

## From the PAMPERED KITCHEN

By Elizabeth Isenberr, Home Economist

In today's pharmacy, the large section devoted to vitamin pills and other dietary supplements really tells a tale. These items for most people are a total waste of money which could be spent for food. For others, overdosing on supplements can create medical problems.

Because of the modern tendency to eat on the run and to snack continuously, many people believe these supplements are a good insurance policy. It is wise to note, however, that vitamin pills contain only certain vitamins and in no way are a total replacement for food.

All nutrients are found in food, particularly a variety of food. No one food supplies all the nutrients needed daily, but a combination of foods, chosen according to a dietary guide, will. One part of the dietary guide relates to the fruits and vegetable group. It is recommended that at least four servings daily be included for each person. This food group is a major source of vitamins, minerals, and fiber. It is because people tend to ignore this food group that the vitamin pill industry can make a fairly convincing case for buying supplements. It is time, therefore, to reinstate vegetables as an exciting and enjoyable part of the meal.

Vegetables do not have to be served in plain, cooked form. All too often, "battered" spinach or "battered" carrots are merely tasteless, overcooked mounds on the plate—hardly merchandising the goodness of either. Vegetables can also be served in main dish casseroles, in soups (both hot and chilled), as appetizers, or in exciting vegetable mixtures. Chopped nuts, herbs, wine, and sauces all add to the list of culinary treatments which give a touch of excitement to even the most ordinary vegetable.

Vegetables at salads too often are limited to coleslaw and green salad, both submerged under gobs of dressing. Cold marinated vegetables, however, extend the possibilities and the following example is very good, indeed. It is adapted from America's Best Vegetable Recipes, compiled by Farm Journal. This book is a great source of particularly interesting recipes.

Next time you feel the urge to purchase a supply of dietary supplements, start leafing through your cookbooks, instead. Good nutrition still originates in the kitchen and so do memorable meals.

Citrus-Marinated Vegetables

Yield: 12 servings  
1 can (1 lb.) cut green beans, drained  
1 can (1 lb.) green peas, drained  
2 medium carrots, cut in 1-inch strips  
1 cup sliced celery (optional)  
1 cup diced cucumbers  
2 medium onions, cut in rings  
1/2 cup sliced pimiento-stuffed olives  
1 ounce (1/2 jar) pimientos, drained and chopped (optional)  
1/4 cup sliced radishes  
1/4 cup orange juice  
1/4 cup lemon juice  
1/4 cup vinegar  
1 teaspoon paprika  
1/2 cup salad oil  
One-third cup sugar  
2 teaspoons salt

1. Combine vegetables in a large bowl.  
2. Mix together the fruit juices, vinegar, oil, sugar, and seasoning and pour over vegetables, mixing lightly and well.

3. Cover and refrigerate at least 12 hours. This salad keeps for several days in the refrigerator.

### Nutrition Program Menu For Elderly

This week's menu of the nutrition program for the elderly is:

Wednesday-Swiss steak, baked potatoes, cauliflower, bread and butter, whipped jello with topping, milk.  
Thursday-sausage and corn fritters, maple syrup, tossed salad, carrot sticks, broiled grapefruit, milk.  
Friday-shrimp creole on rice, carrot and raisin salad, Swiss chard with cheese sauce, bread and butter, birthday cake, milk.

Monday-liver and onions, home fried potatoes, corn on the cob, rolls and butter, vanilla pudding with fruit cocktail, milk.  
Tuesday-Fair Day at the St. Lawrence County Fair in Gouverneur.



DR. WILLIAM SHAKUN

### Dr. Shakun Is Associate

Dr. Dean Hart, Potsdam dentist with offices on the South Canton Road, has announced that he has taken in an associate, Dr. William Shakun.

Dr. Shakun received his degree of Doctor of Dental Medicine from Tufts University School of Dental Medicine in Boston, Mass. He has a bachelor's degree from SUNY Binghamton.

