

# Ladies, Have You Heard?

By Doris Thomas,  
Extension Home Economist



Doris Thomas

### Economy Meals For Good Eating

Are you the kind of person who feels so sluggish and sleepy when you get up, that you almost feel you're allergic to morning?

It helps to get a sunny start on your day. Golden citrus fruit is a perfect, perky way to begin. Fresh oranges and grapefruit, with their luscious flavor and

juice-drenched texture, are also vitamin C specials.

The U.S. Department of Agriculture reports large supplies of oranges and grapefruits are available to tempt shoppers at the fruitstands, and prices this month should also be inviting to consumers.

It is easy to serve these fruits in appealing ways for breakfast. Quartered or peeled and sectioned, they make juicy out-of-hand eating. Or peel and cut into bite-size chunks, adding chopped apple for extra flavor, to make a tangy breakfast fruit cup.

Another attractive serving idea is sliced orange and grapefruit "cartwheels," with cottage cheese centers topped by a strawberry. Or serve scrambled eggs with an orange wedge. Squeeze the juice over the eggs for a tantalizing taste treat.

Let fresh orange and grapefruit add to your eating pleasure all

through they day. They can do a lot for tossed salad at dinnertime. In addition to your choice of salad greens, use peeled and cut up orange and grapefruit and sliced onion. Toss with Italian dressing. It's tangy, tart, tasty and totally tempting!

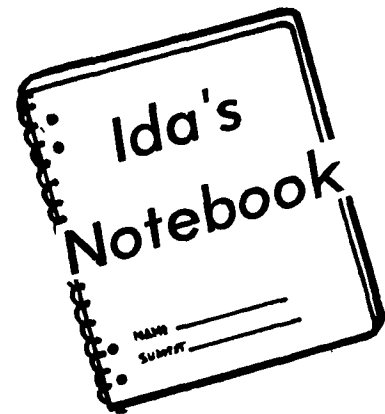
### Financial Plan Useful

There may be no statistics to prove it, but it's a safe bet that just about every family that succeeds in staying ahead of their bills uses some kind of money management plan.

There are many kinds of money management plans. In some families, sound money management is accomplished simply by talking over proposed expenditures and keeping a sensible balance between income and outgo. Most families use some form of financial records — ranging from a simple account book to complete ledgers.

In addition to monthly housing costs, a great number of families now have other monthly payments such as car and installment loan payments and charge accounts. Many families have one-quarter to one-third of their after-tax money committed to regular monthly payments and expenses.

Check stubs and cancelled checks can make it easier to keep track of spending and saving patterns, with an eye toward future improvements. And these



Ida Risser

As I write this, we've had so little snow that the children actually quarrel for the privilege of using the new snow shovel on the walk.

Although there hasn't been much sledding, the neighborhood children have been here several times to skate on the pond in the meadow.

Last year a teenage boy, who was skating alone one evening, fell through the ice on the Conestoga. My husband heard the noise of breaking ice and rushed down with a rope and our toboggan.

Luckily the water was only four feet deep instead of 20 feet as it is at some places, and he was able to crawl out and skate away.

Our ponds are shallower and safer.

xxx

The kitchen is a nice place to spend a winter day.

My eight year old makes cupcakes and biscuits. She brought a book from the library with new recipes. She finally got my permission to make pink popcorn balls with marshmallows, and they really were good.

My older girl makes freckle bread — or should I say raisin bread. Just now she is practicing on no-cook fudge with honey. It will be her demonstration for English class at school this week.

I was surprised to hear that two girls actually prevailed on their fathers to bring horses to school

so that their demonstration could be on riding with Western and English saddles.

Another girl showed how to make pretty flowers using bread as a base. I know that 4-H clubs helped some of these girls fulfill their school assignments.

xxx

Doors are sometimes a problem in arranging or rearranging furniture in a room.

The kitchen in the house where I was raised had 10 doors. This must be almost a record, I think.

Our old house has four styles of doors and some are so low my over-six-foot sons can't walk through without ducking their heads.

## Homemaker of Tomorrow Contestants Announced

Eleven senior girls ranking first in Lancaster area high schools in the 1972 Betty Crocker Search for the American Homemaker of Tomorrow have been announced

Named on the basis of their scores in a written knowledge and attitude examination given throughout the country last December, they will receive award charms from the program sponsor, General Mills. In addition, the girls are now eligible for state and national scholarship honors.

Local winners are: Brenda L. Andes, Conestoga Valley; Sandra L. Wittmer, Lancaster Catholic; Ruth A. Witmer, Lancaster Mennonite; Bridget K. Kilgore, McCaskey; Rebecca J. Schmook, Ephrata; Aileen P. Wellwood, Lampeter-Strasburg, Susan L. Ashworth, Hempfield; Elaine Fields, Warwick, Kathleen M. Rutt, Penn Manor; Sharon Kreider, Donegal, and Doris A. Hershey, Solanco.

### Accidents Number One Killer

Accidents kill more children than cancer, polio, heart disease, pneumonia and influenza, point our Extension safety specialists at The Pennsylvania State University. And it's the unguarded moments in your child's life that kill. Guard your children from accidents by training them to stay away from livestock, tractors and other farm machinery. Stay with small children as they play at farm ponds or water tanks. If you can't be with them, keep them away from such potentially dangerous situations.

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## Wouldn't you rather keep your farm in the family than have it sold for taxes?

Planning your estate can help you avoid the unnecessary costs and heavy inheritance taxes that often require selling a farm intended for children and other heirs. But that's just one of the advantages of planning your estate to protect your family's future.

As a typical Lancaster County farmer, you're probably worth more than you realize and it's so important to plan your estate for handling by specialists. At the Friendly First, our trust officers, George Sload and Rick Ashby, are the experts who can help set up your estate for the best interests of you and your family.

Regardless of how little or how much you're worth, you'll get personal interest and plenty of time for discussion with a Friendly First trust officer. You can arrange a meeting at any of our branch offices . . . or even at your home . . . wherever and whenever it's most convenient for you.

Tragic losses can happen without proper estate planning. Don't let them happen to your estate. Call George Sload or Rick Ashby today to arrange a discussion that can be very valuable to you and your family. Call them TODAY at 397-4733.

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can provide excellent tax records, too.

Knowing where money went is not quite the same thing as planning for spending, but it's the first step in drawing up or revising a plan to make sure it's realistic. And therefore, it's more likely to work out over the long run. For more information on making and using plans for spending, contact the Penn State Cooperative Extension Service, 1383 Arcadia Road, Lancaster, Pennsylvania.

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