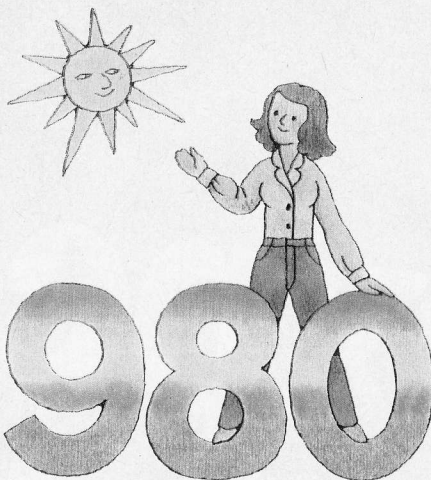


# 50 WINNING FRESH STARTS for 1980



Last January we published a roundup of "Fresh Starts for the New Year," using suggestions, tips and hints contributed by our Woman's Day staff. Everyone had such a good time doing it, we thought our readers would enjoy thinking up their own fresh starts for 1980, and asked them to submit their best ones for possible publication. Thousands did, and contributions continued to pour in right through summer and fall. But it didn't take more than a week or so to see that a goodly number of them seemed to occur to almost everyone. Cleaning out closets and drawers, for example, organizing recipe files and photo collections were repeatedly recommended, as were hugging your kids, using the public library, taking an adult-education course, experimenting with exotic teas and having a romantic, candlelit dinner alone with your spouse. All good and valid ideas for this or any year, but too obviously familiar to be considered very fresh starts. The majority of contributors favored the short, zingy kind of suggestion that can add new zest to a moment, day or season, rather than prescriptions for changing one's entire life for the better. And since a better life can only be made of better moments, days and seasons, perhaps that's the wiser and more practical approach.

A few of the winning fresh starts were submitted by more than one reader, sometimes with almost identical wording, and in such cases we have used the one that arrived in the envelope bearing the earliest postmark.

Each of the fifty winners has been mailed a check for \$25—and to all who submitted entries go our heartfelt thanks and every good wish for the New Year!

Act as if you are well-liked—you will be!

Ruth J. Lizak, Warren, Massachusetts.

Buy yourself the toy you wanted as a child—you'll feel younger than springtime.

Pauline McQueen, Durant, Oklahoma.

Get a family heirloom fixed—a clock repaired, a diamond reset, a table refinished—so it will last a few more generations.

Judith Eckerson, Washington, D.C.

Call up a radio station and dedicate a song to someone you love.

Susan Negro, Soquel, California.

Organize an adult skating or sledding party, and invite the crowd to your house later for hot chocolate or toddies.

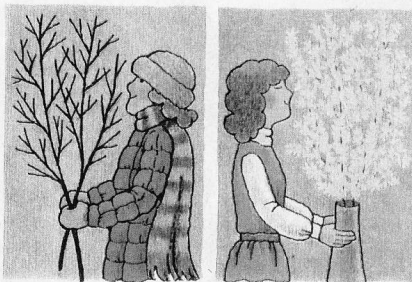
Deborah M. Middaugh, Alliance, Ohio.

Switch places in bed with your spouse—for a night, a week, a month.

Gayle Jones, Weatherford, Texas.

Remove all the decorative accessories from the living room. Put them back one at a time until you're satisfied with the look. Find a new home for the extras.

Bonnie Kinne, Crown Point, Indiana.



In January or February cut a branch from a forsythia bush. Bring it indoors, place it in water and leave it in a sunny window. It should bloom before Easter. A great way to herald spring!

Sister Vicki Marczynski, Lansing, Michigan.

Have a tea party with a small daughter, niece or neighbor—and her dolls.

Geri Stevenson, Willingboro, New Jersey.

Jot down every compliment you get and read over the list during times of wounded ego.

Eve McDaniel, Berkeley, California.

Draw a self-portrait.

Carol Meldrom, Rhinebeck, New York.

Read the newspaper comics at least once a week.

Cathy Sullivan, Grand Rapids, Michigan.

Adopt a parakeet and teach it to talk.

Ruth C. Klees, Oak Park, Illinois.



Alice Golden

Paint your front door a bright color. Add a fancy brass doorknocker.

Sylvia Gappa, Pacifica, California.

Exchange your everyday dinnerware with a friend for a week. You'll each enjoy the new look.

Mary Fineday, Cass Lake, Minnesota.

Sew rhinestone buttons on a blazer for evening wear.

Barbara Magoun, Hampton, New Hampshire.

Spend an evening comparing recent dreams with a friend and try to find out what the dreams were telling you about you. Pick a good friend. How else can you confide that last Wednesday night Spencer Tracy bit you on the neck?

Shirley Marneus, Pasadena, California.

Learn all the words to those songs you usually just hum or whistle.

Jana L. Kinney, San Bernardino, California.

Treat yourself to a new toothbrush.

Mary Boynton, Fort Wayne, Indiana.

Write a short story about how you and your spouse first met and/or proposed. Your kids will love it—and so will you in years to come when the details get a bit fuzzy.

