



РНОТО #2





РНОТО #4





Bethlehem White Christmas Rehearsal Under Way

A group of Bethlehem citizens are hard at work rehearsing the opra, "Amahl and the Night Visitors" for the 1969 Bethlehem White Christmas Festival. The moving one-act opera, composed by Gion-Carlo Menotti, will be performed December 11, 12, and 14, in the auditorium of the Bethlehem Middle School.

The following pictures show cast members hard at work during rehearsals and construction of materials of the opera.

PHOTO #1 - Philip Ackerman and Stuart Bailey work on the crutches they will use when they play the lead rolls of Amahl. Philip is working with Cast #1 which will give two performances, and Stuart with Cast #2, which will give one performance. The boys have been rehearsing the difficult lead rolls for weeks in preparation for the White Christmas performance.

PHOTO #2 - Philip Ackerman adds rustic touches to the ciutch he will use in the performance of Amahl and the Night Visitors. The crutch is being built in the industrial arts shop of our Bethlehem Middle School. not far from the auditorium where the opera will take place. Watching the construction are Aaron Shaloum, Instructor of Industrial Arts, and Stuart Bailey. The boys will each play the lead roll of Amahl, the story of a crippled shepard boy who sees the Star of Bethlehem.

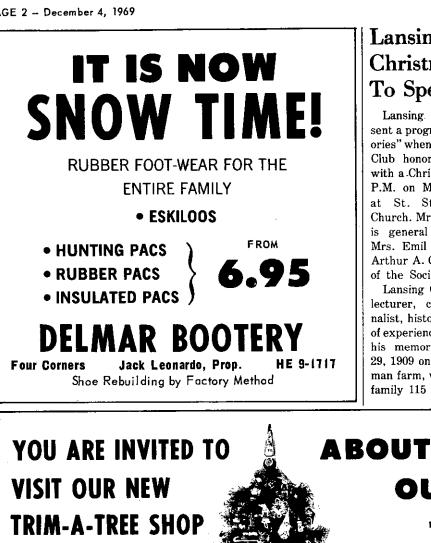
PHOTO #3 – The stage in the Bethlehem Middle School, formerly the Jr. High School, has been a busy place recently, as the casts of Amahl and the Night Visitors rehearses the opera for the coming performances. Cast #1 includes (l-r) Mrs. Marlin Fuller, piano accompanist; John Dorman, King Kaspar; Jeffrey Fuller, King Balthazar; Robert Dorrone, King Melchior; Mrs. Duncan Martin, the Mother; Philip Ackerman, Amahl; Marty Dineen, the Page (center, seated); Mrs. Joseph Lamprecht, stage director; and Joseph Gerber, piano accompanist.

PHOTO #4 — The principle characters of Cast #1 rehearsing a complex scene from Amahl and the Night Visitors are: (1-r) John Dorman, King Kaspar; Jeffrey Fuller, King Balthazar; Robert Derrone, King Melchior; Mrs. Duncan Martin, the Mother; Philip Ackerman, Amahl; and Marty Dincen, the Page.

The opera will be held in the auditorium of the Middle School, where the Bethlehem White Christmas first began many years ago.

PHOTO #5 — Working with Cast #2 for Amahl and the Night Visitors are: (l-r) Mrs. Louis Spelich and Frederick Adler, piano accompanists; Stewart Bailey, Amahl; Mrs. Richard Haverly, the Mother; Joseph Farrell, music director and director of the Pro-Musica Chorrale of Bethlehem; James Dunham, King Balthazar; James Kronendonk, King Melchior; Elihu Jerabek, King Kaspar; and Ned Stringham, the Page.

Hear Ye! Hear Ye! A Reminder The Bethlehem Lions Club WINTER SPORTS SALE December 6 and 13 Bob Sowers' Delmar Appliances 239 Delaware Ave., Delmar



L. J. MULLEN PHARMACY

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EXCLUSIVE MR. CHRISTMAS TREES NOVELTY TRIM ALL COORDINATED ACCESSORIES GARLANDS, LIGHTS ORNAMENTS. etc.

Lansing Christman To Speak

Lansing Christman will present a program "Christmas Memories" when the Delmar Progress Club honors its new members with a Christmas tea from 2 to 4 P.M. on Monday, December 8, at St. Stephen's Episcopal Church. Mrs. Wm. P. Blackmore is general program chairman. Mrs. Emil Klusmann and Mrs. Arthur A. Clark are co-chairmen of the Social Committee.

Lansing Christman - author, lecturer, conservationist, journalist, historian - has a wealth of experience from which to draw his memories. Born December 29, 1909 on the ancestral Christman farm, which has been in his family 115 years, he fell heir to

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the role of conservationist, for the Christmas farm has been a sanctuary for bird and wildlife since 1888.

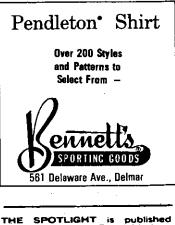
THE SPOTLIGHT



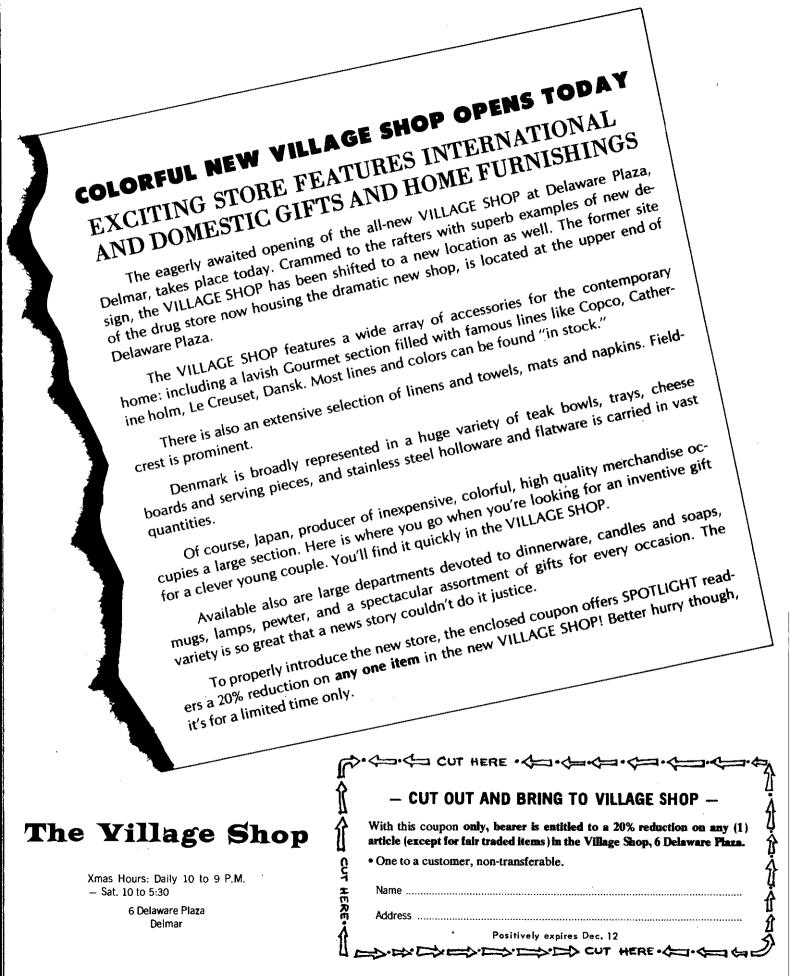
LANSING CHRISTMAN - author, lecturer, conservationist, journalist, historian who will recall "Christmas Memories" for the Delmar Progress Club Monday, December 8, at St. Stephen's Episcopal Church.

"A Hill Farm Year," written in 1956, and "A Hillside Harvest," written the following year, reflect his role as author. Unfortunately, both books are out of print. The "San Francisco Chronicle" says of the essays: "His is an inspirational work of the better sort in which God seems to be evident - in sifting snows, September grapes, a grove of hemlocks - far more frequently than in the collected works of Norman Vincent Peale."

Lansing Christman is President of the Schenectady County



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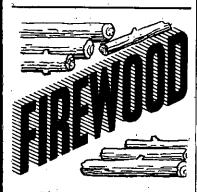
Historical Society and a member of the Board of Trustees of the Schenectady County Historical Society. He is Historian for Schenectady County as well as for the Town of Duanesburg, He is a member of the Board of Directors of the John Burroughs Memorial Association of New York, a member of the Roxbury Burroughs Club. He is an honorary member of the Mohawk Valley Hiking Club. He is a Charter Member of The Thoreau Fellowship. The "Hartford Times" says: "In Lansing Christman's veins runs the literary blood of a latter day Thoreau."

The Winston, North Carolina "Salem Journal-Sentinel" says: "Lansing Christman's imaginative, discerning pen broadens our perspective and helps us understand why the sprouting of a planted seed or the katydid's first summer song may be more important than a speech by the Kremlin or an act of Congress."

BSA Troop 58

Boy Scout Troop 58 of Elsmere had a camp-out at Rotary Scout Training Center, Poestenkill on November 22 and 23.

One purpose of this experience was to give the boys work-



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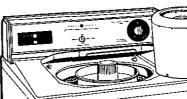
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ing on the Pioneering Merit Badge a chance to build the monkey bridge.

Under the supervision of the assistant scout master, Joseph Murphy, the following boys completed the requirement of bridge building: David Brossman, Robert Bullock, Henry Digeser, James Flynn, Howard Heilpern, and Richard Herrmann.

The following boys passed their second class cooking requirements: Reid Conley, Michael McNary, Keith Smith, Richard Root, Andrew Rose, and Mark White.

Richard Herrmann completed the requirement of cooking for the cooking merit badge.

Robert Bullock and James Flynn completed the 1-1/2 mile hike into camp with packs.

The following boys completed one of the five mile hikes for second class: Reid Conley, James DeGrush, Michael McNary, Richard Root, Andrew Rose, John Russum, Keith Smith, and Mark White.

The adults who gave leadership in addition to the assistant scout master were: Kenneth Bauer, Frank Conley, Richard Herrmann, and Clayton Rose.

New Arrival

Mr. and Mrs. William H. Labrum, Jonesboro, Georgia, have announced the birth of their first child, a daughter Cary Rane, born November 3, weight 7 lbs. 14 1/2 oz.

Mrs. Labrum is the former Laura Kramer, daughter of Mr. and Mrs. John Kramer, 11 Stratton Place, Delmar.

The paternal grandparents are Mr. & Mrs. Harold W. Labrum, 34 McCormack Road, Slingerlands, N.Y.





CRISIS Committee for Reason In Support of Improved Schools December 10, wednesday 8:00 p.m.

BETHLEHEM CENTRAL SENIOR HIGH SCHOOL

DR. MICHAEL J. MATTIOLI DIRECTOR OF PSYCHOLOGICAL STUDIES PELHAM PUBLIC SCHOOLS

PUBLIC INVITED

SUBJECT: "PUPIL PERSONNEL SERVICES - DO WE GET WHAT WE PAY FOR?"

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Gift for 17

Teachers at Delmar Elementary School won't be getting Christmas presents from their classes this year. Ten dollars from each class' dues was earmarked for the teacher's holiday gift. But this year, each teacher requested the money go instead into an emergency fund for Channel 17.

Channel 17 School Services Manager Erik Van de Bogart received \$488.43 in bills and checks from the Delmar school at a special National Education Week program in the school auditorium Friday afternoon, November 14.

In addition to the Christmas money, the Emergency Fund was swelled by contributions from the PTA and parents. Some families contributed as much as \$10 each, reported Mrs. Robert Smart of the Delmar PTA.

The teachers suggested the Emergency Fund Drive. Channel

17 provides television instructional programs they use in their classrooms. When the Bethlehem School District went on an aus-



CHANNEL 17 SCHOOL Services Manager Erik Van de Bogart receives \$488.83 from Mrs. Robert Smart, Delmar Elementary School P-TA.

terity budget, it was forced to drop membership for its schools in Channel 17's educational council.

Mrs. Dorothy M. Hosey and other teachers had heard a talk by Van de Bogart at a regional school meeting in October. He had said if the station has another year of budget cuts as drastic as they have been this year, schools in the capital district are in real danger of losing their instructional television service from Channel 17.

The teachers wanted to demonstrate they supported Channel 17. So they suggested creating the Emergency Fund Drive.

The \$488.83 proved a belief in and a growing community concern for the future of instructional television in this area's schools.





