

## Shopping on a budget

January is named for Janus, the two-faced god with the rare ability to see in two directions at once. You may feel a little like Janus, yourself, watching the holiday bills roll in just as you're looking ahead to a better budget for the new year.

When it comes to the food budget, it helps if you're a planner. Like so many things that are good for us, planning menus and making shopping lists are high hurdles for all but the determined.

But the rewards are high, too, according to Dairy Council Inc., of Southampton, Pa. The shoppers who go to the store armed with a list based on good meal plans stand to win in several ways. Their families are most apt to get the nutrients they need. Trips to the store will be fewer, as they're less likely to forget essentials. Leftovers can be more interesting when planned and impulse buying is reduced.

In making your meal plans, there are several places you can turn for help. The first is to your family. Take a survey of dishes they'd like served more often. Then add whatever is necessary to provide a balanced diet. No matter how nutritious, food won't do much for them if it's left on the plate.

You can also begin by seeing what foods are on hand. Make an inventory of the pantry, refrigerator, and freezer. Use up whatever you can in the first week or two of plans. That should

amount to quite a windfall for the January food budget. And with things cleaned out, you'll have a well-organized place to store the next supply.

Following your family's preferences and food on hand, put a week's meal plans on paper. You can stretch the savings by doing this with the food store ads at your side. Include the week's specials whenever possible.

Check your plans against the basic food groups. There should be two servings from the milk group for the adults in your family; up to four servings for teenagers and nursing mothers. Two servings from the meat group (or protein substitutes), and four from the breads and cereals group are needed. Plan on four from the fruits and vegetables group. Include one citrus fruit or another good source of Vitamin C daily. Every other day, serve a dark green or deep yellow fruit or vegetable.

Few homemakers make complete meal plans week in and week out, but do it long enough to feel in control of the basics. Later on, you can join the experienced shoppers who get by with a rudimentary, or perhaps a mental list, knowing exactly how many purchases from each department will supply the week's needs. That comes with practice. But for starters, it will pay to get it down on paper. Make sure that you and your family are among those obtaining good nutrition on a well-planned budget.

## Farm Women Calendar

### Upcoming Events January 5-6

State Farm Women's Convention to be held in conjunction with the Pa. Farm Show in Harrisburg.

Thursday, Jan. 8  
Society 17 will meet at 1:00 p.m. with Mrs. George Hough.

Wednesday, Jan. 14  
Society 12 meeting at the home of Elsie Shenk 9:00 a.m.

Saturday, Jan. 17  
Society 3 meeting at 1:30 p.m. for a convention report.

Thursday, Jan. 22  
Society 28 meeting for a craft night 7:30 p.m.

Please note: We are still waiting for a number of Society booklets for the coming year. If your group has not sent one to us yet, please do so as soon as possible. We invite Societies from Berks, Dauphin, Lebanon, Chester and York to also send in their schedule of events.

Talking Turkey  
Most turkeys are marketed as frozen whole birds—chilled turkeys are sometimes available. Boneless turkey roasts and boneless turkey rolls are popular convenience items.

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It Pays!

### ATTENTION

**SPECIAL WORMER OFFER**  
THIBENZOLE TRAMISOL WORMER  
BAYMIX WORMER CRUMBLES (50 lb. Bag)  
SHELL HORSE WORMER  
SUNBEAM CLIPPERS & BLADES  
COW TRAINERS, FARM GATES  
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Why Not Try our Calf Medication Program & Special Prices Today.

### HOT-SHOT

REPAIRED WHILE YOU WAIT!

Repair Service & Sales  
Stock Prods and Batteries

Customers . . . If interested in bulk items or quantity, we can bring along to Good's Sale if you order before sales. Also special large orders on animal health supplies.

### ZIMMERMAN'S ANIMAL HEALTH SUPPLY

Also available at David Good's Sale Wed., Jan. 7  
RD#4, Litzitz, PA 17543 Home Store Phone 717 733 4466

## Penn-Jersey Harvestore held two ladies events

Penn-Jersey Harvestore last month held two Farm Ladies' Holiday Luncheons which were attended by approximately 500 women. The affairs were held in Allentown and Strasburg.

While sipping from a festive holiday punch bowl, the ladies browsed and exchanged ideas about the crafts exhibit made by the women themselves. A special highlight was added when local farm ladies modeled clothing which they designed and sewed. The fashion show models on December 10th were Rachel Gross, Plumsteadville, Ann Simons, Pineville, Barbara Holland, Bedminster, Elizabeth Crooke, New Hope, Ann Detweiler, Doylestown and Marianne Bishop, Fountainville. The models on December 11th were Esther Meck, Willow Street, Donna Kreider, Quarryville, Ruth Shertzer,

Lancaster, Amelia Mull, Quarryville, and Elva Bare, Lancaster. Musical entertainment was provided by Dick Doremus of Ephrata on the piano and organ with Christmas carols sung by all. This led to the main program which was floral arranging and a final display of beautiful floral designs. "Christmas from Heart & Hand" was presented by Rhoda Oberholtzer from Stauffer's of Kissel Hill at Historic Strasburg and the ladies at Twin Lakes were entertained by Richard Mutton from Sawyer & Jackson in Pen Argyl. Drawings for the flower arrangements closed the luncheons.

