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## NOTICE

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Hitch up   
to Massey.

## Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist

### JANUARY, START AFRESH MONTH

Among the many other things that happen about now is that we look back over the year - we think about the mistakes we made - the fun we had - and we evaluate the progress we made. And then we look ahead to a new year, and we promise ourselves to sail through it without upsetting our personal ships. Perhaps we decide to follow the advice of one of our friends and make it the year we enter our own personal sweepstakes. Or we decide to read all the books and articles we didn't read last year. Also we might pledge ourselves to do one kind and thoughtful out-of-your-way thing each day. Then, too, we set down certain resolutions we hopefully plan to carry out during the year. And some of these resolutions could range from the ridiculous to the sublime. But at any rate, we've made them.

January has a certain beauty about it - I like to think of it as start afresh month. It's a month with all the freshness of the dew on a rose - the joyousness of launching an exciting new chapter in our lives. It's a challenge - this month of January of a new year. It's a challenge to correctly evaluate ourselves as we were last year - to plot a more useful and happier year - and to lay the foundation for successful and satisfying years to come. Let's think of January as the vital month that begins a new year - then ask ourselves "what are we going to do about it."

### ORGANIC FOODS COST MORE

If you buy organic food,

you probably know it costs more than regular foods. A recent study by the United States Department of Agriculture shows that organic foods continue to cost one and one third to one and two thirds times as much as regular foods.

So-called organic foods, though more expensive, are not necessarily more nutritious, and the buyer has no assurance that they were actually organically grown and processed.

To check the cost differences, the USDA economists shopped for 33 foods in two natural food stores and for 33 similar regular foods in a supermarket. They found that the 33 foods cost \$28 in one natural food store and \$24.02 in another - a co-op. But, a similar basket of regular, non-organic food cost only \$17.49 at a supermarket.

Here are some price examples: chicken labeled organic cost up to three times as much as a plain ordinary chicken. "Organic" onions cost almost three and a half times as much as regular onions. Tomatoes labeled "organic" cost up to twice as much as regular tomatoes.

Since there was a significant price difference between a large natural food store and a cooperatively-owned organic food store, you need to shop around and compare. But, the researchers found that organic-labeled fresh brussels sprouts cost one-third less than regular brussels sprouts. And organic-labeled uncooked wheat cereal also cost about one-third less than regular wheat cereal.

## Virginville Grange News

VIRGINVILLE, Pa. - At the December 15 meeting of the Virginville Grange, the Master Ernest Miller appointed the committee to be in charge of the New Year's Eve party. Those elected were Mr. and Mrs. Harvey Smith, Mr. and Mrs. Paul Balthaser, and Mr. and Mrs. Stanley Miller.

Bowling standings reported to the group were: 1, 12, 17, and 20th placings.

It was announced that all families signed up to attend the New Year's Eve party

are asked to bring dessert.

The lecturer, Linda Rentschler, reported that at the first meeting, the program will have a New Year's theme. That meeting is to be held on January 5, 1977. The second meeting on January 19 will be an awards night.

All who are interested in a picture taken at the Grange's Labor Day outing should get in touch with Mary Sonon as soon as possible.

## NOTICE

Any Farm Women Society wishing to have their program schedule mentioned in the "Women's Calendar" should send their yearbook or a typed schedule of the year's events to Lancaster Farming Newspaper, Farm Women News, Box 266, Lititz, Pa. 17543.

## Women's Calendar

January 6, 1976

Lancaster County Society 17 meeting at 1 p.m. Hostess is Norma Lefever. Reveal secret sisters with a plant and discuss how to start plants from cuttings.

Saturday, Jan. 8, 1977

Lancaster County Society 10 meeting at 1:30 p.m. at 1464 New Holland Pike. Mrs. John McGrann hostess. Program for the afternoon is "Come with me to Morocco."