WSCS Bazaar

The Women's Society of the Slingerlands United Methodist Church will present their Bazaar, "Christmas in Slingerlands," on Dec. 6 from 10:00 A.M. until 8:00 P.M. in the church, 1497 New Scotland Rd., Slingerlands. A snack bar will be open from 10:00 A.M. until 3:00 P.M. and a ham buffet supper, served a la carte, from 5 until 7 P.M. in Fellowship Hall.

The Christmas Gallery will offer many handmade items such as tree ornaments, angels, wreaths, pine cone trees, tree skirts and Christmas decorated match books. The Unique Boutique is offering hot pads, aprons, mittens, slipper socks, hand-decorated note paper and many other items. Inexpensive articles for sale are suitable for stocking stuffers and gifts priced low enough for youngsters to give to parents. The silent auction is always an exciting event where very special items are offered for your bidding. There is also a large assortment of plants and dried flower arrangements. Shoppers should come early for the largest selection and take their choice of delicious home baked goods.

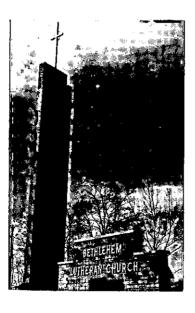
Bazaar Chairman is Mrs. George Witt and Co-chairman. Mrs. Eugene Horn and Mrs. Robert Bosworth; Christmas Gallery, Mrs. David Smart, and Mrs. Chester Skubel; Books and Records, Mrs. Howard Clayton and Mrs. John Clark; Sweets and Treats, Mrs. Robert Bartlett and Mrs. William Zimmerman; Parcel Post, Mrs. William Gearv and Mrs. William Burnett: Silent Auction, Mrs. John Ynderhill and Mrs. Wallace Erlichman; Unique Boutique, Mrs. Arthur Ritchko and Mrs. Adrian Grubs; White Elephant, Mrs. Ralph Derby and Mrs. Arthur Ahr; Green Thumb, Ruth Voorhees.

Recognition

Gansevoort Chapter, Daughters of the American Revolution, will recognize two important committees - DAR Schools, chaired by Mrs. Samuel W. Hall and DAR Good Citizens, Mrs. Harry D. Smith and Mrs. John P. McNeill, co-chairmen, on Monday, December 8, at St. Andrew's Church when a Buffet Luncheon will be served at twelve o'clock by the Board of Management. Mrs. Raymond L. Carr is chairmàn of hostesses.

Mrs. Smith and Mrs. McNeill will present good citizen pins and certificates to these young ladies who were chosen by their classmates and endorsed by the faculty to represent their schools. Philip Schuyler High School selected Pamela Johnson, daughter of Mr. and Mrs. George Johnson, who is also a member of Schuylarks. Donna Clickner represents Watervliet High School, and Constance Cannon represents Columbia High School in East Greenbush.

On their award pin, the stars represent the thirteen Colonies; the blue identifies it with the DAR; the four books, suggesting school days, represent Leadership, Service, Dependability and Patriotism, the qualities of char-



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Use Your BankAmericard or Master Charge

Prepare Your Heart

for Christmas

By Attending Our

ADVENT MID-WEEK SERVICES.

(Every Wednesday Evening Till Christmas.) 6 to 7 P.M. — Family Pot-Luck Suppers. 7:30 P.M. — Special Advent Service, Guest Preachers.

SUNDAY MORNING ADVENT SERVICES.

9:30 A.M. – 1st Service of Worship 9:30 A.M. – Sunday School and Teen Bible Class. 11:00 A.M. – 2nd Service of Worship.

BETHLEHEM LUTHERAN CHURCH

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acter the DAR emphasizes; the wreath is the laurel wreath of Honor and above all is the torch of understanding.

DAR Schools, Supported by the Daughters, will be interesting to these young people, when Miss Amy Walker gives an illustrated lecture of her recent tour of these in the southeastern area of our country.

Washington, in his farewell address to the American people enjoined them to "promote, as an object of primary importance, institutions for the general diffusion of knowledge" thus developing in them the largest capacity for performing the duties of American Citizens. Thus the DAR Schools and DAR Good Citizen Committees is important to the well-being of our nation.

Christmas gifts are being sent to our Scholarship girl at Tamassee (School) South Carolina, and to the New York State Cottage, where a homelike atmosphere prevails for the 185 Boarding Students and where they reflect the contentment of happy and loved little girls. Their beautiful chapel is dedicated to the children of the southern mountains.

While at Tamassee, Miss Walker attended the Founders Day Program, celebrating their Golden Anniversary. Since its founding in 1919, in the hills of Oconee County. by the South Carolina Daughters of the American Revolution, thousands of young men and women have passed through the "Place of the Sunlight of God" to find a new way of life.

Special Guests will be the Mothers and Counselors of the Good Citizens Award Winners. Mrs. M. B. Van Hoesen-Blake, first Vice Regent will present the programs for the Regent, Mrs. Paul Noyes Hillard, and Mrs. Joseph R. Mead will conduct the traditionally annual Christmas Sale for the Blind at this meeting.

Dedication

The Onesquethaw Reformed Church whose pastor is the Rev. John Egy, will hold a special Dedication Service for its new educational addition on Sunday, evening, December 7th, at 7 P.M. The Reverend Cornelius Dykhuizen of Scotia, New York will be the principal speaker. The general theme of worship will be: "Thanking God for Today's Ministry." The Rev. Mr. Dykuhuizen has recently retired as Field Secretary of the Albany Synod of the Reformed Church. He has watched the development of many phases of church life over the past decade.

Approximately four years ago, the leaders of the Church expressed a need deeply felt by all the congregation for more adequate facilities for religious education. They began immediately to plan and save toward this goal which is now realized.

The entire public is invited to celebrate this occasion. Following the service all will have the opportunity to visit the new facilities and to enjoy refreshments.

The church plans to receive a free-will offering and to give the entire amount of some phase of urban ministry. The actual project will be announced at the service itself.

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DELAWARE PLAZA **SHOPPING CENTER**

THE

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DELAWARE PLAZA SHOPPING CENTER

The actual location of the Church is on Tarrytown Road, 3 miles outside of Clarksville (located on Route 43, south of Delmar).

Fair and Bake Sale

A Christmas Fair and Bake Sale will be held at the Jerusalem Reformed Church of Feura Bush (on Rt. 32) Saturday, December 6, from 10 A.M. to 4 P.M. Refreshments will be sold.

Wins Honor

Loretta Preska, daughter of Mr. and Mrs. Victor R. Preska, Van Dyke Road, was recently honored by the New York State Inter-collegiate Assembly which convened in Albany on November 13-15.

Loretta was cited "in recognition for four years of outstanding contributory service to the New York State Debate Association." She has been invited to return to future sessions of the assembly and to function in the capacity of a alumna advisor.

Loretta, a senior math major at the College of Saint Rose, served as chairman of the Central Planning Committee and was responsible for coordinating and administrating activities for the annual session of the Intercollegiate Assembly.

Auxiliary Party

The Annual Christmas Dinner Party of Nathaniel Adams Blanchard Unit 1040, American Legion Auxiliary, will be held on December 16, 1969 at 6:30 P.M. at the Post Rooms on Popular Drive, Elsmere.

Assisting President Mrs. Herbert Hafley's committee will be Mrs. Arthur Quinn, reservations and Mrs. Arthur Kemnitzer, decorations.

Each member is asked to bring a grab bag gift.

not to fade, wilt, or shed needles. Smells forest-fresh. Easy to assemble and store. Built-in six-foot electrical extension cord. And the tree is fireproof. Sale priced \$14.95

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first year, this one

You have only to buy Agway's seven-foot Mr. Christmas artificial tree once. It practically lasts forever. Guaranteed

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Also, a large assortment of tinsel garland, glass ornaments, satin and shiny teardrops, musical-instrument designs, frosty figures and many others are available at Agway's special low prices. Stop in today at the

Agway House of Christmas.



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THE SPOTLIGHT

Holiday Dinner

A festive holiday dinner at the Moon Restaurant on Delaware Avenue will be the setting for the annual Christmas party of the Ladies Auxiliary of the Elsmere Fire Company. Following the dinner, which will be served promptly at 7:00 on Thursday, December 11, there will be a business meeting, distribution of gifts, and seasonal entertainment.

Family Night

On Sunday evening, December 7, from 5:30 P.M. until 8:00 P.M. there will be a family night at the First United Methodist Church of Delmar.

The theme of the evening is preparation for Christmas. It will begin with a covered dish supper in the Fellowship Hall. The program will include family worship planned by the Millerd Harmon family. Mrs. Arthur Jewell and her program committee have planned a variety of activities designed to help express the Christmas feelings.

There will be hand crafts to make Christmas ornaments, decoration of the church, and candy making.

Paper Drive

Glenmont Cub Scout Pack 88 & Boy Scout Troop 262 will hold a paper drive on Sat.. Dec. 13. If you have newspapers to be picked up please all these numbers: James Johns: 434-8266

> George Bloodgood: 439-3383

Happy Holiday

This Thanksgiving was an especially happy occasion for the Robert S. Gibbs' of South Bethlehem. Among other dinner guests, Mrs. Gibbs' two sons were home on leave from the Navy. Seamon Timothy K. Fisher is home from Great Lakes Training Center and after a twoweek leave will report for duty



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Reserve right to limit quantities Prices Effective Thurs., Fri., & Sat. 12/4, 12/5, 12/6 SWIFTS PREMIUM PORK SALE **CENTER CUT** CHOPS and ROAST PORK PORK CHOPS LOIN COMBO COUNTRY STYLE SPARE **. 69**¢ RIBS **MINI-PACKS ■59**¢ 10 lb. GROUND CHUCK \$7.90 10 lb. CHICKEN LEGS \$4.90 10 lb. CHICKEN BREAST \$5.90 Assort. 1/2 gal. 79¢ **ICE CREAM** flavors

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can

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at radio school in Baimbridge, Maryland. In last week's graduation ceremonies at Great Lakes, Seaman Fisher's company 585 was rated top company in the training groups.

Petty Officer 3rd class, Clifford J. Fisher III, is also home on leave from Boston where he is a ship's photographer on the Carrier USS Lexington. In February Cliff is scheduled to return to Pensacola, Florida.

Timothy and Clifford are also the sons of Mr. Clifford J. Fisher of Dormansville.

Travelogue Program

The second of a winter series of Travel Programs will be presented by Mrs. Erwin McLaughlin from Elsmere at Selkirk Fire House #1 on Maple Ave., on Friday, December 5, at 8 P.M.

She will narrate and show pictures on Ireland and Scotland. Everyone is welcome.

Bloodmobile

Friday, December 12, the Glenmont - Selkirk - South Bethlehem Bloodmobile will be at the South Bethlehem United Methodist Church, Willowbrook, Avenue, from 1 to 7 P.M. Walk-in donors will be appreciated. Babysitting will be available. Transportation will be furnished if necessary.

For information and appointments call: Mary Beecher (Glenmont) 439-9614; Florence Mabey (So. Bethlehem) 767-9946; Janet Rosamilia (Selkirk) 767-9119.

Meeting

The regular monthly meeting of the St. Thomas Altar-Rosary Society will be held December 10, after the 7:45 P.M. Mass in the Church.

A "Chinese Auction" is planned for the benefit of St. Anne's Institute.

Open Letter

Delmar Coin Club?

Interest has been expressed in the Tri-Village area concerning the possible imformation of a coin club. Although I am a novice collector, I would like to find out if there are other adults in the area, who share my interest in forming a coin club. If so, perhaps a local club could be formed. Adults interested in coins, paper money, medals and all other related numismatic items are needed. Part of the purpose of the club would be to hold informal meetings where ideas may be exchanged and where trading may be done. Future plans might include guest speakers on such topics as "Colonial Coins of New York," "Odd Coins of the United States the half cent, 2¢, 3¢ and 20¢ coins" and "U.S. Coins." Guests would be welcome at all meetings. If you are interested, please call Mrs. William Fuller at 439-2267.



BETHLEHEM PUPIL HONORED — Vicki Calaban, a junior at Bethlehem Central Senior High Sbhool, receives a \$25 U.S. Savings Bond donated by Capital Newspapers for drawing the art design selected for two display pages of Christmas advertising for Bethlehem merchants that appear in today's editions of The Knickerbocker News and Union-Star. Making the presentation to her are, from left: Garry Moore, advertising representative of Capital Newspapers; Richard Haverly, president of the Bethlehem Chamber of Commerce: Louis Spelich, Vicki's art teacher at Bethlehem High School, and Robert Pierson, teacher coordinator at the Delmar school.

The deadline for Spotlight Classified Ads is Friday afternoon preceding publication the following Thursday. Please get yours in on time.

