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ALTAMONT, N. Y., FRIDAY, JUNE 6, 1947

AS OTHERS SEE US

By JOHN RANCK



"Beware of strong foreign states which still further enriched themselves during the war..." Premier Molotov-Paris, Aug. 14

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These Things We Think

By Al T. Mont

Well, folks, the sun is actually a-shinin' and even the thermometer wuz down to 45 degrees this mornin' when Ma and me looked out on the porch, our spirits sorta come up with the sun and it's gotta be a grand day.

Everywhere I go these days, folks has got trouble and I bin a-thinkin' about the divil wuz in the world when it deep down in 'em and suffer; some folks spill it out on anybody wuz'll listen to 'em. Others has a few closet friends—and they get to them for comfort and advice. Some folks writing their hands and collapse. Others say "What's got to be borne must be endured," and go around with grim faces and lead a martyr's life. I help in every need, and plain their hand in His—they go smilin' thro the days. Now, we can't any of us criticize any of these folks, fer each fer is doin' the best he knows how, and somehow, whether they know it or not, the love of God is workin' in 'em and fer 'em to help them outta their unhappiness. Rememberin' a friend that's in a bind is in the heart of everyone who knows him because of the way he's riz above real tragedies in his life—I writ him and asked him where he went when he wuz in trouble. And this is part of the letter he sent: "When the Lord says that 'dearly I seek the solution in PRAYER. Not the kind of prayer I prayed years ago—the one where I was constantly asking for something. My prayers these days are ones of thanksgiving for present blessings, and when I get up from my knees (yes, I kneel to God) I say 'thank you, and joy takes the place of sorrow. As you know, I have been seeking that 'upper road' of spiritual peace for a great many years, and as I sought, day by day, sorrow and loss walked beside me; money, friends, profession, family all went into the limbo of vanished hours. Trouble just kept a-comin' and I was almost by moment, I suppose, it is possible to come into a clear realization of spiritual truths in one marvelous experience of ecstasy and revelation—but with me it has been a gradual approach of the presence of the Holy Spirit hour by hour, which takes all one's courage to survive. I have learned that friends, change of environment, money or whatever else we humans cling to—the things we gain happiness—are, as nothing unless we have the love of God in our hearts; the kind of love which helps us forget ourselves in loving service, which helps us say the kind thing to all whom we meet, which makes us sense in all the beautiful and lovely things about us, and makes us so fill our hearts with the joy of His presence that we become channels for His love. So, when my day grows dark and I'm sky overcast, I'm in a 'crest place' and so fill my heart and mind with the LOVE OF GOD that I find the way made smooth and my heart at peace, and my mind is filled with joy and thanksgiving for blessings which are visibly mine and for other blessings I am sure are on the way to me, as I strive to keep in touch with that 'mind which was in Christ Jesus'—and I walk my life remembering the proverb—'In all thy ways acknowledge him and he shall direct thy paths.'"

"Well, folks, I reckon that's the answer—not only fer you and me but fer folks everywhere—and if I were followed by each one—the nations would fer joy. I must run along now—hope ya have a good week, and remember that no matter how long a tail a cat's got, when she hits it caught—the aint goin' no place. This is the end. Thank you. W. C. T. U. Notes

The great World's convention of the Woman's Christian Temperance Union is now in progress in Convention Hall, Ashbury Park, N. J. It will be a marvelous gathering. We are glad so many are going from Albany county and will remain for the National convention which follows the 15th.

Read about it in the Union Signal and New York Temperance Worker. Continue to pray for it day by day, and for its wonderful president, Mrs. Ella A. Boole, U. S. A.

From "Alcohol Talks to Youth," a brief scientific discussion by Howard E. Hamlin. I am always amused when some of my friends begin to justify my sale and use by calling me a food—speaking of alcohol.

"Foods are essential to growth and development in youth. Foods increase the working powers of the brain, but I, Alcohol, interfere with muscle and brain co-ordination, and slow the reaction of these important organs."

"Foods increase your power to endure physical strain, but I hasten fatigue, and therefore lessen endurance. I can also increase fatigue products by causing many unnecessary movements. In every form of athletic sport, the weaker endurance athletes who wish to succeed, avoid alcohol entirely."

"Foods can be stored in the body for later use, but alcohol remains unchanged in your blood and cells until it oxidizes (burns) or excretes. The more you drink of me, the longer it takes to get rid of me. All this time I am slowing the chemical processes of your body, and dulling your senses."

"Foods tend to maintain the water balance of your body at its normal level without excessive loss or increase, but I, Alcohol, by my action on the pituitary gland, increase the loss of water through your kidneys."

