

TAKING TIME

by Rebecca Escott
Extension Home Economist



Summer Time-Savers

What has the time gone? It's mid-July!

Each day you have a fixed number of hours to work with-24. You can let those hours slip by or you can manage them. Controlling how you spend your time, you can really get the most out of it. And that's particularly important when you've been longing to lounge in the backyard and watch the sun go down just one time.

Summertime. We have so many hopes for it. Family fun. Warm weather projects. But the clock is ticking. It's mid-July.

Are you planning your time well or are you being victimized by time "stealers"? One summer time-stealer is being involved in too many activities. If you are constantly booked, you never really get to relax and enjoy the moments of summer.

Another stealer is the television. Okay, so the Olympics will be on, but how many other summertime hours is your television stealing from you. Set a rule for the rest of the summer that at least two weeknights are TV-free. Note what a difference this can make.

The phone can also steal time. Set aside an hour in the evening to complete any necessary phone

calls. Throughout the day, jot notes about people that you need to call. Then make all of them at one time. This is more efficient use of time than stopping a task each time you think of someone. It also allows you to honestly cut short conversations because you have "several other calls to make before 8:00 p.m."

Now that you've nabbed some of the common time stealers, think about practicing these time-saving strategies. Remember to use "To Do" lists. They help jog your memory so you can jump into a task. They can help you organize a shopping trip, so that you don't have to back track or make several trips in one week to the same store. The lists can also help you communicate jobs to others-children, spouses. Posting a To Do list on a refrigerator or bulletin board will help others keep on track too. Making a list at the end of the day is a good strategy! You will have no difficulty naming the items you didn't finish. Trying to make the same list the next morning may take more time and be less complete.

Here are some other time-saving ideas. Buy birthday and special occasion cards in advance, so you don't have to run to the

store to pick up one "thank you" card. Plan meals. Cook a whole chicken and piece it into quantities you can use. Perhaps separate some for chicken salad, some for pasta salad, a container for chicken barbeque, and another freezer box full to be used with salsa and tortillas. Intersperse these meals with others using fresh fruits, vegetables or other meats.

Consider eliminating knick-knacks and gadgets that require more cleaning than they are worth. Take advantage of bank services that allow you to direct deposit transfer automatically. Take advantage of quiet moments to concentrate of particularly difficult projects.

Practice time-saving rules steps with children, too. Give each child a laundry basket to store in his or her room. In fact giving a child two smaller baskets (one for whites and one for bright colors) eliminates sorting. This simplifies wash time. It may be wise with younger children to continue to search for hidden crayons and tissues.

Ironically, it takes time to save time. But the time you spend planning your day, will be returned to you several times over. And with the saved time, treat yourself to a tall glass of mint tea and a good book on the porch swing. Or invite a friend for an evening visit.

Take time to enjoy the days of summer.



Ida's Notebook

Ida Risser

Occasionally I receive a letter from one of the readers of Lancaster Farming. They cover a wide range of subjects. Sometimes they want information on growing a certain vegetable or they might want to know where a particular place is located. Sometimes I get to meet the people personally as when one couple invited us to see their large, beautiful log house in Chester County. They have a bed and breakfast establishment and I'm sure they work very hard to take care of their visitors.

One reader that I am especially thinking of this morning is one who sent me an old-fashioned, pressed, pink double petaled rose in an envelope. You see, I'd mentioned that my bush on the farm had died as too many trees shaded its home. This lady said she would give me a bush if I visited her.

I kept the letter and carefully put it away until recently, one year later, when Allen and I stopped at the couples' very large 19-room home. This elderly couple have kept the furnishings that their parents and grandparents had. Thus, their house is a virtual museum. They showed us their eight bedrooms and also their large garden. Keeping busy seems to be best for older folks.

Yes, I got three small rose bushes as my husband dug them during a Sunday afternoon shower. For the first time ever, I forgot my pocketbook when we drove away. We had to turn around when we were a mile away and go back for it. We gave them a box of strawberries even though they grew some too. We had a pleasant visit.

