietal cell masses, and higher acid outputs than patients with gastric ulcers. However, it is unknown whether these differences are genetically determined or are the result of the disease process itself."

Why does nervous tension cause ulcers? The medical authorities say, "Strain from tension and nervousness causes the stomach to secrete excessive amounts of digestive juices (acid). When there is no food present to break down, these juices irritate the stomach lining. If you are under constant strain, pressure or tension, and upset stomach recurs frequently, see your doctor. Too much stomach acid can literally eat away a part of the stomach lining, causing a gastric ulcer.

Once formed, an ulcer simulates the presence of food in the stomach, and signals are sent to the brain to secrete more acid to aid indigestion when none is needed. This causes further harm to the already damaged stomach lining.

Is there any danger of an ulcer becoming cancerous? Studies show duodenal ulcers have practically no chance of becoming cancerous. And, 98% of all

gastric ulcers are nonmalignant. The doctor will usually allow 4 to 6 weeks for an ulcer to heal. If it does not seem to be any better, an operation may be advisable to remove the ulcer and end the risk of a possible cancerous growth.

Recently, there has been a profound but quiet shape-up in ulcer therapy. Today, pizzas, coffee, apples and martinis are still forbidden; but a number of other formerly verboten foods are quietly replacing milk, chicken and rice as the standard dietary fare for tens of thousands of ulcer patients. For instance, Dr. Franz J. Eingelfinger, editor of the highly-respected, *New England Journal of Medicine*, scornfully dismisses the practice of restricting new ulcer patients to white meat. "No evidence exists that white meats are less rough on the stomach than red meats," he concludes.

At the root of the upheaval in ulcer diets is the simple fact that nobody has ever successfully proved the effectiveness of traditional ulcer therapy—a bland diet, antacids, and plenty of rest. Tests have shown that this treatment does relieve pain and distress. But, as even the most uninformed ulcer patient knows, the ailment can also disappear quite suddenly without treatment.

The experts tell us studies have yet  
(Continued on page 29)



## THE JOY OF GIVING

Elks National Foundation  
2750 Lakeview Avenue • Chicago, Illinois 60614

Members of Freehold, NJ, Lodge congratulated five National Foundation contributors. ER Vincent Norman and Chm. Dick Kennedy presented certificates to Sahbia and Leonard Kraus, Charlie and Alice Simons, and Pete Kozabo.



A framed National Foundation certificate was presented to PGER Robert Boney (first row, second from left) recently. The PERs of Las Cruces, NM, Lodge contributed \$1,000 to the Foundation in his name. On hand to proffer the certificate were (first row, from left) PERs Leonard Haning, Peter Panos, Robert Oliver, and (second row) PDD William Fickes, PER Joseph Vieira, PDD and SP Greeley Myers, PERs William Patterson, Elmer Peterson, and (third row) David Deyoe, Larry Covington, Freddie Covington, and Gregory Gomez.

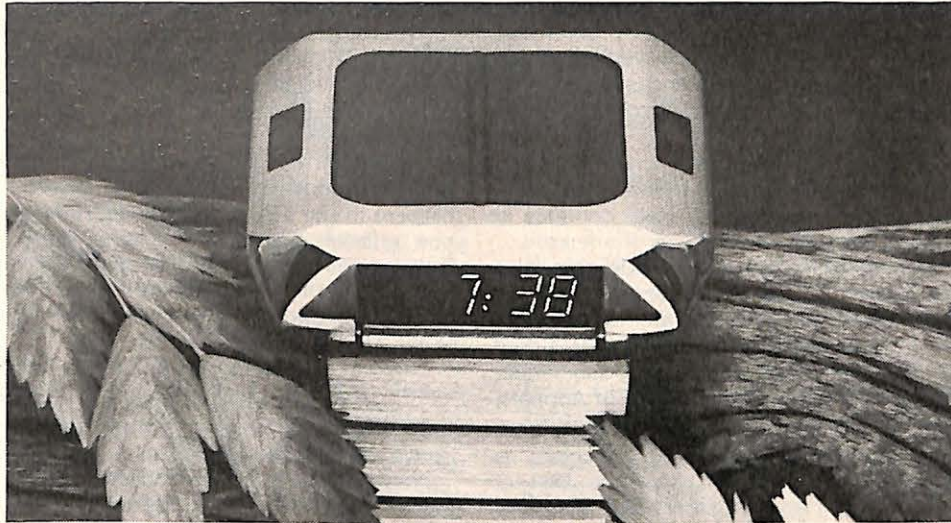
A trip to Hawaii was the grand prize of the Circle District "Elkbola," a raffle game in which 12 Massachusetts lodges in the area donated gifts. The yearly game was started by PDD Guy Abruzzee and raises from \$10,000 to \$15,000 for the Foundation. PER Larry Kelley (left) of Watertown Lodge sold a ticket to Elks' lady Mary Shell.





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**The Sunwatch...never needs batteries...accurate to within 1 second per month...virtually indestructible, beautifully styled sport/dress watch.**

**An engineering/design breakthrough in space-age timekeeping technology...that now makes all other watches obsolete:** ■ 100% sun-powered, no batteries that need replacing. ■ Clearly visible by day or night. ■ Unique side-window view, simplifies reading. ■ Built-in computer calendar — no need to ever re-set the watch (Not even in 31-day months and leap years!) ■ Unprecedented accuracy — you program the Sunwatch's computer to stay accurate within 1-second per month!

**A "State-Of-The-Art" timepiece that combines solar age energy efficiency with a unique feeling of futuristic elegance and beauty.** 10 years ago the Sunwatch was an idea, years ahead of its time, on the drawing board of Roger Riehl, a noted expert in solar energy, integrated circuitry, and computer chip technology. As a result of these years of costly and extensive research, Mr. Riehl's dream of a perfect watch has been realized, and this is now available through the Starshine Group, a California-based marketing organization specializing in unique, innovative products.

**The objective in producing the Sunwatch was to put an end to all the difficulties other watches create.** For instance, with the Sunwatch you will never have to worry about accuracy again. For the rest of your life, you will know you are on time — almost to the second! You will also never again stop to check the time only to find that your watch batteries are dead. The Sunwatch powered by stored light energy, never needs a battery replacement.

**Another important feature is that you don't have to strain your eyes to read the numbers in bright sun or dark rooms** as with other digital and conventional watches. The Sunwatch has 4 built-in varying light intensities which automatically adjust to the immediate light conditions, making it easy to read at all times, day or night. These necessities of correct timekeeping are now possible for the first time with this remarkable achievement in watch design.

#### Technical Data & Special Features:

■ **Tiny silicon solar power cells** are the incredible power source; they are constantly being energized from natural sunlight or even an ordinary light bulb while you are wearing your watch. The watch operates on this stored light energy and will work even after being kept in a drawer or suitcase for several days. However, should storage in darkness for a long period result in the watch losing its charge, a few hours in the sun (or overnight under a lamp) will charge it back up to normal (Note: if this happens and the watch display loses its charge due to a long period of darkness, the internal operation continues on keeping the same accurate time. Therefore upon re-charging the watch, the display readout will show the correct, up-to-date time, just as if the watch

had never lost its charge. This is because the display will automatically shut off at low charge levels, leaving enough energy to continue the internal time-keeping functions).

■ **No Resetting Needed Until 2100 A.D.!** Thanks to its own specialized **Micro-Circuit Computer**, the Sunwatch is electronically programmed to display the correct month and day with NO resetting for the next 123 years! (Of course, in 2 or 3 seconds, you can easily change the time [or any other display] at your option, should you need to change time zones, etc.)

■ **Permanently Sealed Lexan Module**, protected by U.S. and Foreign Patents until 1992, encapsulates all energy cells, solar panels, quartz crystals, Computer-On-A-Chip, Readouts, etc. This hermetically-sealed watch module is also filled with a special gelatin which absorbs tremendous shock, making the Sunwatch virtually the Most Indestructible Watch Ever.

■ **Completely Waterproof** (You can safely suspend it in boiling water for 30 minutes!) It's because of the permanent lexan seal mentioned above.

■ **Shock Resistant to 5000 G's** (You can literally crash it into a rug-surfaced brick wall at 90 M.P.H. without noticeable effect!)

**Free Custom Engraving:** At your request, each watch will be hand-engraved with your name (or any name you specify) to label and personalize it yours for a lifetime.



**Limited Warranty is Your Protection.** The Sunwatch is covered by a 2 year limited warranty issued by Riehl Time Corporation (Manufacturer of the Synchroner 2100), and included with your watch. A copy of the warranty may also be obtained free of charge by writing to Starshine Group, 924 Anacapa St., Santa Barbara, Calif. 93101. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**Never Needs Batteries.** Tiny silicon solar cells gather and store energy from sunlight, daylight, even an ordinary lightbulb. What a relief never to replace batteries!



**No Resetting — Ever.** Micro circuit computer is programmed to display the correct month and day with no resetting until 2100 A.D.

■ **Temperature and Pressure Resistant** Freeze Sunwatch in a block of ice for a year or wear in 750 feet deep without damage.)

■ **Natural Side-View Window** lets you tell the *time*, *day*, and *date* without twisting your arm into an obvious, awkward position.

■ **Continuous Seconds Display** — Useful for pulse-taking, stopwatch timing, etc.

**4 Different Readout Modes: Mode #1**... Displays the time in hours and minutes (as shown). **Mode #2**... Displays the month and day in numerical form (i.e., 3:13 for March 13). **Mode #3**... Displays the day of the week (alpha form) and the seconds counting off (i.e., TU: 48 for Tuesday, and 48 seconds after the minute display in Mode #1.) **Mode #4**... Displays the leap year status, and the programmable speed calibration setting that the watch is currently set at. (i.e., 23:45. The first digit "2" means that this current year is 2 years after the most recent leap year. The next 3 digits tell you that your Sunwatch is operating at a speed setting of 3:45. This setting can be changed by you in just seconds to anywhere between a range of 0:00 to 7:77. This allows you to adjust your watch speed to compensate for local climatic and magnetic conditions, etc. After a little experimentation you will soon find the proper setting to keep your Sunwatch accurate to within an unprecedented one second per month. (That's 5 times better than the latest Quartz Accutron!)

The exciting Sunwatch offers split-second accuracy based on solar energy and advanced design features, all packaged in a striking, contemporary styled timepiece that is virtually indestructible even under the most severe conditions. The Perfect Watch of a lifetime for Business People, Professionals, Teachers, Athletes, etc.

The Philosophy behind the Watch and this advertisement... Our objective is to acquaint you in a straight-forward manner, with the honest facts and features of a timepiece that we (and several thousand current Sunwatch owners) genuinely believe to be the most advanced, most practical watch in production today. We have attempted to tell you as much as possible about the Sunwatch because we know it sometimes can be difficult to make an intelligent purchasing decision of this importance, from just a few words and pictures.

Should you decide to try wearing and using one, we will engrave your name on it at no charge, and send it to you by United Parcel Service (or USPS if UPS doesn't service your area). You then have 2 weeks to literally "try it on for size" and see for yourself how incredible this watch actually is. If you decide you don't care to keep it for any reason, you can return it to us (within 2 weeks of receipt) for a prompt refund, or a credit to your charge card.

**Credit Card Orders Call Toll Free 1-800-235-6945, ext. 1045.** Calif. Residents Call: 805-966-7187.

**Note: Thousands of earlier models of this "pure-solar" timepiece have been sold nationwide for as high as \$500 or more. Recent cost reductions in certain components now make the watch much more affordable (see coupon below) and one of the best timekeeping investments you can make today.**

## Starshine Group.

924 Anacapa St., Dept. 736, Santa Barbara, CA 93101

Please rush me \_\_\_\_\_ Sunwatch(s) in smart, slimly-styled stainless steel — for only \$129.95 each. I will wear the watch for 15 days; then if not completely satisfied may return it for a full refund of purchase price (less shipping charge). Please add \$3.95 per watch shipping & insurance.

Please send me \_\_\_\_\_ Sunwatch(s), gold plated with matching band — only \$159.95 each. If not completely satisfied, return it for a full refund of purchase price (less shipping charge). Please add \$3.95 per watch shipping and insurance.

Enclosed is \$ \_\_\_\_\_ Check or Money Order (Calif. residents add 6% sales tax).

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 Master Charge  Diner's Club  Carte Blanche

Credit Card # \_\_\_\_\_ M.C. Bank # \_\_\_\_\_

Issue Date \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name to be engraved \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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## Candidates For Grand Lodge Office

### East Chicago, IN, Lodge Presents Stanley F. Kocur for Grand Secretary



*Whereas:* The Officers and Members of East Chicago, Indiana, Lodge No. 981 of the Benevolent and Protective Order of Elks of the United States of America appreciate the many years of outstanding service given their Lodge by Stanley F. Kocur; and

*Whereas:* He has served East Chicago, Indiana, Lodge unstintingly in many capacities, especially in every office in the Lodge, and as their Exalted Ruler in 1949-50, and in a distinctive manner as Secretary for 13 years; and

*Whereas:* He has served Indiana Northwest District as its District Deputy Grand Exalted Ruler in 1958-59, and as District Secretary-Treasurer for 25 years; and

*Whereas:* Brother Kocur has rendered outstanding service to the Indiana Elks Association as Ritualistic Chairman, Scholarship Chairman, Convention Chairman, Trustee, Officer, and served as its President in a distinguished manner in 1974-75; and

*Whereas:* He has maintained his interest in Ritualistic work by being a Qualified Judge and judging state contests in surrounding states; and

*Whereas:* He has taken leadership roles in community charity drives, and serves his church as Commentator-Lector; and in business affairs served as President of the Central Wooden Box Association, Chairman of the Zoning Board of Appeals,

and now as a Commissioner of the Zoning Board; and

*Whereas:* He has always demonstrated his love and devotion to the Order and his managerial and administrative ability; and

*Whereas;* Brother Kocur has, since July, 1977, served with diligence, prudence and distinction as Grand Secretary of the Benevolent and Protective Order of Elks of the U.S.A.;

*Now therefore be it resolved* that East Chicago Lodge is honored and proud to present to the 1979 Grand Lodge Convention in Dallas the name of Brother Stanley F. Kocur as a candidate for reelection to the office of Grand Secretary of the Benevolent and Protective Order of Elks of the United States of America.

Kenneth Carrol, Exalted Ruler  
Leo J. Pusch, Secretary

### Linton, IN, Lodge Presents William H. Collisson for Grand Treasurer



*Whereas:* The Officers and Members of Linton, Indiana, Lodge No. 866 of the Benevolent and Protective Order of Elks recognize the years of service given to Elkdome by William H. Collisson; and

*Whereas:* He has served his Lodge as Exalted Ruler and Trustee, his District as President and Secretary, his State Association as Convention Chairman, President, and President of the Advisory Committee; and he has competently served the Grand Lodge as Chairman of the Americanism Committee and as Grand Trustee, and has conscientiously served one year as Grand Treasurer; and

*Whereas:* In all duties he has served faithfully, diligently, sincerely, and enthusiastically, striving always to further the

image and ideals of Elkdome;

*Now therefore be it resolved* that Linton, Indiana, Lodge No. 866 does hereby present with pride William H. Collisson as candidate for reelection to the office of Grand Treasurer of the Benevolent and Protective Order of Elks of the United States of America and will be pleased to place his name in nomination at the Grand Lodge Convention in Dallas, Texas, in July, 1979.

Jake Yung, Exalted Ruler  
Ervin Hollen, Jr., Secretary

### Devils Lake, ND, Lodge Presents John T. Traynor for Grand Trustee



*Whereas:* John T. Traynor has served the Benevolent and Protective Order of Elks in a variety of positions at the subordinate lodge, state association and Grand Lodge levels with dedication and distinction; and

*Whereas:* He served as the Exalted Ruler of Devils Lake, North Dakota, Lodge No. 1216, in 1957, and as a member of the Building Committee of our Lodge after fire destroyed our lodge home in 1969;

as a State Trustee of the North Dakota Elks Association for six years, the last two years serving as Chairman; and as President of said state association at the present time; and

*Whereas:* With marked efficiency and devoted service, he has served our Brotherhood at the Grand Lodge level since 1961 as the District Deputy Grand Exalted Ruler of the North Dakota East District during 1961-1962, and from 1973 until the present time he has been a member of the Youth Activities Committee of the Grand Lodge, serving under six Grand Exalted Rulers, and as Chairman of the Grand Lodge Youth Activities Committee for the past two years; and

*Whereas:* Brother Traynor has a distinguished record in his community and state as a practicing attorney, serving on

the Executive Committee of the State Bar Association, the Grievance Commission of the North Dakota Supreme Court, and as a member of several honorary societies such as Phi Beta Kappa, The Order of the Coif, American College of Probate Counsel, International Society of Barristers, and he has served his local community as Chairman of the Home Rule Commission and as County Justice and Municipal Judge;

*Now therefore be it resolved* that the Members of Devils Lake Lodge No. 1216 of the Benevolent and Protective Order of Elks are pleased and honored to present to the 1979 Grand Lodge Convention the name of John T. Traynor as a candidate for election as Grand Trustee.

Thomas LaMotte, Exalted Ruler  
H. J. Monroe, Secretary

### McAlester, OK, Lodge Presents Robert L. Smith for Grand Trustee



*Whereas:* Robert L. Smith has faithfully and selflessly served his fellow man through the Benevolent and Protective Order of Elks, at all levels of Elkdome; and

*Whereas:* He served as the Exalted Ruler of McAlester, Oklahoma, Lodge No. 533, in 1963, and in capacities of

the Oklahoma Elks Association; as Treasurer of the Oklahoma Elks Youth Center since 1963, as a director of the Oklahoma Elks Major Projects since its inception, as President of the State Association in 1971, and on many state committees; and

*Whereas:* He has served the Order at the Grand Lodge level since 1964, having been appointed as the District Deputy Grand Exalted Ruler of the Oklahoma Southeast District in 1964 and was reappointed in 1965, and as Special Deputy in 1968; he served on the Grand Lodge Auditing and Accounting Committee in 1972, on the Committee on Credentials

in 1974, serving on the Americanism Committee from 1975 to 1978, serving as its Chairman in 1978-79; and

*Whereas:* Brother Smith has for 27 years distinguished himself in the field of public education in Oklahoma;

*Now therefore be it resolved* that the Brothers and the Officers of McAlester, Oklahoma, Lodge No. 533, of the Benevolent and Protective Order of Elks, are proud and honored to present to the 1979 Grand Lodge Convention, the name of Brother Robert L. Smith, as a candidate for election as Grand Trustee.

Robert D. Smith, Exalted Ruler  
Thomas Crabb, Secretary



How to Profit from The Revenue Act of 1978

# The Ultimate Tax Shelter



by  
TED NICHOLAS

Tax experts are now referring to a small, privately owned corporation as "The Ultimate Tax Shelter." This is especially true with the passage of the Revenue Act of 1978. This law makes most former tax shelters either obsolete, or of little advantage. Investments affected include real estate, oil and gas drilling, cattle feeding, movies, etc. These former tax shelters have lost their attractiveness. Aside from that, these tax shelters required a large investment. Only a small segment of the population could benefit from them.

I've written a book showing how you can form your own corporation. I've taken all the mystery out of it. Thousands of people have already used the system for incorporation described in the book. I'll describe how you may obtain it without risk and with a valuable free bonus.

A corporation can be formed by anyone at surprisingly low cost. And the government encourages people to incorporate, which is a little known fact. The government has recognized the important role of small business in our country. Through favorable legislation incorporating a small business, hobby, or sideline is perfectly legal and ethical. There are numerous tax laws favorable to corporate owners. Some of them are remarkable in this age of ever-increasing taxation. Everyone of us needs all the tax shelter we can get!

Here are just a few of the advantages of having my book on incorporating. You can limit your personal liability. All that is at stake is the money you have invested. This amount can be zero to a few hundred or even a few thousand dollars. Your home, furniture, car, savings, or other possessions are not at risk. You can raise capital and still keep control of your business. You can put aside up to 25% of your income tax free. If you desire, you may wish to set up a non-profit corporation or operate a corporation anonymously. You will save from \$300 to \$1,000 simply by using the handy tear-out forms included in the book. All the things you need: certificate of incorporation, minutes, by-laws, etc., including complete instructions.

There are still other advantages. Your own corporation enables you to more easily maintain continuity and facilitate transfer of ownership. Tax free fringe benefits can be arranged. You can set up your health and life insurance and other programs for you and your family wherein they are tax deductible. Another very important option available to you through incorporation is a medical reim-

bursement plan (MRP). Under an MRP, all medical, dental, pharmaceutical expenses for you and your family can become tax deductible to the corporation. An unincorporated person must exclude the first 3% of family's medical expenses from a personal tax return. For an individual earning \$20,000 the first \$600 are not deductible.