W. G. MORTON, INC.

AND

REDMOND & BRAMLEY OIL CO.

extends a warm welcome to

New Home Owners In Town! And A Free Gift Of 100 Gallons CITGO Heating Oil, Too!

The next regular meeting of the Bethlehem Garden Club will be on December 10 at 1 P.M. It will be held at the Cedar Hill School.

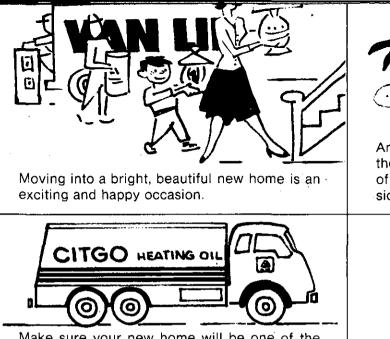
Dr. Edgar M. Reilly, from The New York State Museum will be the speaker.

The Garden Club, under the direction of Mrs. H. Gordon Miller, has decorated the Cedar Hill School for the Bethlehem Historical Society.

Mrs. Theodore F. Rapp is chairman of refreshments and Mrs. Lucien H. LeMaitre is program chairman.



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Yes, CITGO Heating Oil means super heat and it also means super economy. There's never a drop wasted because it burns hot even on the coldest days.

100 Gallons Free

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We promise you super service, too. Super speedy deliveries, super expert burner service ... everything to make winter seem far, far away from where you live.

Now take advantage of this warm offer!



*100 gallons free for new accounts with signed agreement to purchase heating oil requirements 1969-70 season.

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Camera Club

St. Stephen's Episcopal Church hall will become the scene of a photographic "laugh-in" on Tuesday, December 9, when Delmar Camera Club meets at 8 P.M.

The program chairmen promise a real "fun night" with something to please everyone. It will be an informal meeting with a party atmosphere, so come prepared to actively participate in the proceedings.

A photographic equipment "bargain night" will be one feature. Bring in any equipment or gadgets you wish to sell, with price tag attached. Maybe you

can pick up an inexpensive "bargain" Christmas gift for a friend or perhaps exchange your equipment for something more useful.

"Christmas Past" will be another part of the entertainment. A series of slides or prints that tell the story of a Christmas occasion will be presented.

And then there will be surprises! Don't miss the fun! You'll have a chance to meet and know your fellow camera club members informally.

The competition in "Architectural Detail" for slides, held at the last meeting, was won by Alice Koethen, Howard Gallaher and Joseph Dell in the top three places. Black and white print winners were Alice Porter, Cecil Terko and Mary Johnston.

In the general category, slide winners were Howard Gallaher, Monica Bishop and Sally Whitcomb, with black and white print honors going to Morton Levitt. Alice Porter and Donald Johnston.

The pre-meeting photographic lesson for Dec. 9 at 7 P.M. will be "Developing Your Own Black and White Film."

Excerpts

From "The Guidance Newsletter" of Bethlehem Central Senior High School

Kiwanis Club Career Conference

THE SPOTLIGHT

A reminder that the topic for our Kiwanis Club Career Conference on Thursday, December 4 at 2:00 P.M. will be Hospital Vocations. To attend this meeting, you must sign up in the Guidance Office by the close of school on Wednesday, December 3.

Seniors - December College Boards

Both the morning Scholastic Aptitude Test and the Achievement Tests of the College Boards will be given here at Bethlehem Central High School on Saturday, December 6. Your advanced preparation necessary for

SAVE UP TO 20% . . . IN ADDITION TO REGULAR KELLY FACTORY SAVINGS!

E-HOLIDAY

Just in time for Holiday giving and wearing. The finest and largest selection in the Tri-Cities area. Sizes 36 to 52 in all variations. Single and double breasted. Imported and domestic fabrics. Tones, checks, plaids, herringbones, solids, hues.

KELLY SALE PRICE

\$31.50 to \$79.50

KELLY SALE PRICE

Featured Nationally \$45.00 to \$110.00



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An exciting Fall lineup of fabrics, patterns and colors. Distinctively styled. The fit is perfection itself. The latest styles at Pre-Holiday Sale prices.

SHOP KELLY'S Tues., Thurs. & Fri. 'til 9:00 PM Weds. & Sat. 'til 5:30 **Closed Mondays**



CERTIFICATES Always "the right size" for every man on your list. Available in any amount you choose. Charge them to your account if you wish.

LADIES . . .

Here's how you can surprise him with a gift of a fine sport coat! Just bring in a coat of his and we'll determine the size .

A Plea From Your Letter Carrier...

SAVE OUR SERVICE

Your letter carrier is struggling against overwhelming odds.

For years we've done everything we can to get the mails delivered as promptly as humanly possible. We have regarded your letters, checks, post cards and packages as symbols of trust, knowing that in each daily round we carry the hopes and fears of millions of people.

We've faced the ancient perils of snow, rain, heat and gloom of night as well as dog bites, traffic, endless flights of stairs, and increasingly heavy burdens. We've done our part to maintain the honored traditions of our service.

Now we need your help.

As a result of short-sighted fiscal policies of the Bureau of the Budget, discriminatory pay scales and scandalous working conditions have reached the point where employment in the postal service imposes a sacrifice on postal workers that no citizen should be forced to bear in the ordinary course of events.

Wages of postal workers average thousands of dollars a year less than the amount determined by the United States Bureau of Labor Statistics as necessary for a "modest but adequate" standard of living.

To reach the top step of our postal pay scale takes up to 25 years of service . . . a goal most postal workers never reach. Over 90% of the letter carriers never rise above level 5 of the 21 level scale.

The rate of turnover among postal workers is nearly 10 times the turnover rate among factory workers—23 per hundred compared to 28 per thousand. That costs the postal service . . . and the taxpayers . . . over \$100 million a year in locating, hiring and training new employees.

To remedy these conditions and to achieve the kind of postal service Americans want and deserve, Congress has passed a bill. That bill is HR 13000 and is now before President Nixon for approval.

Here's what HR 13000 would do:

· Provide step increases equivalent to a 5.4% pay increase.

 Establish a Federal Wage Commission to determine future postal and federal pay scales.

• As of July 1970, provide for top pay scales after eight years of service instead of 25, thus increasing the incentive for postal workers to stay in the postal service.

Here's what you can do:

Please sign the coupon at the left and mail it to President Nixon.

That way you will help us and other organizations of postal workers who are now fighting to better their condition of life. We want to receive from our government employer the same treatment accorded, as a matter of course, workers in the private sector. We want to be paid as well as workers in similar jobs in private industry.

The simple fact is that postal reform begins with good postal pay.

President Nixon can take that first large step toward postal reform by signing HR 13000.

Postal wages are not inflationary.

Postal workers are the victims of inflation.

NATIONAL ASSOCIATION OF LETTER CARRIERS

NO CORPORATION NEEDED

Postal reform is badly needed. The surest path to postal reform is through good postal pay. It cannot be achieved by turning the postal service over to a corporation that will simply put a new name on old practices. Postal reform is up to Congress. The Postal Service, however, should remain in the hands of the people through their elected representatives and not in the hands of a profil-motivated Board of Directors.

BRANCH 3653, DELMAR, N.Y. 12054

President Richard M. Nixo The White House Washington, D.C. 20500	n		
Dear Mr. President: Please sign HR 13000 :	and help save our postal service.	,	
Name			
Address			
City	State	ZIP	



We turn back the clock for 10 bonus interest days every month.

Make a deposit or start an account by the 10th of any month, we'll pay you interest from the first. Rate? 5% per annum compounded quarterly—still the highest in the state.

At ASB, your money gets every advantage the law allows. Just like clockwork.



MAIN OFFICE 20 North Pearl Street Corner Maiden Lane Mon. thru Fri. 9 AM to 3 PM; Thurs. Eve. until 8 LATEST ANNUAL DIVIDEND



COLONIE OFFICE Colonie Ctr., Parking Areas P & Q Next to Sears, Mon. thru Fri. 10 AM to 3 PM & 5 to 8 PM Saturday; 10 AM to 6 PM

PINE HILLS OFFICE

501 Western Avenue

Mon. thru Fri. 9 AM to

3 PM; Fri. Eve. until 8

Corner West Lawrence St.

these tests is to read the booklets that you were given with your test application.

For the Scholastic Aptitude Test, report to school by 8:30 A.M., and for the afternoon Achievement Tests, be here by 1:30 P.M. Be sure to bring your admission ticket and two sharpened #2 pencils.

We remind you that you must make your own provisions for lunch since none will be served here at school.

Seniors January College Boards

If you plan to take the College Boards on Saturday, January 10, your application should reach Princeton by Wednesday, December 10. This administration of the College Boards will not be held at Bethlehem Central High School, but the tests will be given at Albany High School and Albany Academy, for which the test code numbers respectively are 3596 and 3597.

National Defense Student Loan Fund

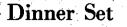
The National Defense Student Loan Fund, set up by the federal government, is administered by individual colleges and universities. If you wish to apply for this loan, request from each college to which you apply an application for a National Defense Student Loan. Since each college administers its own fund from monies granted to it by the federal government, and since the amount of money awarded to each college is quite limited, generally only the most promising applicants are awarded these loans.

Under the provisions of the N.D.E.A. Student Loan, you may borrow up to \$1000 each year for a maximum of five years. You may take as long as ten years after graduation from college to repay this loan, at 3% interest, which does not start to accrue until after your graduation.

If you enter the field of public school teaching, you will be forgiven 10% of the loan for each year that you teach through five years. For example, if you teach for only one year, you must repay 90% of the loan; if you teach five years or more, you would repay 50% of the loan.

A provision which was added

to the National Defense Student Loan as recently as last year, make it possible for those teaching in schools which have been designated as having a certain percentage of deprived or disadvantaged students to be forgiven the entire loan at the rate of 15% per year.



The 10th Annual Dinner of the



Continental

Chocolates

2 lbs. regularly \$3.95 I b., 6 oz. regularly \$3.75 I b., 6 oz. regularly

Bethlehem Republican Committee will be held at the Thruway Hyatt House December 13. The principal speaker will be the Hon. Raymond C. Skuse, State Assemblyman from the102nd Assembly District. The Toastmistress will be Miss Ruth Miner. Frederick Dearstvne and Warren Kimmey are Co-Chairmen for the dinner; John LaForte, Ticket Chairman: Olof Lundberg, Chairman of the Music Committee; Robert Wiggand, Chairman of the Committee on Decorations and Charles Redmond is Chairman of the Committee on Seating Arrangements. Mrs. Charles Redmond is Chairman of the Hospitality Committee; Martin J.



Mutual of Omaha's Wild Kingdom starring Marlin Perkins

Cross, Jr., Pgm. Chairman; Joseph Von Ronne, Comm. for Guests.

Tickets may be obtained from any member of the Town Committee.

Basket Given

Students in the ninth grade

Introduction to Business classes at Bethlehem Central High School prepared a Thanksgiving basket for a family during the week preceding the holiday.

Mrs. Roberta Raymond, business teacher, worked with the students in the two classes in preparing a menu. Individual students volunteered to bring the items suggested on the menus, or contributed toward the approximately \$4 which would help to defray the cost of a turkey.

After the items had been brought to the school, Jeanne Dube, Elaine Ginter and Donna Grovenger wrapped them and completed the preparation of the basket so that it could be delivered.

Swiss Party

The Women's Organization of Normanside Country Club will

Member FDIC



THE HOME OF MRS ULRICH CZAPSKI of Crow Ridge Road, Voorheesville was the gethering place for a "coffee" for the area Women's Committee of the Saratoga Performing Arts. Peter Lawrence, Development Director of SPAC, spoke about increasing attention to the Arts. He explained the Christmas Gift Certificate promotion now underway. Left to right: Mrs. Ulrich H. Czapski, Mrs. Peter Burde, Mrs. Charles W. Graves, all of Voorheesville, and Mr. Lawrence



MRS. BRIGADIER WILLIAM BERRY, Director of Women's Services for the Eastern New York Division of the Salvation Army, and Mrs. Ersa H. Poston, President of the State Civil Service Commission, examine some of the more than 100 Christmas dolls which were dressed for the Salvation Army by employees of the State Department of Civil Service. The dolls, which have been on display in the Civil Service Building at the State Campus, will be distributed by the Salvation Army to needy children during the Christmas Season.

ACTUAL SIZE 14 karat gold plated wreath and tree pins with colorful stones and safety catch.



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Absentees eating up your profits?

