

## Timely Tips for Women

by Doris W Thomas

January, Start A Fresh Month

Among the many other things that happen about now is that we look back over the year . . . we think about the mistakes we made . . . the fun we had . . . and we evaluate the progress we made. And then we look ahead to a new year, and we promise ourselves to sail through it without upsetting our personal ships. Perhaps we decide to follow 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-of-our-way thing each day. Then, too, we set down certain resolutions we hopefully plan to carry out during the year. And some of these resolutions could range from the ridiculous to the sublime. But at any rate, we've made them. January has a certain beau-

# Have You Tried Our New "MOTOR BANK"?

(use any lane — anytime)

## OPEN 55 HOURS EACH WEEK

### MONDAY through THURSDAY

8:00 a.m. to 6:00 p.m.

### FRIDAY

8:00 a.m. to 8:00 p.m.

### SATURDAY

8:00 a.m. to 11:00 a.m.



MOUNT JOY, PA.

## UNION NATIONAL MOUNT JOY BANK

MAYTOWN, PA.

# e

PRE-REGISTER NOW

Daily 8:30 a.m. to 5 p.m.

or Monday

Evenings 6:30 to 9 p.m.

REGISTRATION

Monday, Jan. 22, 5-8 p.m.

Classes Begin

Monday, January 29

## Elizabethtown College Spring Evening Session

COURSES AVAILABLE

ADVANCED TAX ACCOUNTING  
ADVANCED TA ACCOUNTING  
BEHAVIORAL THEORY & MGMT.  
BUSINESS LAW II  
MARKETING MANAGEMENT  
INDUSTRIAL LABOR RELATIONS  
INTROCOMPUTER PROCESSING  
PRINCIPLES OF ECONOMICS II  
PLNG. & CONST. HEALTH FACILITIES  
PROBABILITY & STATISTICS  
SOCIAL WELFARE AS A SOCIAL INSTITUTION

ESPERANTO (1)  
SELF-DIRECTED PE  
AMERICAN POLITICAL INST.  
GENERAL PSYCHOLOGY  
INDUSTRIAL PSYCHOLOGY  
ENGINEERING DRAWING (2)  
GEOLOGY US & PA.  
METEOROLOGY (4)  
CONT. PHILOSOPHICAL ISSUES  
MEXICAN LIFE

All courses 3 semester hours unless otherwise noted. Degree programs in Business Administration available. Cost is \$40. per semester hour.

For more information, write or call

REGISTRAR, BOX F ELIZABETHTOWN COLLEGE

ELIZABETHTOWN, PA. 1 - 717 - 367-1151

INTRODUCING:  
HOME TAX SERVICE

## Lloyd Scheid

Serving Lancaster City and County  
for more than a decade

### Income tax service

At our offices:  
Two Locations

144 N. PRINCE ST.

344 W. KING ST.

397-7181

Lancaster

at your convenience  
—in the privacy  
of your home



HOME  
TAX SERVICE

299-3931

For Appointment

IONS make the difference in  
marketing livestock!

### NEW HOLLAND makes the difference in auctions!

MONDAY 10:30 A.M.—FAT HOGS and SHOATS  
2:30 P.M.—FAT STEERS, BULLS, COWS & VEAL  
HORSE SALE—MONDAY at 10:00 A.M.  
DAIRY SALE—WEDNESDAY at 12:30 P.M.  
FAT STEERS, BULLS, COWS & VEAL  
THURSDAY at 12:30 P.M.

### New Holland Sales Stables, Inc.

New Holland, Penna.

Local: A. Dillenbach, Manager Phone 477-136-2154

ty about it . . . I like to think of it as start afresh month. It is a month with all the freshness of the dew on a rose . . . the joy of launching an exciting new chapter in our lives. It's a challenge . . . this month of January of a new year. It's a challenge to correctly evaluate ourselves as we were last year . . . to plot a more useful and happier year . . . and to lay the foundation for successful and satisfying years to come. Let's think of January as the vital month that begins a new year . . . then ask ourselves . . . "What are we going to do about it."

**Economy Meals For  
Good Eating**

Start the day off right with a tempting, nutritious breakfast and it will be a better day for all the family.

After the longest stretch between meals, breakfast should provide the nutrients that will lend leverage to get the day's work well under way. Studies have shown that no breakfast or a poor breakfast, even when adequate meals are eaten later on in the day, will result in greater fatigue and inefficiency. Both children and

adults tire more easily and are unable to accomplish as much when they short change the first meal of the day.

You should include in your menu plans a serving of vitamin C-rich fruits or fruit juices, cereals or bread, and milk. If heartier meals are desired, include both cereal and bread, or an egg, or possibly meat, such as bacon or sausage, or fish. In winter, especially, something hot is desirable for breakfast, whether it be a hot cereal, a beverage or other dish, because it is cheering and gives a sense of well-being.

Try to please the family with a dish that will lure them to the breakfast table. Cranberries are in plentiful supply, according to USDA's Agricultural Marketing Service, and you might try using this good fruit in a sauce for that old-time breakfast favorite, pancakes, or in cranberry muffins or cranberry-nut bread. Whole cranberry or cranberry-honey sauce make fine spreads for bread and taste pleasant, too, 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 cranberries

¼ 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.

Florida Citrus Mutual is the world's largest citrus organization with more than 15,650 members.