

## Fast breakfast rates A-plus

LANCASTER — Today's fast-paced society is accidentally striking some good blows for nutrition.

Like pizza for breakfast. Or some cold chicken or a peanut butter sandwich.

Not only are these foods convenient, they get an A-plus for nutrition, claims Jean Ostasz,

University of Missouri-Columbia extension foods and nutrition specialist.

"The pizza contains protein if it has a meat or cheese topping," she says, "and the crust provides carbohydrates and B-vitamins" Ostasz says.

"Carbohydrates provide the calories needed to produce energy

for morning activities.

Sandwiches in the morning, provide carbohydrates and B-vitamins, while peanut butter adds a healthy dose of protein.

"These non-traditional foods are not only popular, but they can be just as nutritious as a breakfast of cereal, juice, milk and eggs," Ostasz says.

# UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES

## LANCASTER STORE

3019 Hempland Road - 717-397-6241

MONDAY - FRIDAY

10 A.M. - 9 P.M.

**HOURS**

SATURDAY

10:00 A.M. to 5:00 P.M.

Off 30 West By-Pass at Centerville Exit

## YORK STORE

4585 West Market St. - 717-792-3502

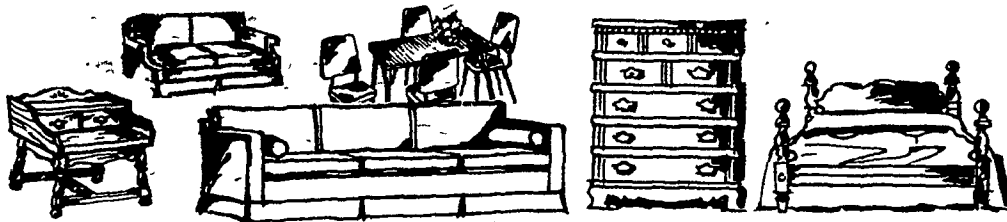
MONDAY - FRIDAY

10 A.M. - 9 P.M.

**HOURS**

SATURDAY

10:00 A.M. - 5:00 P.M.



See Us For All Your Home Furnishings - Name Brands & High Quality - We Purchase Thru Bankruptcies - Store Refusals - Discontinued Merchandise - We Also Liquidate For Large Manufacturers - Priced At Wholesale And Under On Most Items - 2 Million Dollar Inventory.

### CLOSED THANKSGIVING DAY

400 - Brass & Black - Glass w/ Screen Fire Place Enclosure's

Reg. \$79.95 - 139.95 ..... **\$29.95**

Frontier Reproduction

BB Rifle...Reg. 49.95..... **\$28.50**

375 - Solid Cherry & Maple Beds...

Single...Double...Queen

Reg. \$169.95 - 429.95 ..... **\$19.95 & 29.95**

Rails \$10.00 extra

Bought 360 Box Spring & Mattresses

From Mfg. Which Were Refused COD's

Reg. Our Price

19 Sets Singles ... 369.95 **\$139.95**

8 Sets Doubles... 389.95 **\$149.95**

2 Sets Queens ... 429.95 **\$159.95**

Balance of Set Are At Wholesale & Some

60 - 70% Off Retail

25 - Round Tables...Pine...

4 Chairs...Leaf... **\$189.95**

Reg. \$389.95 .....

17 - Bedrooms...Triple

Dresser...Mirror...Chest...

Headboard...Nite Stand... **\$249.95**

Reg. \$669.95 .....

252 Coils & 312 Coils same price

Your Choice...Single

Sets...Reg. \$189.95 ..... **\$69.95**

Double Sets...Reg. \$249.95 ... **\$89.95**

King & Queen Sets Too

191 - Swivel Seat...Padded...Heavy

Duty Bar Stools...

Liquidating For Locale Mfg.

Reg. \$89.95 - 99.95 ..... **\$25.00**

200 - Lane Hope Chest...Uph.

Seat...Early American

& Trad...Reg. \$369.95 ..... **\$119.00**

41 - Mattresses & Foundations...

Headboards...Rails... **\$109.95**

Reg. \$309.95 .....

Table Lamps...Hope Chest...Dining Room

Sets...Hutches...Corner Cupboards...Dry

Sinks...Grandfather & Grandmother

Clocks

250 - Lane Recliners...Sold at Wholesale

Prices

130 - Chest 5 Drawers...Pine

& Maple...Reg. \$169.95 ..... **\$69.95**

25 - Student Desks... **\$69.95**

Reg. \$189.95 .....

37 - Double Ped Desks... Pine & Maple...Reg. \$209.95 .. **\$89.95**

5 Pc. Dinette Set...4 Uph. Chairs...Formica Top... **\$179.95**

Reg. \$529.95 .....

25 - 3 Pc. Early American... Nylon & Antron Prints

...Reg. \$2289.95 ..... **\$529.95**

40 - 2 Pc. Early American Living Room...

Reg. \$1289.95-1889.95 ..... **\$329.95**

Nylon Covers

45 - 2 Pc. Sofa & Chair... Covered in The Finest

Fabric...Reg. \$1889.95 ..... **\$429.95**

30 - Early American Bedroom Sets...Dresser...Large

Attached Mirror...Chest... Nite Stand...Headboard

...Reg. \$1289.95 ..... **\$479.95**

30 - Double Ped Desks... Finished Back...Locking

File Drawer...Reg. \$589.95 ..... **\$229.95**

20 - Large Roll Top Desks... Finished Back & Sides...

