



## Ladies Have You Heard?

By Doris Thomas

Lancaster Extension Home Economist

### HAVE FUN WITH VEGETABLES

Savor the flavor and garnish your meals with a sprig or a sprinkle. Eating right can be as tasty as you want to make it, so give yourself a nutritional edge. Cut down on saturated fats and salt, total calories that may negatively affect your health. Eat more vegetables and add vitamins and fiber to your diet.

Fiber, found in the cell wall of plants, absorbs water and eases the passage of food through the digestive tract. Vegetables contain varying amounts of cellulose, hemicellulose and lignin, so they differ in fiber content. For example, carrots and cabbage add more bulk to a diet than do peas and potatoes.

Serve vegetables with a touch of crunch. Steam or stir-fry for tendercrisp texture that preserves natural nutrition. Try new combinations like carrots and celery or perk of plain cabbage with tomatoes and green pepper. Make a salad with green beans; sprinkle nutmeg on broccoli. Garnish a soup with the curl of a carrot.

Deep green vegetables provide vitamin A; dark yellow ones do, too. So add variety to meals. You might consider collard greens, winter squash or sweet potatoes as substitutes for carrots.

Fruits and vegetables make healthy partners. Use them together in salads and side dishes. Try red cabbage and apples for a sweet-sour sensation full of vitamin C.

Vegetables are naturally low in calories. Your family will benefit by eating them with herbs and spices instead of butter, salt or sauce. Fresh mint, rosemary and chervil, basil, chives and bay leaf

are just a few of the zesty tastes you can keep bottled in your cupboard.

Combined with seasonings and cooked to taste, vegetables can become family favorites rather than an ambiguous mound on the side of a plate. Dare to be different. Stir-fry carrots, cabbage and onion. It's an easy vegetable combination you can serve tonight.

### TIPS ON GIFT GIVING

The Christmas shopping season is approaching rapidly. Remember, a gift you give should add excitement — something that

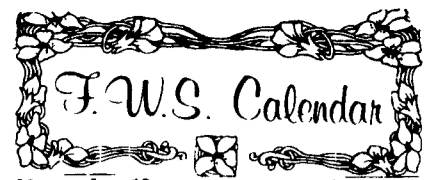
the receiver will cherish and appreciate. And yet a gift shouldn't noticeably dent your bank account.

You have gifts to buy all during the year. That's why you need to thoughtfully plan them. Christmas gifts are the ones that often make one "go for broke." Start shopping and making items early if you want to put your personality and originality in giving. Know the interests and personality of the person to whom you're giving the item. This will help you select appropriate gifts. Be original; put some of you in the gift. This is more important than money.

Let your special talents and skills show as you plan and make gifts. There's no limit to gifts you can make of grow. Something that comes from your garden, kitchen, workshop, or sewing room is always appreciated.

Something you make yourself has value not measured in money. Often a personalized gift such as initialed stationery or recipe cards are a real boost to a person's ego.

Plan, prepare, and personalize your gifts so you give gifts with flair. And remember, you don't have to spend a lot of money.



**Saturday, November 10**  
Lancaster Society 7 will meet for a program by Arthur Lengacher Jr. on cheesemaking.  
Lancaster Society 2 meets for a program by John D. Kendig on scenes of local interest.  
Lancaster Society 1 meets for a program by Ada Farber on the Shelter for Abused Women.  
Lancaster Society 25 meets for a program by Ruth Groff.

**Tuesday, November 13**  
Lebanon Society 5 will meet for a Jack Frost Party for a family hayride at Funk's Down on the Farm.

Lancaster Society 22 meets for a program by Christine Erb, IFYE to Japan. Bring 2 items to pack a Thanksgiving basket.

**Wednesday, November 14**  
Lancaster Society 14 meets at Helen Brenneman's for 1984 Market Basket program by Michelle Rodgers.

**Thursday, November 15**  
Lancaster Society 15 meets for a

guessing game. Bring your youngest childhood picture.  
Lancaster Society 26 takes a train ride to Philadelphia.  
Lancaster Society 28 meets for a harvest sale and to pack boxes.

**Saturday, November 17**  
Lancaster Society 3 meets for a program with Paul Brubaker on Thanksgiving.  
Lancaster Society 18 meets for a Hair Style Show by Sheer Delight.

Lancaster Society 8 meets at Kathy Vogt's.  
Lancaster Society 4 meets at Mary Painter's home. God's Hidden Treasures will be the program by the Mueller twins.

Lancaster Society 30 meets for a Thanksgiving recipe at the Welsh Mountain Good Samaritan Home. Bring children.

Lancaster Society 12 meets at the Farm and Home Center for a silent auction and election of officers.

**E-517X E-500X E-625X E-722X E3X717**

Early Order Prices In Effect To Nov. 17th



Every kernel of Eastland Hybrid Seed Corn is special! And, we're proud of the hard working, money making varieties we produce in the Lehigh Valley. Our varieties are **Adapted to demanding Northeastern conditions!** Order yours **before Nov. 17, 1984** at prices below last year and get more than the special early order price. Profit by getting that special Eastland Edge!

|   |              |                                      |
|---|--------------|--------------------------------------|
| COR. 279, E 425X, E 500X, E680X<br>E 625X, E855X, E828X             | <b>60.00</b> | 80,000 Kernel Units, Flats Or Rounds |
| COR. 281, E 517X, E 580X, E 629X<br>E 3X717, E 722X, E 730X, E 809X | <b>57.00</b> | (Plateless 3\$ Less Per Unit)        |
| E 3X655, E 3X614, E 6883, E 8833                                    | <b>54.00</b> | Volume Discounts/See Dealer          |
| E 710X, E 681 AX, E 755 X   | <b>48.00</b> | (Deduct 8% Early Pay Discount If     |
| SILAGE BLEND 100 AND 115 DAYS                                       | <b>35.00</b> | Paid Before Nov. 15)                 |

**Eastland**  
Seeds

**SEEDWAY INC.**  
SEEM SEED FARMS DIV.  
RD#1, BOX 413A  
EMMAUS, PA. 18049  
215-967-4131

## Clay tablets

(Continued from Page B10)

commercial and religious center about 2,000 years later.

Excavated some time ago, the "Eye Temple," one of the buildings from this period, yielded thousands of small plaques fashioned in human form with exaggerated eyes. Most of the plaques are incised, but in a few cases—called "spectacle idols"—the eye sockets are pierced. Oates recently found one of these in the ruins of a house near the temple.

### CONTROLLED TRADE ROUTE

In another level of the tell, Oates found a decorated copper ax and harness ring dating from about 2250 B.C., a time when the city served as a provincial capital of the first Mesopotamian Empire and was ruled by kings in Akkad. A metal-working center at the time, Brak also controlled a major copper trade route from eastern Anatolia to southern Mesopotamia.

Besides the artifacts, Oates discovered private houses and two major public buildings dating from the Akkad period. Soon he hopes to find written archives that will shed new light on the period.

The turmoil that surrounded Brak for centuries didn't bring about its downfall, however. Weather and climate accomplished what conquering armies never could—the total abandonment of the site. A prolonged drought forced people from the fields. The city eventually was abandoned. By about 1300 B.C., bedouin herders claimed the precincts where royal decrees had once been issued.