



GRADUATION CEREMONY - Rudy LaShomb, center, is congratulated by Leroy Dunbar of the Manpower Development and Training Center in Potsdam and Ray Laneto of Massena, as he receives his certificate of completion from the auto-mechanics class at graduation ceremonies Saturday at the Sunset Lodge in Norwood. Eleven men were enrolled in the 36-week course at the center. The trainees and their wives or guests heard Verner M. Ingram speak at the dinner on the importance of such a program. A. A. Kingston, superintendent of the Potsdam Central School District, was at the head table along with course instructor Roy Hogle, a representative of the State Employment Office in Massena. Awards for outstanding performance were presented to Parley Davis, Ralph Delec, Liston Willard, and Ernest Fletcher.

Brownie Fly-Up Ceremony Held

The Norwood Junior Girl Scout Troop 362 and its leader, Mrs. T.E. Watson, held a Fly-Up Ceremony at the Norwood Municipal Building last Wednesday afternoon for the Brownie Troop 361. Brownie girls eligible to Fly Up were Barbara Claffey, Laurie McGrath, Susan Nicholson, Sharon Hollinger, Debra Deon, Janice Murray, Emily Phalen, Marie Ober and Kathy Sayer.

Trustees

(Continued from Page 8) money has been spent in the past number of years in clearing up the area in order to pass state inspection.

Richard J. McCormick, trustee in charge of the Municipal Building stated that now the "dancing time is here" rules have been set up and will be rigidly enforced. Sponsors of the various groups which desire to use the hall may secure a copy of the regulations from the village clerk.

In other action the village clerk was instructed to write a letter to Town of Potsdam Supervisor Francis G. Healey asking about the needed repairs to the Spring St. bridge. Bills were audited and ordered paid.

It was announced that any person to make complaints regarding dogs in the village should contact Dog Warden Robert Jones at Canton.

The CYO of the Norwood Free Methodist Church were granted permission to use the hall each Tuesday afternoon. In granting the request of Rev. W. Dale Buhl, the Board stated that the hall was always "as neat as a pin" when the young people left the building.



For Modern Weight Control Follow The Profile Plan To Curb Appetite:

WORKS 3 WAYS TO HELP KEEP YOU FROM OVEREATING
Eating 2 slices of Profile Special Formula Bread 30 minutes before lunch or dinner helps control weight by curbing appetite 3 ways.
First, like any good protein-carbohydrate food, Profile helps raise the blood sugar level to appease the appetite control center in the hypothalamic region of the brain.
Second, Profile helps induce oral satiety quickly.
Third, Profile helps keep the hunger-contraction complex subdued.
The Profile Plan takes the place of appetite-appeasement wafers, tablets and candies that cost you up to twice as much. And Profile's lactalbumin factor gives you about 30% more complete protein than regular white bread.
Get Profile Special Formula Bread today. Tastes great plain or toasted.
Follow the Profile Plan for modern weight control. You'll be glad you did.



AFSers Selling Cookbook

Something new for the gourmet cooks in the Norwood-Norfolk Central School area is now available from the N-N Chapter of the American Field Service (AFS), namely, an international cookbook which is priced at \$1.00 and may be purchased from any AFS committee member.

In addition to carrying a thumb-nail sketch of the purpose of the AFS scholarships, an open door to understanding and friendship, this fourth edition book is filled with recipes sent by the mothers of students who have spent a year in this country and also the "mothers" of former Americans Abroad students.

Among the scores of enticing recipes found in the book are Crepes from France; Italian bread, Italy; honey scones, New Zealand; wedding soup (Dugun Corbasi), Turkey; Minestrone, Italy; Kneifir (fish balls), Faroe Islands; chicken and pork adobe, Philippine Islands; Paella (chicken), Spain; Stifado (beef), Greece; Fynsk Gullasch (pork goulash), Denmark; Sosatries, (lamb), Union of South Af-

Norwood Church Notes

ST. PHILIP'S CHURCH

The Senior High MYF will meet at the church at 7:45 p.m. Saturday for a hayride. The Junior High MYF will meet Sunday afternoon for a spaghetti supper. Good time for Methodist youth in Grades 7 to 9 to attend and get acquainted.