Reg. \$629.95 ..... **\$269.95**

40 - Student Roll Top Desks Reg. \$269.95 ..... **\$98.95**

10 - Rec Room Sets...Sofa... Chair...Rocker...Party

Ottoman...2 End Tables... **\$629.95**

Reg. \$1689.95 .....

12 - 13" Color TV's... **\$225.00**

Reg. \$389.95 .....

27 - 19" Color TV's... **\$280.00**

Reg. \$569.95 .....

20 - Pine End Table Sets... Formica Tops...

Reg. \$249.95 ..... **\$109.95**

125 - Bunk Bed Sets... Complete...Pine & Maple...

Reg. \$409.95 ..... **\$169.95**

80 - Hide-A-Beds... Single...Reg. \$429.95 ..... **\$189.95**

Doubles...Reg. \$649.95 ..... **\$249.95**

Queens...Reg. \$1089.95 ..... **\$349.95**

Antron - Nylon Love Seat Early American...

Antron/Nylon Print... **\$269.95**

Reg. \$869.95 .....

Wood Rockers...All Sizes & Styles...

100's of Small Items...Tools...Perfume...

Pictures...Mantel Clocks... Just Received Some Toys...Stocking

Stuffers...Jewelry

Free Layaway - Terms - Closed Sunday

Ask Us About Warranty on Mds.

Not Responsible For Typographical Errors

## Ladies Have You Heard?

By Doris Thomas

Lancaster Extension Home Economist



### DEFROST YOUR TURKEY IN THE MICROWAVE OVEN

For many people, thawing their holiday turkey is more trouble than roasting it. If you're lucky enough to have a microwave oven, take advantage of its speedy defrosting capability and save yourself a lot of time and effort.

The whole turkey can be left in its original wrappings for the first half of defrosting, but it's easier to spot areas that are defrosting too quickly if the bird is unwrapped from the start.

Here are a few points to take the guesswork out of microwave oven defrosting of your holiday turkey:

—Set the microwave oven for 50 percent of full power. This will be the "medium" setting on some ovens; "simmer" or "defrost" on others. At that power level, estimate defrosting time at about 4 to 6 minutes per pound. Check your use and care manual for specific instructions.

—Place the unwrapped turkey in a baking dish, breast-side-down. Defrost for one-fourth of the total time.

—Shield any warm spots with foil. Turn the turkey breast-side-up and defrost for one-fourth the time.

—Turn turkey breast-side-down again. Shield leg and wing tips and any warm or brown areas.

—Reverse the baking dish so the turkey legs point to the opposite end of the oven. Defrost for one-fourth time.

—Turn the turkey breast side up again. Defrost remaining one-fourth time. Spread wings and legs from the body of the bird and loosen giblets.

—Let the turkey stand in cool water for about one-half hour or until neck and giblets can be removed and the interior is cool but no longer icy.

Roast the defrosted turkey according to your favorite recipe. Enjoy.

### DON'T LET HOLIDAY SPILLS GET YOU DOWN

Holiday time is hectic time and spills and stains almost seem an

inevitable part of the season. So plan now to stock up on a few basic items to help with stain removal emergencies. You'll need paper towels, cleaning fluids, a sponge, oxygen bleach, chlorine bleach, petroleum jelly and an enzyme pre-soak.

The key to stain removal is immediate treatment. If company is present and a spill occurs, use paper towels to absorb as much of the liquid as possible. Soak a sponge in cool water and use it to remove further traces of the spill. Later, you can get down to the business of final stain removal.

Test any stain remover on a corner of fabric first to see how it reacts. Whenever possible, treat spots from the back of the fabric. Place the spot downward on some paper towels so that the stain will come off the fabric instead of going through it. After treatment, regular laundering will usually remove the last traces of the stain.

Here are some special methods for treating the most common holiday-type stains:

Sponge fruit stains, including cranberries, immediately with cool water. Later soak in warm water and enzyme pre-soak. Then launder. If possible, launder again using chlorine bleach.

For gravy or milk stains, work a paste of detergent and water into the stain. If a greasy stain remains after laundering, sponge with a drycleaning solvent. Soak coffee or tea stains in warm water and an enzyme pre-soak or oxygen bleach and launder.

For candle wax spots, scrape off as much wax as possible. Then place the stain between layers of paper towels and press with a warm iron. Next, place the stain face downward on paper towels and sponge the back with drycleaning solvent. Launder when dry.

For lipstick spots, rub undiluted liquid detergent into the stain until outline of stain is removed. If the stain remains after laundering, sponge with drycleaning solvent.



**READ LANCASTER FARMING FOR COMPLETE AND UP-TO-DATE MARKET REPORTS**

**SOYBEAN ROASTING ON YOUR FARM**  
**DON'T WASTE IT - ROAST IT**

\*\*\*\*\*  
**FOR BETTER FEED EFFICIENCY HAVE YOUR GRAIN & BROILER LITTER ROASTED ON YOUR FARM**  
\*\*\*\*\*



**DAVID N. GROFF**  
RD 1, Box 506C  
Lewisburg, PA 17837  
717-966-3593

Call for more information  
**CUSTOM ROASTING DONE IN PA. AND SURROUNDING STATES**

**DALE L. SCHNUPP**  
RD 6, Lebanon, Pa. 17042  
Ph: 717-865-6611

**ALLEN SUMMERS**  
RD #1, Box 152-C  
Nottingham, PA 19362  
215-932-4761