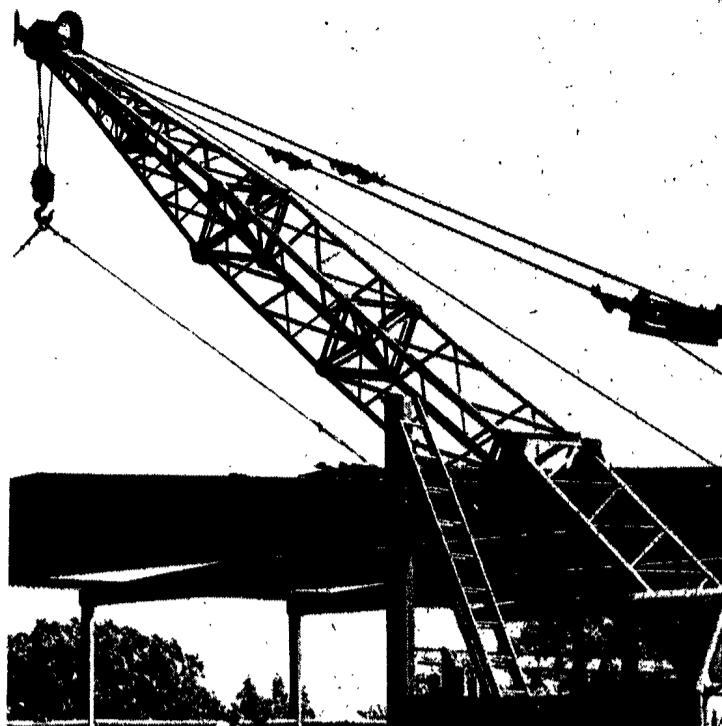
He recently finished serving two years as a captain in the U.S. Army Dental Corps stationed at Fort Eustis, Va. While in the service, he received extensive training in all the dental specialties.

Dr. Shakun grew up in Merrick, New York.

Dr. Shakun is married and has a 22-month-old son. He and his wife, Mary Ellen, are expecting their second child this September.

Mrs. Shakun is from Elmira. She received a bachelor's degree from SUNY at Binghamton and a master's in Library Science from Simmons College in Boston, Mass.

Dr. Shakun is a sports enthusiast and is interested in a wide variety of athletic activities including bicycling, backpacking, cross-country skiing, racquetball, archery, etc.



UP IT GOES-Truss beams for the new Triple A lumber hardware store on Route 56 are shown being raised with the aid of a crane, as workmen continue construction of the building. The business is located opposite the Potsdam Plaza just outside the village limits. (Betsy Baker photo).

### Scott Relatives Attend Reunion

STOCKHOLM, Fifty-two relatives attended the third annual family reunion of the descendants of the late Herman and Rachel (Penton) Scott, Stockholm, which was held at the Raymondville Community Hall recently.

A buffet-picnic dinner was served at 1 p.m.

The two oldest persons present were: Mrs. Laura Barnes, Massena; and Mrs. Helen Scott, Potsdam. The youngest person present was Julie Mitchell, 5 1/2-year-old daughter of Mr. and Mrs. Lawrence Mitchell and granddaughter of Mrs. Harold (Lena) Mitchell.

The family reunion is a yearly event on the third Sunday of July. The reunion for 1978 is planned for July 15 in the Raymondville Community Hall with chairpersons: Eleanor Dougan, Ruthie Garvey and Mildred Jenkins.

Following the dinner, some of the guests returned to the home of Mr. and Mrs. Donald Scott, Woodlawn Drive, Raymondville, where a picnic supper was held.

### 84 Attend Reunion

CANTON, Eighty-four family members and two guests attended the 50th reunion of the Scott family recently. The reunion was held at the home of Bob and Agnes LaBrake in Canton.

The oldest person attending was Bertha Scott, the youngest was Rebecca Sue, daughter of Kenny and Debra Van Brocklin, 2 1/2 months old. Tom and Inez Scott traveled the farthest, coming from Miami, Fla.

Bertha Scott has attended every reunion for the past 50 years. She was given a prize by the other family members.

The reunion will be held next year at the home of Bob and Jan Scott.

### County 4-H'ers Visit The Races

On July 18, 15 St. Lawrence County 4-H members and four chaperones attended a special 4-H Day at Vernon Downs Race Track. St. Lawrence County's group was among the largest of all 15 participating counties.

At the track, 4-H'ers witnessed morning qualifying races, which included a new track record. Track stables were toured, and the group had a chance to talk with race horse trainers, blacksmiths, and track officials.