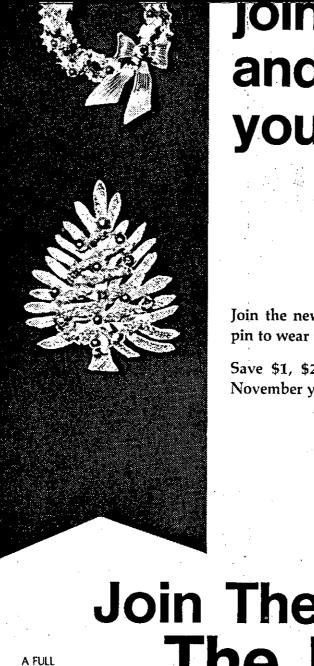
Mutual of Omaha Insurance Company

The man who isn't there is hurting your profit picture. So's the girl who stayed at home again today. Could you have known when you hired them that their desks would gather dust? Their resumes didn't offer such information. But a report from Fidelifacts would have! Men from our nationwide team of preemployment investigators talk directly to former employers --learning the facts about past work habits of your job applicants. We help you raise profits by helping you select the right man the first time!

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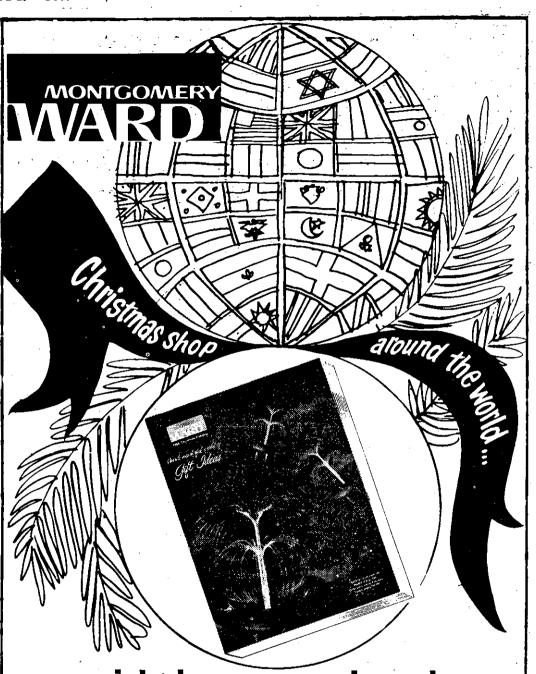
Join The Club and choose your pin.

Join the new Christmas Club now and choose a beautiful pin to wear through the holidays. Or to give.

Save \$1, \$2, \$3, \$5 or \$10 weekly for 50 weeks. Next November you'll be mighty glad you did.

Join The Club at The Bank National Commercial Bank and Trust Company

The Bank: DELMAR / ELSMERE* / BECKERS CORNERS (Mondays, Wednesdays: 9 to 11 a.m.) / BERNE (Tuesdays, Fridays: 3 to 5 p.m.) / WESTERLO (Mondays, Wednesdays: Noon to 2 p.m.) *EXTRA SATURDAY HOURS: 9 A.M. TO NOON



... right in your own home!

Come Christmas-shop the treasure-packed marketplaces of the world, in the comfort of your own home with Wards new 1969 Christmas Catalog! You'll find something to thrill everyone on your list from hundreds of gift-right imports each with its own exciting international flair: carved wood, brass and rattan home accents from exotic Oriental bazaars ...inner glow candles from Scandinavia...wrought iron and

wood accents from romantic Spain . . . colorful gourmet cookware from Germany . . . Afro-inspired fashions, metat jewelry, and primitive carvings and sculptures from native marketplaces . . . plus over 130 pages of toys and much, much more! And it's so easy to take Wards shopping excursion around the world: order easily by phone or in person and just say "Charge it" with Wards Charg-all credit plan.

DELMAR OFFICE - 222 Delaware Avenue, Delmar SHOP THE CONVENIENT WAY-CHARGE ALL YOUR GIFTS AT WARDS! SPOTLIGHT CLASSIFIEDS HE 9-4949

THE SPOTLIGHT

present a "Swiss Christmas Party" at the Elsmere Clubhouse on Thursday, December 11.

Mrs. Raymond Stout and Mrs. Lawrence MacArthur are cochairmen of the party, which will include a 12:30 P.M. luncheon for members and their guests. In addition to the swiss theme, the lucky ladies who win at cards following luncheon will receive prizes selected by Mrs. Stout who visited Switzerland in October with her husband.

Meeting

Mrs. Jules Kerness will lead the Thursday night group of the La Leche League on December 4 to 8:00 P.M. at the home of Mrs. Patrick Town, 293 West Lawrence St., Albany, New York. The discussion for the evening will concern "The Family and the Breastfed Baby." Mrs. Pat Herchenroder will supply refreshments.

The Tuesday night group of the Albany LaLeche League will hold its regular monthly meeting at the home of Mrs. Andrew J. Rowinski, 4 Dresden Court, Westmere, New York on December 16 at 8 P.M. Mrs. Ralph Frey will lead the informal discussion entitled, "Art of Breastfeeding and Overcoming Difficulties." Mrs. Ralph Frey will also supply refreshments.



SOPRANO JOYCE HALL of the Lake George Opera Festival will be guest soloist with the Capitol Hill Choral Society in Albany in the annual Christmas production of Handel's "Messiah." The 180 voice chorus and Oratorio Orchestra will be under the direction of Judson Rand. The concert is scheduled for two evenings, Friday and Saturday, Dec. 12 and 13, at Chancellors Hall on Hawk Street at Washington Avenue. Advance tickets are now on sale at area musica stores. Concert time is 8:30 P.M.

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THE SPOTLIGHT

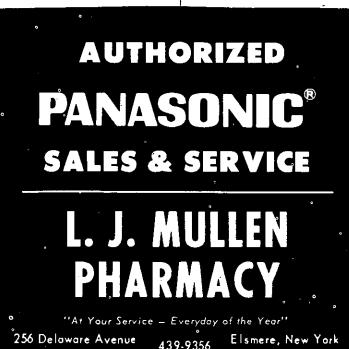
Holiday Bazaar

St. Michael's Episcopal Church, Colonie, will hold its annual Holiday Bazaar on Saturday, December 6, from 10 A.M. to 7 P.M.

A ham dinner will be served from 5:30 to 7:00. For reservations, call 869-7531 or 459-9068. There will be fresh-baked, homemade pies for sale (over 60 pies were sold last year), a Country Store Booth with decorated milk cans and maple sap buckets for sale, handmade knitted and crocheted articles, and many other wonderful things to see and enjoy. Come for lunch at the "Chat 'n Chew" Snack Bar. St. Michael's is located 1/2



DOLL DAYS ARE HERE AGAIN at the Delmar Public Library. With the arrival of these babies and teenagers from the world of make-believe, the holiday season had definitely begun. Cartons of charmers arrived to visit for a few days. Presently, they are occupying all available free space. Even the window ledges are filled. This gives a festive toy shop air to the library, but rest assured that the daily routine continues. Women from the Altamont Auxiliary of V.F.W., N.Y.S. Department of Civil Service. Commerce, Audit and Control, Labor, Social Services, Taxation, and the New York Telephone Company took time from their busy lives to spend uncounted hours dressing the dolls. Their work will be repaid when each baby finds a new home through the distribution services of the Salvation Army.





PLACE YOUR SPECIAL ORDERS FOR YOUR HOLIDAY CANDIES



Janny Jarmer





PARTY DECORATIONS WRITING PAPER PEN & PENCIL SETS 1970 CALENDARS & DIARIES Elsmere Branch US Post Office

C. M. GROVER Stationers Delaware Plaza ELSMERE, N.Y.

The Spotlight uses many pictures. If you take newsworthy pictures, send them to: The Spotlight, 154 Delaware Ave., Delmar. Be sure to Yequest "photo credit," if you'd like to be identified as the photographer.

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mile west of the Central Avenue Holiday Inn. Turn right on Killean Park and follow the crowd.

Safety Course

An American Red Cross water safety instructor course will be conducted at the Albany Jewish Community Center, Whitehall Road, Albany, and will run for ten Sunday mornings, beginning January 11. All courses will begin at 9:30 A.M. and will end at 12:30 P.M.

Applicants must be at least 17 years of age and older and hold an American Red Cross or YMCA senior lifesaving certificate.

There is no charge for the course, but each student is expected to purchase a swimming and water safety textbook costing one dollar on the opening day of the course.

Enrollment can be made by calling the Red Cross at 462-7461.

Film Series

As part of the current film series at The College of Saint Rose, "One Potato, Two Potato" will be shown Thursday, December 4.-The film, directed by Larry Peerce, will be screened at 3:00



OPEN THURS. 'TIL 9

Free Parking at All 16 Park & Shop Lots-

P.M. and 7:00 P.M. in Saint Joseph's Auditorium. Admission is \$.75.

Programs Set

Registration for Winter Vacation Programs at the Albany Jewish Community Center, including Winter Day Camp and all trips for Juniors, Intermediates and Tweens, will take place from 2:00 to 4:30 P.M. Sunday. December 7, and then 9:30 A.M. to 4:00 P.M. from Monday thru Thursday, December 8 through 12. Registration for all events is very limited and waiting lists will be started when groups and trips are filled up ... so its first come, first served.

Junior Program

The Junior Program includes a Rollerskating Party at the Rollerama in Ravena on Monday, December 22nd. A chartered bus will leave the Center at 12:30 and return at 4:00 P.M. The program is open to Kindergarten through 4th grade.

On Tuesday, December 23rd, the Juniors will take a trip, by popular demand, to Old Sturbridge Village in Sturbridge, Mass., to see rural New England as it was in 1790 to 1840. The children may go on a horse drawn sleigh ride, if the weather permits. A chartered bus will leave the Center at 8:30 A.M. and return at 5:00 P.M. Children going are asked to bring a bagged lunch and dress warmly.

On Friday, December 26th,



there will be a Kiddie and Junior Day Camp Reunion for those children who attended those divisions of the Centers Camp in 1969. The camp movies, created by the groups, will be shown in their entirety for the first time. Refreshments will be served. The Reunion will take place from 2:00 P.M. to 4:00 P.M. in the Center Auditorium.

Winter Day Camp for Juniors

There will be a Winter Day Camp on Monday, Tuesday and Wednesday, December 20th thru 31st for pre-schoolers thru 4th grade from 9:30 A.M. to 4:00 P.M. The program will include swimming, arts and crafts, woodworking, folktime, drama, homemaking, gym and physical fitness - three days of fun and excitement! Children are to bring lunch

- milk will be provided.

If there are any questions about the Junior Program or the Winter Day Camp, please call Arlene Mercado at 438-6651. Intermediate & Tween

Winter Vacation Program

On Monday, December 22nd, there will be an Ice Skating Party at the R.P.I. Fieldhouse. It is open to 5th thru 8th grades. A chartered bus will leave the Center at noon and will return at 4:15 P.M. Ice skates can be rented at the Fieldhouse.

On Tuesday, December 23rd, there will be a Tween Intercity Program from 2:00 P.M. to 10:00 P.M. at the Center. The Albany Jewish Community Center Tweens -7th, 8th and 9th grades will host Tweens from Gloversville, Pittsfield, Schen-

ectady and Troy Jewish Community Centers. The program will include micro-labs, physical education activities, dinner with entertainment with a banddance and concert winding up the days programs.

On Friday, December 26th, there will be a Rollerskating Party at Beck's Rollerama in Ravena for 5th thru 8th grades. A chartered bus will leave the Center at 12:30 and return at 4:00 P.M.

On Monday, December 29th the 5th through 8th graders will take a tour of Boston; highlighted by a visit to the Museum of Science and a walking tour of the Freedom Trail. At the Museum. the young people will participate in many of the do-it-yourself exhibits including an operating December 4, 1969 - PAGE 29

ship's bridge, a talking transparent woman and more.

On the Freedom Trail they will visit the Old South Meeting House, Paul Revere's Home, the Old North Church and much more. In the event of inclement weather, the group will visit the USS Constitution and Bunker Hill Monument instead of walking the Freedom Trail. If the weather is good and time permits, they will visit all the plac-

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WHO'S **HELPING HIM SHAPE UP?**

NE ARE, Electricity from Niagara Mohawk

powers the reducing machines that help people "take it off." Which is only fair, since electricity helps prepare the tempting dishes that "put it on" in the first place. Whether you're adding or subtracting, electricity is always there to serve you. Inexpensively. In fact, rates for Niagara Mohawk residential and industrial customers are still generally lower per kilowatt-hour than those of any other investor-owned utility in New York State. And your electric service is one thing you never have to think about. We work to keep it that

to think about. We work to keep it that way, because we take it as a compliment when you take us for granted.