Retirement plans, and pension and profit-sharing arrangements can be set up for you with far greater benefits than those available to self-employed individuals.

A word of caution. Incorporating may not be for you right now. However, my book will help you decide whether or not a corporation is for you now or in the future. I review all the advantages and disadvantages in depth. This choice is yours after learning all the options. If you do decide to incorporate, it can be done by mail quickly and within 48 hours. You never have to leave the privacy of your home.

I'll also reveal to you some startling facts. Why lawyers often charge substantial fees for incorporating when often they prefer not to, and why two-thirds of the New York and American Stock Exchange companies incorporate in Delaware.

You may wonder how others have successfully used the book. Not only a small unincorporated business, but enjoyable hobbies, part time businesses, and even existing jobs have been set up as full fledged corporations. You don't have to have a big business going to benefit. In fact, not many people realize some very important facts. There are 30,000 new businesses formed in the U.S. each and every month. 98% of them are small businesses; often just one individual working from home.

To gain all the advantages of incorporating, it doesn't matter where you live, your age, race, or sex. All that counts is your ideas. If you are looking for some new ideas, I believe my book will stimulate you in that area. I do know many small businessmen, housewives, hobbyists, engineers, and lawyers who have acted on the suggestions in my book. A woman who was my former secretary is incorporated. She is now grossing over \$30,000 working from her home by providing a secretarial service to me and other local businesses. She works her own hours and has all the corporate advantages.

I briefly mentioned that you can start with no capital whatsoever. I know it can be done, since I have formed 18 companies of my own, and I began each

one of them with nothing. Beginning at age 22, I incorporated my first company which was a candy manufacturing concern. Without credit or experience, I raised \$96,000. From that starting point grew a chain of 30 stores. I'm proud of the fact that at age 29 I was selected by a group of businessmen as one of the outstanding businessmen in the nation. As a result of this award, I received an invitation to personally meet with the President of the United States.

I wrote my book, *How To Form Your Own Corporation Without A Lawyer For Under \$50*, because I felt that many more people than otherwise would could become the President of their own corporations. As it has turned out, a very high proportion of all the corporations formed in America each month, at the present time are using my book to incorporate.

Just picture yourself in the position of President of your own corporation. My book gives you all the information you need to make your decision. Let me help you make your business dreams come true.

As a bonus for ordering my book now, I'll send you absolutely free a portfolio of valuable information. It's called "The Income Plan" and normally sells for \$9.95. It describes a unique plan that shows you how to convert most any job into your own corporation. You'll increase your take-home pay by up to 25% without an increase in salary or even changing jobs in many cases. If you are an employer, learn how to operate your business with independent contractors rather than employees. This means that you'll have no payroll records or withholding taxes to worry about. And you'll be complying with all I.R.S. guidelines. "The Income Plan" includes forms, examples and sample letter agreements to make it possible.

I personally guarantee your purchase in the fairest way I know. If you feel my book is not all that I've described, return it undamaged within two weeks and I'll promptly refund your money with no questions asked. If you should decide to return it, you may keep the bonus Income Portfolio for your trouble.

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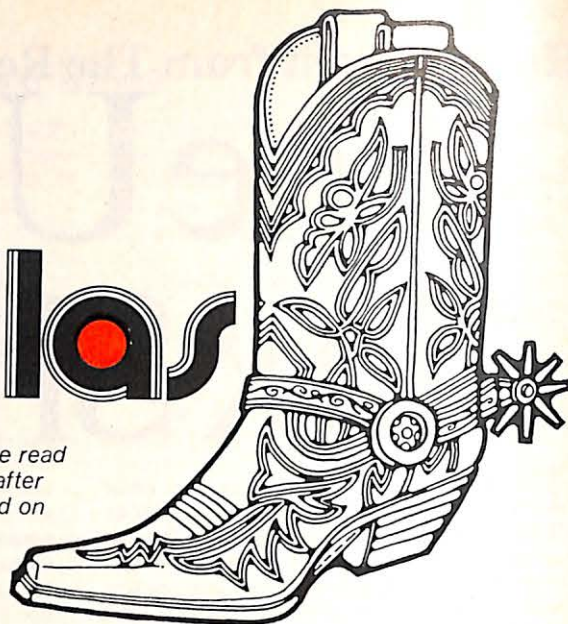
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# Dallas

*This proclamation must be read at the first lodge session after its receipt and then posted on the lodge bulletin board*



## To All Subordinate Lodges and Members of The Grand Lodge of the Benevolent and Protective Order of Elks of the United States of America

### GREETINGS:

The Grand Exalted Ruler, by and with the approval of the Board of Grand Trustees of the Benevolent and Protective Order of Elks of the United States of America, acting upon authority given him under Section 6, Article 3, Grand Lodge Constitution, does hereby proclaim that the next session of the membership and representatives of the Grand Lodge of the Benevolent and Protective Order of Elks will convene in Dallas, Texas, July 15, 1979, with the opening and public meeting to be held in the Dallas Convention Center, downtown Dallas at Akard and Canton Streets, on Sunday, July 15, 1979, at eight-thirty o'clock in the evening.

The opening business session will convene in the Dallas Convention Center, at 9:00 Monday morning, July 16, 1979, at which session the election of Officers for the ensuing year will be held. Business sessions will continue thereafter each morning at 9:00 on July 17, 18, and 19 until the business to come before the sessions is finished.

The Hyatt Regency Hotel, 300 Reunion Blvd, has been selected as headquarters for the 115th Session of the Grand Lodge. Space in the Dallas Convention Center has been set aside for all REGISTRATION and exhibits.

Room reservations for Past Grand Exalted Rulers, Grand Lodge Officers and Committeemen will be made by Bryan J. McKeogh, Convention Director, 370 Lexington Ave., New York, NY 10017. He will mail reservation forms and a letter outlining the procedure.

All other room reservations—with the exception of the Grand Lodge people as outlined in the preceding paragraph—will be made through the State Associations. The National Convention Committee, following the practice of previous years, will assign rooms to each State Association and those planning to attend the Convention are urged to make the fact known to their State Association Housing Chairman immediately. Neither the National Convention Committee, nor the official Dallas Convention hotels will accept reservations direct from lodges or individual Elks.

ATTEST:



Stanley F. Kocur  
Grand Secretary



Leonard J. Bristol  
Grand Exalted Ruler



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**"LEE-PLEX 50 MG."**

In 1 cap daily: 50 mg. each of Vit. B1, B2, B6, Niacinamide, Pantothenic Acid, Choline, Inositol; 30 mg. Para-Amino-benzoic Acid; 50 mcg. each of B12, d-Blotin; 100 mcg. Folic Acid.

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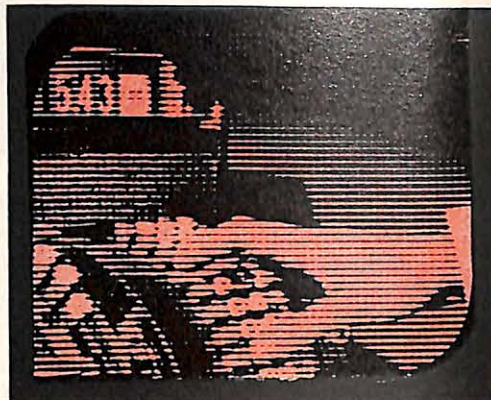
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# IT'S YOUR BUSINESS

by John C. Behrens



## THE COMPUTER ERA

You've heard the commercial, perhaps. It goes something like this: "Mr. Businessman, you don't have to buy or lease a big computer anymore . . . now you can buy your own, easy to operate Brand X. It can be used in the home, at the office or you can use it to educate your kids. Take care of all your business and personal needs in seconds with Brand X."

No question about it, the computer is already of age and the advertising campaigns heralding its possibilities have just begun. Some believe its use by proprietors is long overdue, in fact. They contend that the computer industry underestimated the needs of small business for mini and micro computers.

Computer manufacturers and specialists now see a future, however, that will have an impact on everyone. According to Stephen Rosen in his book, *Future Facts*, oceans of business and technical data in the years ahead will routinely flow across the country via computer systems. Super speed computers, he continues, will be able to make decisions in 10 trillionths of a second, increasing by a hundredfold presently existing computer technology.

The question, then, is how a proprietor should prepare today for a new era that will continue changing tomorrow?

"Deal with it as cautiously as if you were adding a new store, a new line of products or making a major move," says Dr. Ronald Danilowicz, a professor of computer science and a computer consultant in upstate New York.

"There are different kinds of system capabilities. There are systems for hobbyists, home use and those in business. You've got to be familiar with what the manufacturer intended the system to do. One aggressive advertiser of low cost hardware—that's the computer and printer—doesn't have the software—the programs that make the system work—that would necessarily fit the businessman, for example. When you see it advertised, you could easily assume it will do anything. It's better suited for the home or hobbyist, though. The point is, the businessman must be concerned about getting software he needs. If the specific programs aren't geared to his needs, the system he buys can be virtually useless to him," he explains.

The price structure in the computer industry has changed in the past year or

two, Danilowicz adds, and this can be confusing to the business owner currently paying top dollar to lease or who is involved with others in time-sharing on a big computer. "Unless the businessman shops carefully for his own system he may find those amazingly low hardware prices for mini or micro computers don't include the software he must buy.

"Essentially, that's the problem. The businessman wants to buy what is readily available at lower prices so that he can have his own system; and he assumes that it will give him all he needs. He's simply not certain about what it is he's getting," the former NASA physicist points out.

"One of the obvious problems I've noted is that you buy a system and start to depend upon it; and if there are difficulties, it can be catastrophic. You may have made sweeping changes to accommodate the system and find yourself in trouble. I visited an accounting firm not long ago where seven accountants and nine programmers were fully computerized and they worried incessantly about breakdowns. They simply couldn't afford breakdowns. So they had to go to the expense of a complete duplicate system. A backup for nearly everything. That way, they could pull out a malfunctioning unit and plug in a new module and keep going while repairs were made.

"An accountant I know bought a system at a very good price but had little help in setting up the equipment and, as a result, he's had problems getting it to work properly for months," Danilowicz noted.

Once you've purchased the system and made the changes to plug your business needs into the computer, it's difficult to turn back. The computer may take up many duties, Danilowicz suggests. "The chances are, once you get it on line, the computer might replace people or reduce the tasks of a number of persons. If all of a sudden it's not functioning or handling its share, you don't always have the capability to switch back to old ways or other personnel."

Yet there are ways to alleviate the problems, he believes.

"I think that a number of businessmen, in the back of their minds, have routine things that they do daily that they know could better be handled by computers. The important point, however, is evalu-

(Continued on page 35)



Stranded for four hours on a mountain pass between Tigard and Tillamook, OR, 30 students and advisors from the Tigard Trinity Episcopal Church were forced by the weather conditions to return to Tillamook, where they contacted the local lodge for assistance. ER Ken Wilson (back row, third from left) provided a chicken dinner for the group, and then made arrangements at a local 4-H building for overnight accommodations. At midnight, he even brought an ill student to the hospital and, while there, encountered a couple of stranded hunters whom he helped. In the morning, Brother Wilson, his wife, and the lodge manager cooked up a huge ham and egg breakfast for the group. By mid-morning, the roads had been cleared and the young people were able to return to Tigard.



Stranded youngsters who were given food and shelter by Tillamook, OR, Lodge.

To kick off Redondo Beach, CA, Lodge's 59th birthday, the Brothers presented service pins to the old timers. Among those lodge members who were honored were PDD Drexall McCulley, Robert Hayes, Dan Branigan, Dale London, Dudley Jones, Charles Wortham, Floyd Ayers, Paul Thompson, Harry Coffin, and PDD Walter Heller.

Six television sets along with games, puzzles, and books were contributed to the Fort Howard Veterans Hospital by Towson, MD, Elks' ladies with the cooperation of the Brothers. The TV sets were donated in the name of late In. Gd. and Chm. Anthony Cuneo.

Welcoming PGER William Wall and DDGER Edgar Armstrong to Fort Pierce, FL, Lodge were ER Paul Testa and Est. Lead. Kt. Marty Folen. The two dignitaries joined Fort Pierce Brothers at a luncheon and enjoyed a tour of the lodge during their visit. Fort Pierce Elks' ladies hosted Secy. and PER Willard Delaware of Lake Worth, FL, Lodge recently. The visitor discussed the fund-raising projects conducted by Elks' ladies throughout the state of Florida.

Special contributions in their service to Elkdom were causes of praise for two Brothers recently. PDD Wilbur Hartenbower of South Bend, IN, Lodge was honored at a testimonial dinner held by his lodge's PERs. Former police chief and welfare director Willard Nock was elected Man of the Year by Manasquan,

NJ, Lodge. A charter member of his lodge, Brother Nock was responsible for recruiting at least 200 fellow lodge members.

Two hundred people were in attendance at an event held by Randolph, MA, Lodge for the local senior citizens recently. The guests were served dinner and enjoyed a sing-a-long, dancing, and conversation with the hosting Brothers, who plan to make the affair an annual happening.

Several recent events have illustrated Pennsylvania Brothers' involvement with veterans. Five portable AM/FM radios were donated by the lodges of the state's South Central District to the VA hospital in Lebanon. The hospital held a carnival recently for which the local lodge sponsored a booth. Entertainment was also to be had at a Hawaiian review held at the hospital by the South Central District.

A color television set was contributed by Tacoma, WA, Lodge to Remann Hall Detention Home for Children recently. Director Ray Mulholland, Bonnie Tanner, supervisor, and Waldo Stone, juvenile court judge, thanked the Brothers on behalf of the children for the gift, which was delivered by Committeeman Ray Meier, ER Lee Peterson, and Co-chm. Les Ramsdell.

Supporters of Elkdom's youth and vets programs were honored recently. Brother Stu Harper received a special award for his contributions to Binghamton, NY, Lodge's youth program. State, district, and lodge officers paid tribute to 71-year-old Roland Jauman, vets chairman for Ohio's Northeast South District, for his dedication to the vets

program. Brother Jauman received a meritorious service plaque and an Elks certificate of commendation.

Song and a festive spirit were brought to six senior citizen centers by Somerville, MA, Lodge recently. Est. Lead. Kt. James Irwin, Joseph Galvin, Louise Scott, ER Joseph Bruno, State Chm. Thomas Donlan, Hank O'Dea, and Chm. Walter Dobson were among those who led the entertainment.

A dinner ceremony was held at Vallejo, CA, Lodge in praise of the local Eagle Scouts recently. Nine Scouts were present to receive awards and congratulations from Mayor Florence Douglas and the Elks.

## NEWS OF THE LODGES

### State Association Conventions

State	Date	Place
AK	5/17 thru 5/19	Kenai
AZ	5/10 thru 5/12	Tucson
CA & HI	5/16 thru 5/19	Anaheim
CO	9/6 thru 9/8	Colorado Springs
FL	5/17 thru 5/19	Kissimmee
ID	6/21 thru 6/23	Lewiston
IL	5/18 thru 5/20	Springfield
IN	6/7 thru 6/10	French Lick
IA	5/4 thru 5/6	Sioux City
KS	5/3 thru 5/6	Wichita
KY	5/24 thru 5/26	Princeton
MD, DE & DC	6/29 thru 7/1	Easton, MD
MA	6/8 thru 6/10	Bretton Woods, NH
MI	5/17 thru 5/20	Muskegon
MN	6/21 thru 6/24	Willmar
MS	5/18 thru 5/20	Greenville
MO	4/6 thru 4/8	Cape Girardeau
MT	7/25 thru 7/28	Butte
NE	5/18 thru 5/20	Ogallala
NV	6/21 thru 6/23	Las Vegas
NH	6/1 thru 6/3	West Lebanon
NJ	6/7 thru 6/10	Wildwood
NM	4/19 thru 4/21	Albuquerque
NY	5/3 thru 5/6	Kiamesha Lake
NC	5/18 thru 5/19	Winston-Salem
ND	6/8 thru 6/11	Bismarck
OH	4/26 thru 4/29	Columbus
OK	4/27 thru 4/29	Oklahoma City
OR	5/3 thru 5/5	Klamath Falls
PA	6/7 thru 6/10	Philadelphia
RI	6/16 thru 6/17	Providence
SD	6/7 thru 6/9	Aberdeen
TN	3/29 thru 4/1	Gatlinburg
TX	6/21 thru 6/23	San Antonio
UT	5/18 thru 5/20	Price
VT	6/15 thru 6/17	Bretton Woods, NH
VA	6/8 thru 6/10	Lynchburg
WA	6/14 thru 6/16	Yakima
WV	8/9 thru 8/11	Princeton
WI	5/4 thru 5/6	Baraboo
WY	5/4 thru 5/6	Sheridan





**CELEBRATING 100** perfect birthdays is the secret Brother Fredric Stevens (second from left) credited recently when asked how he reached 100 years of age. A member of Manila, RP, Lodge since 1913, Brother Stevens received an Elks plaque commemorating his birthday from PGER R. Leonard Bush (right). He indicated that the plaque would occupy a place of honor next to a congratulatory letter from President Carter. Among the Elks who called on Mr. Stevens for the occasion were Grand In. Gd. Oscar Stutheit (left) and California-Hawaii SP Robert Robb.



**THE CHAPLAIN'S** fund at the VA hospital in Shreveport, LA, benefited from a \$500 donation from Longview, TX, Lodge. Vets Chm. Chuck Martin (right) made the donation on behalf of the lodge to L. M. Frazier Jr., hospital administrator. The funds were scheduled for the purchase of items needed by individual residents.



**THE WEST CENTRAL** District of New Jersey held a special testimonial dinner in honor of PGER William Jernick (center). PDD Ralph McCurdy (right) presented a plaque commemorating 50 years of membership to Brother Jernick, while DDGER Dominick Mossa (left) gave him a list of 65 candidates initiated in his honor. Brother Jernick was elected to serve as Grand Exalted Ruler 25 years ago and as State President 40 years ago.



**MUSIC** from a new AM/FM radio and stereo system can be heard in the auditorium of an elderly care home and in the rooms of nonambulatory residents, thanks to the Somerville, MA, Brothers. Sister Gertrude Mary (second from right), home administrator, and Sister Coltilde (third) expressed the residents' gratitude to (from left) Secy. Francis Olivieri, ER Joseph Bruno, and Est. Lead. Kt. James Irwin. The home is administered by the Little Sisters of the Poor.



**"TO THE EAST** from the West" was inscribed on the plaque attached to a set of elk's antlers presented to Brandon, FL, Lodge by Mount Adams (White Salmon), WA, Lodge. Chap. Don Mosbrucker (right) made the presentation to Brandon's ER Frank Weir on behalf of his father Tony Mosbrucker and the Brothers of Mount Adams Lodge. In return, the Brandon Elks gave a proclamation of thanks to the Washington lodge.





**TEEN OF THE MONTH** Mary Barton (third from left) accepted a certificate and a \$25 savings bond from the Elks of Boise, ID, Lodge. Dean Chatburn (third from right) made the presentation, while (from left) Bob Carton, Clarence Janousek, Paul Swingle, and ER Herbert Cowham offered their congratulations to the young student.



**DURING** the visit of DDGER Lewis Stibitz (second from right), the three sons of Brother Truman Purdy (right) were initiated. Congratulatory handshakes were offered to (from left) Craig, William, and Chris Purdy by PDD Lewis Sober, membership chairman, ER Dean Walls, the DDGER, and the young men's father. The Purdys were members of a class of 22 new Elks.



**ONANCOCK, Virginia,** Lodge was joined by the Accomack County Parks and Recreation Commission in sponsoring its first district "Hoop Shoot" contest. Displaying their trophies after the competition were first- and second-place winners (front row, from left) Vincent Miller, George Bright, Kevin Sturgis and (second row) Eric Veney, Patrick Shields, Pandora Strand, Marvin Shields, Irnita Strand, and Meg Stevenson. Congratulations were offered to the youngsters by Brothers Page Mason, ER Richard Turner, Jack Truitt, Warner Hargis, and Donald Hull.



**THE MISSISSIPPI** Fire Fighters Memorial Bum Center, established by the state's fire fighters, received a monetary donation from Greenville Lodge recently. A check for \$365 was presented by ER R. C. Harris (right) to Sandy Johnson, executive director of the center. Mississippi Elks are assisting the fire fighters in their project.



**A PLAQUE** was presented to PDD Adjutor Pare (right) in appreciation of his dedicated work with the Brothers of Augusta, ME, Lodge on activities for veterans. DDGER Granville MacMillan (left) proffered the award during a special lodge meeting. Brother Pare has participated in and sponsored programs at the Togus Veterans Hospital for several years.