A special informal parish meeting will be Wednesday beginning with Holy Communion at 8 p.m. A covered dish supper will be at 8:30. The Every Member Can vass will be Oct. 15.

First Methodist Church

The Adult Fellowship of the Church will hold a covered dish supper and meeting at the home of Mr. and Mrs. William Kinney, 4 Pleasant St., this evening. E.J. Nicholson, Jr. will show slides of the western states taken during a six-week stay there this past summer.

A food sale will be at 10 a.m. Saturday in the lobby of the Norwood Municipal

Hall. The Senior High MYF will meet at the church at 7:45 p.m. Saturday for a hayride. The Junior High MYF will meet Sunday afternoon for a spaghetti supper. Good time for Methodist youth in Grades 7 to 9 to attend and get acquainted.

There will be a meeting of the trustees of the church at 7 p.m. Tuesday in Centennial Hall.

Accompanying Woods will be Thomas Kendall, treasurer of the local group, Walter Shaw, and Louis Herborg, internal vice president, and their wives.

Among the speakers at the meeting will be New York State Jaycee President Henry W. Parker, Jaycee National Director Donald W. Dodds, and Mrs. New York State of 1967, Mrs. Judith Duken. The event will be held at the Paleface Dude Ranch in Jay.

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Norwood News

The Women's Society of Christian Service of the Norwood Methodist Church will hold a food sale in the lobby of the Norwood Municipal Hall Saturday morning beginning at 10 a.m. Cabbage rolls, home made bread and rolls will be among the foods featured.

Mr. and Mrs. Ralph Mosberg of Spring Lake, N.J. and Mr. and Mrs. Merchant Oakes of Rahway, N.J. have returned to their homes after visiting their parents, Mr. and Mrs. Andrew Oakes. Also visiting at the Oakes home were Pat and Harold Jerue and family from Rahway, N.J. Mr. Oakes has recently returned home from the A. Barton Hepburn Hospital where he had eye surgery and is feeling much better.

Menus at the Norwood-Norfolk Central schools the rest of the month are as follows, Monday: hot dog, roll, buttered corn, cheese, bread and butter, rice pudding, milk.

Tuesday: potato salad with cold cuts, buttered carrots, bread and butter, cake, milk.

Wednesday: spaghetti-meat sauce, grated cheese, lettuce salad, bread and butter, pears, milk.

Thursday: turkey and gravy, baking powder biscuits, buttered peas, bread and butter, ice cream, milk.

Friday, Sept. 29, school is closed for teacher's conference.

Menus at the Norwood-Norfolk Central schools the rest of the month are as follows, Monday: hot dog, roll, buttered corn, cheese, bread and butter, rice pudding, milk.

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"STRIKE GOLD"

POTSDAM

NEW! IT'S HERE! YOUR FREE GOLD BOND Gift Book AT

Book. Take your choice of hundreds of fabulous prizes, from color television sets and world import cars to finest everyday household items. You also get "The Better Things" shopping with us and receiving GOLD BOND stamps for your purchases. So, come in and pick up your new GOLD BOND Gift Book now and "The Better Things Are Yours!"

The Better Things Are Yours... with GOLD BOND Stamps!

REGISTER FOR THE SWEEPSTAKES ALL AMERICA'S TALKING ABOUT!

WIN WIN WIN!

Vacations for 2 via American Airlines
1968 Plymouth Barracudas
Westinghouse Instant-On® Color TV Sets
Westinghouse "Esport" Portable Radios

USE THIS ENTRY BLANK

Name: _____
Address: _____
City: _____
State: _____ Zip Code: _____

DEPOSIT THIS ENTRY AT P&C

Plus your share of MILLIONS of GOLD BOND STAMPS

P&C's GRAND PRIZE! 1,000,000 GOLD BOND STAMPS

PLUS THOUSANDS MORE GOLD BOND Stamp Prizes!

