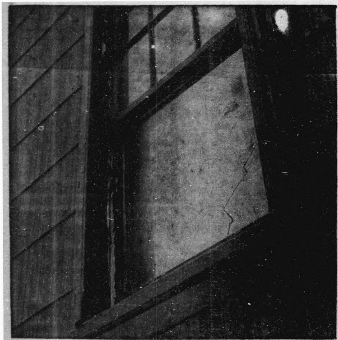


If you've got windows like this... you've got money to burn

Take a close look: Loose putty • No storm windows or plastic covers • Cracked glass • There are other problems, too.

Windows like this add 15% or more to your monthly gas bills. Money you don't need to spend. Money you could save every month ... by making a few simple repairs yourself, even if you rent.

We can show you how with a booklet called "Heat Saving Ideas." It's free and it's loaded with tips to save you as much as 30% on your gas heating bills. You'll find it at the new Iroquois Gas East Buffalo Customer Center at 1312 Jefferson near Utica, or at your co-operating hardware store.

Pick it up now because we want you to save money as much as we want to save on natural gas. It's that simple.

HEAT SAVING IDEAS

This free booklet can save you plenty on your gas heating bills.

IROQUOIS GAS
East Buffalo Customer Center
1312 Jefferson Avenue, near Utica.
See our heat saving demonstrations and displays

STATUS OF ASSISTANCE—

Smith Reports On Lake Water Damage Victims

Congressman Henry P. Smith III (R-NY) this week disclosed that the issue of severe water damage which ravages the shores of Lake Ontario, is presently being reviewed at the White House level.

In rseponse to a telegram Smith sent to President Nixon on Feb. 22, making another plea for federal action to assist the communities bordering Lake Ontario, the White House reply stated that the situation "will be called to the President's early attention, and, in addition, shared with the members of the staff who are currently reviewing this situation."

Rep. Smith has been pressing for federal action with other Great Lakes area Congressmen for some time. He said, "I have made individual and concerted appeals in regard to the dire and mammoth needs of the Lake Ontario communities, and I shall continue in my efforts to get some positive action for these people who face a still greater disaster with the imminent spring thaws."

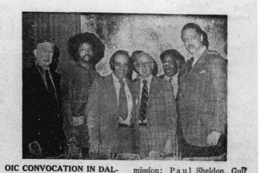
YMCA To Salute Sabres

The Third Annual YMCA Salute to the Buffalo Sabres will be held on Monday, Mar. 19, 7:30 p.m., at the Cheektowaga Central High School.

Coach Joe Crozier and several Sabres stars will be on hand to make a panel presentation and answer questions from the audience. Ted Darling is the Master of Ceremonies.

The program will feature a special shooting contest with lucky members of the audience participating with the Sabres players. Each player will team up with a youngster for the shooting contest. Other program features include: Touhe II, Sabres highlights film, free pictures for those participating, and special outdoor prizes.

Tickets are available from the YMCA Community Relations Office, 45 W. Mohawk St.; the Expressway Branch, 260 Eggert Rd.; Ken-Ton Branch, 535 Belmont Avenue; Northeast Branch, 4433 Main St.; and the South Towns Branch, S-3636 Eggert Road in Orchard Park.



OIC CONVOCATION IN DALLAS, began with a legislative luncheon sponsored by the Gulf Oil Corporation. Among those taking part, left to right, Roy Kohler, Manager-Community Relations at Gulf; Rev. Jesse Jackson of PUSH; the main speaker, Benjamin Hooks of Federal Communications Commission; Paul Sheldon, Gulf vice president; Maurice Dawkins, Opportunity Industrialization Centers; and Rev. Leon Sullivan, OIC. Mr. Sheldon called 1973 a critical year for race relations and said that Gulf employees had been asked to increase their participation in inter-racial events.

Health Hints

FROM BLUE SHIELD

Fashion Foul-Ups

The new wide, flared pants are fun to wear but make both women and men vulnerable to the same types of accident as the maxicoats of a couple of seasons ago. Safety experts caution against getting these pants caught in car, train and bus doors, escalators, revolving doors and bike chains and spokes. They also emphasize that heels get easily caught in hems — frequently causing severe if not near fatal falls. For safety's sake, make sure the new wide pants are fitted properly with the hem falling no lower than the ankle bone and exert caution when entering or exiting from vehicles.

Poison Prevention

During National Poison Prevention Week, March 18-24, remember that any ingested poison constitutes an emergency. According to the American Association of Poison Control Centers, most swallowed poisons should be treated by either administering liquids or forcing the victim to vomit—all depending on the type of poison consumed. In any case, keep potential poisons, such as household cleaning agents and medicines, out of the reach of small children. Mothers should exert particular caution not to carry medication in their purses. In the event of a poisoning, alert your physician immediately, transport the victim to the nearest medical facility and bring along the swallowed poison with the intact label.