(Continued on page 36)



# LETTERS

• Who the hell is John C. Behrens who wrote, "The Social Security Dilemma," in the "It's Your Business" (February, 1979) column? What experience or expertise does he have to expound on a subject which, evidently, he knows little about?

The Civil Service Retirement Fund is in excellent condition because all federal employees have regularly contributed a percentage of their salaries to it.

Now that Congress, through its efforts to influence the votes of those on Social Security, has expanded benefits to the point that the system is no longer solvent, everyone is lobbying for government employees to be included in Social Security. They want to use the Civil Service Retirement money to bail out Social Security!

Civil Service retirees pay income taxes, both Federal and State, on every dime they receive as an annuity. Why can't Behrens and others like him spend their time urging Congress to reduce Social Security benefits?

Also, how about the "double dippers?" doesn't Behrens know they are bleeding

Social Security simply because Congress, in its wisdom, wants to "sweeten the pot" and perpetuate itself?

Forrest E. Bloom  
Farmington, MO

• I'm a retired Federal Civil Service employee, and I must agree with John C. Behrens on the Social Security dilemma.

The following facts should be published, however: Federal Civil Service retirees do not receive a "pension," but an annuity, based on their average salary and the number of years they were employed. Employees contribute a percentage of their salaries toward the fund. They carry their own medical insurance and pay tax on their annuities. The annuity is paid to the retiree only. To provide for his spouse, in the event he predeceases, he takes a reduced annuity. Employee contributions, not government appropriations, have enabled the fund to grow. There would be absolutely no advantage for the Civil Service employee or retiree to be forced to join Social Security.

Edward Nute  
Redmond, WA

• Federal workers and retirees think that mandatory Social Security coverage for federal workers is not feasible. Social Security is not a retirement program but a supplemental insurance program.

Government employees should not be asked to bail out the Social Security system. Present retirees and future retirees

wouldn't appreciate losing their benefits by having the Civil Service Retirement Plan tampered with.

Let's get the record straight: government workers *do* share their just burden by paying for their retirement!

Charles H. Van Tassel  
Secretary AFGE Local 185  
Washington, DC

• I'm a U.S. Postal Service retiree, and I want to take issue with John C. Behrens. The Congress has turned Social Security into a political and welfare football. Now they want our annuity money to bail it out. If they do, it won't be long before both programs are broke. Then what do I get for all the years I paid in my money?

Sharkey M. Wellborn  
Ft. Lauderdale, FL

• Now that the Social Security system is in trouble everyone is searching for some means to rescue it. The question immediately raised by Mr. Behrens and others, is: "Why not absorb the employees in the federal sector?" A counter question might be: "Why not do away with *all* pension plans and require *everyone* to join the Social Security system?"

It never fails to amaze me when I read one-sided pieces like that of Mr. Behrens. He seems to think that the government employee should, whenever it is socked to him, accept it without complaint.

Michael J. Ollis  
Laurel, MD

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The Brothers of Concord and Pittsburg, CA, Lodges made a joint contribution of \$1,000 to the VA hospital in Martinez. Clarence Nixon (third from left), hospital director, thanked both lodges for their \$500 checks, which were delivered by (from left) Chm. Milton Bourke and ER Bob Beeman of Pittsburg Lodge, Cliff Gary of Concord Lodge, State Chm. John Jordan, and Co-chm. Al St. John of Concord Lodge.



The literary collection at the San Diego Veterans Hospital was enhanced when the Brothers of the local lodge contributed 1,150 books. Lewis Wills (center), chief of voluntary services, thanked Co-chm. Dominick Scarafone (left) and Chm. Don McCord for the books and for various games which were also donated to the vets.

Lodges of the Northeast District in New York combined funds to contribute \$1,900 to the Albany VA Hospital. Bruce Cassler (second from left), hospital representative, thanked (from left) Chm. Wilson Shea, DDGER Moses Sweetgall, Americanism Chm. Gerald Shook, and Co-chm. John Taylor for the donation.



• "The Social Security Dilemma" column by John C. Behrens was excellent, informative, and most timely. However, the article is unlikely to be seen by those who need to be influenced by the information: Senators and Congressmen, those who can do something.

The subject to place all workers—city, county, state and federal—under Social Security probably will come up again in 1980. The time to act is now in building a fire under our representatives to place the same load on all workers . . . government as well as private, plus the politicians themselves.

J. Max Brown  
Miami Shores, FL

• If the Social Security system has a dilemma, federal employees, active or retired, had nothing to do with creating it.

The Social Security system was designed to provide a supplement to savings and other income when a person reaches retirement age. Whether it should provide more than it does is a question which should be addressed to Congress—but the solution should in no way involve a merger with our fund. The Civil Service Retirement program is an employer-employee relationship between the government and the federal employee. It was designed to provide an adequate compensation for a federal retiree after his years of service. (The average annuity in 1976 was only \$631.00 per month.)

This incessant harping on the two systems being comparable is caused either by misinformation or evil design.

The solution to Social Security's dilemma is using General Treasury funds.

Clement P. Cull  
Teaneck, NJ

*"It's Your Business," of course, is a column written for small businessmen and, consequently, as the column on Social Security suggests, there are conflicting opinions about what is a satisfactory answer to any number of issues that face the proprietor. Most letter writers agreed with me that Social Security is a national dilemma, and a good number also agreed that band-aids such as President Carter's proposed cutbacks of certain SS benefits (which occurred after I wrote the column) aren't really answers . . . and may delay a solution.*

*A number suggested that I had no business saying that all American labor and employers should share such a responsibility, and that I shouldn't have used material from David Shapiro's widely published Gannett newspaper story. In reply I can only say that I sought and used comments of federal workers who rejected Shapiro's arguments and said so.*

*In other words, in a column that deals with the proprietor's problems and opinions I tried to be balanced. I certainly do not believe that any federal worker should be compelled to give up earned benefits to join a crisis-ridden system. That was not the intent of the column nor is it my personal philosophy. But if we agree that Social Security is a national dilemma, then sharing is an appropriate word when*

*trying to find answers of genuine value.*

*How? Several economists have discussed the possibility of offering a purely voluntary plan with inducements to those who would participate. Others have proposed that congressmen, their appointed administrative aides and administrative officials earning higher salaries participate to show faith in the system they administer. But while the costly dino-*

*saur continues to grow, the hapless American worker and employer are caught in a crunch. On the other hand, I reject any politically expedient action that forces hardship on a federal worker or retired federal employee.*

John C. Behrens

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# CHEMISTRY

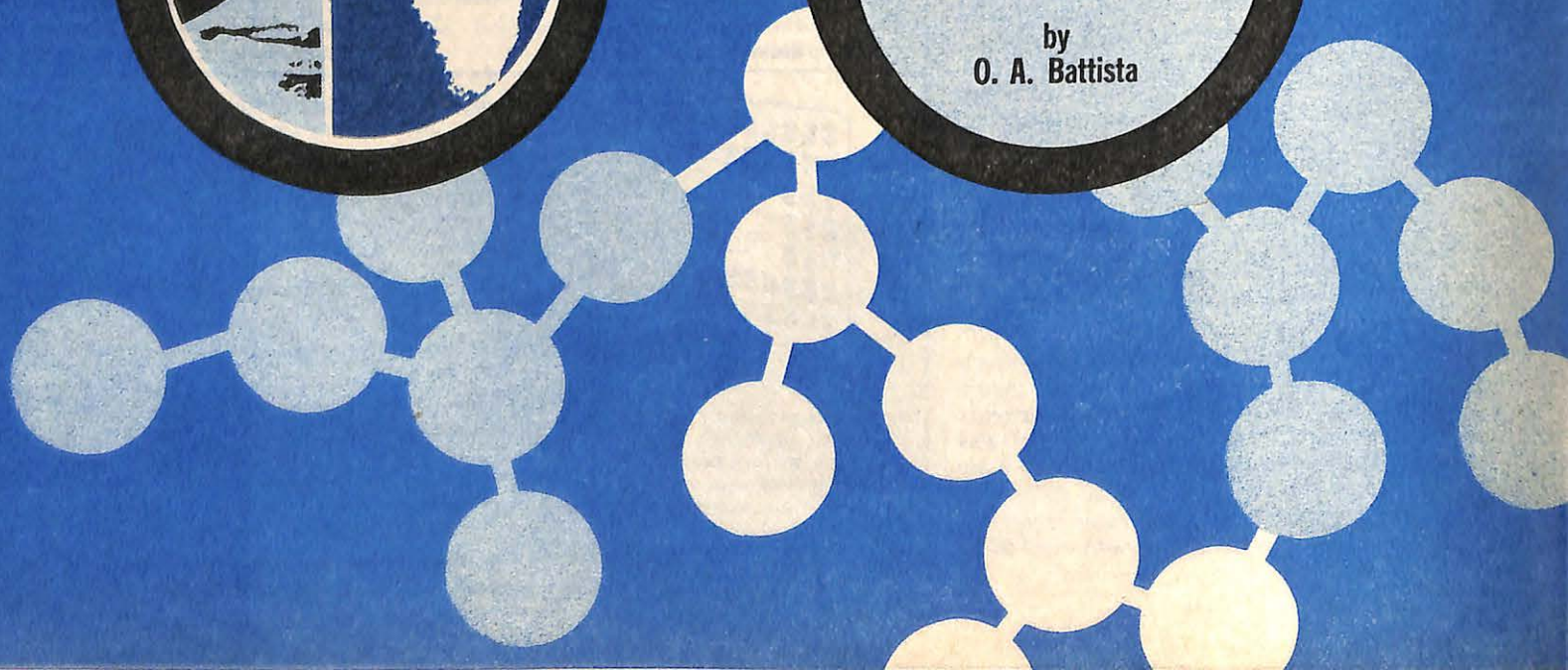
## IN EVERYDAY LIFE



**M**rs. Sally T., a Texas housewife, is in the throes of menopausal changes. One moment she is in tears, the next in smiles. A compliment can be misread and drive her into a rage, or her husband just doesn't do anything right anymore. She is 46, and suddenly finds her emotions not only hard to control—they get out of hand at times no matter how hard she tries to keep them in check.

Sally's problems are basically chemistry problems. She may not realize it but her body chemistry has temporarily gone out of control—not unlike the drastic changes that a young boy or girl undergoes during adolescent transformations. Actually, during the menopause at least four important endocrine glands—the ovaries, the pituitary, the thyroid and the adrenals—are out of balance. Consequently, their corresponding hormones are not secreted in normal quantity, or quality, or in proper rhythm. When you bear in mind that these pow-

by  
**O. A. Battista**





erful chemicals have to do with sex, emotions, and other factors which are necessary for the individual's health and happiness, you can readily understand why the menopause is almost a thunderstorm—including some lightning—churning up the body's chemistry. Behind Sally's problems are thousands of complex and abnormal chemical reactions.

But Sally's "body chemistry" reactions are only one of a myriad of examples of chemistry in everyday life. In the United States alone, some 150,000 chemists represent an army of relatively little known, often unsung heroes of society, who are professionals in search of how to create better things for better living—through a better understanding and the application of chemistry.

For example, today's clothing, the materials out of which homes are constructed, the rubber tires on which we ride, the plastic containers that safeguard our foods, our highways and our medicines—all bear little or no resemblance to similar products available only a few years ago. Chemists have been the key architects behind these and a thousand other changes that are affecting our lives each minute of each day.

Almost at will, it now is possible for the chemist to change the flexibility and the abrasion resistance of a host of man-made rubbers; the resilience, toughness and strength of dozens of man-made fibers; the permanence of adhesives; and the clarity and flexibility of many new film compositions. Chemistry has led to hundreds of new chemical reactions, undreamed-of chemical combinations which have produced new resins, paints, lacquers, foams, and coatings.

Giant steps have been taken toward understanding the life processes of living plants through chemistry. Dr Melvin Calvin, a Nobel Laureate chemist at the University of California, paved the way to understanding the magic of chlorophyll which can grab sunlight, water and carbon dioxide gas and unite them into sugars—from which cotton, cellulose or maple syrup are produced—let alone almost all plant life.

Color television simply takes advantage of the fact that chemical substances

glow in different colors; the tube of a color television set works only because it is coated with groups of dots consisting of three different powders which glow with different sharp colors.

No one yet fully understands what makes an enzyme work; but an enzyme can rev up chemical reactions a billion times faster than can be done with retorts and high pressures. Chemists believe that enzymes work their magic by acting as "traffic policemen" that can steer atoms and molecules into positions that give them the best chances to interact with each other.

Delicate, complicated chemistry lies behind the human brain's ability to muster its over six billion nerve cells into action. Chemical energy, tied to electrical stimuli, control our thoughts and actions. Behind the human brain there is chemistry at its complicated best, chemistry that makes the brain tick or sputter in a thousand and one ways.

The impressive new drugs which chemists are bringing out of the laboratories are too numerous to detail. If it were not for the excessive costs to get government approval of new health-dealing chemicals, the list of really beneficial new medicines would be many times longer.

Biological impacts of chemical molecules can be incredibly far-reaching. For example, dried mescal cactus blossoms sent Southwest American Indians into ecstasies, gave them beautiful visual and even auditory hallucinations, and a sense of timelessness and complete withdrawal from the world of reality.

Female gypsy moths use self-made chemicals at even lower concentrations to achieve their goals. Cued by the light of approaching dawn, a female gypsy moth releases a few *molecules* of her special scent (a pheromone sex attractant) into the air. Wafted by the breeze, her fragrance reaches the antenna of any male of the species within miles. If only one molecule reaches the male, he turns and speeds off searching for her; thanks to their unique chemical language, the male and the female meet and mate with the programmed precision and accuracy of guided missiles.

Indeed, chemistry pervades an endless number of events all about us.

One of the reasons that a farmer plows his fields late in the fall is that this uprooting of the soil exposes the microorganisms and insect pests to the cold of winter. This, of course, kills the insects so they won't be available in abundance to damage his crops the following summer.

The pheromones are relatively new chemicals with unusual message-making powers. One of these chemicals is produced in an ant immediately after it dies. The purpose of this is to alert his fellow ants to dispose of his body. When only one part in a million of it is painted on an ant that's alive and kicking, the pheromone still compels his mates to dutifully dump him on their trash heap outside the nest. The live ant may resist and scramble back home, but until the chemical disappears completely, the poor fellow will be carted back again and again to the burial heap.

Streaked tulips were accidentally discovered in Holland. It was decades later that chemists understood the chemistry of their beauty. Accidentally, two viruses infested growing tulips, and these specific viruses, thriving in the juice of the plant, altered the chemistry of normal tulips in such a way as to manufacture new chemical colors that developed streaked patterns.

Equally ingenious chemical tricks take place every second of your life in the red pigment in your blood called hemoglobin. Iron atoms are tucked away in regular pleats of this huge protein molecule. Oxygen availability to living tissues is made possible by the hand-in-glove fit of the iron atoms located strategically in these molecular folds.

Chemists now are analyzing human hair as a means of monitoring populations for various metals in the body. The ability to screen groups of humans routinely for body-levels of metals would yield highly useful data on environmental contamination. Mass screening of this kind already has helped to assess the nutritional status of peoples in terms of essential trace



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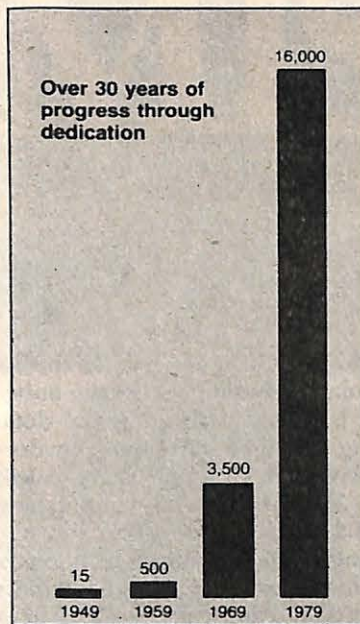
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# Chemistry

metals necessary for good health.

Using specific chemical molecules, Dr. Georges Ungar of Baylor University has been able to transfer memory from trained animals to untrained ones, opening up the fascinating possibility of one day being able to learn by taking a couple of pills. For years, scientists have recognized that memory recall and memory retention are chemistry-dependent capabilities.

It is a safe projection to say that chemists will produce millions of new compounds tailor-made to solve society's future problems. Chemists will be the leaders in developing new drugs to combat arthritis, allergies, cancer, and other disorders. There will be new drugs to lower the level of lipids and cholesterol in the blood stream and to dissolve away the "rust" in aging arteries without surgery. There will be safe male contraceptives. There will be better drugs to alleviate pain and chemicals that will not be habit-forming such as morphine or codeine. Already, the sections of the brain that govern the disposition of these chemicals in the body have been found. Chemicals and specific enzymes to help retard the human aging process are on the drawing boards. And as an outcome of these studies, we can hope for new chemicals to treat muscular dystrophy, cystic fibrosis, and other collagen related ills.

The exciting part of the relatively new profession of chemistry is what it offers for the future. In the words of one of the foremost chemists of the past quarter century, Dr. E. E. Murphree, "I may be too enthusiastic about the future, but I have been in research too long not to have great faith in what man can create in the proper environment. The combination of good people with inventive minds, working with modern tools of science, can accomplish anything. Certainly we can say that among these good people will be a very large percentage of chemists."

Our world today is a constantly changing, dynamic world; problems require solutions, but often the solutions lead to unexpected problems. But "every giant step" we take must be related to the risks we are willing to endure while we take each forward step. As we move relentlessly towards higher levels of excellence, we will build fuller reservoirs of knowledge. And as this tremendous, potentially hazardous, adventure of mankind unfolds, the true dignity of chemistry, along with its critical roles in everyday life and its behind-the-scenes chemist-heroes, will be increasingly evident to all.



# YOU AND RETIREMENT

by Grace W. Weinstein



## THE NEW TAX LAW CHANGES

Just when you thought you knew most of the answers (but even before the IRS answered all our questions about the 1976 Tax Reform Act), Congress has once again changed the ground rules in the great income tax game. Most of the changes took effect on January 1, 1979, which means that they won't affect the tax return due by April 15; but some changes took effect immediately and all will affect your tax planning.

Here are the major changes affecting the individual taxpayer:

⊙ The personal exemption has gone from \$750 to \$1,000; taxpayers over 65 continue to be allowed a double exemption. The general tax credit—\$35 for each personal exemption with a maximum of \$180—no longer exists, but, according to the Special Committee on Aging of the U.S. Senate, the increase in the personal exemption deduction should equal or exceed the loss in tax benefits due to the repeal of the general tax credit.

⊙ The amount of taxable income that those 65 and over may receive without being subject to tax is increased, effective this year, from \$4,200 to \$4,300 for individuals and from \$7,200 to \$7,400 for couples. The maximum tax-free levels for persons claiming the tax credit for the elderly are increased from \$6,400 to \$6,739 for individuals and from \$10,450 to \$10,800 for couples.

⊙ Income tax rates remain at 14% to 70%, but the number of income brackets has been significantly reduced and rates, in some brackets, have been cut back. There are now 15 income brackets for married couples and 16 for singles; there were 25 brackets before January 1. Wider brackets mean that higher earnings won't push you quite as quickly into a higher income tax range; you may even drop back a bracket if your earnings stay the same. At the same time, the zero bracket amount (commonly called the standard deduction), increases from \$2,200 to \$2,300 for single persons and from \$3,200 to \$3,400 for married couples.

⊙ Home-owning taxpayers over age 55 get a major break under the 1978 tax law. Previously, those over 65 could exclude \$35,000 (upped from \$20,000 in 1976) in capital gains on the sale of a residence, once in a lifetime, and only if the taxpayer had lived in the house for five out of the preceding eight years.

Now, in a significant change, taxpayers over age 55 can take a once-in-a-lifetime exclusion of up to \$100,000 of profit on the sale of a home; the home must have been a primary residence for the taxpayer for three of the last five years.

This law took effect on July 26, 1978, but a transition period will benefit many of you. If you are over 65 and sell your home before July 26, 1981 you may qualify under either the old or the new residence requirement, whichever is better for you. In addition, if you are 65 or over and claimed an exclusion on the sale of a home before July 27, 1978, you may also exclude the gain on the sale of another home on or after July 27, 1978.

⊙ Long-term capital gains, excluded from taxable income, went from 50% to 60% effective October 31, 1978. The 40%, furthermore, is taxed as ordinary income. If you make a profit on the sale of stocks, for example, you will get to keep more of the proceeds.

