

Dairy Council Launches Nutrition Education Program

SOUTHAMPTON (Bucks Co.) — Building on its mission to increase positive dairy attitudes in children, Dairy Council is introducing its newest nutrition education program, Chef Combo's Fantastic Adventures in Tasting and Nutrition. The program was recently previewed by area educators and will be included in participating preschool and kindergarten curriculums beginning in early et loader of silage? Will the slight warming effect of noonday sunshine at the corner of the calf barn refreeze at sunset to glassy slickness?

1996. Chef Combo targets 4- and 5-year-old students with innovative activities that promote tasting and appreciating new foods. Nutrition education research reveals that around the ages of 4 and 5, children begin to develop their adult food preferences. Given encouragement and age-appropriate instruction — both found in Chef Combo's extensive lesson plan — a child can be positively influenced to develop a taste for a variety of nutritious foods.

Food Preferences Formed Early
"It is never too early to acquaint youngsters with new tastes and textures," explains Jan Stanton, Dairy Council's executive director. "By expanding a child's willingness to try new foods, including less familiar foods like cottage cheese, this program can positively influence eating habits for a lifetime."
The preschool market is the fastest growing market in education. In the tri-state region, there are 4,600 preschools serving approximately 500,000 children.

On Being a Farm Wife
(and other hazards)
Joyce Bupp



Been GLUPPED lately?
You know. Glup! Gosh-awful, long-lasting ugly precipitation. It's been a glup winter. Actually, it was a glup fall (looking back the early part of last summer was pretty gluppy too. At least for those areas where bouts of precipitation flooded houses, cars, and basements).
But, back to the glup winter. Snow is not glup. Snow is pretty. Snow is somewhat exciting. Snow is also a little bit uplifting of our spirits because of its beauty. Snow you can shovel. Snow you can plow. Snow has some degree of traction.
Snow is a necessary raw material for snowmen and for making angels created by laying in the fluffy white stuff and moving your arms and legs back and forth. Snow can be further utilized for sledding, skiing, powering toboggans, doing battle with snowballs and as a terrific excuse for just looking out the windows and enjoying the birds.
Glup on the other hand is ominous. Glup is dangerous. Glup is depressing. Glup is a raw material for hassles and headaches.
Glup like snow begins somewhere in the upper atmosphere as moisture droplets but on the way

down due to generally warmer—or whacko—weather conditions the droplets take on a devilish twist. They may then freeze onto every blessed surface with which they come in contact like power lines, telephone installations, vehicle doors, and the front step outside your house.
Or, the droplets may transform into hard little frozen pellets which in turn bounce off your head and sting your face as you head toward the barn to milk.
At its peak efficiency, glup combines all the above. Layering into geological deposits that pile up on every exposed surface around the farmstead and through repeated applications ultimately transform into arguably winter's longest lasting outdoor nasty stuff.
Glup ice!
As owners of an abundance of glup ice, we do admit that it has its positive aspects. For instance, glup ice makes one slow down and take in the scenery a bit more — especially important if you value unbroken bones.
Glup ice adds a dimension of thrilling suspense to ordinary days of working around the farmstead constructed on a natural slope. Will the tractor slide into the feed cart when they bring the next buck-

How far down the hill balancing a 50 pound bag of calf feed can a farm wife slide without losing her balance — and cushioning the fall for the bag?
It offers challenges like prying loose the pickup and cattle trailer after they settled into the ice packs behind the barn. Or landscaping opportunities like the construction of woodstove ash walking paths from the calf barn to the heifer pen to the dairy barn to the feed storage area, to say nothing of the free recreational facilities provided by our very own all-natural backyard shaped ice skating rink — with no need for skates even.
With winter just in its early stages, glup offers still another opportunity of the commodity investment type.
Buy SALT!
Editor's note: This column was written before the big blizzard. Joyce reports, "Our glup has been buried under three feet of snow is not expected to reappear until spring."



Chef Combo teaches kids about good nutrition.

UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES INC.

OPEN SUNDAY - CHRISTMAS EVE
10am to 4pm

7 pc. OAK DINING ROOM



Bell and Claw Foot Pedestal. Drop Leaf. Sunburst Table with 6 Side Chairs.
Reg. Ret. \$1989.95
Our Cash Price **\$539.95**
with 4 Side Chairs **\$459.95**

SWIVEL ROCKER WITH OTTOMAN

Available in light blue, green & maize
Reg. Ret. \$449.95
OUR CASH PRICE **\$89.04**
1ST QUALITY! This order was cancelled by a big chain. **TAKE SOME BUY!**

Pine Finish **ENTERTAINMENT CENTER**
32"x17"x61" H
Reg. Ret. \$389.95
OUR SPECIAL PRICE **\$29.95**
CLOSOUT PRICE **\$99.04**

(CANTED) FRONT CURIO
Cherry finish
— 5 glass shelves
— two doors
— lighted interior
— mirrored back
Volume Buy II
Reg. Ret. \$559.95
OUR SPECIAL PRICE **\$159.88**

GLIDER ROCKER
Available in Blue or Beige
Reg. Ret. \$549.95
Our Cash Price **\$129.88**

Clip This Valuable Coupon!
RECLINER
Reg. Ret. \$389.95
OUR CASH PRICE **\$129.95**
WITH COUPON **\$99.88**

CLAIM YOUR BARGAIN

With Bassett Or Serta bedding purchase only.
We Absolutely Have The Best Prices On Bedding

BASSETT MATTRESS & BOX SPRING
This is top of the line bedding and one of the best deals that we ever made! These are all overruns, cancellations and close-out fabrics. This is one heck of a price on bedding, complete with a warranty of one full year replacement at no charge.

