Timely Tips for Women

by Doris W Thomas

January, Start A Fresh Month

Among the many other things that happen about now is Then, too, we set down certhat we look back over the year . . . we think about the tain resolutions we hopefully mistakes we made . . . the fun we had . . . and we evaluate plan to carry out during the the progress we made. And then we look ahead to a new year. And some of these resyear, and we promise ourselves to sail through it without upsetting our personal ships, Perhaps we decide to follow at any rate, we've made them. the advice of one of our friends and make it the year we en-

ter our personal sweepstakes. Or we decide to read all the books and articles we didn't read last year. Also we might pledge ourselves to do one kind and thoughtful out-ofour-way thing each day. olutions could range from the ridiculous to the sublime. But January has a certain beau-

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(use any lane — anytime)

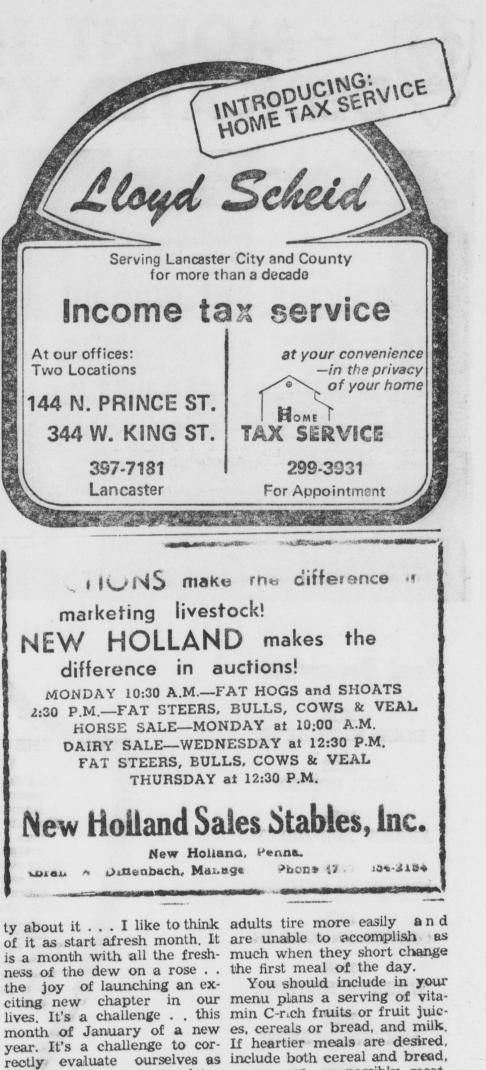
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we were last year . . to plot a or an egg, or possibly meat, more useful and happier year such as bacon or sausage, or ... and to lay the foundation fish. In winter, especially, for successful and satisfying something hot is desirable for years to come. Let's think of breakfast, whether it be a hot January as the vital month cereal, a beverage or other that begins a new year . . . dish, because it is cheering then ask ourselves . . . "What and gives a sense of well-be-are we going to do about it." ing.

Economy Meals For **Good Eating**

work well under way. Studies when adequate meals are eaten later on in the day, will result in greater fatigue and inefficiency. Both children and

Try to please the family with a dish that will lure them to the breakfast table. Cranberries are in plentiful supply. Start the day off right with according to USDA's Agricula tempting, nutritious break- tural Marketing Service, and fast and it will be a better you might try using this good day for all the family. fruit in a sauce for that old-After the longest stretch be- time breakfast favorite, pantween meals, breakfast should cakes, or in cranberry muffine. provide the nutrients that will or cranberry-nut bread. Whole lend leverage to get the day's cranberry or cranberry-honey sauce make fine spreads for have shown that no breakfast bread and taste pleasant, too, or a poor breakfast, even with dry cereals.

> Try this recipe for Cranberry-Honey Sauce and serve it over your breakfast pancakes.

CRANBERRY-HONEY SAUCE

2 cups honey 2 cups whole fresh cran-

berries

¹/₄ cup butter

To Prepare: Combine the honey & cranberries in sauce pan. Bring to boil and simmer slowly until berries pop (about 5 minutes). If chopped fresh berries are used simmer 2 to 3 minutes or until honey is steaming hot. Stir in butter and serve hot over pancakes, waffles or french toast. Yield. one quart.

American Indians were enjoying clambakes long before the Pilgrims landed, says National Geographic.

40 per cent of San Francisco residents are native Californians, compared with 43 percent statewide.

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