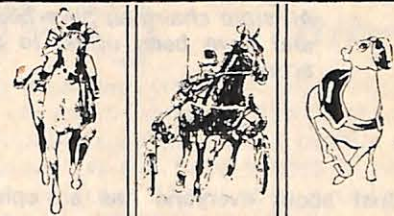
⊙ The law concerning Individual Retirement Accounts has been liberalized. From now on you have from year-end until the date you file your tax return to decide what you want to do. The additional breathing space (you previously had to decide, in most cases, by mid-February) should permit more careful calculations—and, as a result, fewer taxpayers should be snared by the severe penalties on excess contributions. Under the new law, moreover, excess contributions can be withdrawn without any penalty if you do so before filing your tax return for the year.

Surviving spouses also get a better deal: they no longer must take a lump-sum death benefit, with its accompanying tax bite, but can instead transfer the proceeds into an IRA of their own. In a simplification of procedure (for once), the Internal Revenue Service no longer requires that an annual return be filed for IRA accounts; no return need now be filed unless a penalty tax has been imposed or unless there is some activity other than contributions and permissible distributions.

In an important departure, the new law permits employers to provide retirement benefits for employees by making contributions to the employees' own individual retirement accounts. The maximum annual contribution to an IRA is

(Continued on page 35)

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# 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.*

Just about everyone has an opinion about money—how and where to get it, what to do with it, why or why not one should save it—and the opinions range from the practical to the philosophical. One thing that most Americans agree on is that, today, money is used in exchange for our food, clothing, and shelter. So, we work and, in return, receive money to purchase our necessities. Sometimes though, there are situations that call for more funds than a person can manage to acquire, and those are the times when one goes looking for an available second source of income.

People with medical problems are among those who find that they need more than they can earn. The person with cerebral palsy may need costly equipment and therapy for a few years, or for a lifetime, and the bills can amount to large sums. Sources of monetary aid are numerous in our society, with financial institutions, government agencies, and insurance programs being among the largest dispensers. But these sources can not always help; each one has certain restrictions governing the dispensation of funds.

Filling the monetary gaps for cerebral palsied people who need help is the major project of **Kentucky Elks**. The project is the donation of funds for the purchase of equipment and for therapy sessions for cerebral palsy victims. The Elks are motivated by the belief that self-help is essential to an individual's progress, but that first, the individual must have the necessary tools and skills to embark on a life of independence.

Decisions on who receives the Elks' contributions are based on financial need and the urgency of the situation. Most of the recipients are children, but the only restriction put on the dispensation of aid is that the funds must go to state residents. Whether or not there are care facilities near the homes of the children, and what those facilities can do for them are considered in evaluating their needs. A group or an agency is also likely to receive funds for the support of its program or one or two of its clients.

The East, Central, and West Districts of Kentucky have chairmen who coordinate the project for their areas. The lodges seek out those who can use the Elks' support. Initially, each lodge has about \$250 to dispense, and if more is needed, they can obtain it. The Brothers request the

funds from the chairman, who then contacts the state association Secretary-Treasurer. A check is mailed to the lodge and it is presented to an individual, group, or agency, usually for the purchase of equipment.

All of the Brothers who work on the major project are volunteers. Between \$4,500 and \$7,000 is distributed by them each year. The money is raised by the lodges, all of which contribute to the project annually. A number of the lodges hold bazaars, dinners, dances, and raffles to raise funds for their program.

The Brothers of Kentucky work together to make it possible for people with cerebral palsy to buy equipment and to pay for therapy. Those purchases are investments in the future—the future of the people of Kentucky.

It is easy to take our perceptual faculties for granted. Beyond the games of childhood many of us don't often, if ever, explore the worlds of the deaf or blind and, indeed, find it difficult to fathom a dark or silent world. The advances of modern science and the maturing of our attitudes towards handicaps have helped break down the barriers between those worlds and that of the seeing and hearing. This progress has led to new ways of coping with those conditions and to increased interest in prevention and cures. The Brothers of **Louisiana** have become concerned with a cure for loss of sight. Their major project is the sponsorship of the Southern Eye Bank.

Restoration of sight through corneal transplants has been a medical practice since the mid-1940s. Eyes are collected from donors at the time of their death and, through the eye bank, made available to people blinded because of disease or injury which has clouded the cornea. The healthy cornea from the donated eye is transplanted to the blinded eye, and, with healing, sight is restored.

Efficiency and communication are two prime factors in running the eye bank. A list of ophthalmologists who perform the transplant operation is kept at the bank. As eyes become available, the doctor at the head of the list is notified, and surgery is prepared for if he or she has a patient ready for the transplant. If no one on the list is ready for surgery, the eye is shipped out of the state to someone who is.

The speed with which such arrange-

ments are made is not as crucial as it used to be. When the moist chamber process of preservation was used, an eye was good for only 48 hours. But storage of the cornea in something called the T.C. 199 media, or M.K. media, preserves the cornea for as long as five days, and Cryo Preservation (quick freeze) keeps an eye for a year. These advancements illustrate the extent of change that the bank has experienced since its beginning in the 1940s.

Following the example of New York, where in 1945 an eye bank was established, and heeding the need in the southern states for such a facility, residents of New Orleans raised \$7,500. More capital was contributed, a board of directors was selected, and the New Orleans Eye Bank occupied rent-free space at Tulane University Medical School in 1947. As regional interest grew, the name of the facility was changed to the Southern Eye Bank, and in 1951, the bank was moved to the Eye, Ear, Nose and Throat Hospital in the city. During that time the board sought financial support for the program and found it in the Louisiana Elks Association. Since 1966, the Brothers have contributed no less than \$26,000 a year to the operation.

The eye bank provided a valuable service and an example for other such facilities which sprang up in the late 50s and early 60s. To oversee the growing number of eye banks, the Advisors to the Eye-Bank Association of America was founded in 1961. There are now 64 eye facilities belonging to the association, with which the Southern Eye Bank has been involved since its inception.

The present status of the eye bank is as an active and extensive facility. An auxiliary adds to the fund-raising capacity of the program and informs the community in an attempt to raise public awareness. Branch banks have been established wherever there is a lodge. The New Orleans Academy of Ophthalmology contributed a spectral microscope to the bank. The staff now includes a director, secretary, three enucleation technicians (those who remove the eyes), and a night call clerk. Full cooperation with the state's hospitals is extended by the bank.

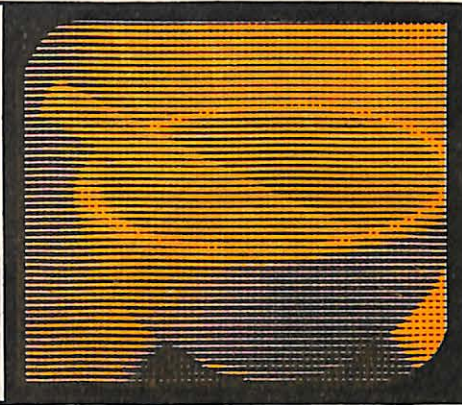
To the Brothers of Louisiana, supporting the Southern Eye Bank meant a contribution of \$26,000 for last year. Although no statewide fund-raising programs are held, all lodges do participate in the major project by pledging a per capita donation of at least five dollars. A portion of the funds is from processing fees, which are exacted only from those whom the respective hospitals have found able to pay.

In providing monetary aid for the Southern Eye Bank, the Brothers of Louisiana are supporting a pursuit that cannot carry a financial tag. The cost of running the major project is very real, but the giving of sight is invaluable. To one woman it meant the regaining of her sanity, which was lost with the loss of sight. To another it meant the joy of seeing her son's freckled face. It is an entrance into a whole new world. ■



# MEDICINE AND YOU

by Larry Holden



## IMAGINATION HELPS TREAT CANCER

By drawing pictures of their disease, cancer patients now have an increased role in their own care. This visualizing of the body's internal processes also enables physicians to better understand the patient's attitudes and expectations about cancer and its treatment.

A kind of "body wisdom" is possessed by people who are truly in touch with their illnesses. This is the belief of psychologists who work in the area of using "imaging," or the vivid imagining of the disease process and the treatment procedure by the patient. Drawings are used to tap this body wisdom, which can be an immense help to the patient as well as the physician overseeing the case.

To begin "imaging," researchers guide the patient through an individual series of relaxation exercises. Then he or she is instructed to imagine the cancer cells, the working of the immunological system (as represented by white blood cells) and the fighting of the disease by whatever treatment the patient is receiving. The patient is told to view the cancer cell as being an abnormal cell occurring within a "metabolically confused" organism. They should remember that most such cells can be overcome by the normal attacking properties of white blood cells.

The patient then draws pictures of what was visualized in his or her imagination. An interview with the patient about the meaning of the "mind pictures" gives the therapist even more of an opportunity to understand how the patient feels about the disease, the process and the treatment.

While imaging may seem esoteric to many, this psychological procedure is increasing in acceptance among physicians and other scientists. Research has reinforced the idea that mankind has available a "body wisdom" that patients can call upon. Psychological experiments reveal that while modern laboratory tests give the physician an often frighteningly accurate picture of the extent of a patient's cancer, the "in touch" patient can often predict with a much higher degree of accuracy how the disease will respond to the treatment in the near future.

Another advantage to the use of visualization with patients, explain psychologists, is opening an avenue by which health personnel can gauge the patient's understanding of what is actually happen-

ing in his or her own body. They believe that it is important for the patient to realize not only the inroads being made by the disease, but also how the treatment is combating the progress of the cancer.

"People probably wouldn't be so surprised by the imaging method if they realized the use of imagery, which Shakespeare called 'the stuff dreams are made of,' has a long history," declares Dr. Jeanne Achterberg, co-author of the recently published *Imagery of Cancer*, along with her psychologist husband, Dr. Frank Lawlis.

In addition, notes Dr. Achterberg, techniques employing imagery were used by Wundt in the first psychological laboratory in 1879. Today, visualization is at the very heart of many kinds of therapy, especially Gestalt, psychosynthesis and counter-conditioning. Bio-feedback patients usually report some form of mental imagery that accompanies a change in autonomic function.

The symbols "seen" by patients using the imaging process are individual to each person, according to Dr. Achterberg. They are derived from "a combination of resources, including memory, dreams and vision." Many of the symbols identified are archetypal figures; many are traditional representations for figures of good and evil.

The symbols which have a positive connotation are those representing strength and purity. They are powerful enough to subdue an enemy and "pure enough to do so with justification." Frequently, such symbols are knights (including the white knight) and Vikings. Other symbols which frequently predict favorable progress are large, powerful animals, especially dogs and bears.

"Bad" images which have shown up in the research studies are sometimes mechanical devices, such as vacuum cleaners, shovels or picks. Ants, a particularly bad indicator, have always been a part of women's visualizations, but never men's.

Imaging, say psychologists, makes patients more comfortable by placing them in touch with what is going on, as well as fostering feelings of participation in the treatment. Psychologists stress that the aim of imaging is to create cooperation with the treatment, and is not to be confused with the creating of a cure. ■

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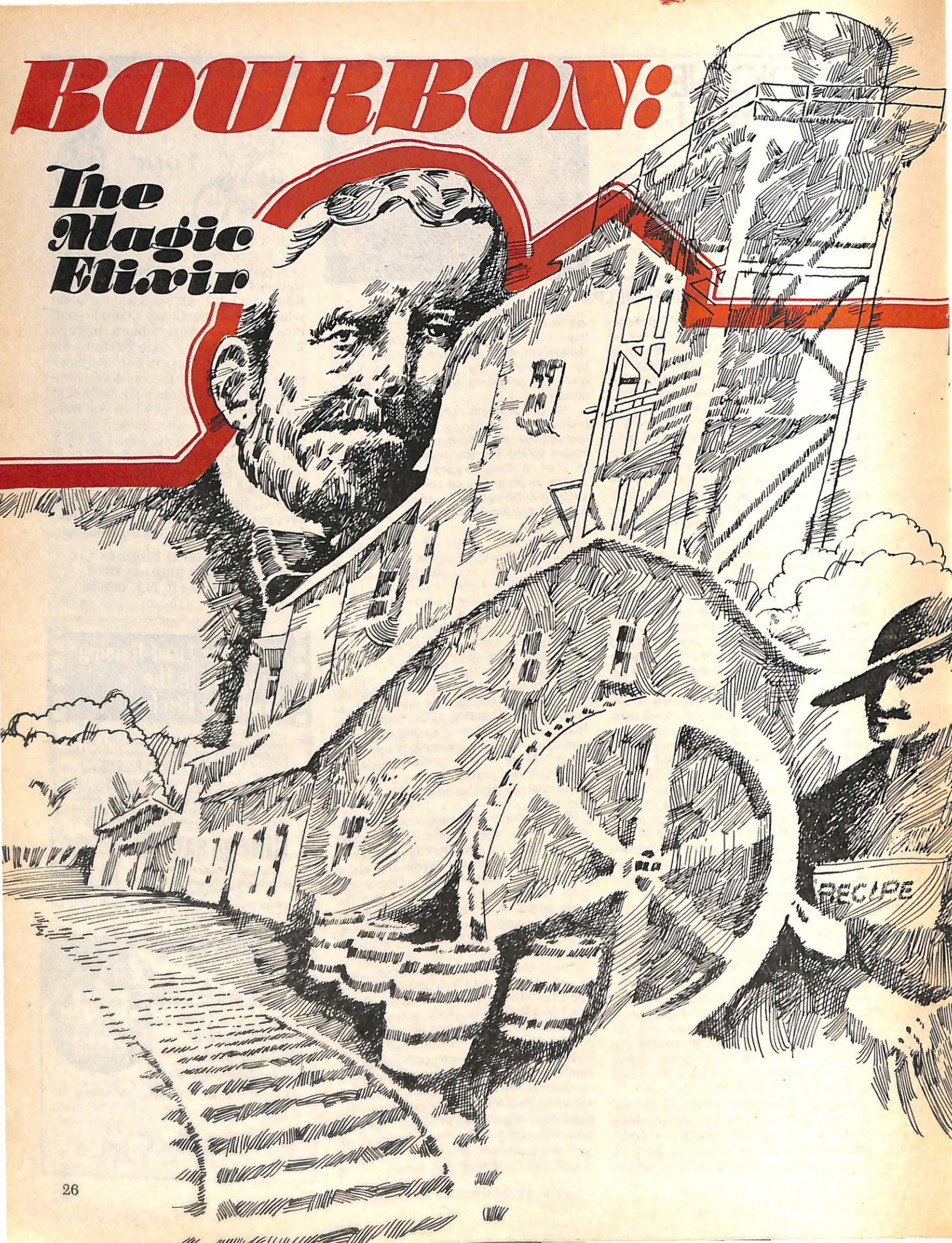
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# BOURBON:

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■ Perhaps no other elixir has played such a prominent role in world events than has this authentic American spirit—Bourbon. Heralded from the towers of high society to the lowest bum in the gutter as “the greatest drink Divine Providence ever concocted,” Bourbon indeed has a distinct place in American history. Its influential mark has been made upon men of all ages, races, creeds and social status. And whether it has been good or bad is merely a matter of conscience for the individual to decide.

On the banks of Big Spring Branch just below Royal Spring at the small

Ulysses S. Grant, the Civil War might indeed have been won by the South instead of the Yankees.

The powers of Bourbon are unlimited, or so many a Kentuckian would have you believe. It has been used as a cure for everything from the common cold to snakebite. And while modern medical men scoff at its use for the latter, one proponent argued a good point in its behalf: “It may not help the snakebite,” he said, “but after you’ve had a couple of drinks, you just don’t give a damn!”

As one famous Kentuckian, Irving S. Cobb who wrote a book called *Red*

Watterson used to consort with friends in a bar across the street from the newspaper. Sometimes when he ran short of money he would go to the business office, which was closed for the night, and remove what he needed from the cash drawer.

“Henry,” the publisher of the paper finally told him, “you are confusing our bookkeeping. I don’t mind you taking the money, but please leave a note in the drawer saying how much you took.”

The next night the Colonel, after entertaining a particularly convivial group, was forced to make a heavy raid upon the cash drawer. But this

Kentucky community of Georgetown stands a bronze plaque noting here was the birthplace of Bourbon whiskey. The year was 1789; the founder one Elijah Craig, a Baptist minister, a man of controversy and colorful character.

Since that time, Bourbon has established a place for itself in the annals of mankind. Even the U.S. Congress has decreed that it shall be spelled with a capital letter. Had it not been for Bourbon, there undoubtedly would never have been a Whiskey Rebellion, Prohibition, or the Indian Wars. And had Confederate leaders been such avid connoisseurs of the stuff as General

*Likker*, said, “Bourbon is good stuff. It’s good when you first taste it . . . and every drink gets better . . .”

Many are the tales told about Bourbon whiskey. Some of them are undoubtedly true, some merely legends concocted in the minds of red-blooded drinking men everywhere, many of them in Kentucky by Kentuckians.

One story told, which may be partially fact, is on Hoosier poet James Whitcomb Riley. The yarn goes that Riley became so addicted to Bourbon that once during a lecture tour, his partner—humorist Bill Nye—locked Riley in their hotel suite to keep him sober for a speech that night. Nye returned to the suite that evening to find Riley stone drunk. He had spent the day sipping Bourbon, through a straw going out the keyhole into a bottle held by a bellboy in the corridor.

Another tale frequently told about Bourbon is that one time a group of preachers and a party of traveling salesmen were holding separate dinners in the Brown Hotel in Louisville, right in the midst of Bourbon country. Both groups had ordered watermelon for dessert, but the salesmen had specified that their melon be spiked with Bourbon.

Somehow the instructions became switched in the kitchen, so that the preachers were served the spiked melon. Later when the maitre d’ heard of the slip-up he was aghast and asked the head waiter, “My Lord, what happened?”

“The reverends seemed to like their melon jus’ fine,” replied the waiter. “They has already et the rind and they is in there now, putting the seeds in their pockets.”

For the genuine connoisseur of Bourbon, there’s little he wouldn’t do in behalf of his favorite drink, or in sharing it with others. That fact was brought to bear in the case of Marse Henry Watterson, the former celebrated editor of the *Louisville Courier Journal*, a prominent drinker and a man of many stories,

time he left a note on his withdrawal.

Next morning, the bookkeeper was overcome with laughter. Read the note: “Took it all.”

There are those in Kentucky, still, who swear by Bourbon. It’s always on their mind, and its application is many times used in reference. One community leader in northern Kentucky, at a gathering of businessmen for a luncheon, was asked to express thanks for the meal at hand. Being somewhat a practical joker, even in prayer, he began:

“Blessed are the pure in spirits . . . for there is nothing worse than a mixed drink.”

This magic elixir also has its effect upon beauty, or so some would have you believe.

For example, a man and a woman were sitting in a cocktail lounge, and the man turned to her and said: “Bourbon makes you look beautiful.”

“But I haven’t had any Bourbon,” said the woman.

“I know,” said the man. “But I have . . .”

Some say it is ironic that the founding of Bourbon was in Kentucky and that its first concoction is credited to a Baptist minister. But to many, it is only logical that it was first made, and continues to be, in the Bluegrass State.

The men who came to Kentucky were diehards, many of them moving westward to escape the mores of civilization. They were a hardy breed, rugged as the hills into which they settled. Heretofore, they’d been accustomed to drinking rye whiskey or anything they could get their hands on. But here they found they could make a similar brew from corn, which grew well in many parts of Kentucky. Here, too, was a cold spring water that flowed from a limestone understructure; and even modern-day scientific distillers claim this is necessary for the making of good Bourbon.

The making of “corn likker” by these early settlers indeed was a practical means of marketing their corn. A mule

BY BILL THOMAS







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**BOURBON**

could carry much more of the distilled product than the natural grain. And thus it became established. Many families became artisans in making it; and deep in the hills and hollows of Kentucky today, many remain so, having their own stills, illegal as they may be. But through the centuries, stilling whiskey has become a way of life. Some contend they are within their own rights; only the Internal Revenue Service regulations make it illegal.

While some claim whiskey can only be made with great care, others swear it will make itself. Julian P. (Pappy) Van Winkle, Sr., who lived to be one of the nation's oldest distillers, often told the story of a Kentucky fabricator of mountain dew who was apprehended by a revenue officer. The moonshiner insisted his jug contained nothing but spring water. The federal agent took a swig, choked and insisted the mountaineer sample the contents.

"What do you know!" the old man sputtered. "The good Lord's gone and done it again!"

Corn liquor, of course, is not in actuality Bourbon. It is merely a country cousin of the latter, but its making has some bearing upon the scope of the Bourbon picture. Bourbon, of course, is made from a careful combination of rye, barley and corn, fermented with a treatment of yeast under ideal conditions, blessed with cold limestone spring water and aged from 4 to 16 years in new charred barrels. If, when ready for bottling, it still doesn't meet with the taste requirements of the distillery, it will be thrown away.