A complete anatomy of harness racing was given by track officials, followed by tours of near-by race breeding farms. The after-dinner program included free admission to the evening's races, one of which was a special 4-H Trophy Race.

The day-long program provided by Vernon Downs and 4-H was attended by Liz Haas, Laurie Hobart, Rae Rice, Debbie Dishaw, Penny Boyer, Terri Littlebrant, James Burkett, Suzanne Lowery, Patty Dishaw, Terry Littlestedt, Patty Boyer, Gary Perrine, Tammie Cape, Cherie Phippen, and Teresa Cappellino with Barb Littlebrant, Judy and Paul Boyer, and Steve VanderMark as chaperones.



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## Student Receives Fellowship

The American Chemical Society has awarded a summer fellowship to James F. Rusling, a graduate student in analytical chemistry at Clarkson University. Rusling is the first Clarkson student to receive one of the seven awards made annually by the Analytical Chemistry Division of the Society. The nationwide fellowship competition is open to students working toward the Ph.D. degree.

Rusling, currently a teaching assistant in Clarkson's chemistry department, earned a B.S. in chemistry at Drexel University in Philadelphia, Pa. He has been employed as an analytical chemist by the Pharmacy Research Division of Wyeth Laboratories, as an assistant research chemist by the U.S. Department of Agriculture, and as a spectroscopist by the Sadtler Research Company.

The fellowship stipend is making it possible for Rusling to spend the summer on his research dealing with the application of electrochemical methods to the analysis of pharmaceutical and biological samples.