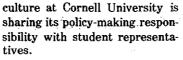
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es. They will eat dinner at a quaint Boston restaurant. The chartered bus will leave the Center at 9:00 A.M. and will return at 9:30 P.M. Those attending should bring lunch, money for dinner and souveniers.

On Wednesday, December 31st, there will be a Bowling Party for 5th through 8th grades. The chartered bus will leave the Center at 12:30 and return at 3:30.

Student Profs?

For the first time the faculty of the N.Y. State College of Agri-



Elected to a one-year term ending June 30, 1970, the student members were chosen from among six candidates during a special student meeting held October 21 under the auspices of the Agricultural College Student Council.

Those elected to the committee are Miss Patricia M. Stanley a senior from Oneonta; Ronald W. Cotterill, a senior from Dryden, and John C. Engelbrecht, a junior from Oriskany Falls.

The committee of seven faculty members and three students is primarily concerned with such matters as standards of admission, counseling and advising, curriculum, transfers, inter-college programs, and requirements for graduation. It meets twice a month.

Students have not yet been elected by the student body to serve on other committees. The faculty resolution last May re-

THE SPOTLIGHT

garding student participation called for election of student members to the committees in May, each year, in a special student meeting.

Other committees that may have student representatives are the Committees on Petitions and English Proficiency with two students each, and the Committees on Scholarships and Mann Library with one student each.

Dividend

On November 25, 1969, the

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DON'T LET OLD BILLS SPOIL A NEW YEAR!



Should you have a number of unpaid bills lying around, why not see US about a Rest Assurance Personal Loan? Pay up those old bills, protect your credit rating and perhaps you may even be able to borrow enough to cover

your holiday expenses and start the new year with a clean slate.

OUR Rest Assurance Personal Loans, in addition to low-bank rates, provide life insurance and offer accident and sickness insurance. This provides the borrower's family with maximum protection. See US and enjoy a happy holiday season.

SAVE both MONEY and TIME . . . Do ALL your banking under THIS roof!

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169 STATE ST., 339 CENTRAL AVE., 25 NEW SCOTLAND AVE., COR. SWAN & CHESTNUT STS., ALBANY • MIDCITY SHOPPING CTR., MENANDS • 265 OSBORNE RD., LOUDONVILLE • 910-C New Loudon RD., Latham • 602 Columbia TPKE., E. Greenbush • 91 Remsen St., Cohoes • 2nd ave at 14th St., Watervliet • Colonie Center, Colonie • 59 Third St., Troy

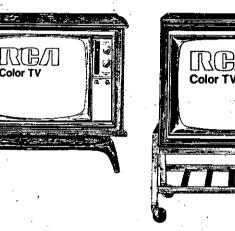
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Choose a family gift to fit your budget for Christmas! Many models and cabinet choices to select from . . . NOW –

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BUY NOW ! ! FIRST MONTHLY INSTALLMENT FEB. 12, 1970



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regular quarterly dividend of 35 cents per share and an extra dividend of 20 cents per share both payable January 2, 1970, to stockholders of record December 9, 1969. This announcement was made by Hollis E. Harrington, President of the State Bank of

THE SPOTLIGHT

The Board further expressed its intention to include in the notice of the call of the Annual Meeting to Stockholders a proposition to authorize an increase in the capital stock by an amount sufficient to provide shares to permit the payment of a 5 per cent stock dividend. Since it is planned to hold the next Annual Meeting of Stockholders in March, 1970, the Board would, after approval of the proposition by the stockholders, declare the stock dividend payable in April, 1970. If this program is followed, it will constitute the 12th consecutive 5 per cent stock dividend. It also reflects the excellent earnings being achieved by the bank this year and its confidence in the future.

Dinner Planned

A "First Annual Awards Dinner" will be held in May by the Eastern New York Chapter of the American Concrete Institute, it was announced today by the General Chairman of the event. Peter Maloney of Clemente Bros., Troy. The exact date has not been set.

At a planning session in the Holiday Inn, Colonie, Mr. Maloney appointed the following. committee to make arrangements for the event:

Awards, Mike Phang of the RPI faculty; Arrangements, Douglas Feuss, Executive Secretary of Empire State Sand, Gravel and Readymix, Assn. Inc., Albany; Finance, Jerry Thomas, Thruway Authority, Publicity, Michael Joyce, Masters Builders Co., Albany.

The President of the Organization is Bertold Weinberg of the State University Construction Fund.

It's Almost Time!

- What is sweeter than a candy cane?
- What is brighter than a Christmas tree?
- What welcomes more warmly than a holly wreath?
- What remains when Christmas ends?
- The smile of a child receiving
- a new toy and a stockingful of

Christmas: treats - provided through The Salvation Army because her parents could not afford them - is sweeter than any candy.

The light shining in the eyes of the ill and elderly - because The Salvation Army remembered them - is brighter than the lights twinkling on the tree.

The sincere "Merry Christmas and God bless you" of Salvation Army officers who open the doors of their centers to the lonely and homeless is a warmer welcome than the biggest holly wreath.

And, when all the decorations are packed away, the faith, hope and love that comes of sharing with others remains to strengthen us for the new year. Let us share with the less fortunate of our community by supporting The Salvation Army so that it may continue to bring the joy and true meaning of Christmas to those in need.

Decorations

Flowers for the decoration of the holiday table lend an estra note to the festivities and bring more meaning to these special occasions.

Prof. Raymond T. Fox, a flower arrangement expert at the N.Y. State College of Agricul-

arone

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UNUSUAL GIFTS AND FLOWERS

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THE SPOTLIGHT

ture, Cornell University, suggests that fruits and vegetables combined with flowers make a colorful arrangement especially appropriate throughout the fall and winter seasons.

A harvest arrangement, featuring apples, oranges, lemons, and grapes with a few nuts and multi-colored gourds would combine well with yellow and bronze pompom chrysanthemums. Vegetables that can be used as decorative materials include peppers, red onions, artichokes, and red cabbage.

Flowers can be held in a small container of water with fruits piled high around it to conceal the flower holder. They can also be inverted in florist's water picks and placed individually in the design.

A third method is to use a small block of "non-spillable water" — the plastic florist material that absorbs water like a sponge. This can be placed in a low bowl with a little extra water to replace that drawn out of the block by the flowers. Again, fruits can be mounded to cover the mechanics.

The Cornell floriculturist noted that red apples with holly and evergreen branches make a delightful combination with white pompom chrysanthemums to usher in the Christmas holidays.

For the Chanukah festival, a combination of gold, white, and blue is appropriate. White flowers, blue candles, and fruit sprayed or brushed lightly with gold make a dramatic combination.

Prof. Fox, however, gave a word of caution to homemakers planning table decorations featuring flowers, fruits, and vegetables.

Ripening fruits and vegetables, he said, give off small quantities of ethylene gas. Where air currents do not dissipate the gas, ethylene has a definite detrimental effect on flower life.

"Some flowers react very strongly to the gas and with rather harsh consequences," he pointed out.

Red roses develop the purpleblue tones of aging flowers. Snapdragon florets drop prematurely, and carnations fold in their petals and die.

Open daily 10 A.M. to 9 P.M.

Phone 489-4795

Stuyvesant Plaza, Albany

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DISCOUNT PRICES



Fisher Price

LARKALLER LARKER CONSTRUCTION CONSTRUCTURE CONSTRUCTURE

"These flowers show the strongest reactions. However, other flowers also have a tendency toward shorter vase life, but chrysanthemums are less affected than most other flowers, according to Fox.

Engaged

Mrs. John A. Wasserbach of 213 Kenwood Avenue, Delmar, announces the engagement of her daughter, Mary Jane, to Richard R. Blasi, son of Mr. and Mrs. Rudolph Blasi of Bellmore, Long

Miss Wasserbach, also daugh-



Mary Jane Wasserbach

STOP 3

ALBANY-

Backboard & Poles

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FR 2-1615

ter of the late John A. Wasserbach, is a graduate of Bethlehem Central High School and the College of Saint Rose. She is a teacher in the Capskill Central School System.

Mr. Blasi is a graduate of Chaminade High School in Bellmore, Long Island and Siena College. He is employed by Travelers Insurance Co.

A Winter wedding is being planned.



ENGAGED - Mr. and Mrs. John Magnussen of Bremerton, Washington, announce the engagement of their daughter, Karen, to Roger J. Umbdenstock, son of Mr. and Mrs. John Umbdenstock, Deimar. Miss Magnussen attended the Pacific Lutheran University, Washington and is with the Pan American Airlines. Her fiance graduated from Rochester Institute of Technology and is with the Boeing Aircraft Corporation, Washington. An April wedding is planned.



The heating season is here: Make sure your furnace work-

THE SPOTLIGHT

horse — the blower motor operates efficiently and quietly throughout the winter.

Most basic of motor maintenance is lubrication, says General Electric's General. Purpose Motor Department, a leading producer of furnace blower motors. Most blower motors, direct drive or beltdrive, have sleeve bearings requiring no re-oiling during the first three years of use. After this, they should be oiled annually. Follow manufacturer's directions or use just a few. drops of SAE 10 motor oil. Remember, overoiling can be as dangerous to the motor's life as under oiling.

Other maintenance steps

are: Clear the motor's ventilating openings of dirt with a vacuum cleaner to prevent overheating. Tighten all bolts and mounting brackets to reduce vibration and noise. If the motor is belt-driven, adjust tension of fan belt so it gives slightly.

If additional service is required, contact a qualified shop with experience and equipment to provide fast dependable service, such as GE authorized Electric Motor Service Station. The repair shop nearest you is listed in the Yellow Pages of your telephone directory under "Electric Motors - Dealers & Repairers."

This Circle (Farm People to the City; City People to the Country) is Often Vicious.

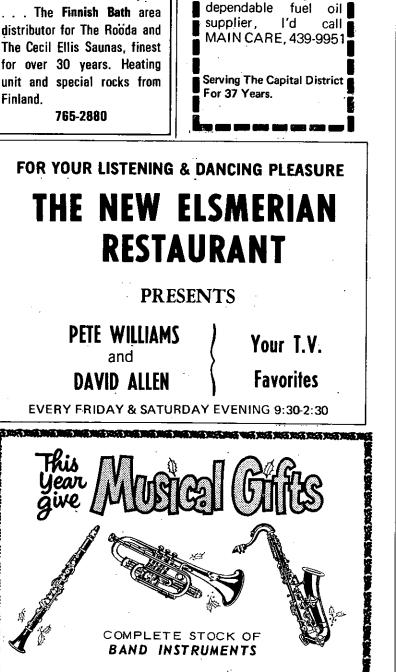
One aggravating cause of crime and violence is the influx of people into cities; people untrained for city living; unable to support themselves, to entertain themselves, to become a part of the city's society. They are under pressure. Sometimes they turn to violence.



Meanwhile, another invitation to crime and violence is furnished by migration of central city people to the countryside, often to areas unincorporated, and unpoliced. Their virtually unprotected property invites and frequently suffers robbery, violence and molestation.



These two circumstances are among the many causing crime and violence today. They prejudice law and order. Our country can have law and order without justice - it cannot have justice without law and order. Diverse groups cannot live side by side without the mutual respect and understanding that come from universal justice. The Farm-City Committee, representing both urban and rural societies is helping to solve the problem of crime and disorder by making mutual understanding of, and justice to, all groups a reality.



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> ■ Use ZIP Codes and a return address too. They speed up the mail handling process and insure delivery.

OBSERVE THE SAFE HOLIDAY MAILING SCHEDULE:

Parcels

To distant states — by December 1 To local and nearby areas - by December 13

Greeting Cards

- To distant states by December 10
- To local and nearby areas by December 15



Square dance tonight? That means many calls for refreshments as well as do-si-do. Naturally cider will head the list of refreshments, so here's a fine partner for it - Quick Applesauce Cottage Pudding. This moist and delicious cake-like dessert, which features Post 40% Bran Flakes for added texture, is best served while still fairly warm.

QU	ICK APPLESAUCE	COLLAGE	PUDDING
1 cup sifted	all-purpose	2 eggs	

flour 2 teaspoons double-acting

1 cup applesauce

COMPLEX PROPING

- 1 teaspoon vanilla
- baking powder 1/2 teaspoon salt
- 1/2 cup walnuts, chopped
- 1 cup sugar

1 cup 40% bran flakes

Sift flour with baking powder, salt, and sugar. Add eggs, applesauce, and vanilla; mix well. Stir in nuts and cereal. Pour into a greased and floured 8-inch square pan. Bake at 350° for 35 to 40 minutes or until evenly browned. Serve warm with custard sauce or prepared whipped topping, if desired. Makes 9 servings.



