

ALL BEEF AND DAIRY FARMERS

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A bag by any other name might be called a reticule. It's an old fashioned tag for a mini bag, but this reticule only goes out with the most modern clothes. The bag measures 4 1/2" x 8". It is crocheted in the V-stitch of cotton yarn and has fabric lining. The flap top is closed by a snap. A dainty metal chain is attached for a handle. Free instructions are available by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PC 4297.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



What Appliances Can't Do

Was there a small electric appliance for you under the Christmas tree?

If so, do you know what it will do and how it operates? Better yet, do you know what it can't do?

For instance, if your gift was a new blender, it won't whip cream as well as a mixer. New blenders with solid state controls still don't have the container space or the big blades needed. And conventional blenders may not even whip.

Was your gift a hand mixer? Remember that this featherweight is not designed for the heavy mixing which a stand mixer is capable of doing. A stand mixer has precision-fixed beaters and a motor that's 50-to-75 per cent stronger than a hand model.



THOMAS

Did you receive a new electric fry pan that

claims it will bake cakes? It will bake, all right, but don't expect the cake to be browned on top. It's better to plan to use the fry pan for upside-down cakes or cakes you plan to ice.

If there was a steam iron under your tree, its life will be shortened if you tap water. It's worth the extra money to buy de-mineralized or distilled water, even if the instructions don't suggest this.

Learn how to use small appliances and don't store them away because you don't know all the tasks they can perform for you. Save and use the directions provided by the manufacturer to obtain the best performance from any new appliance.

Diet With Desserts

If you gained an extra pound or two over the holidays, one of the easiest ways to cut down on calories now is to watch the desserts you eat.

Heavy cereal-type desserts such as cake, cookies, and those with whipped cream are "out" for a while. They may have more calories than the rest of the meal.

A good dessert has vitamins and minerals in ratio to the calories per serving.

One way to keep the calories low and the vitamins and minerals high is to serve flavorful fruit desserts.

For instance, combine fruits that contrast color and sweetness. This way the sweeter fruit makes it unnecessary to add more sugar. Some attractive combinations might include strawberries and grapefruit sections, seedless grapes and sliced bananas, pineapple and cantaloupe, or pears and oranges.

You can increase the amount of vitamins you eat by serving sliced fresh bananas or pineapple in orange juice. It's delicious, and the orange juice keeps the bananas from turning dark.

Or, why not try cooking apples in cranberry juice to add new flavor, bright color, and tart sweetness with a minimum of calories. Allow about one-half cup juice to each cup of prepared apples and you'll have a delicious treat.

Milk desserts can keep the calories down if you use non-fat dry milk in place of whole milk when preparing them.

And if a dessert just doesn't taste right without whipped cream on top, serve whipped dry milk topping instead. It looks just as pretty but it has only a fraction of the calories.

One year ago, Commonwealth National Bank was born. Our symbol—the three-cornered hat (fittingly named the tricorn) that men wore back in the days when Commonwealth's first member bank was formed.

On our first anniversary, Commonwealth National Bank takes off its tricorn to you, our customers.

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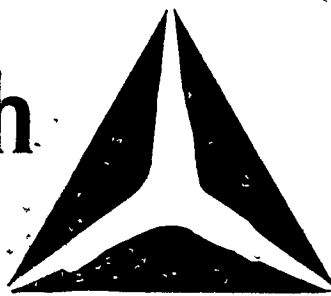
Our assets now total almost \$400

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to you, we tip our tricorn

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