

Recipe Swap

Early mornings are rough for the working mother. Children need help finding matching socks, husbands are fumbling around in the bathroom shaving when it's time to take the last of her steam rollers out. And then there's breakfast.

In many households, there just isn't time for breakfast. But mom knows her kids would get a better start with a morning meal, so she feels guilty.

This week's recipe swap is here to save the day with an interesting selection of recipes for blender breakfasts that are fast, delicious and nutritious.

BREAKFAST FRUIT NOG

1 egg
1 cup juice (apple, apricot or prune)

TROPIC NOG

1 egg
1 cup milk
2 tablespoons frozen orange juice concentrate

COFFEE CACKLE

1 egg
1 cup milk
1 tablespoon maple-flavored syrup
1 teaspoon instant coffee

EYE OPENER

1 egg
1 cup tomato juice
1/8 teaspoon salt
1/8 teaspoon Worcestershire sauce
dash of Tabasco sauce

INSTANT EGG PICK-UP

1 egg
1 cup orange juice
1 tablespoon honey

Combine any of the above combinations in a blender. Blend until smooth and frothy. Each makes one serving. Enjoy!

QUESTION: Help! Where are all the questions. Send your requests for that long lost recipe to: Recipe Swap, LANCASTER FARMING, Box 366, Lititz, PA 17543



MEMO HAY, STRAW & EAR CORN SALE

EVERY MONDAY At 11 A.M.

NEW HOLLAND SALES STABLES, INC.

Phone 717-354-4341
Lloyd H Kreider, Auct

UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES

LANCASTER STORE

3019 Hempland Road — 717-397-6241
MONDAY - FRIDAY 10 A.M. - 9 P.M.
SATURDAY 10:00 A.M. to 5:00 P.M.
Off 30 West By-Pass at Centerville Exit

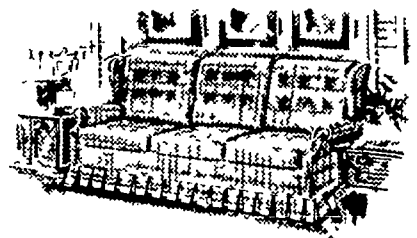
HOURS

YORK STORE

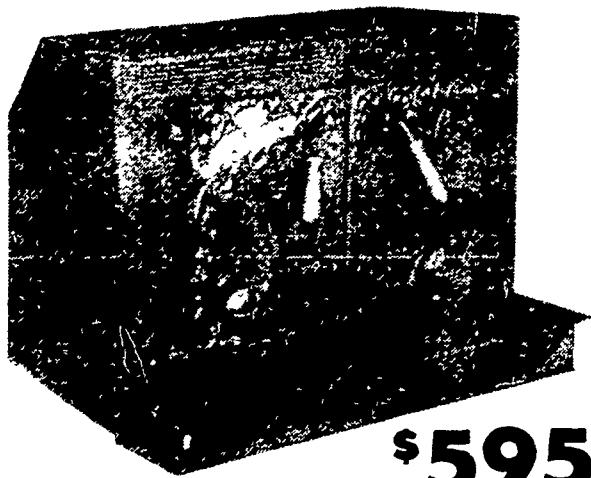
4585 West Market St. — 717-792-3502
MONDAY - FRIDAY Noon to 9 P.M.
SATURDAY 10:00 A.M. - 5 P.M.

HOURS

GO QUALITY SHOPPING AT BARGAIN PRICES . . . THAT YOU ONLY GET AT UNCLAIMED FREIGHT & LIQUIDATION SALES



Convert your Fireplace with an efficient coal or wood burning heater.



\$595

Complete with Trim Kit and Stationary Grate.
Model IB 36 Blower Optional.

This is the only insert we know of with double walls all around. This air space will capture a lot of heat which otherwise you would lose.

ALL OTHER ASHLEY MODELS NOW IN STOCK ALSO WARM MORNING COAL STOVES

FISHER'S FURNITURE

ROUTE 896 - 6 MI. SOUTH OF STRASBURG IN VILLAGE OF GEORGETOWN BOX 57, BART, PA.

