



FIRST BAPTIST CHURCH
Andover, N. Y.
Rev. Floyd Aldrich, Pastor
Phone: 478-3022
Sunday, May 11
10:00 a. m. Bible Classes
11:00 a. m. Morning Worship Service.

FIRST PRESBYTERIAN CHURCH
Rev. Alan Messing, Minister
Study phone: 478-4185
Manse Phone: 478-3022
Mrs. Clara York, Organist and Choir Director
Mrs. Anita Cahill, Sunday School Superintendent
Sunday, May 11
9:45 a. m. Morning Worship.
10:45 a. m. Sunday School

ANDOVER CHRISTIAN & MISSIONARY ALLIANCE CHURCH
Rochambeau Avenue
Andover, New York
Rev. Milton C. Hurne, Pastor
Sunday, May 11
10:00 a. m. Sunday School for all ages.
11:00 A. M. Morning Worship.
7:30 p. m. Evening Gospel Hour.
Wednesday
7:30 P. M. Mid-Week Prayer and Bible Study

METHODIST CHURCH
Gerald A. Wolter, Minister
Mrs. Lawrence Godown, Organist
Harold Hurdut, Choir Director
Sunday, May 11
10:00 a. m. Church School.
11:00 a. m. Morning Worship Service.

INDEPENDENCE S. D. B. CHURCH
Rev. Floyd Aldrich, Pastor
Phone: 478-3022
Saturday, May 10
10:30 a. m. Morning Worship.
11:30 a. m. Sabbath School Classes.

BLESSED SACRAMENT CHURCH
Rev. John R. Shiga, Pastor
Phone: 478-5900
First Friday Holy Communion at 6:30 A. M. Mass 7:30 A. M. Sunday Masses 8:30 A. M. and 10 A. M.

MENNONITE CHURCH SERVICES
Robert Backwalter, Pastor.
A hearty welcome is extended to all to attend the Mennonite Church Services held at the Independence Church every Sunday. Sunday School 9:30 a. m. Preaching Service 10:30 a. m.

GREENWOOD METHODIST CHURCH
Gerald A. Wolter, Minister
Mrs. Albert Lamphier and Miss Diane Smith, Organists.
Clinton York, Superintendent
Sunday, May 11
9:45 a. m. Morning Worship Service.
10:50 a. m. Church School.

CLASSIFIED ADS

FOR SALE
FOR SALE — Formal Dress, size 10, \$15.00 Call Andover 478-5082, Jean Bragdon. 19

FOR SALE — Sweet Pea Seeds. Baker's Hardware, Dial Andover 478-4425. 19

FOR SALE — John Deere 2020 Tractor, Mounted Plows, Dozer Blade. Bob Prior, Dial Andover 478-8173. 19

WINDOW GLASS — Glass cut to Size and Installed at Baker's Hardware. Dial Andover 478-4425. 19

WANTED
WANTED — To Rent or Buy a House in the Country with other Buildings. Reasonable. E. C. Burrell, R.D. 1, Almond, N. Y. 20 pd.

WANTED TO BUY — Springer Cows, Heifers and Beef Cows. I also have a good number of Springer & Fresh Cows For Sale or Trade on hand. Call or write Frank L. Sackett, Jasper, N. Y. 14855. Tele. 607-792-2052. 53

WANTED — Backhoe Work Nights and Week-ends. Dump Truck Service Contact Wellman (Bob) Burch. Dial Andover 478-5113. 19

NEW SOLES & HEELS
MAKE YOUR SHOES LOOK LIKE NEW
Also: Rebuild Your Old Shoes To Golf Shoes
Dye Shoes To Match Your Purse & Gown
LOUIE'S SHOE REPAIR
WELLSVILLE, N. Y.
Across from Ball Park Ent.

MISCELLANEOUS
CHICKEN-BAR-B-QUE Sunday May 11th — MOTHER'S DAY — Alfred Station Fire Hall. Serving 12 Noon to 3 P. M. Adults \$1.75 Children \$1.00. 19


SERVICE AND REPAIRING
Washers, Dryers, Ranges, repaired by experienced Serviceman. Work Guaranteed. Call Ralph Emmons. Andover, N. Y. 19


RICHARD P. WITTIE
Commercial Photographes
1-5 Main St. Andover, N. Y.
Wedding Pictures
Portraits
Chauffeur
Photos
or Legals

Complete Collision Service And Auto Refinishing
D & J Body Shop
Wellsville, N. Y.
Bolivar Rd. Phone: 593-3854

WANTED TO BUY
Scrap Iron and Metal
ATTENTION FARMERS:
We Buy: Batteries
Rags and Burlap
FOR SALE: — Pipe
Clothes Pole
Burning Cans
HORNELL WASTE MATERIAL
SHAWMUT YARDS
HORNELL, N. Y.
(Near the Big Elms)
Phones: 324-3175 — 324-3176

EVERYTHING FOR BUILDING
LUMBER
DROP IN OR CALL 593-2426
Lunn Lumber Co.
Wellsville, N. Y.
256 W. State Street


Doctor in the Kitchen®
by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

NUTRITION FOR OLDER PEOPLE

During May we will be celebrating Senior Citizens Month, so it seems apropos to discuss the nutrition needs of our elder citizens. Are their needs different from other times of life? Is there anything new, nutritionally speaking, for the growing number of older people in our population?

