



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Holiday Gift Giving

If we had to give up all our holidays except one, there's a good possibility that the voices of children (of all ages) would resound in favor of retaining Christmas. Although we often hear about the commercialization of this holiday, who would really want to miss the weeks of preparation, the joyous get-togethers, the general spirit of "good will among men" ... and the sharing of oneself with the giving of cards and gifts.

Sending Christmas cards is a way of communicating friendship,

affection and admiration. This custom dates back to the 1840's. One of the first cards is believed to have been designed in England for Sir Henry Cole. Some historians indicate that Cole commissioned the cards to send out in lieu of writing lengthy Christmas letters, which at the time were traditionally sent to friends.

The giving of gifts is a far more ancient custom. It is believed to be a holdover from pre-Christian pagan winter solstice festivals in Europe and the Middle East. The Romans gave "gifts" consisting of twigs from a sacred grove of trees

which were thought to bring good luck. During the first century, leaders of the church frowned upon retaining this tradition because of its pagan origins. No one however, seemed to be willing to give it up, and justification for exchanging gifts was later found through the story of the gift-bearing Wise Men.

Through the years, gifts have become more elaborate, and today a great deal of time is spent finding the "right" present for each person on the gift list.

This year, why not spend time creating personal homemade gifts? The most precious Christmas gifts are those that come from the heart. For it is in the heart that we find the true essence of the holiday season - the sharing of ourselves with others. The most warmly received holiday gifts are those you make yourself, especially those from your kitchen. There are plenty of delicious and nutritious holiday food ideas, here are a few:

Homemade bread is a welcome gift at any time of the year. Make mini loaves and experiment with

varieties of whole wheat and other grains such as rye, oats and graham. Small loaves of quick breads such as apple and cranberry are another good gift idea.

Make your own gourmet vinegars by adding fresh herbs to plain vinegar. Put in a big spring of dill, tarragon or basil and then seal into bottles. This is an easy but unique gift that other cooks will enjoy. Personalized fruit baskets that you select for special friends make great gifts. Along with the traditional components such as apples, oranges, and grapefruit, try

including a few of the more exotic fruits such as kiwi, mango, guava, and papaya. Use your imagination and put together a healthy appetizing basket.

Seniors who are often homebound in the wintertime may appreciate a general purpose food basket filled with basics that may save them a trip to the store on a snowy day. Buy individual size portions of tuna, juice packed fruits, and other canned foods. To make it really special toss in a bag of gourmet ground coffee beans and herbal teas.

Ag Health Safety Conference Planned

NEWARK, DE — This year's Agricultural Health Safety Conference is scheduled for Wednesday, December 13. The meeting will be held from 9 a.m. to 2 p.m. in the Delmar Fire Hall in Delmar, Del. It is sponsored by the University of Delaware and Maryland Cooperative Extension Systems and the American Lung Associations of Delaware and Maryland.

The keynote speaker will be James M. Raver, M.D. Raver is not only a physician, but a dairy farmer as well. His subject will be agriculture lung hazards.

The program will include a talk by University of Delaware Extension water quality specialist Tom Williams. Williams' topic will be "How Safe Is Our Water?"

Other topics on this year's program are assessing your health risks, chemical emergencies and a discussion and demonstration of personal protective equipment. Also, there will be a panel discussion of actual farm emergencies.

Registration at the door begins at 8:30 a.m. The cost is \$3, which covers coffee and donuts and lunch.

GOOD FOOD OUTLET STORES

See Our Original Line Of Golden Barrel Products Plus All Kinds Of Nuts, Beans, Candies, Etc. At Reduced Prices



Processors Of Syrups, Molasses, Cooking Oil, Funnel Cake Mix & Shoofly Pie Mixes (With or Without Syrup)

- ★ CORN SYRUP
- ★ PANCAKE SYRUP
- ★ PURE MAPLE SYRUP
- ★ SORGHUM SYRUP
- ★ TABLE SYRUP
- ★ COCONUT OIL
- ★ CORN OIL
- ★ COTTONSEED OIL
- ★ PEANUT OIL
- ★ SOYBEAN OIL
- ★ 100 LB. BAG GRANULATED SUGAR
- ★ BAKING MOLASSES
- ★ BARBADOS MOLASSES
- ★ BLACK STRAP MOLASSES
- ★ HONEY
- ★ PEANUT BUTTER
- ★ FUNNEL CAKE MIX
- ★ SHOOFLY PIE MIXES

If your local store does not have it, CALL OR WRITE FOR FREE BROCHURE & PRICES — WE UPS DAILY —