Nothing brings a smile to a child's face like a new toy for Christmas. And nothing is harder for parents, grandparents, aunts and uncles than getting just the right toy for the special children in their lives.

There is no easy rule to follow in buying toys for children, but the experts at the Structo Toy Guidance Board suggest the child's age and in-

interests of the child's play world. Boys will want toys that construct, turn, lift, and fly. Girls want miniature versions of what mommy uses; dolls, tea sets, and houses.

Not only must toys be durable, but they must serve as continuing sources of entertainment, and give rise to a child's desire to create situations in which his toys work. Steel trucks should be able to

terest be taken into consideration when shopping through the thousands of toys found at Christmas time. No one toy will fascinate all children at all age levels.

Young children often put toys into their mouths. Toys that are soft, washable, and free from sharp edges are best for ages 1-3 years. Giving a child, hours of entertainment is one of the most important jobs a toy can do.

As children mature, differences in tastes appear and toys must satisfy the special

BOYS

last through many road-building sessions, and dolls should live many "lives."

Children, by the age of ten, have pretty well defined their specific interest area and toy buying should be less a problem.

Toys should, however, continue to promote creativity and the child's desire to build, shape, and invent.

Here is a list of recommended toys. Cut it out and take it along on your next toy buying trip:

GIRLS

Age	Recommended	Age	Recommended
1-3	Stuffed animals, crib gyms, teething toys, pic- ture books, pull toys.	1-3	Rag dolls, crib mobiles, teething toys, music boxes.
4-6	Pull toys, construction sets, steel trucks, build- ing blocks, boats.	4-6	Picture books, puzzles, tea s e t s, mechanical dolls, miniature house wares.
7-9	Toys with special inter- est appeal. Cranes, fire trucks, action toys, mod- els, planes, steel trucks, sailboats, sports equip- ment, toy trains, space toys, adventure books.	7-9	Personality dolls, sew- ing sets, games, steel cars with dolls, st o r y books, painting sets, cooking and baking sets,



Support Stockings - How They Work

Women - probably only women - will be interested in this little feature story. It's about what makes support stockings "support".

More than one woman in every three has worn such stockings — although as recently as

twenty years ago they did not even exist.

Hosiery experts, watching trends and making studies, predict that by 1973 one out of every two women will be wearing support hosiery.

The market already totals ore than \$100,000,000 per more year.

Those are excellent reasons to look a little deeper into this remarkable new product.

First — why do women wear them?

"The answer is simple," said William O. Elson, director of research for the Kendall Company. makers of Fling support stockings. "They prevent fatigue, and make the modern woman feel better at the end of a long day. Further, good support stockings accelerate blood circulation in the leg and help prevent varicose veins. For pregnant women, they are great."

Why the sudden general acceptance of support hosiery on the part of so many millions of women?

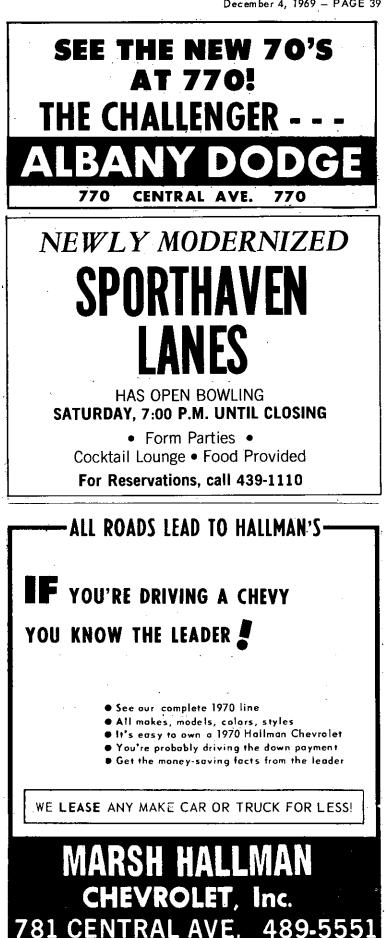
tually indistinguishable from regular nylon hosiery."

Now, for the most impor-tant question of all: how do support stockings "support"? "The least effective support

stockings are those which are knitted in what is called 'tube' shape, and then stretched over wooden forms and heat-set into shape. To achieve tension and pressure, such stockings must be pulled up very tightly when worn. This causes the stockings to become tight but only on the calf and thigh, where support is least essential. Some of these stockings can even bring about a 'tourniquet' effect, interfering with circulation," explained Elson.

Exact Fit Important

"It is important that women understand that true support hosiery is knitted to exact fit - not heat-molded later. Such patented construction gives most pressure at the ankles, where it is needed, and less at the calf and thigh. They fit snugly on the entire leg, and thus assist in the upward flow of blood to the heart. The combination of



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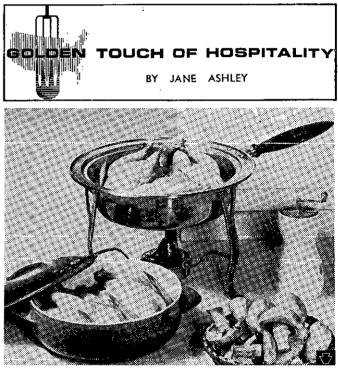


There are several reasons, according to Elson. Women have come to understand the value of support; they appreciate the very real help such stockings give in forestalling that tired feeling which comes from long periods on one's feet.

"Further," said the research scientist, "women welcome any aid that will ward off ugly varicose veins. Women now also realize that the support stockings of today are as sheer as they are strong. Cosmetically, there is no reason not to wear them; they come in many shades, and are virTHE SPOTLIGHT

scientific knitting with the elasticity of nylon-covered, elastomer thread enables real support hosiery to give the wearer an effect akin to the skilled fingers of a masseur giving a soothing leg massage.

"Finally," the research scientist advised, "women should buy only support hosiery which comes in exact sizes and lengths. A stocking which claims to fit several sizes obviously will be too tight on one woman and too loose on another. Exact sizes, plus the vital encircling feature of the knit, are the hallmarks of true support hose."



Chicken in French Manner

Borrowed from the French, this recipe is one answer to a gourmet meal. Delicately browned, the small chickens are simmered in an herbed wine mixture with mushrooms. The sauce is made in the same pan, using light cream and is ever so lightly thickened to a velvet smoothness with corn starch.

	Chicken in Wine
3 sprigs parsley	$\frac{1}{2}$ pound sliced mushrooms
1 small stalk celery	1 small onion, finely
l bay leaf	chopped
l basil leaf	1 teaspoon salt
1/4 cup margarine	Dash pepper
4 small (11/4 pound)	1/4 cup white wine
chickens	34 cup light cream
2	teaspoons corn starch
Tie parsley, celery,	basil and bay leaf together. Melt margar

The parsley, celery, basil and bay leaf together. Melt margarine in large skillet. Add chicken and cook over medium heat, turning until golden brown on all sides. Remove. Add mushrooms and cook, stirring occasionally, 5 minutes. Stir in onion, salt and pepper, then add tied vegetables and wine. Return chickens to skillet and simmer 35 minutes, or until chicken is fork tender. Remove chickens and place in serving dish; discard tied vegetables. Mix corn starch and light cream. Stir into pan juices in skillet. Cook, stirring constantly, over medium heat until sauce is smooth and thickened. Do not boil. Serve with chicken. Makes 4 servings.



Had Austrian skier Karl Schranz been wearing glasses now available when he made a bid for international honors in the last Winter Olympics, he might have fared better. He missed a turn, and hopes for a medal, when his glasses fogged during a swift downhill run.

This year, all skiers can count on clear vision. Trappe of Aspen Fog-proof glasses have been developed with the help of a new miracle plastic called Hydron. Hard when dry, this material has an amazing ability to a b s o r b moisture. By bonding it to unbreakable and shatterproof Lexan, which has the highest i m p a c t resistance of any known thermoplastic, Woodstream-Hydron Corp. has created this major boon to lovers of outdoor sports. This is understandable since Woodstream has been a leading manufacturer of products for outdoorsmen for more than a

century. Lenses of the new glasses are free of distortion and glare, absorb more than 90 per cent of ultraviolet rays and are optically corrected. Eyestrain is further reduced by a new Air Force high-altitude tint color.

The result of scientific research to give sportsmen better equipment, the Hydroncoated glasses were designed primarily for skiing and tested in Switzerland and Austria. They are supplied with an adjustable neck strap and felt-lined case to protect the miracle coating when not in usc.

NOGAROONS

Cookie-lovers are ageless, and forever demand new and unusual baked treats. Nogaroons, delicately flavored with eggnog, cream cheese and flaked coconut, will quiet the clamor and satisfy the most particular palate, whether young or just young in heart.

Nogaroons are a particularly tasty way of finishing off the extra eggnog leftover from last night's Holiday party or Sunday's brunch. If you're out of the real thing, instant eggnog flavoring, added to whole milk, can be substituted for dairy eggnog in the recipe. And drop cookies are easy for the littlest hands to master.

Invite all volunteers to pitch in with the preparation, then watch the pleased young faces as they serve their contribution to a festive meal. Mothers will be pleased, too. Each Nogaroon, made with enriched flour, provides children with three B-vitamins, thiamine, niacin and riboflavin, plus the mineral, iron.





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NOGAROONS about 4 dozen cookies

- 21/3 cups enriched flour*
- 2 cups dairy eggnog**
- 2 teaspoons lemon juice
- 1/2 cup sugar
- 1 tablespoon baking powder
- - 1 teaspoon salt
 - 2 packages (3 oz. each) cream cheese
 - 1 can (3¹/₂ oz.) flaked coconut

Blend together 1/3 cup flour and 1/2 cup eggnog in saucepan. Gradually stir in remaining eggnog. Bring to a boil; let boil 2 minutes until thick, stirring constantly. Add lemon juice. Stir in cream cheese until the pieces are the size of small peas. Blend coconut and cooked mixture into flour. Drop by tea-spoonfuls onto greased baking sheet. Bake in a preheated 350° oven 20 to 25 minutes, or until done.

*Spoon flour into dry measuring cup; level. Do not scoop. NOTE: If self-rising flour is used, omit baking powder and salt. **Dry, instant eggnog flavoring may be added to whole milk and substituted for dairy eggnog.

Industry Gives Nurses Graduate Courses



America's hospital nurses - perhaps the noblest and most unselfish of all service groups - have found a helpful ally in their continuing professional education: the hospital-supply industry.

Brown, vice-president of the Kendall Company, a national-ly-known maker of hospital and consumer health products. "Scientific and technical progress is much too rapid for that.'

Hospital industry suppliers, concerned with high hospital costs to the patient and with serious shortages of trained nurses, are today producing effective answers to both problems. These take the form of pre-packaged, disposable, presterilized kits and sets of tools and bandages for almost every hospital need.

"Then," said the Kendall ex-ecutive, "industry representatives take these products back to the hospitals of America and conduct seminars to explain their usage, their cost- and labor-saving advantages, and other needed new techniques."

New Products Save Time, Money

Thousands of nurses in more than forty states have been taught in recent years the proper use of these products of Kendall's Research Laboratories:

Adhesive Tape - Polyvented to increase porosity and evaporation, this new tape is also hypo-allergenic to forestall allergic reactions.

Alcohol Preps - Because bottled alcohol can itself contain the contamination it is used to destroy, isopropyl alcohol is now available in airtight, pre-packaged, sterile sponges.

"The nurse's training and education does not end today with her diploma," said Edward Surgical Dressings - No longer hand made by nurses, these are now supplied in non-

woven materials, covered with a perforated, plastic protector which does not permit the bandage to stick to a wound and can be removed "ouchlessly."

Catheters - One single prepackaged tray now contains all the equipment needed for this life-preserving function. An engineering and scientific marvel, each is fully-disposable after use.

Curity G-Suit - This exciting, new pneumatic suit is designed to maintain blood pressure during brain surgery. This device also stops blood loss and expedites healing in certain cases of massive, internal injury - a discovery made serendipitously in hospitals.

T. E. D. Stockings - These stockings offer a low-cost, simple method of combatting thrombo-embolic disease, which kills more than 50,000 hospital patients each year when blood clots, formed in the leg, travel to the lung and cut off blood circulation.

Curity Heat Lamp And Thermal Packs - This simple, ingenious system eliminates time-consuming heating of water, and cutting and soaking of bandages when hot-packs are prescribed. Sealed in foil and quickly heated by a compact lamp, these thermal packs are always ready.

