



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

MATCH THE TOY WITH THE AGE

Toys are a year-round concern for families with children. They're not just rewards or gifts for special days or for good behaviour — they're serious business. Toys can help children learn and they can help children explore the world around them. Toys can also help children adjust to new situations.

When older children go off to school, younger ones are often allowed to play with their toys. While this may help ease a young child's disappointment over losing a playmate, those toys may also be a serious safety problem.

Toys that are safe for older children can be extremely dangerous in the hands of little ones. A toy can be too advanced for the physical development, skill and coordination of a child. For instance, a little child may not have the strength or balance to use a toy safely. Little fingers can get caught in the spring mechanism of some toys; unsteady riders can fall from even the stablest tricycle or cart. Even a small hammer can hurt if a child misses the peg he is holding.

Some toys are too advanced and are not only dangerous but also

frustrating to a young child. Electric toys, science kits and advanced handicraft kits require more understanding and responsibility to operate than a young child has. Besides, they can cause serious injury if used improperly.

Parents must resist the temptation to allow their children to play with toys which are not suitable for the age and development of their child. Sometimes it's difficult to explain to a child why one toy is safe and another is not. The best solution for parents is to put all unsafe and unsuitable toys out of bounds. For a happy household they may mean out of reach and out of sight. Do it for your child's safety.

STRESS MANAGEMENT

Are the stresses of everyday life getting to you? Do you find yourself thinking that you need to make some real changes in your life in order to lower the stress level?

Actually, a much more realistic way of dealing with stress is to change your outlook on life. Once you begin to realize that you are contributing to your own tension, the closer you'll come to managing

your stress.

Learn to think positively. Viewing the world negatively only creates unnecessary tensions which are physically and emotionally tiring. A positive attitude is best for your health and productivity.

Try to recognize and accept your limitations. Many of us set unrealistic goals and then find that

we cannot live up to them. We are all different people having unique strong and weak points. If we can know and accept our strengths as well as our limitations we will become better stress managers.

Learn to be an organized person. This will lead to an outlook of "being in control." You can manage stress better when the daily events of your life are under

control and not ruled by circumstances.

Don't forget one extremely important asset for healthy living — a sense of humor. Be able to laugh at yourself occasionally. We all make mistakes and sometimes we tend to take ourselves a little too seriously. You will probably be less likely to fall victim to stress if you can adopt this attitude.



"America's First Family" of Blue Grass-Gospel Music, the Lewis Family, of Lincolnton, Ga., will appear 8 p.m. today at the Guernsey Sales Pavilion, located on Rt. 30 five miles east of Lancaster. The family first appeared on television with its own local show in Augusta, Ga. Their syndicated show now appears on

cable channels. They have appeared regularly on other shows, including Gospel Jubilee, Huff-Cook Gospel Program and Nashville R.F.D. Personal appearances have ranged from the Grand Old Opry and the Lincoln Center to the Smithsonian Institution.



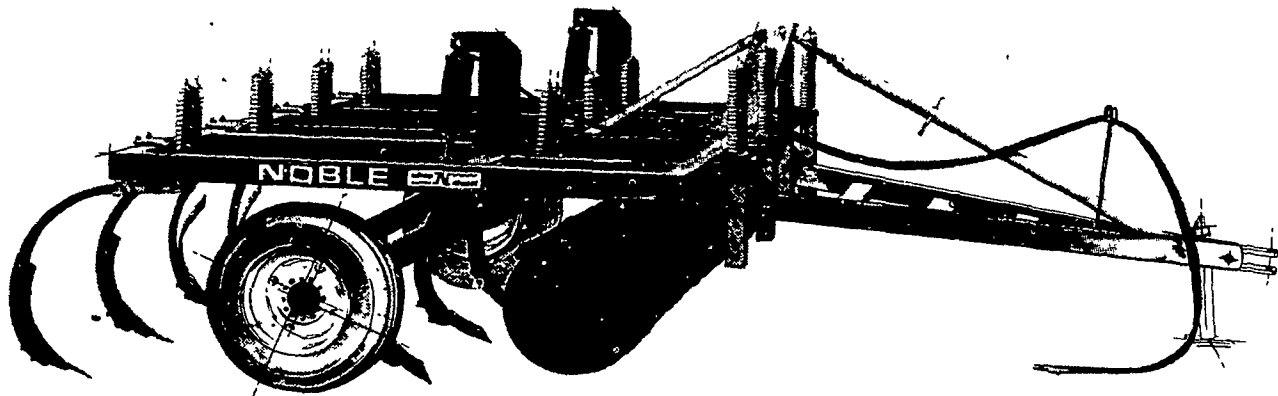
One-pass fall tillage.

Single-pass conservation tillage has a lot going for it, but when you only go over that field once, your equipment has to do the job right. That's why you should turn to Noble for dependable equipment that's specifically engineered for once-over farming.

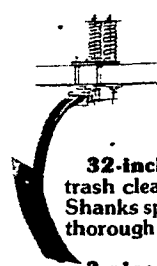
In the fall, one pass with the Noble Chop-N-Chisel® right after harvest cuts up stubble, incorporates residue and leaves ridges to catch winter moisture and help prevent soil erosion.

Cutter disks chop up trash while rugged chisel shanks dig deep — up to 12 inches — with minimum plugging. Moldboard points roll the soil over, incorporating part of the trash to aid moisture and air penetration, leaving additional trash on the surface to protect your fields over winter.

See your Noble dealer now. He'll show you why Noble implements are second-to-none.



Take a closer look at all the Noble extras:



32-inch shank height for more trash clearance minimizes plugging. Shanks spaced 15" and staggered for thorough coverage.

3-piece moldboard points for easy, economical replacement. Half the points twist to right, half to left, leaving ridges to control erosion.

Rigid or spring-loaded chisel shanks. Double-spring shanks go deep, but "give" if they hit a rock or root.

Positive control over cultivating depth assures even penetration. Controls amount of trash incorporated.

20-inch coulters cut trash for effective incorporation. Spring-loaded gangs move over rocks or other obstacles. Eight depth settings allow precise control over cutting action.

Frame tubes ballasted to add 10% to 15% more weight over the disk gangs, to dig in on frozen-crust or hard-packed ground.

Heavy-duty screwtype leveling for quick, simple adjustment.

Three models: 7, 9, 11 shanks.

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