



Ready for Santa!

Grandparents Enid and Ian Farrar joined their grandchildren (from left) Kimberley and Jennifer Grace in decorating the Christmas tree in prepara-

tion for the Christmas Eve visit of that gift-bearing friend of children the world over, Santa Claus. (Herald photo by Colin Gibson)

Try these homemade presents

Looking for a great gift which you can make yourself, allowing the recipient to savor the special pleasures which a homemade gift provides, while saving yourself money? Why not put together tins or baskets of home-baked cookies?

Make up a few extra batches of your favorites — buttery spritz cookies glistening with red and green sugar; dark, spicy gingerbread; chewy discs studded with chocolate chips. Then, when you need a gift at the last minute — to bring to a host or hostess, for example, or if you've forgotten someone that you shouldn't have — put together a pretty package of sweets that's appealing to both eye and palate.

To make the gift extra-special, use bright red and green ribbons liberally, tying into fancy bows or festooning over a basket handle. And, tuck your creations in with red and green tissue paper in solid colors or patterns for an eye-catching finishing touch.



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THE WORLD ALMANAC DATE BOOK

Dec. 23, 1989

Today is the 357th day of 1989 and the 3rd day of winter.

S	M	T	W	T	F	S

TODAY'S HISTORY: On this day in 1972, a massive earthquake devastated the city of Managua, Nicaragua.

TODAY'S BIRTHDAYS: Joseph Smith (1805-1844), Mormon leader; Connie Mack (1862-1956), baseball owner; Ruth Roman (1923-), actress; Floyd Kalber (1924-), newscaster; Robert Bly (1926-), author.

TODAY'S QUOTE: "Man is that he might have joy." — Joseph Smith

TODAY'S MOON: Between last quarter (Dec. 19) and new moon (Dec. 27).



ON AN AVERAGE DAY: Americans spend \$33,561,644 buying lottery tickets.

Source: "On An Average Day," by Tom Heymann (Fawcett Columbine)

TODAY'S BARBS

BY PHIL PASTORET

Singing about a Christmas that's white is not done by someone with a stuck snow blower and 18 inches of blizzard on the drive.

Gift-wrapping is done before Christmas. The relatives do the gift-wrapping once the presents are opened.

ASK KATHY:



Dear Kathy

I've noticed product packages lately that say low-sodium or reduced sodium. How much salt is too much?

Reply:

Many people today are interested in lowering their sodium intake. And many people ask that same question of their doctors. The average sodium intake in the United States is around 10,000 mg. Those individuals interested in reducing their sodium intake usually try to keep it between 2000 to 4000 mg daily.

At Diet Center, we don't set minimums and maximums on sodium intake, but we do suggest that you taste your food before you pick up the salt shaker. Also, we recommend that you read food labels to be sodium-wise. Call Diet Center today for a free consultation and find out how we can help you lose weight and keep it off forever.

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Like the Wise Men of old, let us bring our gifts before the Holy Child. May the star of that first Christmas night guide us all with its holy light to peace on earth.

Best Wishes for a Happy & Safe Holiday

Bob & Marjory Smith & Staff

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