Better Use of Knowledge
Essentially, nutritionists don't see so much "new" in nutrition for older people. Instead, it is believed we must make better use of knowledge we already possess to keep aging bodies "tuned up," so to speak. It's a little like keeping your automobile in tune to prolong its life and to promote its smoother operation.

There is, of course, newer knowledge of nutrition, especially the information we now have of amino acids, and the basic research that is being done in genetics. This knowledge offers opportunities to help conserve the body during earlier life and thus approach later years in better condition.

Information Limited
But the information is still limited and we should be careful not to be taken in by charlatans and medical quacks who may attempt to use bits of the information to falsely convince people that a "fountain of youth" has been discovered. People who make poor adjustments to inevitable aging are prone to be so taken in.

But there are specifics, good advice for both the elderly and all of us who will eventually reach old age.

For example, the condition of teeth is very important. If teeth can be kept well, one of the major adjustments in eating among older people is eliminated. Older people with defective teeth, or none, are limited in their approach to a normal diet. They may also be too poor to afford a good diet, and too independent to ask for help. They may live alone and be unable or unwilling to go to the trouble to prepare good meals. They may suffer from digestive disturbances. And finally, older people may still harbor long-established habit patterns or prejudices that promote poor dietetic habits.

Main Thing to Remember
The main thing for older people to remember is that they need the same kind of good nourishment that we all do, though they probably will be best off with smaller portions and perhaps smaller but more frequent meals. The same foods that benefit youth and growth promote the kind of upkeep and repair that older people need. So, unless a physician has prescribed otherwise for specific ailments, if there are older folks in your family urge them to practice the balanced nutrition and eating of a wide variety of foods that you and your family already enjoy.

Milk and its products, meat, poultry, eggs, fruits and vegetables, whole grains or enriched breads and cereals are the foods we are talking about. And these should be consumed at a calorie level that keeps people at the right weight, just enough and not too much.

For Pure Fresh MILK
PHONE: 593-3030
Weldonian-Minges Dairy

Builders Supplies
Color Carousel System for mixing 1400 colors and all types of Valspar Paints
10% OFF ON ALL CASH & CARRY ORDERS
WELLSVILLE LUMBER COMPANY
Wellsville, N. Y.
RAILROAD AVE
Phone: 1836

REMEMBER THOSE YOU LOVED WITH A MEMORIAL GIFT TO THE AMERICAN CANCER SOCIETY

ANDOVER DIRECTORY

WOODRUFF T. V. ZENITH
I.V. SALES & SERVICE
AUTHORIZED DEALER
E.C.I. Courier Citizens Band
Two-Way
Dyke St. Andover, N. Y.

ANDOVER LODGE
No. 558, F. & A. M.
James F. Mulholland
Ronald G. Taylor, Secretary
Meets First and Third Monday evening of each month, 8 p. n.
VISITORS ALWAYS WELCOME

James B. Mulholland Funeral Home
7 Church Street - Andover
Calls Promptly Attended

HENRY STEPHENS INSURANCE AGENCY
Andover, N. Y., Dial 478-5561
Serving Andover and Vicinity over 65 years

And-Well Producers Co-operative, Inc.
Lyle Danielson, President
Victor Austin, Sec'y-Treas.
Meet the First Tuesday of every other month

J. ROBERT COMMON
D. D. S.
Office 11 North Main Street
Dial Andover 478-5662
X-RAY EQUIPMENT

R. J. SOOTHERAN
Attorney & Counselor at Law
All legal business receives prompt attention
Dial:
Office: 478-4111 Res. 587-2142
Hours: 9 to 5

GLENN E. BRONSON Insurance Agency
Hardy Hill Rd., Andover, N. Y.
Dial: 478-4611
Insurance to meet your needs

FOR REAL ESTATE SERVICE:
Leo V. Ludden, Lic. Broker
Wellsville 593-5391
Leo V. Ludden Realty
Main Street - Wellsville, N. Y.
Sales, Rentals, Appraisals and Management

For Real-Estate Action!
WELLSVILLE REALTY COMPANY, INC.
31 W. Fassett, Wellsville, N. Y.
SALES RENTALS APPRAISALS
Phone: Teresa D. McAndrew, Lic. Salesman, Andover 478-4175
or
Ruth Brown, Lic. Broker
Wellsville 593-1494

Chamber of Commerce Of Andover, Inc.
James H. Kessler, President
Robert A. Baker, Vice-President
Landis Kibbe, Sec. and Treas.
in each month
Regular Meeting 3rd Wednesday

ZENITH Authorized Dealer
Mullen T.V. Sales & Service
Dial: 478-3937
Andover, N. Y.

Sell That Article Thru The Classified Section