

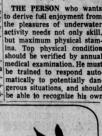
Scuba Diving Must: Skill, Good Sense

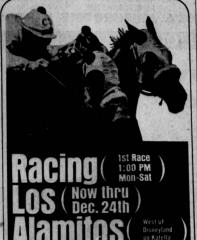
In recent years, skin divigate distances or has become ing and scuba diving have entangled in kelp.

Other mishaps, not always can the conquest of statal, include the "squeeze" tast, and the "bends." The squeeze in it for recreation, adventure, and the conquest of new skills. And like most adventurous activities, it carries with it certain risks.

Skin divers rely for their air supply either on their own lungs or on air brough a snorkel tube. Scuba divity, involves a snorkel tube. Scuba divity, involves can be avoided by in a Self-Contained Unity, potentially a much more hazardous activity, involves a solventure.

THE BENDS, which occur when nitrogen bubbles become trapped in the body's activity, involves, can be avoided by in a Self-Contained Unity, and persons with certain scute or arrapped in the body's come trapped in the body's come trapped in the body's come trapped in the body's new the diver who knows how ardous activity, involves can be avoided by the diver who knows how ardous activity, involves can be avoided by the diver who knows how ardous activity, involves a come trapped in the body's one of the context of the surface if he has been at a certain depth for a certain persons the intitials of the phrase order, also known as Calson by the diver who knows how suffer the surface in a period of time. The district of the surface in a period of time. The district of the period of time. The district of the period of time. The district of the context of the period of time. The district of the period of time. The





Wise menu and shopping guide

Salmon

Mound

Pretty

3 3-oz. packages Lascco
thin sliced Smoked
Salmon
1 lb. whipped cream
cheese
4 cup finely diced onion
Crisp crackers
Onion rings

Onion rings

Combine whipped cream cheese with onion. Mound in center of serving plate. Cut thin siliced smoked salmon in narrow strips. Lay salmon around cream cheese mountain, leaving a little showing on top. Garnish with onion rings and parsley. Makes enough to serve 15.



HANDSOME HOLIDAY plate for the buffet is Smoked Salmon Mountain, favorite of a famous

For Thanksgiving Try Easy Bird Rolls

demove frozen-loaf from t and let soften at room apperature (about one ar). Cut loaf into quar-s and then cut each



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