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## The Church Directory

POTSDAM	UNITED CHURCH OF CHRIST, NORWOOD	BRASHER-WINTHROP	SOUTH COLTON
BETHEL CONGREGATION 81 Market Street Friday Evening 7:30 P.M.	Rev. Charlon Opodyske Sunday Services 9:45 A.M. & 11:00 A.M. Morning Church School 11:00 A.M.	UNITED METHODIST CHURCH BRASHER FALLS Rev. Leon F. Silliman Morning Worship 10:45 A.M. Sunday School 9:45 A.M.	ST. PAUL'S CHURCH Rev. John Kennehan Sunday Mass 9:30 A.M.  South Colton Community Church has services at 9:00 a.m. conducted by Rev. Wm. Cuthbert. Sunday School follows at 10:00 a.m.
CHURCH OF THE NAZARENE Rev. Richard Wood 265-7445 Market & Cottage Sts. Sunday Services 11 A.M. & 7:30 P.M. Sunday School 10 A.M. Mid-Week Service Wednesday 7:30 P.M.	DAILEY RIDGE PRESBYTERIAN CHURCH Daley Ridge Rd. Rev. William Mundell Worship Service 11:00 A.m.	BRASHER FALLS BAPTIST CHURCH Rev. Patrick Ramey Jr. Sunday School 9:45 A.M. Morning Worship 11:00 Evening Worship 7:30 P.M. Wed. Service 7:30 P.M.	PARISHVILLE UNITED METHODIST CHURCH PARISHVILLE Rev. R. Cary Rochester Sunday School 9:30 a.m. Morning Worship 11:00 a.m. Youth Group 7:00 p.m.
EMMANUEL BAPTIST CHURCH (S.B.C.) Rev. William Rogers, 265-9648 Sunday Services 11 A.M. & 7:30 P.M. Sunday School 9:45 A.M. Wednesday evening 7:30 P.M.	NORWOOD FREE METHODIST CHURCH Rev. Robert L. Billings Sunday Services 11 A.M. & 7 P.M. Sunday School 10 A.M.	ST. PATRICK'S CHURCH BRASHER FALLS Father Louis C. Gardner Anticipated evening Mass, Sat. 6 P.M. Sunday Masses 9:00 A.M. and 10 A.M.	BAPTIST CHURCH PARISHVILLE Rev. Charles Metzger Sunday Service 11 A.M. Sunday School 9:45 A.M. Sunday evening service 7:00 P.M. Wednesday prayer meeting 7:00 P.M.
ST. MARY'S CATHOLIC CHURCH Mgr. William J. Arty, 265-9630 30 Lawrence Ave. 5:30 P.M. (Saturday) Anticipated Mass Sunday 7:30 A.M., 9:30 A.M., 11:30 A.M. and 5:30 P.M.	NORFOLK CHURCH OF THE VISITATION Rev. George Lemieux Anticipated Sunday Mass Sat. 7 P.M. Sunday Masses 9 A.M. & 10 A.M. Holy Day Masses, 9 A.M., 5:15 P.M. & 7:30 P.M. Confessions before all Masses and Saturdays 4 & 7:30 P.M.	MADRID-WASHINGTON ST. JOHN'S CATHOLIC CHURCH MADRID Mgr. Joseph G. Bailey Anticipated Mass: Sat. 7:30 P.M. Sunday Masses 9:00 & 10:30 A.M.	ST. MICHAEL'S CATHOLIC CHURCH PARISHVILLE Pastor: Rev. Anthony Pease Sunday Mass at 9 A.M. Anticipated Evening Mass Sat., 4:30
FIRST CHURCH OF CHRIST, SCIENTIST 265-4711, 26 Elm St. Sunday Service 10 A.M. Sunday School 10 A.M. Wednesday evening 8 P.M.	SANCT RAYMOND'S CHURCH RAYMONDVILLE Rev. Thomas Votrav, Pastor Sunday Masses Sat. at 7 P.M. & Sunday at 9 A.M. Confessions before all Masses & Saturday 4:30 to 5 P.M. Sunday School 10 A.M. Sunday Services 9:45 A.M. & 7 P.M. Midweek Wed. 7 P.M.	WESTVILLE FIRST PRESBYTERIAN CHURCH Rev. Robert Simmonds Sunday Services 9:45 A.M.	NORTH LAWRENCE UNITED METHODIST CHURCH NORTH LAWRENCE Rev. Leon F. Silliman Morning Worship 11:00 A.M. Sunday School 10 A.M.
KOINONIA CHURCH Office: 5 Hamilton St., 265-7094 Worship Services Sundays at 5 Hamilton St. 10 A.M. and 6:30 P.M.	ST. PHILIP'S EPISCOPAL CHURCH Rev. Lawrence B. Coon, rector Sundays-Holy Eucharist & Sermon 9:00 a.m. Thursdays-Holy Eucharist 9:30 a.m.	ST. PAUL'S EPISCOPAL CHURCH WADDINGTON Nelson Skinner Priest in charge Family Services 9 A.M. Fellowship hours 11 A.M.	LAWRENCEVILLE LAWRENCEVILLE BAPTIST CHAPEL Pastor: John Sullivan Sunday School 10 A.M. Sunday morning services 11 A.M. Sunday night services 7:30 P.M. Thurs. night Bible Study 7 P.M.
GLORIA DEI LUTHERAN CHURCH Rev. Theodore A. Schulze 265-9229 or 265-9283 97 Elm Street Worship 10:30 A.M. Sunday School 9:30 A.M.	ST. ANDREW'S CATHOLIC CHURCH NORWOOD Rev. John Wiley Masses: Saturday, 6:30 P.M. Sunday 9 A.M.-10 A.M. Daily 9:30 A.M. Confessions before all Masses & Saturday 4:30 to 5 P.M. Sunday School 10 A.M.	ST. MARY'S CATHOLIC CHURCH WADDINGTON Rev. Stephen Daughy Worship services 9:45 A.M.	COLTON ST. PATRICK'S CHURCH COLTON Rev. John Kennehan Sunday Mass 11 A.M. Saturday 7 P.M. Anticipated Mass