Penn-Jersey Harvestore sponsors these luncheons annually as a tribute to the fine women who are so vitally a part of the success of today's modern farms in this locality.

## Workshop slated

A two series workshop on "Invest In Yourself" will be held from 9:30-11:30 am on January 13 and 20 at the Wolfsohn Library in King of Prussia and January 14 and 21 at the 4-H Center in Lansdale, Pa.

Diane Nussbaum, director of continuing education for women at the Montgomery County Community College will be the guest speaker. Carol Gulli of the Blue Bell School of Dance will lead everyone through a series of exercises. Participants are requested to wear comfortable slacks for this part of the workshop.

The "Authentic Colonial Homemaker" is Irene Ferguson who is part of the Valley Forge Park Crew of Volunteers. Everyday they demonstrate to park visitors the arts of homemaking long past—baking bread in bake ovens and cooking over open fires.

## from HISTORY'S SCRAPBOOK

GATES AND EVENTS FROM YESTERYEARS

January 2, 1960-Senator John Kennedy of Massachusetts announces his candidacy for the 1960 Democratic Presidential nomination.

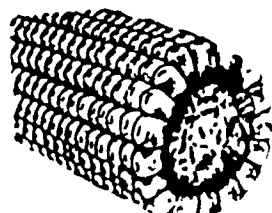
January 3, 1961-The United States severs diplomatic relations with Cuba.

January 4, 1642-Birthday of Sir Isaac Newton, discoverer of the law of gravity.

January 5, 1925-Filling the unexpired term of her late husband, Mrs. Nellie Taylor Ross is sworn in as the nation's first woman governor.

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## HEAR LIVE BROADCASTS FROM THE FARM SHOW JANUARY 5TH TO 9TH, DAILY.

11-12 A.M. - 12:15 - 1:00 and 1:30-4:00 P.M.

**W B Y O**

88 90 92 94 96 98 100 102 104 106 | 108

BOYERTOWN, PA.

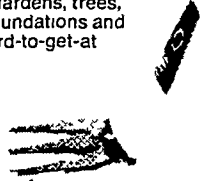
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See us in action at our booth inside the main entrance of the large exhibition area.

All tools are available complete or as separate components.

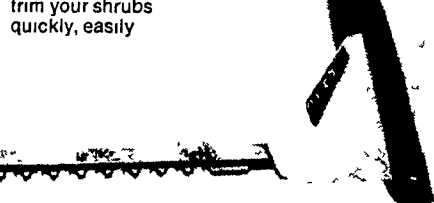
#### Grass Shear

Ideal for trimming around gardens, trees, walks, foundations and other hard-to-get-at places



#### Shrub Trimmer

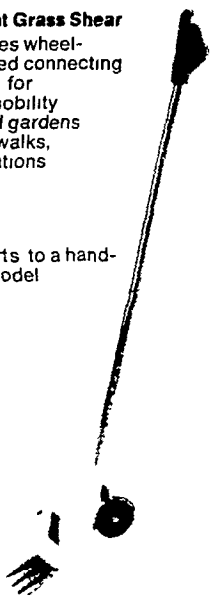
Will shape and trim your shrubs quickly, easily



#### Upright Grass Shear

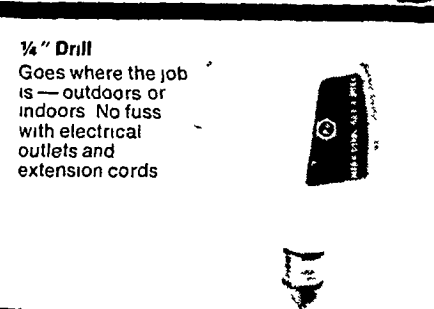
Features wheel-mounted connecting handle for easy mobility around gardens, trees, walks, foundations

Converts to a hand-held model



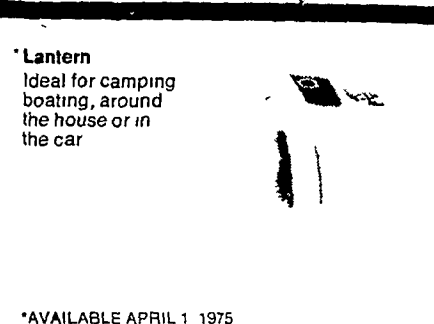
#### 1/4" Drill

Goes where the job is—outdoors or indoors. No fuss with electrical outlets and extension cords



#### Lantern

Ideal for camping boating, around the house or in the car

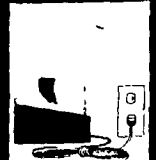


\*AVAILABLE APRIL 1 1975

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