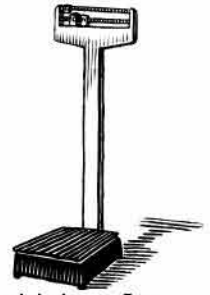




Money Saving Tips

- **GIVE IT UP:** Everyone has her own little “fix”—the habit that’s small but adds up over time. Give it up, at least for a few months, and reap the savings. Trade soda for water. Swear off cigarettes, alcohol or coffee. This may not seem like a lot, but what you spend on just one habit will surprise you when you realize how much cash is left in your wallet.
- **COOK IN:** Instead of coming up with a dinner idea and then heading to the store for all the ingredients, use what you already have. Visit supercook.com and input the ingredients you have on hand. Just like that, you’ll have recipes that use those ingredients. You’ll save time, money and gasoline.
- **SWAP, DON’T BUY:** You can very easily swap the books CDs and DVD’s you’ve read or grown bored with through the Internet. Use sites like PaperBackSwap.com to clean out your collection and receive books, CD’s, or DVD’s for free. All you need to pay is the postage.

Scale Down



Benefits of Bran...

AT ONE TIME, the tough, outer husk of cereal grains was thrown out in the milling process. But it’s now viewed as a reservoir of health benefits. Bran is among the richest sources of dietary fiber, which regulates the way bodies digest and absorb food. Researchers report that oat bran, another good source of fiber, helps reduce blood cholesterol levels. It also slows the absorption of sugar—a benefit for diabetics. All types of bran may also aid in weight loss by promoting a feeling of fullness without overeating. In addition, bran requires more chewing, which gives the body time to realize when it’s no longer hungry.

Information found in Taste of Home’s Light & Tasty magazine December/January 2005

You can buy bran and add it to your pancake batter or muffins. It can also replace a portion of your flour in just about anything you’re baking.

Praying for your husband

by Stormie Omatian

Lord, I pray You would protect our marriage from anything that would harm or destroy it. Shield it from, our own selfishness and neglect, from the evil plans and desires of others, and from unhealthy or dangerous situations. May there be no thoughts of divorce or infidelity in our hearts, and none in our future. Set us free from past hurts, memories, and ties from previous relationships, and unrealistic expectations of one another. I pray that there not be jealousy in either of us, or the low self-esteem that precedes that. Let nothing come into our hearts and habits that would threaten the marriage in any way, especially influences like alcohol, drugs, gambling, pornography, lust or obsessions. Unite us in a bond of friendship, commitment, generosity, and understanding. Eliminate our immaturity, hostility, or feelings of inadequacy. Help us to make time for one another alone, to nurture and renew the marriage and remind ourselves of the reasons we were married in the first place. I pray that (husband’s name) will be so committed to You, Lord that his commitment to me will not waiver, no matter what storms come. I pray that our love for each other will grow stronger every day, so that we will never leave a legacy of divorce to our children. Amen.

Creative ways to say...

I love you



- Iron his clothes before he needs them.
- Wash his back when he’s in the bath.
- Send a card to his office thanking him for last night.
- Touch his rear while riding behind him on the escalator.
- Tell him you’re glad to be his wife.
- Remind yourself that men need sex more often than women.
- Give him a massage with hot oil and a warm towel.
- Ask your husband what he would like for you to do differently to make his life easier or more enjoyable.