ST. FRANCIS OF ASSISI NEWMAN CENTER For all affiliated with CCT or SUCP 41 Main St., 265-6520 Mass Schedules: Saturday 6:30 P.M. Sunday 9 A.M. & 10:00 P.M. 9 A.M., 4:00 P.M. Daily Masses call 265-6520 Confessions before all Masses, or at your convenience Pastor: Father Kellogg	TRINITY CHURCH Fall Island, Potsdam The Rev. Canon James W. Pennock, Rector The Eucharist: Sunday 10 A.M.	ST. MARY'S CATHOLIC CHURCH MADRID, N.Y. Pastor: Rev. Betsy Mowry Church School 9:45 A.M. Worship 11:00 A.M.	WESTVILLE CHURCH COLTON Pastor: Rev. Anthony Pease Sun. Services 10:00 Sunday School 10:00 (Choir practice Wed. evens. 7) Youth Service 6:30, Evening 7:15 Wed. Prayer Time 7:30
UNITARIAN UNIVERSALIST CHURCH E. Main St., Canton, 265-2468, 9478 Rev. Max Coats, Minister Sunday Service 10:45 A.M. Church School 10:30 A.M.	JEHOVAH'S WITNESSES Kingdom Hall Route 1, 2 miles North of Potsdam Sunday Lecture 10 A.M. Watchtower Study 11 A.M. Mid-Week Services Tuesday 8 P.M. & Thursday 7:30 P.M.	BUCKTON BUCKTON UNITED METHODIST CHURCH Rev. Leon F. Silliman Sunday Service 10:30 A.M. Sunday School 9:30 A.M.	UNITED METHODIST CHURCH WESTVILLE Pastor: Rev. Betsy Mowry Church School 9:45 A.M. Morning Worship 9:45 A.M.
FIRST PRESBYTERIAN CHURCH Elm Street & Lawrence Ave. The Rev. Robert F. Langwig, Minister 265-4844 UNION WORSHIP SERVICES With American Baptist and United Methodist Churches 9:30 a.m. June 25-July 9 at First United Methodist Church July 16-August 20 at First Presbyterian Church 11:00 a.m. services resume on August 27	SOCIETY OF FRIENDS (QUAKERS) 9:30 A.M. Sunday, Potsdam, 265-5749	NICHOLVILLE UNITED METHODIST CHURCH NICHOLVILLE Rev. Kathleen M. Rochester Fl. Jackson 9 A.M. Nicholville 9:45 A.M. St. Regis Falls 11 A.M.	HANNAWA FALLS HANNAWA FALLS METHODIST CHURCH Rev. Calvia Zimmer Sunday School 10 A.M., Church 11 A.M.
DAILY RIDGE PRES. CHURCH Summer schedule, June, July, August Sunday Worship 9:30 A.M. Rev. William Mundell	FIRST UNITED METHODIST CHURCH OF NORWOOD Rev. Garrie Stevens 10 A.M. Sunday morning Sunday School after 10:30 A.M.	THE ST. LAWRENCE NATIONAL BANK	WEST STOCKHOLM METHODIST CHURCH Rev. Cary Rochester Pastor Sun. Services 9:30 Sunday School 10:00-11:30
NORFOLK WESLEYAN CHURCH Rev. Charles A. Dayton Sunday School 10 A.M. Sunday Services 11 A.M. and 7 P.M. Wednesday Prayer 7 P.M.	THE DREW AGENCY CORP. Insurance of All Kinds 4 Main Street Norwood, N.Y.	POTSDAM INSURANCE AGENCY 3 Pleasant St. Potsdam, N.Y.	HOPKINTON CONGREGATIONAL CHURCH HOPKINTON Church School 9:30 Sunday Sunday Service 10:30
	ROBART'S TIRE SERVICE B.F. Goodrich and Delta Tires Complete muffler and Exhaust system 140 Maple St. Potsdam, N.Y. 265-8170	P&C MARKETS, INC. Potsdam Plaza Potsdam, N.Y.	HOLY CROSS CHURCH Pastor: Rev. Anthony Pease Anticipated Evening Mass Sat. 7:00 p.m. Sunday Mass 11 A.M.
	NEW CAR DEALERS ASSOCIATION POTSDAM, N.Y. Adirondack Auto Baratow Motors Blevins Motors Courtney Chrysler Curtis Motors Scott Ford	WESTON'S BOOK STORE 39 Market St. Potsdam, N.Y.	THE listing of church services has been compiled by the staff of The Courier and Freeman from a number of sources. It is possible that the times of some services may have been changed since the information was first compiled, or that services at some churches have been omitted entirely. Therefore, we ask that readers check carefully the times listed for services in their churches and, if incorrect, notify us of the correct information by calling 265-4000. In addition, ministers in The Courier and Freeman are requested to advise which churches are not listed at all may call 265-4000, and the information will be listed in future pages.

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