Good Food Outlet

— Located At —

L&S SWEETENERS

388 E. Main St., Laola, PA 17540

717-656-3486 1-800-633-2676

GOOD FOOD OUTLET

— Located At Good Food, Inc. —

W. Main St., Box 160, Honey Brook, PA 19344
215-273-3776 1-800-327-4408

NEW ITEM! HIGH-FRUCTOSE 55

16 oz. Jars

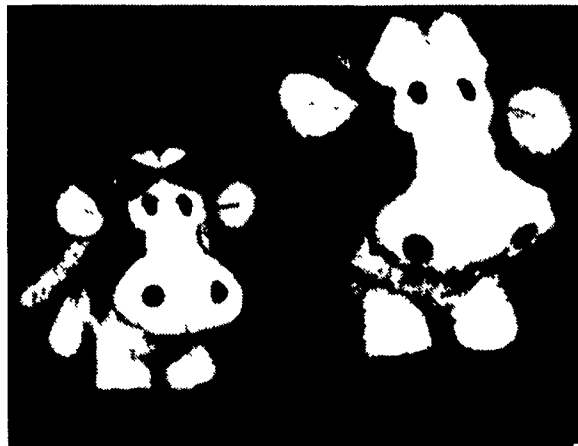
- Instead Of 1 Full Cup Sugar - Use 1/2 To 4/5 Cup 55 (depending on taste)

High Fructose 55 Can Be Used As A Liquid Sweetener For Pancakes, Coffee, Chocolate, Tea, Other Drinks
Use As A Cover Syrup For Frozen Fruits.
Use In Baking, In Jellies - Many Other Uses!

Stop By For A Free Taste!

In Time For Christmas!

Della And Della's Delight



They're the cutest Mother-Daughter pair in the Country—and just in time for Christmas!

Della's DeLight only \$10.95

Della only \$14.95

New! ROUTE TRUCK BANK



Quality, detailed cast-metal Route Truck Bank is sure to be treasured for years

Only \$35.70

JUST ARRIVED! DELBERT BABY BULL CALF \$11.95 Each

SEND CHECK - ADD \$2 TO TOTAL ORDER FOR UPS SHIPMENT

J.B. ZIMMERMAN & SONS, INC.

P.O. Box 337 Blue Ball, PA 17506

East Of New Holland On Rt. 23

CALL (717) 354-4955

FPPF Polar Power

Keeps Your Diesel Running In The Worst Winter Cold!

Fuel filters, separators do nothing to keep diesel fuel from the waxing or gelling that blocks up and clogs fuel lines and filters. FPPF Polar Power contains FPPF's Fuel Power and FPPF's Polarized Diesel Fuel Flow Improver, the industry's leaders. It will keep your diesel running in the worst winter cold: lowering the pour-point, totally dispersing water, eliminating gum/varnish...outperforming all other additives and at lower cost.

For further information, write/call:
MILLER DIESEL INC.
DIESEL FUEL INJECTION & TURBO CHARGER SPECIALIST
8030 Jonestown Rd., Harrisburg, Pa. 17112
717-545-5931 Interstate 81 Exit 26

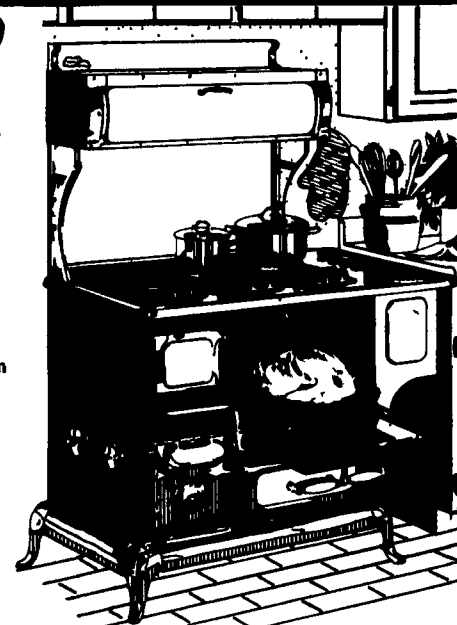
A state-of-the-art CLASSIC

The new 7000 Gas Range

The charm and beauty of the traditional range plus the latest features you'd expect from Elmira.

- Six commercial size 9,000 BTU gas burners... with infinite heat adjustment
- Electronic ignition
- Built in Exhaust fan
- Pull out broiler drawer under oven
- Easily converts from natural gas to propane
- Approved for residential or commercial use by American Gas Association and Canadian Gas Association

• Available in Gas, Electric and Woodburning models



Elmira Stove & Fireplace

LEACOCK Coleman CENTER