MILK. IT DOES A BODY GOOD.™

UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES INC.

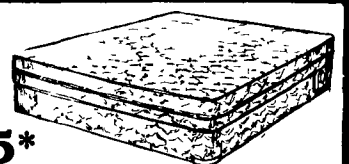


5 PIECE TRADITIONAL LIVING ROOM GROUP
Sofa, loveseat, chair, ottoman and recliner

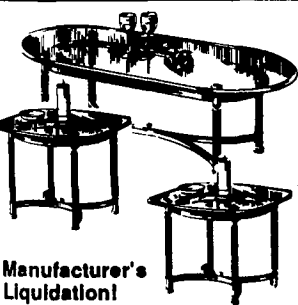
Reg. Ret. \$1409.95
OUR CASH PRICE \$599.95
★ **SPECIAL \$499.88**

Brand name! Liquidating for manufacturer!
KING SIZE MATTRESS SET

Reg. Ret. \$1000.00 **OUR CASH PRICE \$329.95***
QUEEN SIZE SET **OUR CASH PRICE \$249.95***



* refurbished



The most beautiful set you'll ever see!
3 Piece

MODERN TABLE GROUP
Beveled glass tops with bases of brass and polished pewter-like finish.

Reg. Ret. \$999.90
OUR CASH PRICE \$529.95 ★ **SPECIAL! \$389.95**

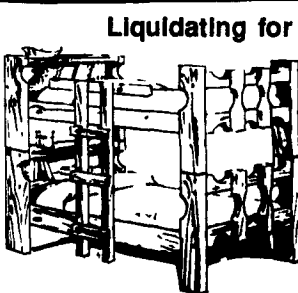
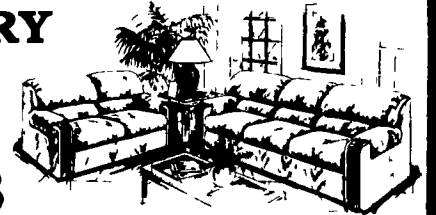
2 PIECE CONTEMPORARY
Sofa and loveseat

Wide wood accents from arm to floor on both pieces.

Reg. Ret. \$1989.95

OUR CASH PRICE

\$399.88



Liquidating for manufacturer! **BUNK BEDS**

Each comes with ladder, safety rail and one piece bunks.

BOOKCASE BUNK
OUR CASH PRICE \$219.95
REGULAR SCULPTURED BUNK
OUR CASH PRICE \$209.95

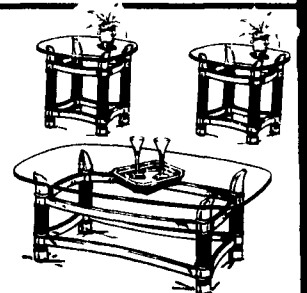
Reg. Ret. \$699.95

3 piece CONTEMPORARY TABLE SET

Glass-topped tables with Black and Brass bases

Reg. Ret. \$399.95

OUR CASH PRICE \$139.95



LANCASTER
3019 Hempland Road
717-397-6241

YORK
4585 West Market Street
717-792-3502

CHAMBERSBURG
1525 Lincoln Way East
717-261-0131

CARLISLE
1880 Harrisburg Pike
717-249-5718



No Refunds No Exchanges Cash & Carry
FINANCING AVAILABLE
No Out-Of-State Checks Accepted
Out-Of-State Credit Cards Accepted

For purchase with a check, bring proper I.D. and a major credit card.

Not responsible for typographical errors

STORE HOURS:
Monday Thru Friday 9 a.m. - 9 p.m.
Saturday 9 a.m. - 5 p.m.

Closed Sunday

HUNDREDS OF OTHER ITEMS!

We have the lowest prices every day on a full line of household furnishings.

Quality furniture and a whole lot more ... for a whole lot less.