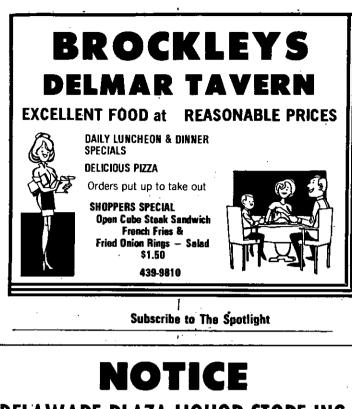


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It is not commonly realized | -in connection with architecthat the term Early American ture and home furnishings-is

EARLY AMERICAN . . . A MANY-SPLENDORED STYLE



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a many-splendored style that reflects England, Germany, France, Spain and the Netherlands.

Regional architecture in the United States includes stockade-type Southern settings influenced by French settlers and in the West, where the Spanish settlers lived, there are central courtyards as pivot for domestic dwellings following the mission system. Dutch settlers along New York's Hudson River Valley region, where heavy snows distinguished winter's holiday season, pitched their roofs steeply and built low stoops close to the street. New Englanders, also coping with heavy snows at Christmastime, built wooden homes with very small diamond-shaped windows - literally reflecting English styles.

From their abundant forests, New Englanders also created functional furnishings of beautifully grained woods in simple lines that continue in popularity today.

When your secret Christmas wish is for a piece of Early American furniture, you probably envision these uncluttered Colonial lines that fit with any decor.

Today, even the television machinery that at first refused to blend in with furnishings has become a decorator's item. An example of an attractive Early American color-television console, suitable for gifts, is the Pilgrim, General Electric's console which looks like genuine pine that has been distressed and antiqued. With a 23-inch screen for family viewing, the Pilgrim brings colorful world events to either a traditional or contemporary home

Caring for a piece of furniture such as the Pilgrim includes placing the Early American console where air is able to circulate through the bottom and back of the set, and where no heat source, such as forced hot air registers, is nearby. The face of the picture tube may be cleaned with a damp cloth and mild soap, dried with a clean, soft cloth.

Early American console cabinets like most fine furniture should be polished with a good grade of furniture polish, avoiding the damaging effects to wood or simulated wood finishes caused by common household sprays, cleaning agents and solvents.

In either maple or dark cherry veneer, Early American pine furnishings continue to add Christmas cheer as a many-splendored holiday gift for any decor and all regions of the nation,

INDOOR GAMES MAKE BAD DAYS SUNNY!

Gloomy outside? Bad weather? Shelves filled with indoor games to play in poor weather are gifts of sunshine to enjoy year 'round! Active games or table-top quiet ones, all types break the ice when cousins arrive in a storm and need to thaw out. One sure way to take the chill out of the bones for both adults and youngsters is "Limbo Legs."



1. Ages: 7 to adult LIMBO LEGS Any number can play Simple to set up, the limbo machine can be set fast or slow, high or low, and gets everyone jumping! Turn on the music, and the chilled feeling disappears when all the family and guests take a turn at jumping over the limbo rod. If you miss and touch the rod, you're eliminated. Last one in the limbo circle wins.



2. Ages 6-14 OPERATION 1 or more players

Here's a good way for youngsters to have holiday fun and also acquire manual dexterity! Players are all "Doctors" operating on a cardboard patient with hilarious plastic ailments. The player removes the ailment with a pair of electric tweezers. One slip and a buzzer sounds! The patient's red nose lights up! . . . even though he's a victim of a wish-bone!



Ages: Little and big girls CUT UP Several players Girls of all ages are cut-ups

when it comes to fashion! Players in the groove with "Cut Up" compete against time by cutting out paper money so they can buy fashion outfits from the gameboutique and dress their models! First one to dress her stand-up model wins. Popular as birthday and holiday gifts.



4. Ages: 4-8 CANDY. LAND 2-4 players

So easy, Candy Land is a fine all-weather game for boys and girls not yet able to read or count. Players match colors to spaces on the boards and travel through Lollipop Woods and over Gum Drop Mountains to "Home Sweet Home." An excellent game for young suburbanites to have on hand when women get together for coffee and their pre-school children also need a togetherness game.



5. Ages: 7-4 KOOKY CARNI-VAL 2 or more players Everything but the cotton candy! Kooky Carnival is nine different and funny skill and luck contests in one game. Players go to the Carnival to try their skill on the midway and compete in a variety of stunts: the "Flip-Flop", the "Loose Juice" "Movin' Mouse", and many more



KEEPERS 2, 3, or 4 players

A challenge to the memory! This is the thinker's game, not too demanding for youngsters, but enough so for mixed ages to have fun with. Player spins the spinner and picks a cup. If you find a coin in it, you can keep it! . . . and discover, at the same time that a bad day can have two sides of the coin! Indoor games are fun, whether the weather is fine or whether the weather is horrid.

THE EYES HAVE IT

Today with versatile eye makeup, there's the natural eye, the fun eye and the sunny eye - each giving a girl the look that is right for her for every occasion.

She can look un-madeup during the day, but switch to a funfake look for a party. If she's the outdoor type, she may prefer the sunny, golden look that reminds one of the beaches and summertime - whatever the weather.

But, however she accentuates her eves, there are certain basic rules that apply, and nobody is better qualified to give advice than Stan Place. One of the top

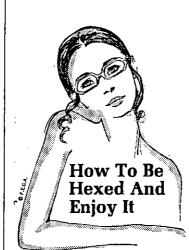


Eyebrows should be soft and complement the eye.

makeup artists in the country, his "faces" are seen in fashion magazines such as Glamour, Mademoiselle and Seventeen. and in TV commercials.

Many of Stan's techniques are adapted from the theatre, for he took a degree in stage makeup at Ohio State University and then stayed to teach there. He appeared on the Broadway stage in a number of productions, but deserted it in favor of his first love, makeup. "A girl doesn't have to be an actress or a model to take advantage of theatrical makeup tricks. All it takes is practice," Stan says.

For today's young looks natural, fake or gleaming - he advocates eye makeup that is translucent and light in texture. Shades should be subtle, yet not look "washed out". California Girl's new wardrobe of eye makeup products are designed to fill these needs. Packaged with convenience in mind, California Girl Eye Makeup



In Pennsylvania Dutch country, the hex is a sign of good fortune and the hexagonal eyeglass frame might even bring you some! See our complete section of fashion-wise frames in many colors - if you don't like hexes.

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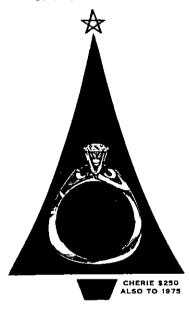






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Ring enlarged to show detail. Trade-Mark Reg.

HARRY L. BROWN geweler Thistle GIFT SHOP 363 Delaware Ave. at 4 Cor. Delmar can prove the answer to every eye makeup problem.

And to help every girl, from student to stewardess to apply makeup to her best advantage, here are a few of Stan's trade secrets:

• For a natural-looking eye, apply the liner in a thin, thin line, almost through the roots of the lashes. Look down into the mirror when applying liner - its much easier.

• For a wide-eyed look, widen the liner at the center of the eye.

• Never stretch the eyelid when applying liner. Keep the lid relaxed.

• For thicker-looking lashes, feather the line with short, fine upward strokes.

• To slim and shorten the nose, use a highlighter, (like California Girl's Light Catcher) in a streak running down the bridge of the nose. Stop just before the tip, and blend edges.

• To lengthen the nose, streak a line of Light Catcher down



These lovely, expressive eyes may appear natural.

the bridge, and extend around and under the tip. Blend in edges.

• Diminish a full chin by applying California Girl Light Catcher to the center of the chin, and blend both sides slightly out and up onto the face.

• Any girl can easily follow these simple rules, and her eyes can look mysterious, natural, romantic or exciting – the most compelling feature in her face.

FLOORS ON A NEW FOOTING

A modern style in tile is creating flawless floors and achieving sweeping success. And the easy way in which it is put down can't be put down. Creating soft beauty in basement rooms, playrooms, dens, kitchens, bathrooms, workshops, offices and stores, the tile, made of a carpeting material, is having a telling effect completely in step with modern trends and is walking away with honors in fashionable

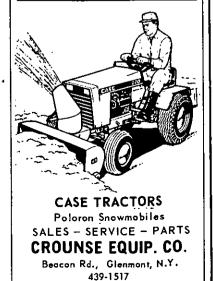


flooring. Self-sticking, it cleans easily and thoroughly, contains a thick rubber back insuring a smooth, even insulation, is long wearing, and is mildew and moisture-resistant. It can be applied to any floor.

Consumers will not be called on the carpet for using these carpet tiles. Like a new broom, Softile[®], made by J. P. Stevens & Co., Inc., is sweeping them up with enthusiasm. It is also helping them to put their foot down on the issue. Users can inexpensively carpet a room themselves in only one afternoon, just by peeling off the strips of material to expose the bottom and placing it on the floor. A wide variety of colors is available.

You can vacuum the tiles like any other carpet or sweep with a broom. Ordinary household spills and stains sponge up with detergent and water. Cigarette burn? Just pick up and replace the carpet.

These carpet tiles have a dense polypropylene olefin face, and the built-in padding makes them soft and comfortable. A free pamphlet with useful information on installation and care may be obtained by sending a stamped, self-addressed envelope to Softile, 295 Fifth Avenue, New York, N. Y.





10016. It may help you to think of a color arrangement that will floor your friends.

SOURCES FOR ARTHRITIS RELIEF

Few areas of medicine are as riddled with quackery as is the field of arthritis! In fact, according to one recent estimate, arthritics in the United States splurge about \$310 million a year on phony remedies and cures for their tormenting affliction.

While vigorously condemning this squandering of money on treatments ruthlessly promoted by hucksters, the American Medical Association points out, "More serious than the waste of money is the postponement of proper treatments that can offer genuine hope of relief."

Safe methods of relief can be obtained from your local doctor, the local chapter of the Arthritis Foundation, or your county medical society and the Public Health service.

Such sources will keep you posted not only on safe ways to relieve arthritic pain, but also concerning research to discover cause and cure of arthritis that encompasses at least 25 different diseases.

Professional advice will generally include the following as beneficial to arthritics:

• Rest – Usually an essential part of treatment for rheumatoid arthritis, rest is recommended for any painful joint which, however, must not be kept inactive overly long. Resting the whole body also helps control arthritis symptoms.

• *Exercise*—Even though feeling especially stiff, proper exercise is required or bones will become soft and joints will lose their range of motion.

• *Heat* – Hot baths, or packs as well as heat lamps warm the joints for greater comfort and ease of motion.

As regards drugs, aspirin is widely used in treating rheumatoid arthritis, although there is no drug that cures any form of arthritis. Recent medical studies show that a new form of triamcinolone – injected into the affected joints – appears to



offer a significant advance in the treatment of rheumatoid arthritis and osteoarthritis. Recently approved by the Food and Drug Administration. Aristospan, developed by Lederle Laboratories, a division of American Cyanamid Company, is reported to provide longer periods of relief to the patient, thereby reducing the frequency of his treatment visits to the doctor.

Along with the major advances in drug therapy, specialists believe that physical therapy, rest, as well as surgery, will continue to be immensely important in the years ahead.

Heating & Cooling

Centuries before human beings came up with the idea for central heating and air conditioning, there was a climate for such inventions.

Even the earliest cave-dwellers could not have lived without heat. In fact, the first "central heating system" was a cave fire kindled with a branch from a lightning-struck tree. And the same cave-keeper probably "invented" the pilot light, too, by burning animal fat in a stone container so he could re-ignite his "furnace."

Two thousand years ago, the Romans produced a remarkably advanced system of radiant heating by lighting fires in crawlways under baths and other ground-level rooms, so as to conduct heat through walls and floors.

alakakakakaka

Early man also "played it cool." The Chinese ruler Huang of the Ming dynasty had a rainmaking device on the roof of his "cool room" and underneath that room was an artificial lake big enough for islands and cruising pleasure boats. Another Asian ruler had slaves running from a snow-covered mountain to fill the double walls of his palace.

As late as the 19th century, huge blocks of ice were cut from the frozen lakes and rivers by homeowners in this country and stored until summer when fans forced air over ice to cool their homes.

Not satisfied to control just heat and cold, man has also been concerned with the cleanliness and humidity of air.

For these reasons, the total comfort concept has evolved. The Airtemp Division of Chrysler Corporation, for example, produces many heating and cooling units that can be integrated with electronic air cleaners and automatic humidifiers. All units in the total comfort package are equipped with control and safety devices necessary for safe and efficient operation. 

