

**Precautionary Steps Told In Handling Of Pesticides For Tots**

Each year thousands of innocent children are poisoned as a result of adult carelessness. Reports from the National Clearinghouse for Poison Control Centers indicate that nearly six per cent of these accidents are caused by improper storage or disposal of pesticides.

Pesticide needs should be calculated accurately before they are bought so the supply is used within a short period of time, advise specialists at the N. Y. State College of Agriculture, Cornell University. In this way, many long-term storage problems are avoided.

When not being used, pesticides should be stored in locked cabinets or on high shelves, away from food products. Never store them under the sink or in other places where children can reach them.

Transparent tape placed over a label prevents the label from getting lost or smeared. Any container without a label should be disposed of. Leaking containers or those without tight lids should be discarded and any spilled material cleaned up immediately.

Pesticides should never be placed in anything other than their original, labeled containers. Leaving them in soft drink bottles, even for only a minute, can lead to tragedy.

Parents should never apply pesticides with children or pets in the room. Children are unusually attracted to spray cans, and are unaware of their inherent dangers. Children are also likely to eat whatever they find lying around the house, so baits should be placed only after children have gone to bed and removed before they get up in the morning.

When pesticides are no longer needed, small containers should be wrapped in thick layers of newspapers and placed in the trash can just before pick-up time. Containers that are larger than one-quart size should be punctured and crushed first.

Excess pesticides should never be flushed down the toilet or poured down the drain. They can contaminate the water supply.

Keep On Paying Savings Bonds

**Better Rural Roads Bridges Needed For Heavier Farm Loads**

The need for continued improvement of rural roads and bridges to carry heavier trucks and increasing tonnage of agricultural produce was stressed by a Cornell University agricultural economist recently.

He also emphasized need for expansion of what he called "all-weather" highways to service commercial farms throughout New York State.

Prof. L. C. Cunningham, specialist in farm management at the N. Y. State College of Agriculture Cornell, declared that New York's agriculture and its related industries will continue to be dependent on a better transportation network in years ahead.

Noting the rapid shift in recent years from reliance on railroads to highways, Cunningham pointed to the lack of a adequate roads and bridges to handle larger trucks and heavier farm machinery.

"This need for more adequate roads and bridges in rural areas is parallel to the need to service larger and larger school busses," he said. "The every day use of rural roads by farm trucks is like that of school busses."

The Cornell professor discussed the impact of transportation services on agriculture at a two-day public hearing at the State Capitol held under the auspices of the State Department of Transportation.

In his testimony, accompanied by a comprehensive study made in cooperation with Prof. B. J. Dominick Jr., of the College of Agriculture, Cunningham also stressed the need for making rules and regulations governing movement of farm machines on highways consistent with changing needs of farmers.

Pointing to the competitive nature of many farm commodities, the economist asked that transportation rates serving New York agriculture be made competitive with those serving other regions of the nation.

Trucks with gross weights of 20 tons and more will be calling on farms on an increasingly regular basis. With the consolidation of farms into bigger units, movement of heavier farm machinery

on the highways will pose a problem unless rural roads and bridges are improved, he said.

New York's total agricultural transportation costs exceed \$150 million annually, he estimated. Milk, feed, fertilizer, fuel, and oil lead a list of goods and commodities moved to and from farms throughout the state.

**Educational Guide Covers All Facets For Self Benefits**

The young worker sits down cast at home in the evening regretting that he left school at the end of the tenth grade.

Across the street a retired nurse wonders where she might get information on an advanced course on her favorite hobby, water color painting.

Across town, a middle-age man wishes to enroll in evening courses that might help him obtain a more challenging position in the company for which he works.

For these people and many more with similar problems, Prof. A. Gordon Nelson of the N. Y. State College of Agriculture has compiled a guide for self-help covering a varied list of information for people, young and old, to help them into "new worlds" of educational discovery.

Published by the N. Y. State College of Agriculture at Cornell University, a new bulletin entitled "Opportunities To Learn" gives a complete run-down on different areas where one can look to gain training and experience in order to find and hold a better job.

The bulletin, No. 88, is subtitled "A Guide to Continuing Education."

It covers such varied facets as on-the-job training, evening school courses, two-year colleges, vocational colleges, education within the armed forces, sources of information and many others.

It also delves into Colleges and Universities, Manpower Development and Training Programs, Job Corps, Neighborhood Youth Corps, Vocational Rehabilitation, Questions Asked About Educational Opportunities, Apprenticeships.

The Cornell bulletin, illustrated with photos, should be a welcome companion to anyone wishing to expand his educational training.

It may be obtained by writing to: Mail Room, Research Park, Ithaca, N. Y. Single copies are provided free to residents of New York State.

**New York State Dairy Princess Bonnifer Smith Reigned At State Fair**

The newly crowned New York State Dairy Princess, Bonnifer Smith, of Big Flats, N. Y., reigned at the ADA & DC of New York — Red, White and Blue Theater exhibit during the State Fair at Syracuse. Her alternate, Susan Putman, 17, of Gouverneur St., Lawrence County, N. Y., also participated at the Fair.

Bonnifer is the daughter of a dairyman, Mr. and Mrs. William Smith of Chemung County, who operate 1,300 acres with 150 head of Holstein milkers and a poultry operation with some 25,000 laying

hens. She is 21 and a graduate of Cazenovia College. She has been very active in music and band and played the clarinet for many years. Bonnifer enjoys swimming, skiing, horseback riding and has been active in 4-H with awards in homemaking both for her culinary arts and sewing.