	Reg. Ret.	OUR CASH PRICE	SPECIAL
Single	\$589.95	\$259.95	\$119.95
Double	\$729.95	\$309.95	\$149.95
Queen	\$859.95	\$399.95	\$199.95
King	\$1099.95	\$519.95	\$259.95

SERTA MATTRESS & BOX SPRING
We Have The New 1995 Covers

SINGLE...	Reg. Ret. \$609.95	OUR CASH PRICE \$149.95
DOUBLE...	Reg. Ret. \$749.95	OUR CASH PRICE \$189.95
QUEEN...	Reg. Ret. \$889.95	OUR CASH PRICE \$249.95
KING...	Reg. Ret. \$1129.95	OUR CASH PRICE \$299.95

Prices include both pieces!

SOFA TABLE
Mirror Top With Brass Trim
Reg. Ret. \$329.95
Now Only **\$69.95**
While Supplies Last

ARC LAMP
Black or Brass Finish.
Adjustable Lamp heads.
Reg. Ret. \$399.95
OUR CASH PRICE **\$99.95**

TABLE LAMPS
Only 500 to sell at **\$19.00** each!
Styles vary from shown; wood, metal and/or glass, 28" to 32" height.
Reg. retail from \$79.00-\$109.00

5 PC. TRADITIONAL BEDROOM
Oak finish. Chest, dresser, mirror, headboard & nightstand.
Reg. Ret. \$599.95
OUR CASH PRICE **\$199.88**

HALL TREE
Mirrored Back
Reg. Ret. \$299.95
OUR CASH PRICE **\$139.95**

5 Pc. DINETTE
Drop Leaf Table
4 Upholstered Chairs
Solid Natural Wood with Oak Finish
Reg. Ret. \$599.00
Our Cash Price **\$149.04**

Clip This Valuable Coupon!
FULL SIZE RECLINER
3 Positional
Reg. Ret. \$399.95
OUR CASH PRICE **\$139.95**

Clip This Valuable Coupon!
4 DRAWER CHEST
Pine Finish and Brass Hardware.
Reg. Ret. 149.95
OUR CASH PRICE **\$89.95**
WITH COUPON **\$39.04**

Clip This Valuable Coupon!
SOFA and LOVESEAT
available in a variety of fabrics and colors.
Reg. Ret. \$1829.95
Our Cash Price **\$399.00** As Is
THIS IS A DEALER C.O.D. REFUSAL

Clip This Valuable Coupon!
SECTIONAL SLEEPER
Reg. Ret. \$2389.95
Dealer Refusal
Features a loveseat with side by side recliners and center console plus sofa with hide-a-bed
OUR CASH PRICE **\$1049.95** WITH COUPON **\$89.88**

DELCO MATTRESS AND FOUNDATION

King	Reg. Ret. \$649.95	Sale Price \$189.88
Queen	Reg. Ret. \$599.95	Sale Price \$129.88
Double	Reg. Ret. \$319.95	Sale Price \$99.88

Clip This Valuable Coupon!
Unheard of Price!
ROCKER RECLINER
Catnapper Full Size
Reg. Ret. \$629.95
OUR CASH PRICE **\$298.95**
WITH COUPON **\$179.00**
Large chair store refusal

Clip This Valuable Coupon!
TRADITIONAL TABLE SET
Queen Anne legs and brass hardware
Oak or cherry Your Choice
Reg. Ret. \$339.90
OUR CASH PRICE **\$169.95**
WITH COUPON **\$109.88**

Clip This Valuable Coupon!
4pc WICKER SET
Love Seat, 2 Chairs and Table
Reg. Ret. \$419.95
Christmas Special \$119.04

¡¡¡esta anuncio para buenas gangas!
We are a four store chain not affiliated with any other stores.
Stores in LANCASTER · YORK · CARLISLE, PA · SMYRNA, DE
LANCASTER STORE HOURS: Mon. - Fri 9-9 · Sat 9-6 · Sun Noon-5
No Returns · No Exchanges · Cash & Carry
FINANCING AVAILABLE
To purchase by credit, you must have a phone number and driver's license.
Not responsible for typographic errors. We reserve the right to substitute gift items.
3019 Hempland Road • Lancaster • 717-397-6241