FIRST PRIZE at each store.....3,500 Gold Bond Stamps
SECOND PRIZE at each store.....2,000 Gold Bond Stamps
THIRD PRIZE at each store.....1,000 Gold Bond Stamps
FOURTH PRIZE at each store.....750 Gold Bond Stamps
FIFTH through FIFTEENTH PRIZES at each store... 250 Gold Bond Stamps

Register Now! No Purchase Necessary!
Be a winner... the Gold Bond Millionaire and all the other lucky winners will help themselves to the world's most extraordinary gifts. Enter today... and every day during the contest. Adults only, please. Purchasers not favored. Secure entry blanks from store employees. Winners will be announced SATURDAY, SEPTEMBER 30, 1967.

100 STAMPS FREE

50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 10 oz. jar Chase & Sanborn Instant Coffee
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of two 12 oz. cans Danish Luncheon Meat
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1/2 gal. Sunny Square Ice Cream
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1/2 gal. or two 22 oz. bits. Formula 409
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of two 12 oz. cans 2 cans Cameo Copper or Steel Cleaner
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 2 bits. Lestall Cleaner
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of two 12 oz. jars Bonnie Brook Strawberry or Raspberry Jelly
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of four 1 lb. cans Rex Dog Food
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of four 8 oz. cans Kounty Kist Peas
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 15 oz. can Pacific Isle Sliced or Crushed Pineapple
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of two 8 oz. or 16 oz. pkgs. Borden's Cheese Slices
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 10 oz. pkg. Seabrook Petite Peas
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 12 oz. can Lysol Spray
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 15 oz. pkg. Roman Cheese Pizzas
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Pink Lemonade
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 4 oz. cans Seneca Reg. or Pink Lemonade
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Chief Boy-A-Dee
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Filberts Reg. Soft Margarine
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of two 20 oz. bits. Hunt Catsup
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Pizza (all varieties)
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Date Nur Bar
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Penny Curtiss Plain or Ice
50 EXTRA GOLD BOND STAMPS with this coupon and the purchase of 1 lb. pkg. of Penny Curtiss Raisin Bread

ANGEL FOOD 39¢

20 LB. BAG U.S. No. 1 Size A, N.Y. State POTATOES 69¢

U.S. No. 1 McIntosh First of the season APPLES 39¢

Candy Apple Kits 29¢

Prunes 25¢

SPREADING YEWS \$1.98

ORANGE JUICE 69¢

BURONDY COCKTAIL 59¢

PANTRY SHELF BARGAINS

Cookies Farm Crest ROUNDS 3 pkgs. \$1

Totley Teabags Bonus Pack \$1.99

Mushrooms 4 cans 89¢

Spiral 5 Hole Theme Book 39¢

Soap Woodbury 1c deal 3 bath bars 36¢

Marmalade 16 oz. bil. 43¢

Syrup Log Cabin Deal 24 oz. bil. 55¢

Stew Dinty Moore Beef or Meatball 24 oz. can 49¢

O&C Potato Stix 7 oz. cans 3 \$1

Lipton Chicken Noodle Soup 4 2 pack pkgs. \$1

Little League

Fresh from the season opener... the Potsdam Little League team... are all set to take on Canton's Little League... The Potsdam Little League team... are all set to take on Canton's Little League... are all set to take on Canton's Little League...

Madrid-W Complete

Madrid-The Madison Yellowjackets... are all set to take on Canton's Little League... are all set to take on Canton's Little League...

Ready to Fry

3 Legged FRYERS

Sirloin ROUNDS

STI Bonele

Franks Sliced Bacon

In Our

HyGrades Boiled BOLO

Sunny OR J 8

Peas or Tiny Taste Fruit Drink