The spokesman for the New York Dairy Industry includes at least four glasses of milk in her diet as well as cottage cheese and other dairy products.

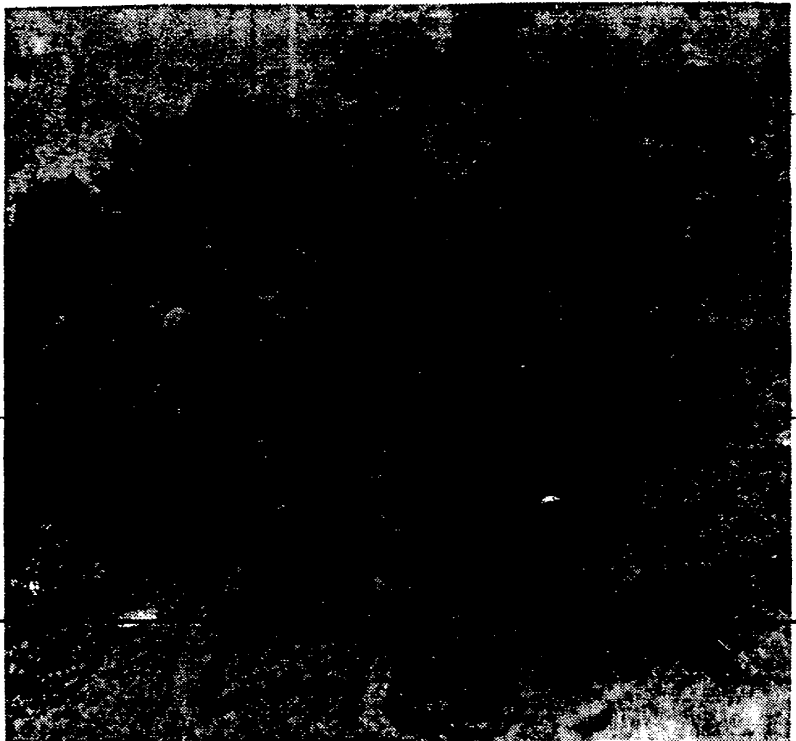
Princess Bonnifer will travel more than 20,000 miles making hundreds of radio, television and newspaper interviews and appearances before consumer audiences. In representing the Dairy Industry, she is a part of the Public Relations Department of the American Dairy Association and Dairy Council of New York.

Commercial Printing at the News Printing House

**Lemmer**  
**Chiropractic**  
**Office**  
Eugene J. Lemmer, D. C.  
Hours By Appointment  
(CLOSE THURSDAY)  
Telephone 324-3314  
10 E. Washington Street  
Hornell, N. Y.

**Buy Bonds where you work.**

They do.



Why do our servicemen buy U.S. Savings Bonds? Their reasons are the same as yours and mine: saving for the future, supporting freedom. And because they're fighting for freedom, too, maybe servicemen see the need more clearly than many of us. Buy Bonds. In more than one way, it makes you feel good.

**New Freedom Shares**

Now, when you join the Payroll Savings Plan or the Bond-a-Month Plan, you are eligible to purchase the new type U.S. Savings Notes—Freedom Shares—as a bonus

opportunity. Freedom Shares pay 4.74% when held to maturity of just four-and-a-half years (redeemable after one year), are available on a one-for-one basis with Savings Bonds. Get the facts where you work or bank. Join up. America needs your help.



The U.S. Government does not pay for this advertisement. It is presented as a public service in cooperation with the Treasury Department and The Advertising Council.

**Walk Extra Mile To Lose Weight**

Want to lose ten pounds in the next year?

One way you can do it is to walk an extra mile every day.

The American Medical Association's home health book, Today's Health Guide, reports that a walk of just an extra mile per day for 36 days is a "simple, pleasant device for shedding an extra pound of fat." In a year this would amount up to about ten pounds. The extra mile means just that—a mile of walking in addition to the customary walking you now do each day.

Once regarded as a major factor in losing weight, physical activity was later accorded less importance. It was realized that considerable effort was required to shed even one pound of extra tissue. Would-be reducers found comfort in some expert opinion that calories expended through exercise would be immediately replaced, due to an automatic increase in appetite.

Fortunately for fitness as well as for fatness, exercise has been restored to grace and enjoys respectability. Exercise helps expend calories; within the usual range of activity, it need not stimulate appetite excessively. The energy output required to offset a pound of fat is approximately 3,500 calories, but the weight need not be lost all at once.

Instead of the exhausting, often impossible, 36-mile hike within a span of hours, a walk of just one extra mile a day for 36 days will get rid of that extra

pound. Weight gain usually is relatively slow, and the extra mile will—for most of us—help keep our weight down to a reasonable figure.

Exercise also furthers physical, mental, psychological, and social fitness. It provides an outlet



for emotional tensions, promotes self-confidence, wholesome social activity, and good sportsmanship. It enhances the sense of general well-being that enables us to confront and master a reducing regimen.

To be effective for both weight reduction and for general physical conditioning, exercise must be a regular part of your way of life, and not something that is overdone spasmodically.

So, if you want to lose ten pounds in the next year, just arrange to walk that extra mile today.