Dick Gregory To Speak Mar. 20

Dick Gregory, black comedian and activist, will speak at Fairleigh Dickinson University on March 20 at 8 p.m. in the Student Union cafeteria as part of the Speakers and Issues Program of the Student Union Board.

Gregory, star of television and films, has worked vigorously for the rights of blacks, marching in demonstrations, taking a stand against racial violence and serving time in Southern jails. He received an honorary doctoral degree from the Malcolm X College in Chicago in 1970.

The 40-year-old humorist fasted in protest against the Vietnam War and will continue fasting until all POWs are released.

Gregory is the author of several books including "Nigger," "The Shadow That Scares Me" and "Write Me In."

His book, "No More Lies: The Myth and the Reality of American History," takes a serious look at historical myths which he believes have created a credibility gap between what America says it believes and what it actually practices.

The public is invited to attend Gregory's appearance. There is no fee for students with ID cards; admission fee for the public is $1.00.

EASTER CONCERT

Experience the Unique Sounds of Robert Roseborough & The Melody Masters; Also The Gospel Choral Union, and Walls Memorial Gospel Choir Easter Sunday, April 23, 5:30 p.m., at Walls Memorial AME Church, 455 Glenwood Avenue. Advance Tickets $2, at door, $2.50, Children under 12, $1.

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Evening Service .. 7:30 p.m.
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Wednesday
Prayer Meeting ..... 6 p.m.
Senior Choir Rehear. 6 p.m.
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The Missionary Society stands ready to come into your home anytime. For information contact Mrs. Mable Hart, at 882-1405.

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"Make God's Glory Your Object In Life."
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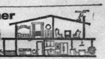
BTU .... 6 p.m.
Evening Worship .. 7:30 p.m.
Mid-week Prayer Service
Wednesday .... 7:30 p.m.
Youth Night
Friday .... 7:30 p.m.

Consumer Scene



Food Freezer Can Save Time And Money

Increasingly, American homemakers have been turning to the food freezer as a means of combating steadily rising food costs.

When used to advantage, the food freezer can become a homemaker's most valued appliance, enabling her to prepare a kaleidoscope of enjoyable meals while saving both time and money. And the advantages of plenty of freezer space aren't limited strictly to the large family — working wives particularly need to save time in the kitchen to manage their dual role as homemaker and wage-earner.

Owning a food freezer is like having a "supermarket" in your home, points out General Electric's Consumers Institute. It avoids the need for frequent and often last-minute trips to the grocery — particularly advantageous in bad weather—and also enables you to be ready for friends that drop in unexpectedly as well as to prepare foods in advance for special occasions.

Here are a bevy of tips to help you get the most out of your food freezer:

✓ Buy on a planned basis, not by impulse. Items you don't really need can be expensive.

✓ Take advantage of market specials, when prices are lower, but beware of bargains that don't fit your plan or your family's appetite.

✓ Buy meats in quantity to obtain better quality at lower cost.

✓ Stock up on fresh fruits and vegetables at the peak of the season when prices are lowest—freezing preserves the flavor, texture and appearance and is simpler and faster than canning.

✓ Freeze meal leftovers and serve them later as "planned overs" — or make your own "TV dinners."

✓ Package foods in meal sizes so that you only have to thaw the required amount.

✓ Buy day old bakery goods — a short stay in the freezer makes them taste oven fresh. Toast made from frozen bread is particularly delicious.

✓ Keep your freezer as nearly full as possible—a half-empty freezer becomes a luxury to own and costs more to operate.

✓ Be a double batcher — bake and cook in advance and freeze half for another meal.

✓ Don't waste space regularly storing bulky, low cost items such as ice cubes — although a freezer is particularly handy for building up an ice cube supply for a party.

The staff of the Consumers Institute, which is responsible for both General Electric and Hotpoint major appliances, points out that where you locate your freezer can make a difference in how well it operates and how much it costs to run.

Ideally, it should be located in a cool, dry, well ventilated area out of direct sunlight—never in a room that is especially hot in summer or heavily heated in winter. Too hot a location can add up to 15% in operating costs

Ideas for using a food freezer are nearly limitless, and some time spent reading the use and care manual provided by the manufacturer can help you maximize the time and money savings available from owning your own "personal supermarket."

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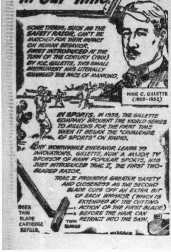
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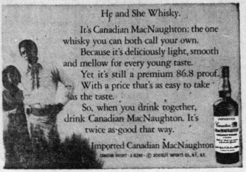

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