Mon., Tues., Wed. & Sat 8-5
Thurs. & Fri. 8-9

	OUR PRICE
12 - Grandfather Clocks ...Reg \$1329 95	\$450.00
24 - Remote Control 19" TV's ...w/Infrared Remote Control... Light Sensor...Loaded Comparable TV \$1000.00	\$439.95
144 - Axe's...Reg \$14 95	\$6.00
Floor Jack's...1 1/2 Ton	\$59.95
Sleeping Bags	\$10.00
36 - Bunk Bed Sets...Complete ...Pine...Maple...Reg \$349 95	\$129.95
51 - Bunk Bed Sets...Complete...Pine...Maple... 26 - Rd. Tables...Pine...Maple ...4 Chairs...Leaf...Reg \$389 95	\$179.95
25 - Rd. Tables...Pine...Slightly Larger...4 Chairs...Leaf Reg \$429 95	\$189.95
427 - Recliners .Purchased Through Cancellations of Chain Stores & Private Business.. On Floor Now ..Name Brands...	
250 - Dining Room Sets...Hutches. Corner Cupboards...Dry Sinks...	
101 - Desks ..All Styles. .Pine ..Maple...English Walnut...Below Dealers Cost	
11 - 3 pc. Suites...Early American...Sofa. .Love Seat...Chair...Herculon...	
Factory Liq ..Reg \$1029 95	\$289.95
30 - Singles Box Spring & Mattress...Headboard...Adj. Rails...Reg \$309 95	\$109.95
Liquidating for Mfg. of Foundations & Mattresses	
Singles Sets. .Reg \$189 95	\$69.95
Doubles Sets...Reg \$249 95	\$89.95
Queen & King Sets...Too...	
18 - 3 pc. Early American... Antron Nylon...Prints . Reg \$2489 95	\$659.95
33 - 3 & 2 pc. Contemporary Nylon ..Prints.. 3 pc... Reg \$1889 95	\$309.95
3 pc End Table Sets. Early American Reg \$209 95	\$69.95
.M & P	
3 pc. End Table Sets Reg \$339 95	\$109.95
Dealer Refused...Trim Was Too Dark.	
2 pc. Living Room Suites .Sofa ...Chair. Early American Plaid Nylons Plaid Herculons Nylon Prints ..Reg \$1489 95	\$350.00

This One You Don't Want to Miss

25 - Pedestal Tables...Leaf...	
4 Chairs...Maple...Pine ...Reg \$509 95	\$229.95
101 - Hope Chests...	
100 - Oval Tables...Pine...4 Chairs...Reg \$659 95	\$279.95
36 - Heavy Duty Grinders... Reg \$129 95	\$69.96
36 - Comb Pool Cue w/Case... Reg \$59 95	\$12.00
Panty Hose...Reg \$1 95	\$.40
20 - Student Desks...Reg \$149 95	\$79.95
10 - Vanity Desks...Reg \$189 95	\$89.95
12 - All Purpose Desks... Reg \$279 95	\$129.95
Liquidating For Furniture Upl. 5 Trailers of 3 & 2 pc. Early American Living Room Suites...	
Pillow Arms ..3 pc...Sofa.. Chair.. Love Seat .. 100% Nylon...Prints...Lots of Colors To Choose From .. Reg \$1829 95	\$589.95
2 pc. Sofa...Chair...Wood Trim ...Pillow Ars...Reg \$1229 95	\$429.95
20 - Name Brand Stereos. . AM/FM...Phono...8 Track... w/Speakers.. Reg \$249 95	\$129.95
Liquidating for 6 Mfg. Cancelled Orders Below	
31 - 2 pc. Living Room Suites .. Retail \$909 95 1329 95	\$473.00
Spanish...Traditional...Contemporary...Nylons.. Herculons...Plush Velvets...	
48 - 3 pc. Living Room Suites . Retail \$1589 95 - 2000 00	\$550.00
Sofa...Love Seats...Chairs...Spanish...Trad- itional...Contemporary...Early American... Nylons...Herculons...Plush Velvets...Prints...	
Liquidating 850 Bar Stools From Local Mfg... All Have Swivel Seats... Padded. .Heavy Duty.. Reg \$79 95 89 95	\$25.00
200 - Bentwood Rockers Reg \$189 95	\$49.95
600 - 4 Speed Drying Stick . Reg \$25 00	\$7.00

Merchandise Coming in Everyday.. From Cancellations...Bankrupt Companies. .Refused Shipments. .Games. Tools . Sm. Appl...Mirrors ...Lamps. Clocks...Sewing Machines .Many Items. Never Hit The Paper.

Terms Layaway...Closed Sundays
Not Responsible For Typographical Errors