On the other hand, the illegal still brand is plain whiskey, nothing is thrown away and no requirements are met. It may be good or bad, but regardless, it all goes to the consumer's market, unless intercepted by the Internal Revenue boys. Known as Moonshine, it got its name because, in the old days, it usually was made by the light of the moon to avoid the detection of the Revenue agents. And, of course, Moonshine is not aged, as is Bourbon.

Nobody seems quite sure just how Bourbon came to be aged. Today, regulations require it to be aged at least two years, and seldom is it aged less than four. Stored in new white oak wooden barrels, charred inside to give it a mellow smooth flavor, Bourbon takes on a great many qualities while undergoing this process. At present, there are no substitutes for the white oak barrel, although some cooperages which make the barrels are looking for one. White oak timber is becoming scarce, and some say within another 25 years, there won't be any available.

Bourbon is indeed big business. It is not altogether made exclusively in Kentucky any longer. Distilleries have been established with some success in Indiana, Tennessee, Georgia, Maryland, Pennsylvania and Illinois. But the center remains in Kentucky, and regardless of where Bourbon is made, it probably will always remain synonymous with Kentucky. Perhaps that is somewhat unfair, for Kentucky officially has less tolerance and less acceptance for Bourbon than do many other states. More than 80 of the 120 counties in the Bluegrass State, for instance, have been voted dry under local option. Yet, Bourbon undoubtedly is consumed in all of these counties. Kentucky, too, occupies the top rank in the nation in tax dollars paid to the federal government.

At the close of the Civil War, some 250 distilleries were in operation in Kentucky. Today, there are about 45. But those 45 distill far more spirits today than the 250 did at the close of the Civil War. The operation, while remaining an art in many ways, has been somewhat automated. Where before it was the deft hand of the master distiller alone that decided all the fine details, gauges and graphs, test tubes and chemicals do a great deal of work for them now.

But when all is said and done to each batch of Bourbon, a select group of men and women still judge its quality by either taste or smell or both. Called tasters and sniffers, these men and women sit at their desks day after day, week after week, tasting or sniffing the spirits before they are bottled for the consumer. Their word on whether the whiskey is good or bad, is the final one.

One longtime taster is a colorful gent named, J. E. "Chappie" Bland, at National Distiller's Hill & Hill plant in Louisville. Chappie, who grew up in Lebanon, KY, which also is located smack in the middle of Bourbon country, says he was weaned on Bourbon when taken from his mother's breast.

"My old man used to feed the family a big toddy every morning before breakfast," said Bland. "He would put a big dollop of Bourbon into an old shaving mug and muddle sugar into it, then pass it under the old pump sticking up through the floor of the kitchen and mix it some more. He would then stand us 15 kids in line and give each of us a spoonful. If you looked longingly enough, you got two spoonfuls." Chappie Bland has been looking longingly at Bourbon ever since.

Bourbon has produced some colorful characters in the profession, but gents like Chappie Bland are becoming more and more difficult to find. One of the most colorful characters was Colonel Edmund H. Taylor, founder of Old



Taylor, Old Grand-dad and a few others. Taylor was a Versailles banker and entered the distilling business only because his bank had to take over some financially distressed local whiskey plants.

While many distilleries were barren and looked as much like a sawmill as they did a distillery, Taylor made sure his did not—they were to have class. The grounds were landscaped, a public relations counsel was hired, and Taylor was set to put on a show. Whenever he traveled, he looked the part of a southern gentleman, decked out in clothes that automatically drew attention wherever he went. On many of his trips, he would order as many as 15 or 20 new handmade and personally tailored suits.

Once, when a young Versailles woman collecting funds for a charitable organization called upon him for a donation, he surprised her with a check for \$2,000, an amount seldom heard of in that small Kentucky town.

Perhaps his greatest achievement in salesmanship concerned New York City. His products were not being consumed there and he wondered why. On the other hand, St. Louis had become a booming market for the Old Taylor brand. So the Colonel hired a group of men to pick up from dumping places in St. Louis empty Old Taylor bottles. When they had accumulated three box-car loads, he had them taken to New York, where he hired another group of men to spread the empty bottles around town—in men's rooms of bars and restaurants, in fine hotels and in parks.

New Yorkers, observing that Old Taylor apparently was enjoying a great deal of popularity all of a sudden, began to order it from the liquor stores. Soon, New York was one of the top sales areas for Old Taylor, testimony to the Colonel's sly psychology.

Bourbon has, in the past century, made its way around the world and, like Coca Cola, can be purchased in virtually every country. Its popularity is unexcelled in the United States, but more and more people of all nationalities are discovering its flavor. Documented in many languages, it perhaps will be a long time before it will be spoken of with more reverence than did a Kentucky Colonel, once addressing a luncheon in Chicago and commenting on the ritual of the mint julep, which, of course, is made with Bourbon.

Said the speaker with great flourish: "Propose a worthy toast, raise the goblet to your lips, bury your nose in the mint, inhale a deep breath of its fragrance and sip the nectar of the Gods. . ."

The room was silent as the listeners contemplated the speaker's eloquence until a small voice from the back of the room squeaked: "Amen to that!"

## ULCERS

(Continued from page 8)

to detect a significant difference in the healing qualities of bland diets and normal diets. Recently, a year-long study was made in Iowa, including 103 patients suffering from duodenal ulcers. Researchers found that the ulcers of the 53 subjects on a regular diet healed as rapidly as those of the 50 on a bland diet.

Which foods are likely to cause stomach upsets? Foods that are too spicy are usually the main causes. Although seasoning enhances the taste and enjoyment of food, it should be used in moderation; too much seasoning can irritate the stomach's lining. Seasonings that are most apt to be an irritant include pepper, onion, garlic, chili, mustard, and horse-radish.

Foods difficult to digest, including food with a high fat content, poorly cooked foods and leafy vegetables also present a problem for some people. Foods with a high concentration of fat, or fried in fat, cause essentially the same reaction in the stomach as eating too fast. Just as the digestive system can handle only so much food at one time, so, too, can it break down only so much fat at one time. When fatty foods are swallowed, signals are sent to the gall bladder and liver to secrete bile, which

aids in breaking down fats. If too much fat is consumed, too much bile is secreted and the stomach's lining becomes irritated.

Dr. Ralph S. Paffenbarger of the University of California at Berkeley, in a study of more than 25,000 former college students, reported: "People who drank two or more cups of coffee a day had an incidence of ulcers 72 percent greater than non-coffee drinkers. Consumers of cola beverages had an incidence rate 48 percent higher. Cigarette smokers ran an ulcer risk 33 percent greater than that of non-smokers, and the risk grew with increased smoking."

Why does alcohol cause upset stomach and ulcers? The medical experts say alcohol has an irritating effect that can cause inflammation of the mucous membrane surface of the stomach lining. This can result in a feeling of upset stomach and nausea. In addition to this, because alcohol stimulates secretions of gastric acid, it can also act to delay the process that allows the acid to leave the stomach, and a backup of acid often results. Over a long period of time, this excess acid irritates and damages the stomach lining.

Are over-the-counter medications worthwhile, or are they a waste of money? There are plenty of these remedies, that's for sure. In fact, you will be able to find so many at your nearest

(Continued on page 34)

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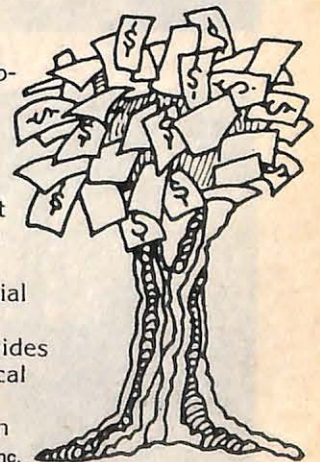
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Fitting tribute to all our departed Brothers was observed by the lodges across the nation on Sunday December 3.

GL Lodge Activities Committeeman Jack Riordan of Palm Springs, CA, Lodge received over 60 brochures depicting some very outstanding programs and

observances. Many lodges reported increased attendance at the observance this year.

Awards will be presented at the Grand Lodge Convention July 15-19 in Dallas, TX, where all brochures submitted will be displayed. Photographs from the first-place brochures are shown here.

## "To Our Absent Brothers"



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3. Portsmouth, VA

#### Lodges with 1001 to 2000 members

1. Weymouth, MA
2. Oswego, NY
3. State College, PA

#### Lodges with 2001 or more members

1. Fargo, ND
2. Corvallis, OR
3. Tacoma, WA



# 1979 GUIDE TO TRAVEL BARGAINS

by Jerry Hulse

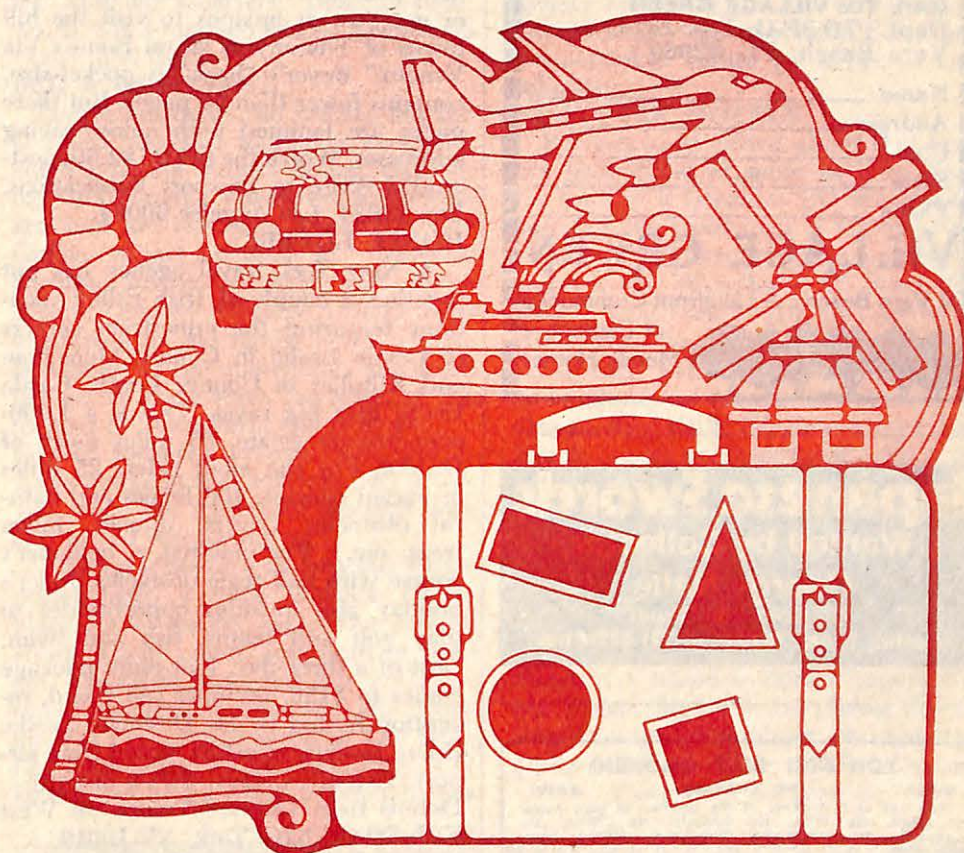
Each year about this time your magazine presents another guide for *Elks Who Travel*. This year it describes a number of new trip ideas and tells of several money-saving offers. With inflation still driving costs up around the world, these tips can prove helpful. Our 1979 guide tells of pousadas in Portugal, a discount offer for senior citizens, houseboating opportunities, Caribbean yacht adventures, a bed and breakfast guide to American guest houses, etc. The editors of *The Elks Magazine* wish you an enjoyable travel year.

## SCHOONER SAFARI

Elijah Nicholas Wilson brought the first wagon train over Teton Pass into Jackson Hole, Wyoming, 87 years ago. Now his great-grandson, Bill Thomas, has taken over the reins. Thomas operates prairie schooner trips during summertime into Targhee National Forest between Teton and Yellowstone national parks. If you're looking for a new vacation experience, this could be it. Wagons travel to a different camp each day. Two nights are spent along the shores of high mountain lakes. Guests sleep in the schooners or zippered tents. It's your choice. Wagons form a circle each evening. Drivers prepare dutch oven dinners (barbecue chicken, country baked ham and beans, cowboy potatoes). Later there's square dancing, cowboy sings around the campfire. The same group operates pack trips. Contact Bar-T-Five Outfitters, Box 2140, Jackson, WY 83001.

## HAWAII GUIDE

The Hawaii Visitors Bureau has copies of its new hotel guide. Contains dozens of price structures. Facilities on all islands. Big hotels, little inns. Lists 88 on Oahu, 68 on Maui, 38 on the Big Island, 34 on Kauai, five on Molokai and one on Lanai. The booklet also names rental car agencies. Send a stamped (28-cent), self-addressed envelope (legal size No. 10) to the Hawaii Visitors Bureau, 3440 Wilshire



Blvd. (Room 203), Central Plaza, Los Angeles 90010.

## RARE ADAPTER

Dozens of electrical adapters are on the market, but only a few work in Australia and New Zealand. These outlets require a special plug with two flat angled blades. And they're scarce. Now *Traveler's Checklist* (specializes in hard-to-find items) has put its hand on the pesky item. The special adapter is included in a set containing three other plugs: continental, three-pin and United States. The price for the entire set is \$6.95, plus \$1 for shipping. For a catalogue on these and other items, send 25 cents in coin to *Traveler's Checklist*, Cornwall Bridge Road, Sharon, CT 06069.

## FRANCE

Here's one not even Frommer can

beat. How about France on \$8.50 a day? Includes room, three meals and lessons in French. Offer is from Albert-Paul Carton, director of the Centre International d'Etudes Francaises, 3 Place Andre-Leroy B.P. 858-49005, Angers, France.

It's strictly legitimate. No ripoff. I've corresponded with both Carton and a reader who signed on for a summer. Only one hitch—you must be a serious student of French, either as a beginner or with a desire to improve your fluency. Says M. Carton: "Your readers must not worry about writing to me as I understand English very well."

## BUDGET HOTELS

Beverly Beyer's 18th edition of, *Passport to Inexpensive European Hotels*, is on sale. Lists more than 600 budget accommodations in Austria, Belgium,



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Says the author: "Our reader, bless him (her, too), is an adventurer. While he may splurge occasionally by going first cabin, there is always a rucksack in his soul. He is footloose and independent and—whether he's been to Europe or not—just as anxious to visit the hill towns of Tuscany as sit on Rome's Via Veneto." Beyer's "book" is pocket-size, contains fewer than 50 pages. But these pages are jammed with money-saving addresses. Worth the price (\$2.50, post-paid). Write to Passport Publications, Box 24684, Los Angeles 90024.

## HORSE LOVERS

A New York travel agency has put together a couple of Irish riding vacations featuring the equestrian centers of Castle Leslie in County Monaghan and Kiltollet in County Louth. Castle Leslie gets big raves. This is a 1,000-acre private estate, 85 miles north of Dublin. For the adult rider: 25 miles of varied courses, 100 fences and natural obstacles (rivers, ditches, fallen trees, etc.). For children, a beginner's course with half-scale obstacles. Rider's holiday also includes opportunities to play golf and tennis, fish and swim. Cost of a three-day, four-night package comes to \$156. Includes full board, reception hosted by Sir Desmond Leslie, riding lessons, transfers to and from airport. Extended stays: \$40 a day extra. Details from Lismore Travel, 16 West 57th Street, New York, NY 10019.

## HOME ON THE FARM

Pat Dickerman is back in the news with the new editions of her two books, *Country Vacations U.S.A.* and *Adventure Travel*. The former names 500 ranches, farms and rural lodges where vacationers are accommodated. Her *Adventure Travel* deals with action holidays: backpacking, mountaineering, pack trips, Jeeping, covered wagon jaunts, boat charters, canoeing, kayaking, dog sledding, ballooning, ski touring. You name it. Copies at your bookstore or by writing to Miss Dickerman, c/o Adventure-Ranch Vacations, 36 East 57th Street, New York, NY 10022.

## PORTUGAL

If you are looking for a bargain, try Portugal. This is one of the best buys in Europe today and particularly true of the government-operated pousadas. At the top of the list is Pousada da Rainha Santa Isobel at Estremoz. This

is about 100 miles east of Lisbon. At Estremoz you live in a castle that was built in the 14th century by King Dinis—alias the Poet King and Dinis the Farmer. Priceless tapestries cover the walls. Antiques are scattered throughout guest and public rooms (antiques seldom seen outside a museum). From Lisbon, Estremoz is a pleasant two-hour drive through cork and olive groves, rolling hills, quaint fields. The castle stands inside a walled city. The tower is visible for miles. Rooms are as spotless as a queen's bedchamber. Because it's the slickest castle in Portugal, Estremoz commands top rates. Even so, it's a bargain. Figure on \$17.50 for a double, including breakfast. You'll pay \$35 for the presidential suite and not regret a single escudo.

Another gem is the Pousada dos Loios at Evora, 90 miles east of Lisbon. A 2nd-century Roman temple rises back up against the entrance. Evora takes second place only to Estremoz. Some claim it's a toss-up. You'll pay \$21 for a double. For another \$1.50 you can move into the presidential suite. Walls surround the city. It's been designated a national shrine.

Closer to Lisbon there's a castle-like pousada at Setubal. This is about 30 miles from the center of the city. Same rates as those at Evora but it lacks the luster. (Evora and Estremoz are something special.) Portugal operates a network of more than 20 pousadas. Others are on the rise. There is one at Palmela that's being built inside a 19th-century castle. This is wine country. Every September they roll out the barrel during a four-day festival. Palmela is about 28 miles south of Lisbon.

## SENIOR CITIZENS

Discounts for senior citizens are being offered again by both Hawaiian and Aloha Airlines. Savings up to 50% over regular fares between Honolulu and the neighbor islands. To qualify you'll need a membership card in either the Hawaiian Air Travel Club or the Aloha Airlines Travel Club. The cards cost \$5. To qualify, applicants must be 65 or older. Discounts are available for all flights on a standby basis.

## HOUSEBOATING

If you're thinking of going houseboating through the British Isles, write for the free brochure, *Houseboat*, c/o Ralph Peck, P.O. Drawer 5520, Huntington Beach, CA 92646. Peck has spent more time on the water than he has on land. Loves boats. Tell him when you want to go houseboating (or "hotel" boating) and he'll tell you what it will cost. He'll need to know the number of persons in your party, duration of the trip, date of departure. After this he'll submit an itemized *estimate* of the *approximate* charges. Peck has also put out a paperback called, *Houseboat*.

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#### AMTRAK

*Destination America*, is the title of Amtrak's new tour book. Details on tours to Alaska, Utah's national parks, New England, New Orleans, Washington, D.C., Colonial Williamsburg, Philadelphia, New York, etc. There's also a section devoted to Canada. A total of 110 journeys priced from \$7.50 to \$2,853. This is a 110-page, four-color catalogue. Available free from Amtrak travel agents or by writing to Amtrak Travel Center, P.O. Box 311, Addison, IL 60101.

#### EURAIL TIMETABLE

Here's a handy item: The Eurailpass people have published an 80-page timetable for European trains. Accompanying each table is a map showing major connections. Copies available by writing to Trains, P.O. Box M, Staten Island, NY 10305.

#### SWITZERLAND

Several readers have inquired about rentals in Switzerland. Here are the addresses for chalets, homes, apartments:

Rent Abroad Inc., 300 Madison Avenue, NY 10036 (Gstaad, Verbier, Locarno, Bernese Oberland).

Swiss Chalets Inc., Elsatrasse 16, 8004 Zurich (accommodations throughout Switzerland).

Idyll, P.O. Box 405, Media, PA 19063 (Central Switzerland, Bernese Oberland, Lake Geneva).

Automobil-Club der Schweiz, Laupenstrasse 2, 3001 Berne, Switzerland (accommodations throughout Switzerland).

Swiss Touring, Reisebuero Arnosti & Co., Blumenrain 16, 4001 Basel, Switzerland (accommodations throughout Switzerland).

UTO-Ring Ag, Beethovenstrasse 24, 8022 Zurich (accommodations throughout Switzerland).

#### SAN FRANCISCO GUIDE

A guide titled, *How to Get There from Here*, is offered by the Redwood Empire Association, 360 Post Street, San Francisco 94108. Tells visitors how to use public transportation with Union Square as the starting point. Besides central San Francisco, there are other trips via the Golden Gate Transit to Marin and Sonoma counties, AC Transit and BART for the East Bay and the new SanTrans system for the Peninsula, out to Palo Alto.

#### LONDON

London is overrun with tourists. Result, hotel rooms are dear, but don't fret. British Airways has the answer. Rent a private apartment. Cost per person per week ranges from \$159 to \$343. You have a choice of one- and two-bedroom flats. These are fully furnished.

