

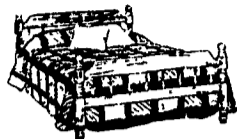
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OUR CASH PRICE \$99.95

148 Sets COVAL TABLE

(Pine) w/Leaf And 6 Upholstered Chairs

Reg. Retail \$1299.95
OUR CASH PRICE \$329.95

Also Available
 ROUND TABLE w/Leaf & 4 Upholstered Chairs
CASH PRICE \$239.95

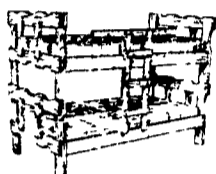


180 BUNK BEDS

w/Safety Rails, Ladders and Bunkies, Dark Pine Finish. Also Breaks Down To Twin Beds

Reg. Retail Price \$609.95
OUR CASH PRICE \$165.00

Seeing Is Believing, A Real Steal!



100 PINE TABLES

With 4 Chairs And Upholstered Seats

Reg. Retail Price \$329.95

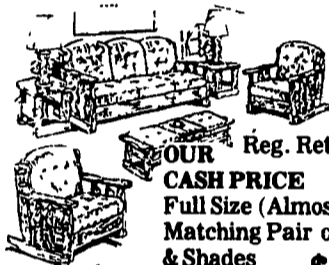
OUR CASH PRICE \$99.95



200 6 Pc. PINE GROUPS

w/Party Ottoman in Antron Nylon

Reg. Retail \$1099.95
OUR CASH PRICE \$299.95
 Full Size (Almost Identical) Matching Pair of Lamps & Shades
\$35 CASH PRICE



5 Pc. DINING ROOM

Rectangular Table w/4 Cane Chairs

• 36 Sets Ea. Natural & Oak
 Reg. Retail \$489.95

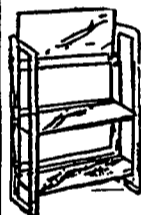
OUR CASH PRICE \$139.95



1500 LANE RECLINERS

Liquidating For Mfg., Refused From Dealers, And Cancellations.

- Wallhugger starting at \$110
- Others starting at \$129
- Reg. Retail Prices \$600 to \$1500



STACKABLE BOOKCASES

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 Reg. Retail \$49.95

OUR CASH PRICE \$14.95

Only 90 Left Out Of 390

You've Read The Ads - Buy (1) Recliner At \$499.00 And Up And They Give You One Free

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OUR CASH PRICE \$239.00

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- Brass Hall Trees...Reg. Ret. \$89.95... Our Cash Price **\$25.00**
- 75 - 5 Drawer Chest...Reg. Ret. \$159.95... Our Cash Price **\$59.00**
- 70 - 4 Drawer Chest...Reg. Ret. \$129.95... Our Cash Price **\$45.00**
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- 75 Singles...Reg. Ret. \$279.95... Our Cash Price **\$79.95**
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- 10 Queens...Reg. Ret. \$459.95... Our Cash Price **\$129.95**
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- 50 - Bookcases...Walnut...Maple...Reg. Ret. \$139.95... Our Cash Price **\$39.95**

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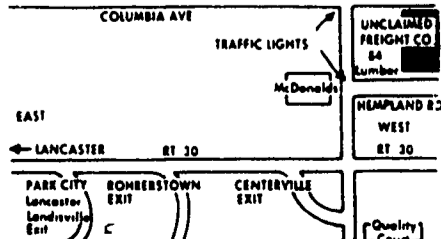
...SIDE X DINING ROOM, LEHIGH BEDROOMS

Many Small Items To Numerous To Mention, Glassware, Coolers, Photo Albums, Etc...

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Ladies Have You Heard?

By Doris Thomas
 Lancaster Extension
 Home Economist

Keep Nonstick Surfaces Free From Stains

Nonstick cooking surfaces on pots, pans and skillets make cleaning easier than ever. Stains may affect the nonstick characteristics. It is important to wash these surfaces thoroughly after every use in hot soapy water. Use a plastic pad to coax away stubborn spots.

Some staining may occur from overheating or failure to clean the surface thoroughly. The build-up may be gradual and not noticed but eventually will cause sticking.

To correct the problem and renew the surface, make a solution of two tablespoons baking soda, one-half cup liquid chlorine bleach with one to two cups of water. There should be enough solution in these proportions to half fill the utensil. Simmer the solution in the cooking utensil for five minutes. The solution will foam so be careful to avoid getting the mixture on the outside of the utensil; it may stain it. After treatment, wash the pan thoroughly in sudsy water, rinse, dry and reseason with cooking oil. There are also commercial stain removers available. If you use one of these, follow package directions very carefully.

Dietary Fiber—The Natural Way With Regular Foods

If you want to add more fiber to your diet, you don't have to buy specially formulated products. You can do it the natural way by selecting foods containing dietary fiber and perhaps baking your own fiber breads.

Foods containing natural fibers include whole grains, fruits and vegetables. Not only will you be adding fiber to your diet by eating more of these foods, you'll be improving your daily intake of necessary nutrients for good health.

Be aware, however, that some foods, although they may be in the fiber category, have more than others. For example, green beans contain more than twice as much as carrots; cabbage has more than five times more fiber than oranges.

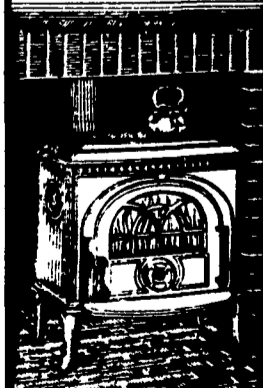
How you prepare foods rich in natural fiber also has a bearing on the ultimate fiber in the diet. For example, a cucumber served with the skin or rind has almost three times more fiber than a peeled cucumber. Potatoes eaten with skins on have six times more fiber than do peeled potatoes.

Breakfast cereal products that contain fiber and are considered old standbys don't have to be abandoned in favor of the new "fiber" cereals. But your old cereal favorites have different amounts of fiber. Shredded wheat products have three times more fiber than corn flakes; total bran cereals have nearly one and one-half times more fiber than shredded wheat.

If you want to add fiber to your diet in the form of breads you can buy commercially baked whole wheat instead of white bread. Or bake your own whole wheat grain breads and add whole grain cereals to the recipe. Whole grain flours are now available in most larger supermarkets. Baking your own bread may or may not save you money. It depends on how much bread you make, how well you can store it, and how much you value your time.

If you are adding fiber to your diet the "natural" way, you don't have to buy your supplies from stores specializing in health and natural foods. Fruits, vegetables and most whole grain flours are available in regular supermarkets. You may have to go to a specialty store for some particular ingredients. But if you are trying to add fiber to your diet economically, shop at stores which do a larger volume of sales and can therefore sell the products at a lower price.

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