



Kendy's Kollumn

by Kendace Borry

There's a new arrival at our house
 Now before you all jump to some pretty suspicious conclusions, let me tell you that it is seven weeks olds, very cuddly, covered with dark fur, and answers to the name of Shiloh

For my birthday, my husband presented me with a lovable puppy, complete with oversize paws that someday he will grow into

And although his first night at our home he did his best to keep us all from sleep, and we're now busily engaged in trying to "bathroom train" him, the love that that puppy has already shared has been immeasurable

There's nothing quite like the bundle wrapped up in a puppy, he gives his love freely as he trusts the humans that care for him Completely defenseless, he views the world as a friendly place full of adventure and fun

Every morning he greets the banging of the screen door with an energetic wag of the tail and a friendly wiggle of the head Then he bounds forward, eager to start another day

How can anybody resist such an optimistic approach to life?



Shiloh is just one of those puppies that believes the world is a great big happy place to enjoy.

Old ideas make common "cents"

YORK - Tips on how to beat the high cost of food—even though they may have been around for years—are still good ideas today.

The first suggestion is to cut down on sugar without giving up the sweetness you may crave. One way is to use the syrups from canned fruits. You can sweeten gelatin salads or fruit punches or even baste a ham.

Syrups contain sugar as well as fruit nutrients. And while using syrups will save you money on sugar, they also help you get more dollar value out of canned fruits.

When shopping for eggs, if you have a choice between two sizes of the same grade eggs and the difference in price is less than 10 cents a dozen, it pays to get the larger size. You may also have to decide between Grade A and Grade B eggs. Grade A eggs look better when they're cooked. If you want your eggs to be attractive, use Grade A; save money by using Grade B

eggs for baking when they are available at the market.

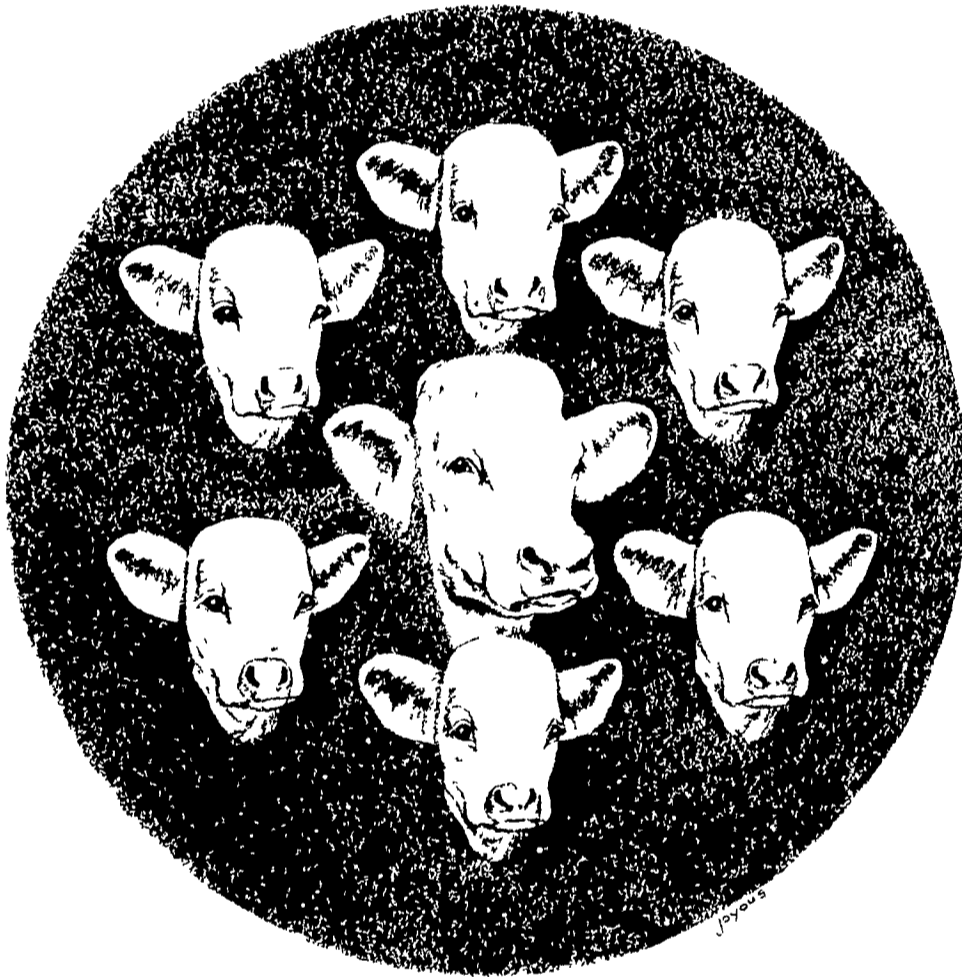
Generally, smart shoppers compare prices between fresh and processed meat on a cost-per-saving basis.

French meats contain some waste in the form of fat and bone, therefore some canned meat may be the better buy.

Meat is presently the consumers' primary source

of protein. However, it's an expensive one. Stretch protein in meals by combining meats with pasta, other cereal products or dry beans.

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