Prices include maid service, electricity, gas, TV sets. One restriction: Vacationers must book for a minimum of one week. Details from your travel agent or British Airways.

#### CARIBBEAN UNDER SAILS

Next time go by yacht. It's the advice of a former yacht captain who represents 150 yacht owners in the Caribbean. He tells of one trip that includes a cabin for seven days, all meals, liquor, wine, etc. for \$425.

"My wife and I crewed our own charter yacht in the Caribbean for three years," writes Capt. A. Clive King, who also represents "bare boat" owners. Travelers can book through their own agents or contact King, c/o Spur of the Moment Charters, 1896 Leavenworth, San Francisco 94109. Telephone (415) 885-0929.

#### BED & BREAKFAST

Not to put down the British, but the bed and breakfast routine is becoming old hat in the United States, particularly in Colorado, where bed and breakfast inns are the rage. Typical is The Griffin Guest House in Colorado Springs. British in style and atmosphere. Dorothy Aldridge writes: "The warmth of an old family home, chocolate kisses on the nightstands and fresh flowers in every room are some of the niceties of The Griffin Guest House... Freshly squeezed orange juice, homemade pumpkin and zucchini breads... Tea made the traditional English way and served with crumpets."

This inn is nearly a century old. Four-poster beds, a huge veranda (great place for afternoon tea). The proprietress, Tricia Lundt, was born in Britain. She's furnished her inn with antiques dispatched from the old country. For reservations write to The Griffin Guest House, Colorado Springs, CO 80907. For background on other homes

send for a copy of, *America's Guide to Guest Houses*, (\$2.50), Box 355 A, Greentown, PA 18426.

#### CONSUMER PROTECTION

Thomas Cook Inc. has introduced a new idea to protect vacationers from the cancellation worries. Under the plan, consumers will be refunded money paid toward programs certified by Thomas Cook should a trip be canceled by participating tour operators. This involves a broad range of charter, tour, package and cruise programs. Under TC's money-back guarantee, the vacationer is given the choice of thousands of vacation packages offered by the participating travel companies. If a tour is canceled, the traveler is given a speedy refund at the TC office where the package was purchased. Refunds are available within 24 hours of cancellation.

#### NEW YORK HOTELS

Readers keep asking about that favorite little hotel of mine in New York. I'm fond of it because: (1) it's friendly and (2) the front door is latched tight to discourage intruders. Once again the name is the Wyndham, 42 West 58th Street, New York 10019. Just across the street from the Plaza. A slick neighborhood with prices the budget traveler can afford. A couple of others: the Grammercy Park, 52 Grammercy Park North (quiet neighborhood with a private park across the street) and the Elysee, 60 East 54th Street between Park and Madison.

#### ALASKA

Alaska State Ferries run year-round from Seattle and Prince Rupert. Canadian ferries sail between Kelsey Bay on Vancouver Island to Prince Rupert. The big cruise ships will be plying the Inside Passage throughout the summer. (Your travel agent has details.) In June,

(Continued on page 34)

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# ULCERS

(Continued from page 29)

drug store, that it might be easiest to measure them by the shelf-foot. One count has 575 commercial anti-indigestion preparations on the market, a tremendous assortment of pills, powders, liquids and lozenges, even medicated chewing gums. They can help in varying degrees, but they can also produce unwanted side effects. However, simple bicarbonate-based tablets like Tums and Rolaids are generally considered safe for occasional use.

Dr. Francis J. Owens, staff physician in the Department of Gastroenterology at the Cleveland Clinic in Cleveland, Ohio, says over-the-counter remedies can be beneficial if you use them temporarily and carefully follow the instructions on the label. However, Doc-

## Departed Brothers

**PAST DISTRICT DEPUTY** Earl K. Haugen of Hopkins, MN, Lodge died January 9, 1979. Brother Haugen was District Deputy Grand Exalted Ruler for the Metropolitan District in 1969-1970.

**PAST DISTRICT DEPUTY** Henry I. Buckley died January 10, 1979. A member of Fall River, MA, Lodge, Brother Buckley was appointed District Deputy Grand Exalted Ruler in 1963-1964 to serve the South District.

**PAST DISTRICT DEPUTY** Vern M. Landis of Warsaw, IN, Lodge died recently. Brother Landis served the North Central District as District Deputy Grand Exalted Ruler in 1944-1945.

**PAST DISTRICT DEPUTY** Floyd H. Gilliland of Devils Lake, ND, Lodge died January 18, 1979. In 1955-1956 Brother Gilliland served his state as District Deputy Grand Exalted Ruler.

**PAST DISTRICT DEPUTY** Peter A. Mench died January 18, 1979. A member of Phoenix, AZ, Lodge, Brother Mench held the position of District Deputy Grand Exalted Ruler for the Southwest District in 1967-1968.

**PAST DISTRICT DEPUTY** Murray G. Hurd of Gulfport, MS, Lodge died recently. Brother Hurd was District Deputy Grand Exalted Ruler for the South District in 1942-1943 and in 1946-1947.

**PAST DISTRICT DEPUTY** Willard Jacob Schwartz of Springfield, OH, Lodge died January 30, 1979. In 1947-1948 Brother Schwartz was appointed to the post of District Deputy Grand Exalted Ruler of the Southwest District.

tor Owens warns, "If upset stomach keeps returning, or continues for several days, see a doctor."

Is baking soda the best cure-all for stomach distress? Rudolph Valentino, the great screen actor, awakened one morning in August of 1926 with a gnawing pain in his stomach. Like thousands of other victims of chronic indigestion, he went to the medicine cabinet for a dose of bicarbonate of soda. Almost as soon as he had taken it, he collapsed.

Despite all efforts to save his life, Valentino died within a few days. Perhaps he would have still been living if he had known the potential danger of using bicarbonate of soda indiscriminately, without first finding out what caused his "indigestion."

Probably no other drug in the world is so popular, and so frequently used, for treating minor ills ranging from occasional digestive distress to burns and blisters. Yet, the medical profession has issued warnings against its indiscriminate use for some time because, unknown to most people, it has proven definitely harmful in certain specific circumstances.

For instance, the sodium in bicarbonate of soda can be seriously harmful to persons with heart trouble or hypertension. Overdosing with bicarb of soda can also cause too much alkali in the blood, upsetting the acid-alkali balance. When a person takes bicarbonate, it neutralizes the stomach acids first, then causes those acids to be secreted at an even greater rate than before, making it necessary to take more and more to get any effect. This vicious cycle is called "acid rebound" by doctors, and may lead to alkali poisoning or alkalosis.

Persons suffering from kidney disease should also be especially careful to avoid bicarbonate of soda, because it creates an excess of sodium in the body and causes the tissues to become waterlogged.

What can you do to *prevent* ulcers? If you have a tendency toward indigestion, it's a safe bet that you will aggravate the situation if you finish your meal and make a beeline for the sofa or flop down in a soft chair.

Your stomach was really made to function in a vertical position. Thus, when you lie down right after eating you throw it off. Or, when you slouch in a chair, you are actually folding your insides, which doesn't help much either. Stand up and walk around for 15 minutes. About the worst thing you can do is engage in heavy sports right after a meal. Playing athlete right after a huge meal sends your blood rushing around to your head, arms and feet—leaving your stomach out in the cold at the time when it needs blood most. ■

# TRAVEL BARGAINS

(Continued from page 33)

Alaska-Yukon Motorcoaches will begin rolling out of Seattle through British Columbia. At Prince Rupert they'll connect with Alaska Marine Highway ferries. Travel time, Seattle to Prince Rupert: three days. Other coaches will be rolling from Haines through the Yukon and beyond to Anchorage. Travel time: two days. For schedules write to Alaska-Yukon Motorcoaches, Suite 555, 4th & Battery Building, Seattle, WA 98121.

## FOR HANDICAPPED

Handicapped travelers wishing to visit our national parks are offered a new book written especially for them. Tells all about services, campgrounds, medical facilities, lodging, restaurants. Title is *Access National Parks, a Guide for Handicapped Visitors*. Sells for \$3.50. Write to the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

## AUSTRALIAN ODYSSEY

A note from the John H. Boodes of San Pedro: "You published a letter written by Mrs. C. M. Smith of Old Warrah, Willow Tree 2339, New South Wales, Australia. In it she invited travelers who want to see something of the country to visit her ranch 200-odd miles north and west of Sydney. (More than 150 GIs had come to her home on R & R during the war in Vietnam.) My wife and I decided to accept her invitation. We boarded a plane at Sydney Airport for the one-hour flight to Quirindi, the nearest airfield. There Mr. Smith met us and we drove about 20 miles to their station. During a late dinner we came to know the family, Simon, Peter and Colin. Daughter Robin, a nurse in Sydney, and her husband came the next day for a weekend visit. The Smiths are indeed a delightful family. They manage a 3,500-acre cattle station which was, until about 20 years ago, a portion of a million-acre station.

"It was a quiet, relaxing visit, delightful in every way, and when Mrs. Smith took us back to Quirindi to enplane for Sydney we felt that we had made some fine new friends and had seen a part of Australia that most travelers miss. We highly recommend this visit to the Smiths. They have accommodations for two to six people, with all meals and transportation to and from Quirindi included in a modest fee. Our friends here keep asking about Old Warrah and we feel your readers would like to know of this unusual and very enjoyable part of our trip down under." (Write to the Smiths c/o address above.) ■



## It's Your Business

(Continued from page 14)

ating the software needed. There are three ways a businessman can get software today: The first way is to buy the canned packages made in a particular format that you have to conform to. For example if you have a three-digit inventory code at present, the system may have a four-digit which you would have to accommodate. The turn-key system, for example, means you merely turn the key and the system is ready to go.

"The second is where you pay a computer consultant to customize the system for you. It's more expensive than the first, but it may be necessary because of the unique problems or functions of your business.

"The third is where the business owner gets involved with the computer programming himself. For the very small business owner, it may be the ultimate answer. But it's time-consuming for someone who's busy and involved in the day-to-day decision-making. There's no six-week course that can guarantee giving you all you need to know."

On the other hand, the uses of the computer to the average proprietor are unlimited. The computer could aid in reducing the time necessary to file government information and forms. It will obviously put more data at your fingertips in rapid time. A laundry owner told

Danilowicz it would be well worth the investment if it would help him know how much money he took in each day.

Inventory control is one of the primary reasons business owners want a computer today, he believes. "It seems many businessmen don't have efficient methods for keeping track of whatever it is they sell or serve. Another is cost control."

How can a businessman find honest assessments of his computer needs?

A number of professionals disagreed in answering the question. A computer sales executive scoffed at the idea you can find anyone in the business who would give an appraisal without tilting toward his equipment or service. A computer technician says he spends his time visiting computer shops and reading journals to find answers to his questions.

Danilowicz contends, however, that interested business owners can find good sources of information without difficulty.

"Personally, I think accountants are very good sources because CPAs are very much involved with computers these days and they know the consultants and advisers and the shops that can help. Computer shops, if there is one close by, can be helpful. Another possibility would be checking newsstands for one of any number of magazines—such as *Mini-micro Systems* or *Bite: Small Systems Journal*—that are available. They offer articles and ads that can help. Of course, don't forget the array of how-to books on the subject you can find at newsstands and in libraries." ■

## You and Retirement

(Continued from page 23)

15% of earned income or \$1,500, whichever is less; where a working spouse shares an IRA with a non-working spouse, the limit is 15% or \$1,750. Now, if an employer contributes to an employee IRA, the limit is 15% or \$7,500, whichever is less. If the employer contributes less than the normal limits (15% or \$1,500), you may contribute the difference; you may not, however, exceed \$1,500 in total contributions yourself although your employer may do so on your behalf.

The 1978 tax law does a number of other things. It postpones until 1980 the change in the tax basis for inherited property; if you have inherited and sold stock, for instance, since 1977, you may be entitled to a refund.

The law also provides that, beginning in 1979, payments to grandparents for the care of their grandchildren will qualify for the child care tax credit.

The Internal Revenue Service has a number of free publications of interest to older Americans, all available through your nearest IRS office or by mail (there should be an order form with your tax instruction booklet): Publication #17, *Your Federal Income Tax*; #523 *Tax Information on Selling or Purchasing Your Home*; #524, *Tax Credit for the Elderly*; and #554, *Tax Benefits for Older Americans*. ■

# LODGE VISITS GRAND EXALTED RULER LEONARD J. BRISTOL



The Grand Exalted Ruler addressed South Carolina Elks during a dinner given by them for Brother Bristol (standing) and his wife Ginny (left). State sponsor PGER Robert Pruitt was on hand to visit with the guests, as were SP Arch and Mamie Wallace and Greenville ER Jimmie and Nita Vaughn.

A festive party was held at Pasadena, CA, Lodge to ring in the New Year and welcome special guests Leonard and Virginia Bristol. Among those queued up behind the GER and his wife at the hors d'oeuvre table were Marjorie and ER Charles Vincent, Past Grand Esq. Dan and Charlotte Davis, and Kay and PGER Gerald Strohm. Brother Bristol also met with PGER Horace Wisely and SP Robert Robb.



Boys Town was one of several places visited by GER Leonard and Virginia Bristol (third and fifth from left) during their tour of Nebraska. Father Hupp (second from left), director, presented paintings entitled "He's not heavy, Father, he's my brother" to the Bristols and to PGER George and Ruth Klein (fourth and sixth from right). Brother Bristol was joined on his visit by (from left) State PR Chm. Arthur Jantz, Mrs. and SDGER Vincent Collura, Mrs. and DDGER D. James Friesen, Mrs. and SP Lloyd Levander, and Omaha, NE, Lodge ER Warren Hadley.





# NEWS OF THE LODGES

(Continued from page 17)



**THE RESIDENTS** of the veterans home in King, WI, welcomed the Brothers of Green Bay, WI, Lodge, who arrived to throw a party. Along with dancing to a band the Brothers brought, the celebrants enjoyed a bowling match and received prizes from ER Richard Seiler and Trustee Edward Van Denack. Green Bay Elks received thanks for sponsoring the event and for the donation of a bus with a wheelchair lift for disabled veterans. The Brothers make regular trips to King, where they join the resident veterans for picnics and other activities.



**A NATIONAL** Foundation necklace was presented to Joyce Mackin (second from right) by Americanism Chm. Bob Nice (right) of Manistee, MI, Lodge. (From left) ER Gregory Gamache congratulated participating members Linda Gamache, Unice Racine, Dawn Nice, and Ms. Mackin and thanked the ladies for their support.



**MICHIGAN** welcomed a new lodge to Elkdom recently. Lodge No. 2586 in Southfield was instituted by (from left) SDGER R. Creith, DDGER W. Ferrell, and PSPs M. McKay, N. Sheriff, A. Vernon, R. Helm, and W. Bailey, who congratulated the new officers, including ER L. Schwartz.



**DURING** a visit from DDGER Fred McDermott (second from right) to Washington, MO, Lodge, a new class of Brothers was introduced to the order. Among the initiates was Brian Mutert (second from left), a member of the third generation of his

family to belong to Elkdom. The new Brother's father Lester and grandfather Victor (third and fourth from left) joined ER Hank Jones (left) and Brother Charles Horsey in congratulating the newly initiated class.



**OVER 200** Brotners welcomed DDGER Jack Vismara (second from right) to Chicago (South), IL, Lodge recently. The visiting dignitary observed the initiation of 30 new lodge members, one of whom was Michael Sheehan (center), son of SP Fred Sheehan (second from left). ER W. Forberg (right) and Gerald Reidy, the new Brother's grandfather, joined in welcoming the initiates to the order.





**AN AUCTION** held by Longview, TX, Lodge netted \$2,000 for several local charities, including the Salvation Army and the Texas Elks Foundation for Handicapped Children. The presentation of the donations was made by (from left) auction Chm. Bob Miller and ER Randy Renshaw to Sam Johnson, VA hospital representative, Virginia Pickard and Marianne Stamford, both of the Texas Department of Human Resources, Salvation Army Brig. Virgil Potter, and Travis Richardson, representative of the Texas Elks Foundation for Handicapped Children.



**NEW MEMBERS** were welcomed to Elksdom by the officers of Olney, IL, Lodge recently. ER Jack Wooldridge (seated, center) congratulated (seated, from left) Joseph Shafer, Dennis Keller, Jeffrey Watson, Edward Webb, Victor Luaces, Gary Zara and (standing, from left) Darrel York, John Reed, Larry Whitney, R. D. Halbrook, Ellis Lindeman, Walton Whitehead, Ron Grove, and Dennis Vail. Including the initiates, Olney Lodge's membership is in excess of 1,400.



**"HOOP SHOOT"** winners and runners-up in the North Dakota contest (seated, from left) Le Anne Wilson, Lisa Rinas, Wade Herbel, Patti Knudson, Shane Clark and (second row, standing) Risa Andres, Kristi Devine, Tim Brenner, Lori Ebel, Mark Hamm, and Jason Grover displayed their trophies recently. SP and GL Youth Chm. Jack Traynor and State "Hoop Shoot" Chm. Jack Brown were on hand to congratulate the youngsters. The contest was held in Jamestown.

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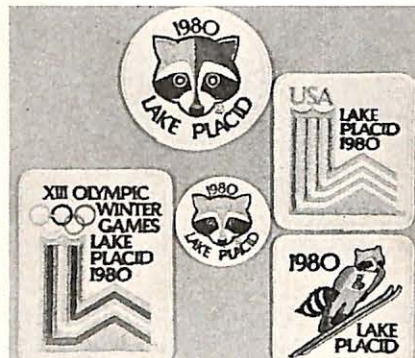
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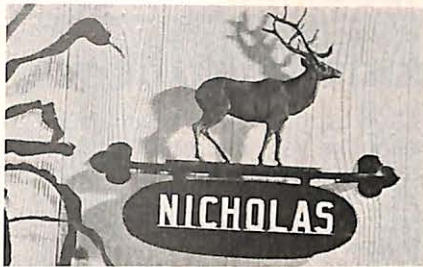
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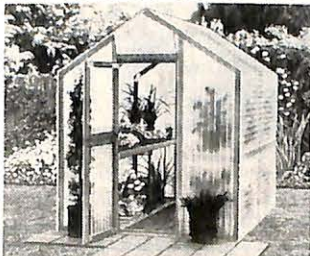


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- Practical—**see the time all the time**, displays the time, month, date, and seconds in an 'always visible' LCD digital readout.
- **Solid State Microelectronics**—no moving parts to wear out. One easy to buy battery lasts approx. 1 year.
- **Night Viewing**—a push of a button illuminates the display.
- **Quartz Crystal Design**—allows ± 3 minutes per year accuracy.
- Men's and Ladies model available only in gold tone with imported lizard skin band at \$34.95. A beautiful gold mesh bracelet is available for the men's model for only \$7.50. It is sent separately along with the watch.
- Gift box included at no extra charge.

### Why Shop By Mail?

Shopping by mail is convenient, easy, and fun. We ship all orders promptly to your home or office. You can charge your order to any major credit card. Most of our products are **not available** at your local store. And if that isn't enough, you have a **30 day no risk money back guarantee**:

*"Try any one of our products for 30 full days and if you are not happy with the performance, features, or for any reason wish to return a product, we will refund your full purchase price including the insured postage and handling charge!"*

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To order in California call toll free (800) 432-7451



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Call our toll free number for quickest service or send your check, M.O. or credit card info to us. We accept Am. Ex., Carte Blanche, Diner's Club, and all major credit cards. Add \$2.50 for insured postage & handling for first product & \$1.00 for each additional product. Calif. addresses add 6% sales tax. ©DWS marketing international 1979





**Keep your car  
showroom bright and  
never wax it again!**

# PolyGlass<sup>T.M.</sup> your car!

**New miracle Polymer "Glass" Sealant completely protects your car's exterior finish — it even restores original luster to used models!**

Available only as a service by new car dealers for \$100-\$200. Now do it yourself in less than an hour for only \$29.95.

(16 oz. bottle, enough for 3 cars.)

The elements vs. your once beautiful car... You've probably experienced it. Your treasured, shiny new automobile gradually fades and dulls. The once brilliant finish turns chalky and washed out. Even hours of waxing and buffing can't recapture that new car look... Until this new chemical science discovery...

Never wax your car again... Poly-GloSeal\* is not anything like a simple wax or polish. It is actually a miracle polymer glass formulation serving as a powerful sealant and a beautiful exterior finish. When applied lightly to your car's finish and chrome its exclusive *Electromolecular Action* literally fuses it to the surface, locking in luster and a brilliant shine, almost laminating itself to your car for years... shutting out harmful sun, rain, pollution, salt, detergents and other elements that normally ruin the appearance and value of your car.

