



## Ladies Have You Heard?

By Doris Thomas

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Home Economist

**Clean Colors For '84**  
The Scandinavians ward off winter gloom by filling their homes with bright colors like red and yellow. This year's colors are designed to create a similar effect. American homes are going to look more cheerful than they have in a long time, according to the reports of home textile color forecasters I have received.

Pastels are clean and clear. The dusty look is out. Dark colors are rich and sparkling. Materials have a saturated luster.

The pastels of '84 may be bright, but more sophisticated than the bright shades of a few years ago. New pastels are fruity, like the insides of a cantaloupe, lemon, lime, mango. Creamy yellow, salmony apricot and blue lavender are also on the market. These pastels are bright, but soft, too.

The shades are ideal for linens since fashionable dinnerware is dark. The new pastels also accent dark menswear hues like plummy navy or golden khaki. They create

a new impression when used with a lot of white in primitive or contemporary prints.

The plush, pile, corduroy and velour items such as bath rugs, towels and decorative pillows are no longer in dusty neutrals. They appear in rich or leather colors. Sheets, too, are in deep colors accented by brights. Kitchens, on the other hand, will be bright.

Furnishings come in the same colors as apparel. Purple, for example, is seen both in clothing and in the home. If you like to wear certain colors, you should enjoy living with them, too.

Logically enough, black is an important element in the large spectrum of colors for '84. It is used for contrast, to accent the brightness of the new pastels, or it may be seen on its own, in shimmering and sensuous fabrics like satins, velvets and suedes.

Bright brights are scattered throughout homes like jewels. Colors, like turquoise, that draw the eye, add a sparkle to rooms otherwise furnished with pastels

## Nutrition Program Available

YORK — Do you have the midwinter blahs about exercise? Do all your meals seem the same? Do you wonder about the effect of what you eat has on your health?

Well, Dr. Lynn Brown, Extension nutrition specialist from Penn State, has developed a nutrition calendar and four learn at home lessons for National Nutrition Month which is March. Each date on the calendar gives a nutrition or health hint for the day.

The learn at home lessons cover Dietary Fiber, Foods and Your Health, Weight Control and Smart Shopping. Each lesson contains a pre and post test and evaluation

and saturated darks. Bursts of colors like those in a sunrise or sunset also make an appearance. The colors of '84 create startling effects.

The color forecast is bright and happy, and you will not tire of the new color spectrum because it produces some exciting looks. And like the Scandinavians, we Americans will be able to chase away the winter gloom

form that must be returned after the lesson is completed. The cost of the learn at home lessons is \$2. To enroll in the nutrition learn at home program, send your name, address and check made payable to extension Service Special Fund to the York County Extension Office, 112 Pleasant Acres Road, York, PA 17402 by March 12th.

## Centaur 4-H Horse Club

Centaur 4-H Horse Club members visited Edith Master's Stables in Chester recently. Ms. Master is an Olympic dressage rider and trainer. Members learned a lot from her dressage presentation. They also toured the premises. Members expressed their thanks and best wishes to Ms. Master, who plans to enter the Olympics this summer.

## Nutrition Month

(Continued from Page B14)

meat mixture. Bring to boiling; reduce heat and boil gently, uncovered, until mixture is thickened and macaroni is tender, about 20 minutes. Makes 4 servings. Calories per serving are 390.

### Orange Fluff

1 envelope unflavored gelatin  
1 1/2 cups orange juice  
1 tablespoon sugar  
1/2 teaspoon vanilla  
1/4 cup instant nonfat dry milk

Soften gelatin in 1/2 cup of the orange juice for five minutes.

Heat, stirring constantly, until gelatin is dissolved. Stir in sugar and remaining orange juice. Chill until mixture is the consistency of egg white. Whip with an electric mixer until frothy. Add vanilla. Slowly sprinkle nonfat dry milk on mixture, continuing to whip at high speed until very airy and light in color, about three minutes. Volume should measure about five cups, if not, beat several minutes longer. Pour into 1 1/2-quart mold or bowl. Chill until set. Makes four servings with 75 calories per serving.

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9 5L-15, 6 ply	\$55.00	14 9x28, 4 ply	\$158.00
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1100-16, 8 ply	\$110.00	16 9x38, 6 ply	\$275.00
14L-16 1, 8 ply	\$160.00	18.4x38, 8 ply	\$364.12
		20 8x38, 8 ply	\$495.00
		20 8x34, 6 ply	\$450.00
		18 4x34, 6 ply	\$289.00
		18 4x34 8 ply	\$325.00
		16 9x30, 6 ply	\$224.00
		18 4x30, 6 ply	\$262.00
		14 9x28, 6 ply	\$173.00
		13.6x28, 4 ply	\$140.00
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		23 1x34, 8 ply	\$660.00

  

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