"Alcohol looks like water, but acts like fire when I am taken in strong drink. The Indians called me "fire-water" because of the burning feeling that I cause when in the mouth and throat."

"Nutritious food helps the brain to do its work better, while I, as Schiller expressed it, 'never invent anything, but cripple the man by laming his brain.' Alcohol is not to be compared with food."

Altamont High School Notes

JUNIOR CLASS

Our play "Murdered Alive" was presented Thursday afternoon and evening, May 29th. The Junior class wishes to thank all those who helped to make our play a success. Without an attentive audience, and stage managers, scenic effects and properties, we would not have been able to present it. We also wish to thank Mrs. Spadaro and Miss Bernal for their hard work and patient co-operation in directing our play.

EIGHTH GRADE

Last week arithmetic progress tests were given to the class. At club we decided to hold our class picnic at White Beach June 19.

For Monday, we are planning to learn the poem, "It," by Rudyard Kipling.

We have two new pupils from the Bozenhill school here for regents review. They are Viola Van Buren and Vall Pulliam.

SEVENTH GRADE

In science we have been studying the cells, leaf, and how green plants make food. We learned about the different parts of a plant such as the veins, guard cells, chlorophyll, vascular bundles and others.

In social studies we have been studying about the different kinds of religion. This week we are studying about the different colleges, universities and libraries in New York state. We will be glad when we get our year books.

GRADES 5 AND 6

Those who brought things to show us this week were the following: Larry Lappe, trick book; Judy Preston, willow plate; Carol Manley, strap book of cards; Harry Housman, old shoemaker's hammer; Pat Ryan, small bottle of iodine.

Many of us are planning on the regents in which we are playing this Friday evening.

"Doctor Jones" Says —

By Paul B. Brooks, M. D.

Coming back, every now and then, to this subject of alcoholism—I guess you know the doctor who was quoted as saying all this talk about alcoholism being a disease, it was just providing alibi for a lot of weaklings, or words to that effect.

Well, folks that habitually use alcohol to escape from their troubles, taking that way of trying to escape from disturbing realities. In a sense that's an evidence of a flaw somewhere—a weakness, in other words—the same as having a disease. But the rest of us: if we could bring our own weaknesses out into the light of day and look 'em over, we might be less inclined to be hard on the alcoholics.

Resort to "escape" mechanisms—this is common to practically all of us. It's a desirable and beneficial or harmful device, depending on the circumstances. At any rate, it's natural. Going on vacations; we do new and different things to escape, temporarily, from the routine of our regular jobs. The doctor with a patient that isn't doing well may escape from his worries by reading a detective story.

Somebody that feels neglected and unimportant escapes by developing a "nervous breakdown" and getting more attention. A fellow with subconscious feelings of inferiority may escape by blustering and putting on a big front. And somebody else with a troublesome unconscious urge to do things his conscience wouldn't approve of may escape by crusading against those very things.

The trouble with the alcoholics, in their effort to escape from one set of unpleasant realities, they've got themselves tangled up in a worse one. Up 'til recent years, when they got in that fix, the odds were all against 'em. Today, with the aid of science and co-operation of their joined forces, he can get himself out of the web, if he's got the strength of character to make the fight.

The fact that better'n' 40,000 of 'em have been successful in doing it—that, don't look like the proportion of weaklings among alcoholics was much above the general average. And we'd better remember that old adage about "glass houses."

Biographical Sketch

Of The Incoming President, The First Church of Christ, Scientist, In Boston, Mass.

Mrs. Helen Chaffee Elwell, C. S., of East Hebron, N. H., and Boston, Mass., is a local member of the Mother Church. The preparatory years of her education were in New York, followed by the completion of her schooling in the city of Washington. Mrs. Elwell became a member of the Mother Church in 1913, receiving class instruction in the same year. She has had membership in several branch churches as her travels permitted. Upon residing in Boston, she entered the public practice of Christian Science in 1923. She was for five years assistant superintendent of the Mother Church Sunday school, and for four years a member of the Christian Science Bible Lesson committee. Mrs. Elwell has just completed a term of three years' service as Second Reader in the Mother Church.

Bean Disease Damping-off, baldhead, snake head, anthracnose, halo blight, pod rots, and bean mosaic are the list of diseases that affect beans.

Altamont Boy Scout Notes

The re-registration of the Boy Scout troop No. 51 in Altamont under the sponsorship of the Parent-Teacher association, although late in the season, was none the less enthusiastically received by the boys who had been asking "when" every single last September. With John Cole as chairman of the troop committee, the leaders this year are: Scoutmaster, Stuart McLaurry, and assistant, John Mulligan, who served in that capacity last year. Since the middle of February a fine spirit has been evidenced by the boys, and real progress has been made as well as ground work laid for much future activity.