Prevents oxidation from starting on new cars...and actually removes it from used models! Poly-GloSeal\* is literally a *Glass Shield* that becomes part of your car's finish. Your new car's paint is simply not allowed to oxidize... for 3 Years! Then PolyGlass\* it again for years more of protection. If your car is not new, Poly GloSeal\* will actually remove the oxidation, add gloss, and stop further oxidation for 1 year before you need to apply again. It is similar to covering your car with a non-penetrable coat of polyurethane.

Enamel spray paint can't even get through the clear glass shield... When this new professional automotive product is demonstrated to car dealers the "spray paint test" is used. Poly-GloSeal\* is applied to a car's hood. After it dries it is wiped off and a can of enamel spray paint is sprayed directly on it, along with magic marker and other solvents. Then the observers are astonished as all of these are wiped off the hood with a mere cloth. Nothing, not even dirt and dust can



Poly-GloSeal\* makes standard waxes and polishes obsolete!

adhere to the surface!

No rubbing, labor or buffing equipment needed... Poly-GloSeal\* goes on easily and quickly. You wipe it on with a cloth, let it dry, and then wipe it off. It takes only a few minutes — less than an hour. The main ingredients are Polyglass\*, another substance similar to Teflon<sup>®</sup>, and a minimal amount of silicone to ease in wiping it on. (Also highly recommended for boats and airplanes). Between washes you need only wipe your car with a damp cloth to re-activate its brilliant dirt and dust-repelling shine.

The incredible Poly-GloSeal\* "Brilliance Guarantee"... If after using it, you are not pleased for any reason, return the unused portion within 2 weeks of receipt for a prompt refund of the entire purchase price. Further, if Poly-GloSeal\* does not protect your new car for 3 years or your used car (90 days old or more) for 1 year, write and tell us. We'll take your word for it, and return your small investment on a pro-rated basis. However, due to the extraordinary quality of this fully-tested product, we are confident that this would not be likely. (Note: Poly-GloSeal\* is 100% safe to use — it can also be removed with mineral spirits).

**CALL TOLL-FREE FOR INSTANT PROCESSING 1-800-235-6945.** Calif. res. call 805-966-7187. Or send coupon:

Please promptly ship the following order for Poly-GloSeal\*. If not 100% pleased after using it on my car, I can return the unused portion within 2 weeks for an unquestioned, quick refund of purchase price. **Check One:**

Ship 1 16 oz Bottle @ \$29.95 (plus \$2 shipping and handling) ea Or:

SAVE \$10 MORE! Ship 2 Bottles @ \$24.95 (plus \$2 shipping and handling) ea

Check or Money Order enclosed (CA res add 6% sales tax)

Charge my credit card number below

BankAmericard/Visa  Master Charge

American Express (interbank No. \_\_\_\_\_)

Diners Club  Carte Blanche

Credit Card No \_\_\_\_\_ Exp Date \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

**Starshine Group.**  
924 Anacapa St. Dept. 737, Santa Barbara, CA 93101  
Starshine, Inc. 1979

\*TRADEMARK

## Elks Family Shopper

### consumer/news

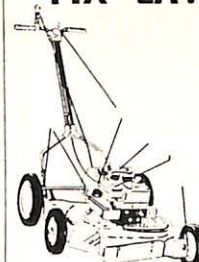
New car buyers who drive 15,000 miles this year can expect annual fuel costs to run anywhere from \$250 to \$1312, depending on what type of car they buy. A new booklet from the Environmental Protection Agency gives information on the **fuel economy** performance of 1979 model cars, station wagons, and light trucks. For your free copy of the *1979 Gas Mileage Guide*, just send a postcard to the Consumer Information Center, Dept. 643G, Pueblo, Colorado 81009. (For California certified cars, the address is Consumer Information Center, Dept. 644G, Pueblo, Colorado 81009.)

The biggest complaint about last year's EPA miles per gallon ratings was that the average driver could never get as good mileage as the ratings indicated. So this year EPA is using a more conservative estimate, called the "Estimated mpg." Studies show that this rating provides the consumer with the best estimate of average, overall performance.

Have you ever left a favorite tool or piece of sports equipment out overnight? And it rained? And in the morning, it's all **spotty with rust?**

Well, the National Bureau of Stan-  
(Continued on page 42)

## FIX LAWN MOWERS



REVISED EDITION of F. Peterson's fascinating handbook teaches you the profitable skills of a trained mechanic.

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

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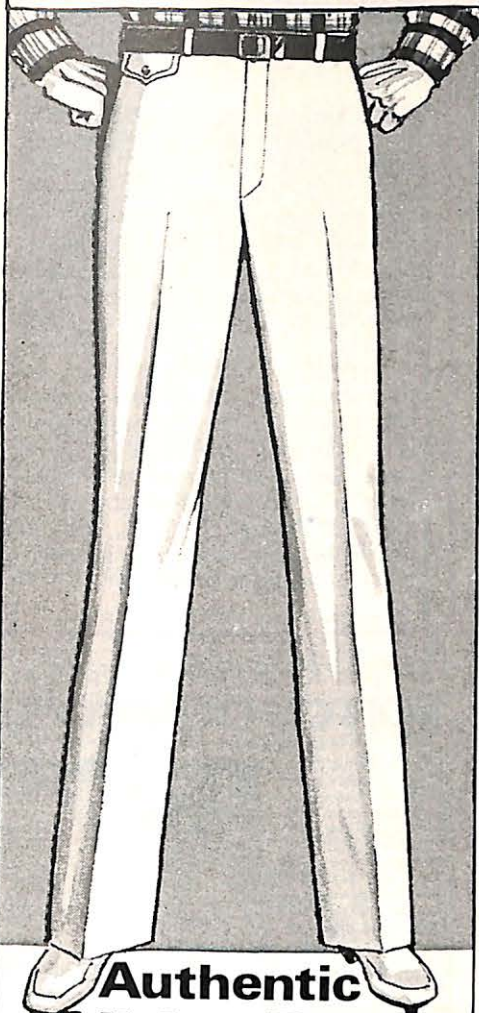
Get rid of prostate misery. Relieve problems like pain, dribbling, urgency, retention and getting up nights. Write today for **FREE** report. **Health Dpt. EK-4, Box 24847, Los Angeles, CA 90024**

-----**FREE REPORT**-----  
Rush **FREE** report on prostate relief

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City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
L. HEALTH, Dept. EK-4, Box 24847, Los Angeles, CA 90024.



An American Natural



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The Traditional Good Looks SECRET WEAPON of the Handsomest Men in the World!!

**12<sup>95</sup>** Includes FREE Web Belt

The cool, crisp, sharply creased Duck Cloth weave feels great and revs up your entire Summer Wardrobe of shirts, sportcoats, and blazers. And because they are woven of Fortrel® polyester and cotton they'll machine wash and dry to an impeccable perfection with NO IRONING EVER! The knife-like crease stays sharp hour after hour. Resists wrinkles. Knees and seat won't sag, and you stay looking and feeling fresh all day! Hurry - order today! You will want them tomorrow & at \$12.95 they'll sell out fast!

Authentic White Duck SLACKS

HABAND Co. 265 N. 9th St. Paterson, N.J. 07530

Please send.....pairs, for which I enclose \$..... plus 65¢ shipping; to be refunded in full if I do not wear the slacks. 72B-009

**12<sup>95</sup>** 2 for 25.90 with FREE Web Belt and Brass Buckle

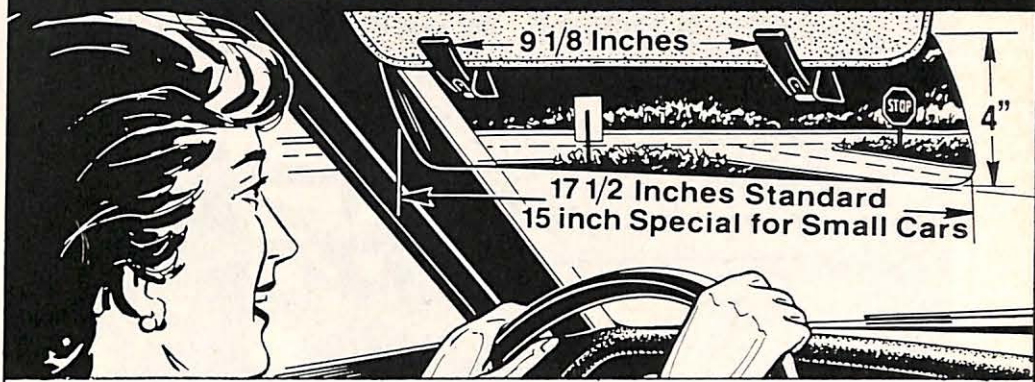
Waist Sizes 30-50\* Inseams 27-34

Color	Waist	Leg
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Navy		

\*Sizes 48 & 50, add \$1

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This revolutionary chain saw sharpener grinds a razor sharp edge on any size chain saw using a specially made grinding wheel. All you supply is a 1/4" electric hand drill. The Pro Sharpener\* assures the correct grinding angle and a built-in gauge maintains the proper guide height.

The Pro Sharpener produces a ground edge—much sharper than a filed edge. Comes complete with three grinding wheels (enough for up to 30 sharpenings) plus a hand file adapter.

\*Patents pending

**\$12.95**

Pro Sharp Corporation  
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Please rush \_\_\_ Pro Sharpener(s) at \$12.95 each plus \$1.95 postage and handling per unit (\$3.00 outside U.S.) Send check, money order or Master Charge. No C.O.D.'s.

M.C. # \_\_\_\_\_

Inter Bank No. \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Conn. Residents add 7% sales tax.

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Important: To insure correct grinding wheel size

Indicate your Chain Saw Mtg. \_\_\_\_\_

Saw Model: \_\_\_\_\_

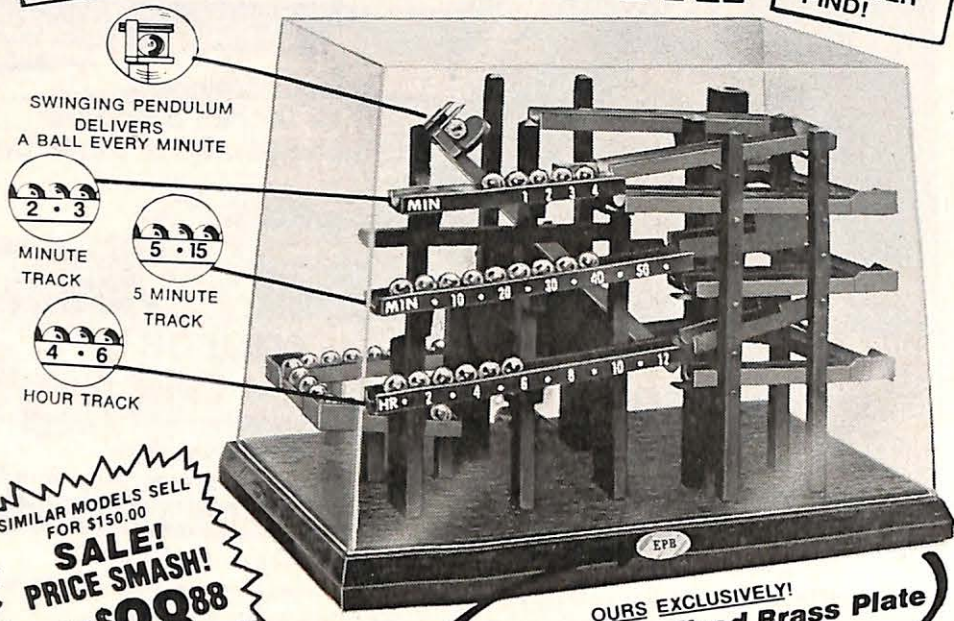
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# The What-In-Hell-Is-It Clock!

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**FREE! Personalized Brass Plate**  
**With Your Initials**

It has no face and no hands. But this WonderBall Electric Clock tells time with unflinching accuracy to the minute, hour after hour, day after day—year after year. And its unique continuing action is so fascinating to watch you will hardly be able to take your eyes off it!

**HOW IT WORKS!**

A rotating electric pendulum scoops up one of 32 steel balls every minute, and starts it in motion down a series of precisely balanced "tracks." Each ball changes the balance of the mechanism, causing the balls to roll from one "track" down to another. And you can instantly read the time in minute, five-minute, and hourly units, by looking at the number of balls stacked on each of the three numbered time tracks.

**ACCURATE RELIABLE CLOCK!**

It's all utterly absorbing to watch. And your family and friends will find it hard to believe this is really an accurate, reliable clock. But it is—a unique, highly efficient timepiece that never needs re-setting. The rotating pendulum is powered by a precision-made motor. The nickel-plated steel balls roll in scientifically engineered tracks that snap-fit together. To protect your WonderBall Clock, a stylish, see-through dust cover is included. Simple illustrated instructions show you how to assemble your Clock in as little as an hour.

**UL APPROVED MOTOR!**

The WonderBall Clock is 5 1/2" Deep X 9 5/8" High. It is made of rich Jet Black plastic and has a UL approved motor. Just plug it in and let WonderBall do the rest! Order this fascinating, useful timepiece for your home now! **\$28.88.** (Including personalized brass plate with your initials!)

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- SAVE \$3.00!** Order TWO for only \$54.76 plus \$5.00 postage and handling. My initials: \_\_\_\_\_

I understand that if I am not completely satisfied, I may return within 15 days for a complete refund of the purchase price.

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Charge to  American Express  
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Interbank # .....  
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STATE SALES TAX CHART. Please add to your remittance OK 2%, AR CO GA IA KS LA ND VT 3%, MO 3 1/2%, NE 3 1/2%, NM 3 3/4%, AL AZ FL IL IN MI MN NC SC VA WI 4%, OH 4 1/4%, KY MA MD ME MS NJ SD TX UT 5%, WA 5.1%, CA PA RI TN 6%, CT NY 7%, NYC 8%.

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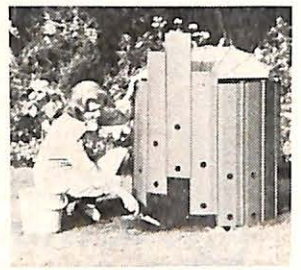
## Elks Family Shopper consumer/news

dards has just published a booklet with advice on how to prevent corrosion and get rid of rust and tarnish from iron, steel, aluminum, copper, brass, bronze and silver. For your copy of *Corrosion*, send 80¢ to the Consumer Information Center, Dept. 57G, Pueblo, Colorado 81009.

What can you do to prevent rust in the first place? The easiest way to protect skate blades, lawn mowers, tools, and similar equipment is to wax them periodically. Liquid waxes work well by sealing the surface so water and other corrosives can't get through. Greases, such as petroleum jelly, and oils also offer good, short-term protection. ■

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Turn garden and kitchen wastes into rich fertile compost to improve poor soil and feed your plants. Grow bountiful harvests of vegetables and more beautiful flowers. Scientifically designed bins produce valuable compost in weeks. No turning the heap. Make a ton in one season. Send for free catalog.



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If small type is getting harder to read, these half-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 prescription nor for astigmatism or eye diseases.) Specify age, sex. Send check or MO. No COD's. 90-Day Money Back Guarantee.  
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 1575 No. Dixie Hwy., Pompano Beach, Fla. 33060



# EASY-LIFT



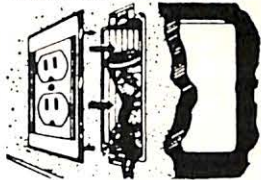
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## Mini-Safe



### ONLY YOU WILL KNOW

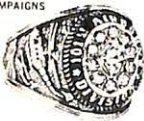
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**Cheney.**  
Because  
Carol loves  
this house.

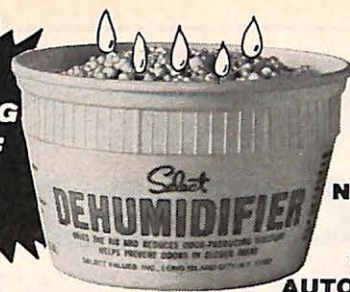
Carol's illness prevented her from climbing these stairs like she used to. She could move to a one-story house, but she loves this house. A *Cheney Wecolator*™ solved Carol's problem by letting her ride from floor to floor quickly and comfortably. As the first stairway elevator to be UL-listed, it's virtually maintenance-free and can be installed in just a matter of hours. For a colorful brochure on *Cheney Wecolators*, or *Wheelchair Lifts* and *Wheelchair Van Lifts*, contact your local Cheney Representative or write: The Cheney Company, Dept. EM, 3015 S. 163rd Street, New Berlin, WI 53151. (414) 782-1100.

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**SPENCER'S  
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\$2.99 FOR 2!**



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One of your pocketbook's biggest enemies is humidity. It lurks everywhere in your home, ready to spoil your clothes with fungus and mold, warp your wall panelling, peel your wallpaper, make your drawers stick, rust your metal tools. Not to mention the musty odors and smells it causes... the uncomfortable feeling it causes your whole family.

**Why make your electric bill even bigger?**  
Sure, you could buy an electric dehumidifier. But a good one can cost \$30, \$40 or more... only serves one room. And while it's removing moisture from your air, its electric current is removing money from your budget as well!

**Last for Months**  
The answer is ridiculously simple. A pair of Spencer's wonderful Dehumidifiers cost you only \$2.99. Yet they keep doing the job for months and months. (When they're full of water, you simply pour off, then renew them in the oven.) They're absolutely silent, absolutely harmless and odorless. And without using expensive electricity, you can afford to put one in each closet, storage room, basement, garage—wherever you have moisture problems.

The minute you do, this amazing new chemical "sponge in a jar" starts drawing humidity out of the air. Thousands of tiny white granules—a space-age miracle compound—attract moisture the way a magnet attracts metal filings. Our Dehumidifier soaks up humidity to leave air dry, fresh, sweet-smelling! Helps keep dampness out of walls, floors, fabrics, plaster, bedding, furniture.

Why not tell harmful, odor-causing, problem-making moisture to dry up? Order a set—or several sets—now! Give your family and precious possessions the luxury of a dry, fresh-smelling home all year round. Only \$2.99 for 2.

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Atlantic City, New Jersey 08411

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@ \$2.99 plus 95¢ postage and handling.

SAVE 95¢! Order 4 for only \$5.98 plus 95¢  
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SAVE \$1.90! Order 8 for only \$11.96 and we pay  
postage.

I understand that if I am not completely satisfied,  
I may return within 15 days for a complete refund  
of purchase price.

Cost of Dehumidifiers Ordered ..... \$ \_\_\_\_\_

Add Postage and Handling ..... \$ \_\_\_\_\_

Add Sales Tax (see chart) ..... \$ \_\_\_\_\_

I enclose  check or  money order  
for Total ..... \$ \_\_\_\_\_

Minimum charge order \$10.00.

Charge to \_\_\_\_\_  
Master Charge  Visa/BankAmericard

Expiration Date \_\_\_\_\_

Interbank # \_\_\_\_\_  
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Card # \_\_\_\_\_

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## Speaking of Conversation Pieces!

...Now You Can Own a Piece of History  
**THIS IS THE AUTHENTIC ORIGINAL  
PAY TELEPHONE — COMPLETE WITH  
GRAFFITI, UNRETOUCHED AND  
IN GUARANTEED WORKING ORDER**

UNBELIEVABLY PRICED AT  
**Only \$69.50**  
BEIGE, GREEN or BLACK (As Available)

**IMPORTANT! STOCK  
IS FAST RUNNING-  
OUT. THIS MAY BE  
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OFFER APPEARS!**

Grand old pay phones retired from public service. Enjoy 'em as you remember 'em. Original finish — NOT repainted, with minor mars and scars of passing years. (Sorry, not responsible for graffiti!)

Parts renewed or replaced where necessary. Fully tested, guaranteed in perfect working order. No coin needed—but don't tell guests or kids! Just plug into any standard jack and bank coins toward phone bill. Huge capacity for nickels, dimes and quarters.

**AN INVESTMENT** as well as a novel decoration. Identical phones sell for much more than our low direct-to-you price. Collector's treasure—bound to gain in value. Quantity LIMITED—Order Today!

