

Druella Acantha Malvina's Column

Gem Of The Month - Life is a series of commas, not periods.

Two Minutes Cookies

½ cup butter or margarine
½ cup milk
2 cups sugar

In a large saucepan heat, stir occasionally. Boil 1 minute. Remove from heat and stir in:

3 cups quick cooking rolled oats
4 T. unsweetened cocoa
½ cup raisins, chopped nuts or coconut

Drop by spoon on waxed paper

Churches are always having suppers. On a special occasion, the members of one church tried to think of a way to bring more people in. They called it "An Affair to Remember" and hoped this add would entice more people. "Think of someone to bring besides you wife."

Perks of Being Over 50

1. No one expects you to run - anywhere.
2. People call at 9pm and ask "Did I wake you?"
3. There's nothing left to learn the hard way.
4. Things you buy now won't wear out.
5. You can eat dinner at 4pm.
6. On a hostage situation, you are likely to be released first.
7. You sign along with elevator music.
8. You no longer think of speed limits as a challenge

With New Year here and gone, these facts

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still apply. If you drink 2 beers or 2 glasses of wine daily, that's about 1400 calories a week or 73,000 calories a year - or 20 extra pounds on you.

Alcohol contains about twice as many calories per gram as carbohydrates and protein. When you drink, your body uses the alcohol calories for fuel first, leaving fat to come in second. Alcohol also bogs down your liver which helps fat to burn ordinarily.

And perhaps you have noticed that drinkers have bellies that hang over the belt. Happy New Year (Reader's Digest)

**Winter is the time many people
like to take a vacation.**

Here are a few tips to keep it safer.

1. To begin with, err on the side of caution and practice good defense.
2. Leave valuables in hotel safes.
3. When you leave your room, leave the TV on and hang the "DO NOT DISTURB" sign on your door. Burglars will go to the silent room next door.
4. Wear a wedding band so men won't think you're looking for a hook-up.
5. Stick to well-lit, people-filled streets.
6. Ignore whistlers and comments men may make to you.
7. Dress conservatively and follow local customs.

Have a happy holiday!

When We Build

When we build, let us think that we build forever. Let it not be for present delight nor for present use alone. Let it be suck work as our descendants will thank us for, and let us think, as we lay stone on stone, that a time is to come when those stones will be held sacred because our hands touched them, and that men will say as they look upon the labour and wrought substance of them, "See! This our Fathers did for us." (John Ruskin)