The high point of the scouting activity has been the Camporee conducted at Camp Hawley for the troops of Port Orange Council the week-end of May 23. The following 14 boys attended: Howard Benson, Le Roy Bruick, Harold Cassidy, Chas. Chandler, Phymon Constant, David McLean, Paul Dean, Donald Holtlander, Edgar Holtlander, William McLaurry, Howard Schable, Charles Stewart, Alton Teter and Alan Urright. And for this trip we should note one who went to make his own report.

Friday night (May 23) at 7:00 P. M. McLaurry, the scoutmaster, left Altamont with 14 boys for a week-end at the Port Orange Council Camporee at Camp Hawley. By the time we had the uniforms on and the camp site straightened it was time to turn in. We arose early the next morning and set about preparing the first of many good meals. After breakfast we cleaned the campsite for inspection and played a little softball. In the afternoon we played softball with two of the other troops, winning both games. On Saturday afternoon Mr. Child came to be with us the rest of the week-end and Mr. McLaurry played softball on the men's team. In the evening we attended the campfire with the other troops. Sunday morning we got up at seven o'clock. After breakfast we attended the church service on the grounds. When the service ended we went back to our site and took down the tents and packed the duffie. We had lunch and went to the closing ceremonies.

The summer program, now in the making is concerning itself with camping at Hawley and many outdoor activities which can be enjoyed only in the summer period, according to Scoutmaster McLaurry. As their current service project the boys are trying to secure as much equipment and as many uniforms or parts of uniforms as possible which are not in use, to send to the boys of scout age in Nyriam.

Lichens Everywhere

About 200 different kinds of lichens are common in northeastern United States, and an extended search would probably increase that number to a total of 500 to 600 species. Lichens occur everywhere—from the arctic regions to the tropics, from the highest mountain tops to the seashore, and from the driest of desert rocks to the beds of freshwater brooks. They form a large part of the plant growth on the treeless tundra of northern Canada, for instance.

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Some Reduction

Albany — Based on reports from processors of vegetables, including canners and freezers, early plans call for some decrease in the acreage of commercial "canning and freezing" crops in 1947. Actual plantings may of course fall short of or exceed these early indications, due to weather conditions, labor, seed and fertilizer supply, changes in the price outlook and other factors, according to a Federal-State report issued from the New York State Department of Agriculture and Markets. Moreover, yields per acre often vary widely from year to year.

Safety Hints

Do not use any substitute for a standard fuse plug; determine the cause of a blown fuse before installing a new one; do not change a fuse until the circuit breaker switch is open.

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GUILDERLAND, N. Y.

Cites Way To 'Beat Weather'

New York farmers can either burn corn or make grass silage of their hay, to beat the weather early in the summer season, says S. H. Morrison of the animal husbandry department at Cornell.

Although there is little experimental evidence, work so far indicates little or no difference in feeding value between alfalfa cut up as silage or hauled out hay, he points out. Hay crop silage permits early cuttings of hay and allows for a good second-cutting or grazing aftermath.

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QUICK AND SLICK
If you go in for campfire cookery, you'll get yards of enjoyment from ENCORE Prepared SPAGHETTI. It's mighty good cooked at home on the range, too, so get a few cans at the A&P. Made with a tasty sauce of tomatoes, spices and cheese, all you have to do is heat it. And if you want an extra hearty dish for 8 hearty eaters, combine 2 cans of this swell spaghetti with 2 cans of red beans, mix well in a skillet; add 2 tps. of chili powder, and heat thoroughly. Add green pepper and onion rings if you like 'em. Grand indoors or out!

SWANK FOR SALADS
For the best-dressed cold salad or vegetable salad that ever went a-picknick, try this tangy dressing made with WHITE HOUSE MILK, the creamy-rich evaporated milk sold at the A&P. Just blend 1/2 tsp. prepared mustard, 1/2 tsp. salt, 2 tps. sugar, a dash of cayenne and 1 cup undiluted WHITE HOUSE EVAPORATED MILK. Add 1 tbsp. vinegar gradually, stirring till thick. Enough for 8 servings of salad.

KING-SIZE SANDWICHES
Where there's a grill, there's a way to enjoy MARVELL HAMBURGER ROLLS in their special role of partners for sizzling hamburgers. But even if your picnic equipment doesn't include a grill, these delicious, freshly baked rolls from the A&P can have their innings on your outings. They're perfect for big-be-man sandwiches of all kinds because they hold so much filling.