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DeLuxe CHROME with ringer (Very Scarce) ..... Only \$99.50

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Please \_\_\_\_\_ PAY TELEPHONE(S) at \$69.50  
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PRINT NAME \_\_\_\_\_  CHECK OR MONEY ORDER ENCLOSED

ADDRESS \_\_\_\_\_ Charge to:  MASTER CHARGE (Bank No. \_\_\_\_\_)

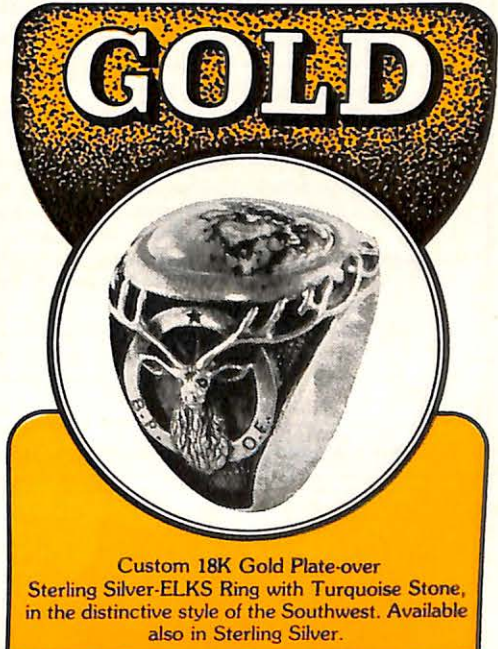
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Custom 18K Gold Plate-over  
Sterling Silver-ELKS Ring with Turquoise Stone,  
in the distinctive style of the Southwest. Available  
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Money order enclosed  Visa  Mastercharge

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18K Gold Plate Ring (\$65.95) RING SIZE \_\_\_\_\_

Sterling Silver Ring (\$45.95)

Prices good only thru Father's Day 1979



# STOPS YOUR ROOF LEAK

## In Just 5 Minutes!

It's pouring rain and your warm, dry home is invaded by a slow drip, drip, drip of water leaking through your roof. You call your local roofer and are shocked to learn how much roofing repairs cost these days.

While you wait for the next rain to come, the wife is worried about the new sofa being ruined from the down pour of rain water . . . from your leaky roof . . .

But, now at last, the new and truly revolutionary *U.S. Polycoat Roof Coating!* Imagine! A coating so efficient, so unique, that it waterproofs and protects your roof from rains or snow all year long. U.S. POLYCOAT can be brushed or rolled on over almost any surface and dries to a rubber sheet-like film in minutes—no heating—no mixing—use straight from the can. U.S. Polycoat adheres to asphalt shingles, rolled roofing, wood, brick, plywood, cement, tar, aluminum, metal, asbestos, insulation board and even urethane foam. U.S. Polycoat comes in seven colors to match your roof.

U.S. Polycoat protects driveways, sidewalls, patios, mobile homes and parking areas, too. But, if your roof is leaking send for U.S. Polycoat today. You'll have a worry-free waterproof roof that will last for years and years. Waterproof with U.S. Polycoat before you insulate!

U.S. POLYCOAT, INC., 2928 Malmo Drive • Arlington Heights, Ill. 60005 • (312) 364-5010



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One gallon covers approx. 50 to 100 square feet. Two gallons covers approx. 100 to 200 square feet. Five gallons cover approx. 250 to 500 square feet. Coverage depends on type of surface.

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Your favorite photo, enlarged to a full 11" diameter. Send any photo or slide (color or black/white) of yourself, your home, friends, kids, or pet, to be made into an ingenious puzzle. Your photo returned unharmed with puzzle. Satisfaction guaranteed. Send \$2.98. Add 60¢ post.

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ONLY \$1

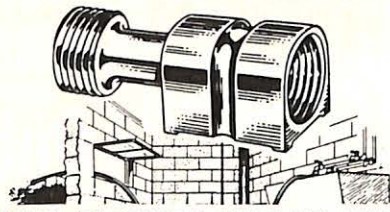
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Dozer blade and grass catcher available.

not a 'MUSTANG'. We have a 2" bigger cut plus other features.

Free Delivery. Big 26" cut. Order now or send for free picture brochure while they last.

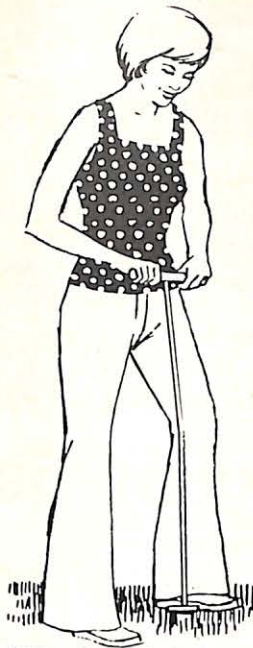
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CONTINENTAL MFG. DEPT. E  
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# ACCEPT NO SUBSTITUTE ZOYSIA!

## Lady Plugs in Genuine Amazoy Saves Time, Work and Money!



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

**EARLY BIRD SPECIAL! ORDER NOW AND GET UP TO 600 PLUGS FREE!**

By Jack T. Johnson, Agronomist

After 24 years of covering the lawns of America—coast to coast, border to border—Amazoy Zoysia could expect imitators to come into the market seeking to profit with a substitute grass.

We plant, cultivate, harvest and package Amazoy Zoysia according to a method so clever, so unique that we have applied for a patent to prevent anyone from copying it. Consumers' protective agencies constantly warn consumers, "Be sure you're getting the brand you're paying for; watch out for bait and switch people." So look for the name Amazoy (T.M. Reg. U.S. Patent Office) if you want the real thing—the world's best known Zoysia grass—Amazoy.

Our pre-cut plugs look different, are different. They are deep-rooted, winter-hardy plugs produced exclusively for transplanting from our fields into your lawn. They are guaranteed to grow there regardless of soil or climate. Why take chances with an untried grass? There really is no substitute.

### "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 2/3rds . . . 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!

These represent but 2 of thousands of happy Zoysia owners. Their experiences show that you, too, can grow a lawn from part-shade to full sun, and it will stay green and beautiful thru blistering heat, water bans—even drought!

### PERFECT FOR SLOPES

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

### 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 2/3rds.

**FREE PATENTED STEP-ON PLUGGER EXCLUSIVE WITH AMAZOY!**

This growth-producing 2-way Plugger is free with orders of 500 plugs or more. Saves bending, time, work. Cuts away competing weeds and growth at the same time it digs holes for plugs. Invaluable for making your own plugs for transplanting. Rugged, yet so light a woman can use it.

### 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 cook-outs, 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.

### 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!**

Plug Amazoy into an entire lawn or problem areas. Plug it into poor soil, "builder's soil", clay or even salty, sandy beach areas. I guarantee every plug, regardless. Any plug failing to grow in 45 days replaced FREE. Since we're hardly in business for the fun of it, you know we're 100% sure of our product!

### CHOKES OUT CRABGRASS

Thick, rich, luxurious, established Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long! 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 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 Zoysia plugs for other areas as you may desire.

Meyer Z-52 Zoysia grass was perfected by U.S. Gov't., released in cooperation with U.S. Golf Assoc. as a superior grass.

Order guaranteed Amazoy now, get your bonus plugs FREE. Your order will be delivered at earliest correct time for planting in your area.

We ship all orders the same day grass is taken from the soil, shipping/handling charge collect via most economical means.

© 1979 Zoysia Farm Nurseries

**DON'T BE MISLED! There is Only One Amazoy**

Amazoy plugs are taken from genuine Meyer Z-52 Zoysia . . . guaranteed winter-hardened for 3 full years under the supervision of trained agronomists. Over a HALF-BILLION plugs sold (outsells the others 10 to 1)! So don't take chances with inferior plugs. Accept No Substitute for Amazoy Zoysia! If it isn't Amazoy, you're not getting the plugs that made Zoysia famous.

### 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, checker-board 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

Do not mistake Amazoy pre-cut plugs for sod or seed of any type of grass. There's no seed that produces winter-hardy Meyer Zoysia. Sod of ordinary grass carries with it the same problems as seed—such as weeds, diseases, frequent mowing, burning out, etc.

**FREE UP TO 600 PLUGS**

Just for Ordering Now!

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. Accept no substitutes!*

**TO: Zoysia Farm Nurseries, Dept. 343**  
(Our 24th Year) General Offices and Store  
**6414 Reisterstown Road, Baltimore, Md. 21215**

Please send me guaranteed Amazoy as checked below:

<input type="checkbox"/> FULL SIZE PLUGGER <span style="float: right;">\$4<sup>95</sup></span>		
<input type="checkbox"/> 100 PLUGS Plus Bonus of 30 FREE	<input type="checkbox"/> 100 PLUGS & PLUGGER Plus Bonus of 30 FREE	<input type="checkbox"/> 200 PLUGS Plus Bonus of 75 FREE
TOTAL 130 PLUGS <b>\$5<sup>45</sup></b>	TOTAL 130 PLUGS <b>\$8<sup>45</sup></b>	TOTAL 275 PLUGS <b>\$9<sup>45</sup></b>
<input type="checkbox"/> 200 PLUGS & PLUGGER Plus Bonus of 75 FREE	<input type="checkbox"/> 300 PLUGS & PLUGGER Plus Bonus of 100 FREE	<input type="checkbox"/> 500 PLUGS & PLUGGER Plus Bonus of 150 FREE
TOTAL 275 PLUGS <b>\$11<sup>95</sup></b>	TOTAL 400 PLUGS <b>\$15<sup>45</sup></b>	TOTAL 650 PLUGS <b>\$21<sup>95</sup></b>
<input type="checkbox"/> 1000 PLUGS & PLUGGER Plus Bonus of 300 FREE	<input type="checkbox"/> 1500 PLUGS & PLUGGER Plus Bonus of 450 FREE	<input type="checkbox"/> 2000 PLUGS & PLUGGER Plus Bonus of 600 FREE
TOTAL 1300 PLUGS <b>\$31<sup>95</sup></b>	TOTAL 1950 PLUGS <b>\$40<sup>95</sup></b>	TOTAL 2600 PLUGS <b>\$49<sup>95</sup></b>

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07-A4



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Please allow 45 to 60 days to receive your first issue.

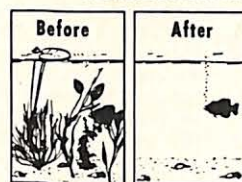
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Rather than sort overflowing vaults, these are sold by the pound! A GOLD PIECE of the world added! All coins 30-150 years old. May include Indian, Lincoln cents; silver dollars; 2c; 3c pcs. etc. 1 lb.—\$16.50; 2 lbs.—\$30; 5 lbs.—\$72; 10 lbs. (plus 2 gold pcs)—\$130. Add \$2 for ins., hndlg. All major credit cards accepted. (Add exp. date.) Centre Coin Co., Box 1, Dept. L-4, Sherman Oaks, CA 91413.

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

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Used and tested by many State conservation departments.

10 LB. CAN (Treats 4,000 sq. ft. of lake bottom) \$26.95 includes delivery. (50 lb. carton, \$99.95 includes Delivery)

Or write for free information to:

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308 Prince St., Dept. 323, St. Paul, Minn. 55101

## NOW! YOU CAN MAKE BADGES & BUTTONS FOR YOUR GROUP

Badge-A-Minit is the instant button-making machine. You can make one or one hundred permanent, plastic protected pin back badges whenever, wherever you need them. Put any slogan, photo, emblem, or message on a button. Create ID badges, name tags quickly, easily. Ideal for club meetings, fund-raising, promoting events.

Badges are great motivators! Personalize buttons for children, create yo-yos, keychains, pendants. Great for favors at hospitals and homes. Parts cost just pennies each.

### FAMILY FUN!

Here is the great, new hobby that all America is talking about and the entire family is enjoying. Badge-A-Minit makes badges, belt buckles and other novelties that say what you want them to. Anything that can be printed on paper (and more) can be put on a badge with the system that is simple and inexpensive. The possibilities for designs and fun are unlimited. Fun to make, fun to wear and display.



### SPARE TIME INCOME

MAKE \$25 to \$100 AN HOUR! Enter the profitable market for badges and buttons. Badge parts that cost a few pennies each make buttons that sell for as much as \$2.50; belt buckles that sell for \$5.00 and more; purse mirrors and pendants that sell on sight at flea markets, fairs, malls, anyplace people gather. Take orders from businesses and groups; schools buy badges for many uses. Send for your Badge-A-Minit today and start cashing in on the big demand for buttons and badges.

**ONLY \$24<sup>95</sup>**

Your basic system will contain a steel and fiberglass reinforced Lexan hand die press improved color-coded die set with new BUT-N-LOK™ feature for smoother buttons, easier assembly, complete parts for one dozen quality badges, fully illustrated operating instructions and colorful literature on all Badge-A-Minit accessories. All for one low price.

**SEND FOR FREE BUTTON & NEW COLOR CATALOG.**

BADGE-A-MINIT, Ltd., Dept. EL-49, Box 618  
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- Yes, send me free button and fully illustrated details.  
 I'm convinced. Rush me the complete system. I've enclosed \$24.95 (check or money order) plus \$1.75 for postage and handling and 5% sales tax for Illinois residents. Or use my credit card indicated below.

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**UNCONDITIONAL MONEY BACK GUARANTEE**

## Carry TEN TIMES a Wheelbarrow Load with INCREDIBLE EASE!

These BIG, strong carts are perfectly balanced on two huge wheels — roll easily over lawns and gardens — carry up to 400 lbs. of load — huge volume capacity means you make fewer trips — you'll save time and steps.

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Charlotte, Vermont  
05445



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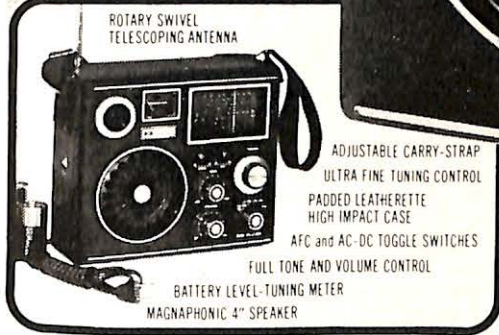
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**\$34.95 ORDER NOW!**  
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Hear it all wherever you go with this beautifully designed portable radio of tomorrow. 8-dual power bands bring you AM; FM; 40 channel CB; TV sound on all VHF channels; plus police and fire calls and continuous 24 hour weather bulletins. Has AFC, full range volume and tone control, battery level indicator and tuning meter plus dynamic 4" PM true fidelity speaker system. Earphone attachment included for private listening. Luxurious padded leatherette and chrome trim cabinet. Operates on ordinary D cell batteries (included) or plugs into 110 V. AC house current. A truly remarkable value, backed with our full money back guarantee.

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WITHOUT RISK OR OBLIGATION

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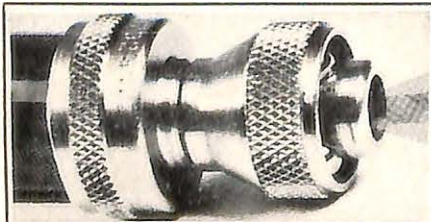
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See Advertisement Inside Front Cover  
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 Please rush \_\_\_\_\_ prs. of the Genuine Leather "Ranchero" Dress Boot for the low price of just \$19.95 pr. plus \$2.25 postage and handling on same money-back guarantee.  
**SAVE MORE!** Order two pairs for just \$38.00 plus \$4.00 postage and handling on same money-back guarantee.  
 \_\_\_\_\_ prs. Cordovan Brown (M246470B) size \_\_\_\_\_ width \_\_\_\_\_  
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Lakeland Nurseries

the one fully Guaranteed

MEYER Z-52

# ZOYSIA!



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Lakeland Nurseries Guarantees That—  
1) All Zoysia Plugs must be received by you in perfect condition or notify us promptly for free replacement or refund whichever you prefer;  
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There you have it—in writing—the reasons why we can state that—

**LAKELAND ZOYSIA GROWS DENSE, GREEN, PERFECT LAWNS IN NEARLY 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 about 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 hardiest, 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
- 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'S NEW FRESH-FROM-THE-FIELD SHIPPING POLICY**

Now, we've added a brand new Midwestern Distribution Center to our National\* shipping network. Your Lakeland Zoysia arrives even faster than before! Quicker delivery guarantees fresh, healthy plugs brought right to your yard the most economical way—ever!

\*Eastern customers will continue to be supplied from our Eastern Center.

**LAKELAND NURSERIES SALES, Hanover, PA 17331 Dept. NL-1254**

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

**CHARGE TO MY:**

- BankAmericard/VISA
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- Carte Blanche
- Diner's Club
- Master Charge
- Interbank No. \_\_\_\_\_

Acc't No. \_\_\_\_\_

Exp. Date \_\_\_\_\_

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

NAME \_\_\_\_\_ (please print)

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**Please send the guaranteed Zoysia Plugs checked below:**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> FULL SIZE PLUGGER (L000778H)                                     | <input type="checkbox"/> 100 PLUGS (L000927Y) Plus Bonus of 25 FREE PLUGS \$4.95                    | <input type="checkbox"/> 100 PLUGS & PLUGGER (L000950Y) Plus 25 FREE PLUGS \$7.88 (SAVE \$3.17)     |
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| <input type="checkbox"/> 500 PLUGS (L000943Y) PLUS 125 FREE PLUGS \$18.88 (SAVE \$11.62)  | <input type="checkbox"/> 1000 PLUGS (L003293Y) PLUS 250 FREE PLUGS \$28.88 (SAVE \$32.12)           | <input type="checkbox"/> 1000 PLUGS & PLUGGER (L007666Y) PLUS 250 FREE PLUGS \$31.88 (SAVE \$34.07) |
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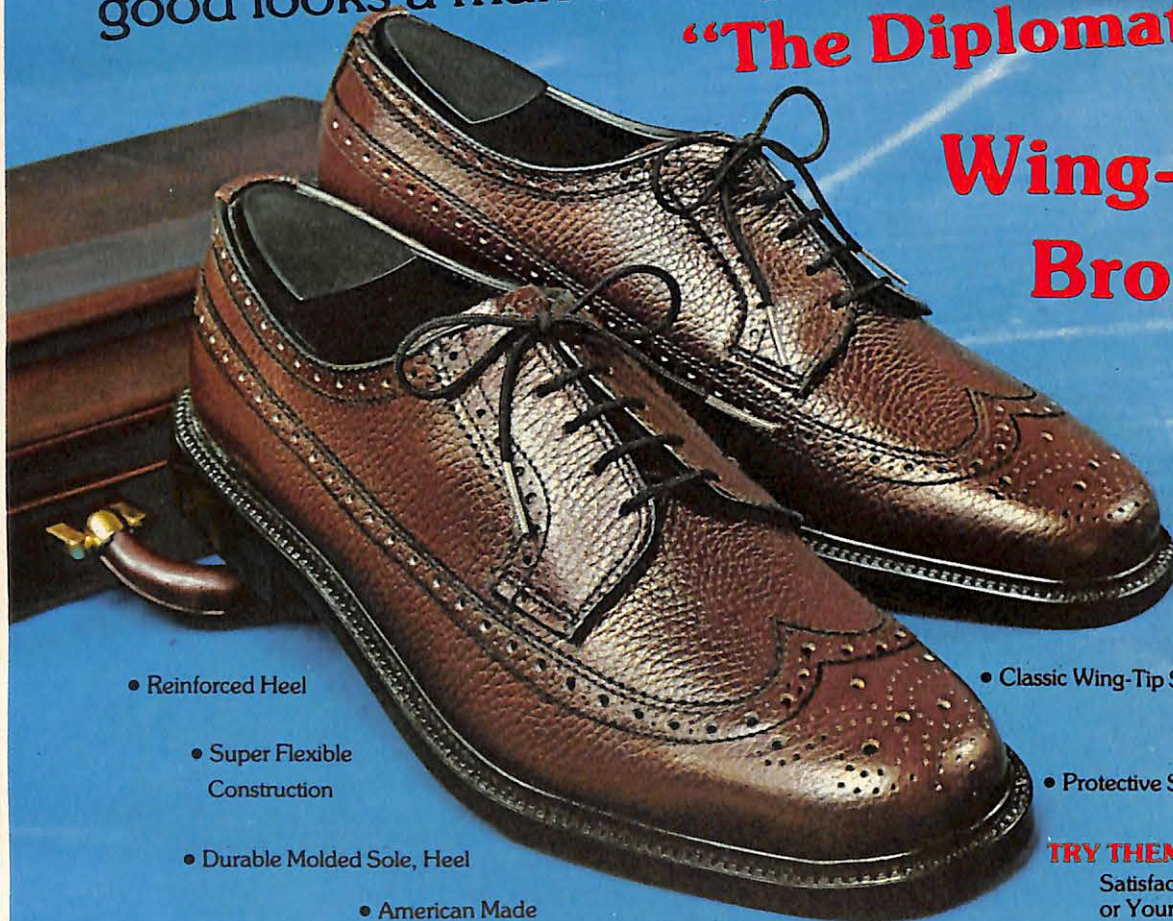
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**HABAND COMPANY**  
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Chest	Height	Waist	Inseam

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