

Ida Risser

'Tis said that January is the time to change your habits - if you can. We all have good intentions when we resolve to eat less, smoke less, drink less or whatever. But it seems we gradually sink back into our old ruts.

For years I've cleaned my house on Saturday, because when the six children were younger, the place simply wouldn't stay clean longer than a day. Being a creature of habit, I find myself still vacuuming on Saturday and therefore never free to go away when I want to. It is difficult to change to Friday.

Many times I've found a change of pace is for the better. When I run out of a certain food item and need to substitute, many times the resulting product will be better than the original. If we are short of meat, it is a challenge to cook nutritious meals by using a replacement. So don't be afraid to consider breaking a habit as long as it is a change that brings improvement.

xx

Last week Allen came to the

**Cutting Speed Limits?**

Florida designates the 23-mile hard sand stretch of coast from Ormond Beach to Ponce de Leon Inlet as a state highway but limits traffic to a 10-mile-an-hour crawl.

seemed that just three hours after it was born in the barn, it completely disappeared. It was no where in, nor around the barn. Since it was Philip's cow that calved, he and Cindy both joined in the hunt with flashlights.

Several hours later, they discovered it far down in the meadow by the creek. We are not always so lucky.

One Fourth of July a group of youngsters were swimming and chased some heifers off a steep bank and into the water. Then they refused to let them swim out again and one finally tired and drowned. Many days later, it's body caught on the dam downstream and had to be removed.

house and asked me if I'd seen any "calf-nappers" around. It

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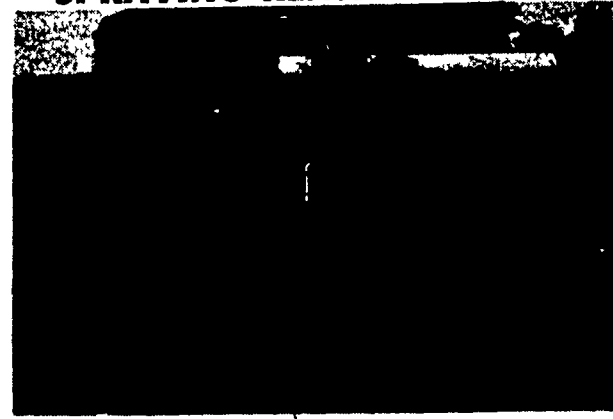
**Farm Women Calendar**

Monday, January 7  
Farm Women Society State Convention, January 7 through 8 in Harrisburg.  
Tuesday, January 8  
Farm Women Society 23 meeting.

Saturday, January 12  
Farm Women Society 2 meeting at the home of Mrs. Warren Kline, 109 Fruitville Pike, Manheim.  
1:00 p.m. - Farm Women Society 25 leave from Willow Street Community Building to visit Welsh Mountain Clinic, New Holland RD.2.

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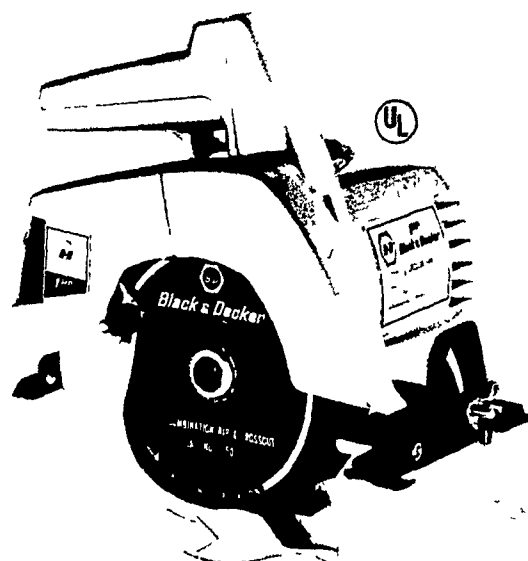


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