As people all over the world found a good way of life when Christ was born in Bethlehem many years ago, we have found a good life in our Bethlehem — where friendly people are served by friendly merchants, where service is a by word. Watch for a star on these holidays of 1969 You will see it shining over Bethlehem



. Utings for the Holidays

from the BETHLEHEM CHAMBER of COMMERCE

PAGE 48 - December 4, 1969

ELECT

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ECONOMY AND

EXPERIENCE

PAST LINE OFFICER

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VOTE

DECEMBER 9, 1969

Grant Program

Thirty-eight New York colleges and universities have received \$11,703 in 1969 under Aetna Life & Casualty's matching and incentive grant program of aid to higher education.

Checks totaling \$6,069, representing Aetna's matching contributions for gifts made this year by employees, agents, and their wives, went to the schools. The grants include 25 per cent incentive payments to schools receiving gifts from 50 per cent or more of their alumni.

Colgate University received the state's largest combined

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company-employee contribution \$1,469. St. Lawrence University received \$1,283; Skidmore College, \$1.260; Bennett College, \$1,000; Cornell University, \$590, and Vassar College, \$570.

Other recipients are New York City Community College, Hamilton College, Union College, Syracuse University, City College of New York, Hobart College, Jewish Theological Seminary of America, Fordham University, Manhattan College, St. Bonaventure University, Columbia University, Canisius College, Manhattanville College, Hofstra University, Wells College and Rensselaer Polytechnic Institute.

Also, University of Rochester, Niagara University, Pratt Institute, Rosary Hill College, Elmira College, Union Theological Seminary, Russell Sage College, Briarcliff College, Le Moyne College, Marymount College, Nazareth College, Columbia University, Ithaca College, College of Mt. St. Vincent, Pace College, and State University College.

Colgate University and Skid-Vassar. Hamilton and more.

Invitation to attend Christmas OPEN HOUSE NĨGHT

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Delaware Plaza

Canisius Colleges were among 30 schools nationally that qualified for the incentive bonus.

The New York grants are part of \$137,443 received by 371 schools under Aetna Life & Casualty's program this year.

Chanukah

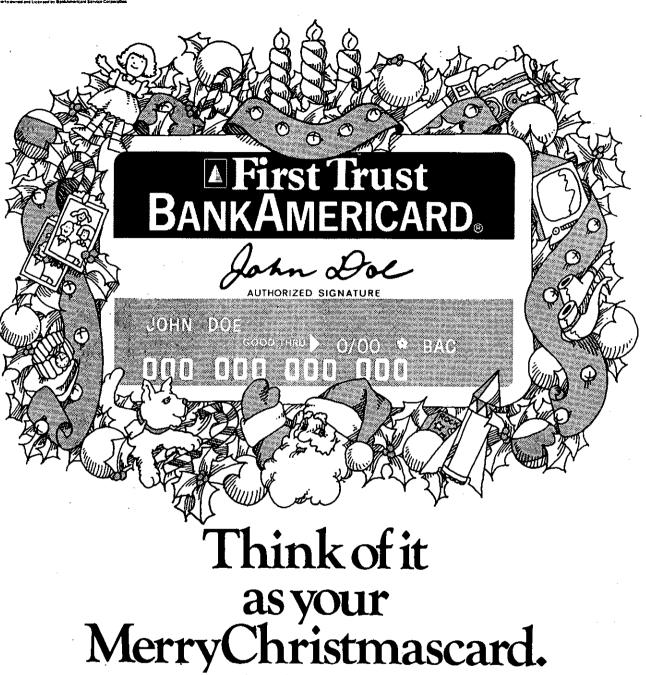
The Albany Jewish Community Center will celebrate the Chanukah holiday with a variety of activities. These include the Mayrutz Halapid, the Running of the Torch, the first night of Chanukah, the nightly lighting of the outdoor Menorah and an oil menorah in front of the building. The lobby will be decorated for the holiday and David Dreydle will be centrally hung for everyone to autograph their greetings on.

Mayrutz Halapid or Running of the Torch

On the first night of Chanukah, Mr. Julius Muffson, Center President, will light the outdoor oil Menorah. Four torches, being made by Marc Koblenz, a Center Teen, will be lit from the oil Menorah being made by Martin Seaman, Shop Instructor and will be carried through the streets by the Youth Groups of each of the Congregations to light the Menorahs for the religious schools of Congregation Sons of Abraham, Temple Israel, Temple Beth Emeth and Congregation Ohav Sholom. Youths from N.C. S.Y. will run the torch to Congregation Sons of Abraham on Hackett Blvd. The LTF and NSY will run the torch to Temple Israel on New Scotland. Teens from NFTY will bring the light to the religious school of Temple Beth Emeth on Academy Rgad and teens from USY will run to Congregation Ohav Sholom on Krumkill Rgad to light its Festival Lights.

David Drevdle

The huge cardboard Dreydle, made by Mrs. Janice Shoor, will again be hung in the Center lob by along with other decorations. The dreydle will be redecorated by the Intermediate Department members and everyone who comes to the Center during Chanukah will have an opportunity



And your thoughts will be merry

with ways to make lots of big and little people happy this Christmas. You can get that doll Maggie wants. The train for Ned. The puppy for Todd. Something for Mom and the Grandparents and everyone else who makes Christmas special in your house. Everything you've bought will be on one statement. And you'll know exactly how much you've spent . . . and where. Because BankAmericard is actually a system of personal money management. And that's nice to have around. Especially around Christmas.

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to sign their names to David Dreydle with Chanukah greetings.

Menorah on the Center Roof

The huge electric Menorah, made by Larry Ginsberg and Ruby Katz, last year, will be placed on the roof of the Center by Richard Gale, Maintenance Superintendent and the Maintenance Staff, who will light the flickering lights each night.

The children of the Center will gather outside in front of the Center each night to light the outdoor oil Menorah and sing Chanukah songs.

Dreydle Factory

Albert Schweitzer Chapter of the Aleph Zadek Aleph has taken over the Dreydle Factory this year and under the supervision of Martin Seaman, Shop Teacher, the teenagers have produced almost 3,000 dreydles for the children of the community. Dreydles have been sent to the following religious schools who ordered them: Temple Israel, Congregation Sons of Abraham, Temple Berith Sholom, Temple Beth El, Temple Beth Emeth, Congrega-

tion Ohav Sholom, Temple Gates of Heaven; all in the Capital District; and Temple Berth Sholom and Temple Breth Kodish in Rochester. The Hebrew Academy of the Capital District and the Schenectady Jewish Community Center along with the Junior Department of the Albany Jewish Community Center have also ordered from the boys. A majority of the dreydles did not have the Hebrew lettering put on them, for the boys encouraged using them to have the children who get them put the letters on themselves. In this way, the children will not only have an experience in crafts, but also can discuss the meanings of the letters.

Chanukah Mural

A Chanukah mural will be created by Ellen Pogoda, one of the Center Teens, on the hugh front windows of the Center. Miss Pogoda has created all the Jewish holiday murals that have appeared on the windows of the Center this year.

In addition, all the departments from the Center, from the Nursery School through Senior Adults will celebrate the holiday in their individual groups with a wide variety of programs including arts and crafts, dramatics, storytelling, music, sing-

Colonie Center

ROUTE 5

and the Northway

including arts and crafts, dramatics, storytelling, music, singing, dances and other media which will be utilized to emphasize the freedom concept of Chan-

Cheer Fund

ukah.

Robert M. Peebles, General Manager of WROW Radio and Vice President of Capital Cities Broadcasting Corporation announces the formation of a special Christmas Cheer Fund to aid the needy throughout the Capital District. The Albany Station will solicit funds for food, clothing, and toys for many of the less fortunate families in cooperation with the Salvation Army. The National Commercial campaign will run through Dec. 20.

Those wishing to send tax deductive donations are asked to address: The WROW Christmas Cheer Fund, c/o The Bank ... P.O. Box 505 ... Albany, New York 12201. The special cam paign has been arranged by Curti H. Hahn, WROW's Program Di rector.

Amsterdam

MAIN ST.

Conservation Comments

CHRISTMAS

Schenectady

ERIE BLVD.

By Paul M. Kelsey Regional Conservation Ed cator

Field Preparation of Deer

During last year's record had vest of deer, New York's b game hunters probably dragge 4,500 tons of dressed deer of of the woods. Of this, three tho sand tons should have been ed ble meat. A recent price list fro a specialty meat distributor New York City listed 10 pound of boneless venison should cubed for stewing at \$1.60 p pound. Rounding off the value venison at \$1.50 it puts a value on last years deer kill of \$9,000 000, or an average price of abo \$100 on each deer.

A person about to invest th much money in meat for his fre zer would insist that it be properly processed to insure good quality meat. Surprisingly the same person may give a deer he kills such poor care that by the time it gets to the family table it is hardly fit to eat, hence the poor name that venison has in many households.

A good cook can do wonders to a piece of meat, but the key to good tasting venison lies in the proper care, cleaning and quick cooling of the carcass.

Proper care starts before the hunter sharpens his knife, and puts some string, a couple of plastic bags, and a good clean rag in his pocket, in optimistic anticipation of dressing his deer.

In the excitement of the kill, nany hunters go through two riuals which they could well do without. First is that of slitting the deer's throat to bleed it. Most deer killed with a rifle, shotgun, or long bow have been horoughly bled out, so dispense with that step. The other ritual s that of removing the scene lands from the legs. The only way that these glands can foul he meat is by having the scent ransferred directly to the meat. sually by the hunter after he has ouled his hands removing them nd then cleaned his deer. Just eep your hands away from

them.

Before eviscerating the animal, cut deeply around the anus, freeing it so that it can be drawn out a couple of inches and tied securely with a string. This will prevent the contents of the intestine spilling on the meat when they are withdrawn.

Next make an incision just below the breastbone. By cutting forward, the knife will enter the body cavity ahead of the intestine. The abdominal muscle can be lifted and, by using two fingers as guides, it may be cut with little fear of damage to the intestine. This cut should be the full length of the abdomen.

With the deer tilted on its side, the paunch and intestine will now fall part way out. Cut the diaphram at the rib line, reach in and cut the windpipe. The heart and lungs will now pull free. After cutting the remainder of the diaphram at the rib line, all the body cavity contents except the bladder will roll out easily as one unit. The bladder will be found well down in the body cavity close to the backbone and should be carefully cut loose without puncturing.

The carcass can then be drained by spread-eagling it on the ground - belly down. While the body cavity drains, cut out and



wipe the heart and liver clean and put them in a plastic bag.

Water will soften the flesh and encourage bacterial growth, so wipe the cavity as clean as possible using dry leaves, moss or better still, the aforementioned dry rag brought for that purpose.

The best place for transport-

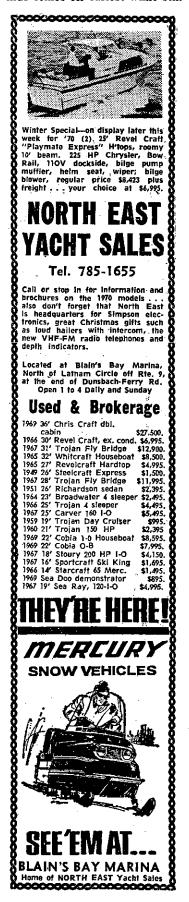
ing a deer is on the car roof. With a 15-inch stick propping the body cavity open so air can continue to circulate. At the opposite extreme is the closed trunk; so commonly used in the Southern-Tier.

Hunter myth says to age the deer in its hide. The hide is removed from prime beef imme-



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diately; it should be from deer, too, as soon as it has served the purpose of protecting the carcass while in transit home. The hide comes off easiest while still



warm. This will also increase the speed of cooling.

Under present health regulations many locker plants don't have the facilities to accept deer in their hides, and can process only those brought in skinned. Weather conditions in the southern part of the State, particularly in the early part of the season, are often far from optimum for letting a deer hang. Get it to a cooler where it can be kept between 34 and 38 degrees as soon as possible.

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Apprentices

A class of 20 apprentice machinists has been authorized to begin training at Watervliet Arsenal in January.

The arsenal's civilian personnel office has announced that the Civil Service Commission Interagency Board, Syracuse, is preparing an announcement of an examination for apprentice applicants which is expected to be published shortly.

At present there are 128 apprentice machinists enrolled in the four year combined classroom and on-the-job training program at the arsenal. A class of 13 apprentices will be graduated to journeyman status on Dec. 19.

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December 4, 1969 - PAGE 53

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ly installed also new lawns. 489-2780 tf

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VIOLIN REPAIRS

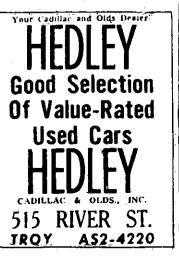
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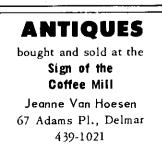
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