Denise M. Floyd, Barberton, Ohio.

more ►

# 50 WINNING FRESH STARTS for



When you're feeling especially happy or sad, make up a song about it—lyrics and tune.

*Fran London, Brooklyn, New York.*

Give a chopsticks-only dinner party with Chinese food.

*Karen Roach, Auburn, Massachusetts.*

Get some lacy underwear and wear it for everyday.

*Amy Bossie, Dayton, Ohio.*



Buy a big, colorful kite—use it now as a decorative wall hanging and fly it in the spring.

*Catherine D. Strunz, Wyckoff, New Jersey.*

Say a prayer of thanks every day, no matter how brief. Even a few words will do.

*Gale Larson, Solon Springs, Wisconsin.*

Invest in an outfit that rustles when you walk. Taffeta, anyone?

*Diann A. Neitz, Seattle, Washington.*

Just for a change, tell your teenager to have a great time without reminding him or her to drive carefully.

*Sharon M. Mather, Ephrata, Washington.*

Wash your hair in rainwater—you can set out a basin to catch it. In winter, use clean melted snow. It's fun and makes your hair feel soft.

*Carrie Zietlow, New Ulm, Minnesota.*

Buy a red carnation and wear it to work or out shopping.

*Jo Anne Sheeran, Lake Villa, Illinois.*

Buy all new pencils and pens. Throw away the old stubs and the pens that leak, skip and frustrate.

*Mrs. Emily Clarke, Gettysburg, Pennsylvania.*

Plant a tree!

*Maira DiBenedetto, Toms River, New Jersey.*

Part your hair on the other side.

*Daphne House, Jasper, New York.*

Get to work on time!

*Mr. Robert P. Bryan, Raleigh, North Carolina.*

Look in your mirror and smile—it'll make you feel better!

*Mrs. Diana Borucki, Camden, Tennessee.*

Be the first on your block to learn the metric system!

*Sally Thomas, Wilmington, Delaware.*

For a steady supply of rainbows, put a glass prism in a window, where it will catch the sunlight.

*Eloise H. Lennox, Staunton, Virginia.*

Read a child a bedtime story, using his or her name in place of the leading character's. The child will be truly delighted.

*Lynn Francroni, Schiller Park, Illinois.*

Celebrate this special moment. Breathe in deeply and exhale slowly. Feel how good it is to be alive!

*Lura G. Pierce, Spokane, Washington.*

Next time you're tempted to buy an ice-cream soda, fantasize that Lana Turner was discovered in a health-food store and buy a granola bar.

*Gail E. Venteau, Reston, Virginia.*



Dig out your old love letters and read one every night.

*Sally Seier, Scottsbluff, Nebraska.*

Stand up straighter.

*Marlene Reinstette, Santa Monica, California.*

Jump rope and say the rhymes. Remember this one?

*Cinderella dressed in yellow*

*Went uptown to meet a fellow.*

*How many kisses did he give her?*

*Count until you miss!*

*Phyllis J. Cross, Rapid City, South Dakota.*

*continued*

Start a wine cellar. Add one or two bottles at a time, discovering the characteristics of each. Your local merchant will be glad to advise you, or consult one of the many good books on the subject.

*Joyce L. Tomlinson, Darien, Connecticut.*

Have one of your children read to you while you do mending or ironing.

*Barbara Hubert, Wichita, Kansas.*

In January all the famous seers make predictions for the coming year. So why not give it a try? Make ten predictions for 1980. Better yet, have your friends do the same. Then get together at year's end and see how right or wrong you were.

*Judy Ferro, Caldwell, Idaho.*

Shoot a whole roll of film in one day. Catch your family in their normal activities, rule out stilted poses. In years to come these will be some of your favorite photos.

*Kathleen Loomis, Louisville, Kentucky.*

Don't make any excuses for twenty-four hours.

*Virginia C. Miller, El Paso, Texas.*

Write a limerick for a sick friend or family member. Example:

There once was a girl named Gretchen,  
Blond-haired, blue-eyed and fetchin';

She broke her leg badly

And was feeling so sadly,

But realized it wasn't catchin'.

*Bonny B. Hannigan, Granger, Indiana.*

Kiss your husband like you used to!

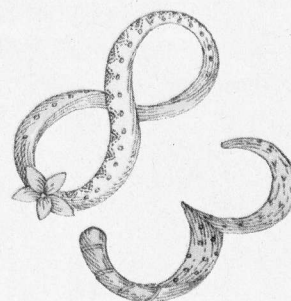
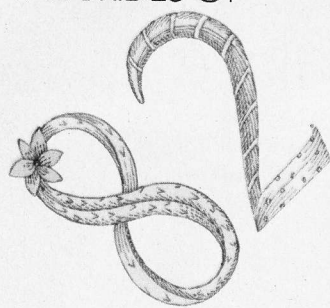
*Carol Freyer, Eatontown, New Jersey.*

Wish upon a star.

*Mrs. Judith Ferraresso, New Hartford, Connecticut.*

**List your own fresh starts for this year. Select the best and send to Woman's Day Fresh Starts, 1515 Broadway, New York, New York 10036. We will pay \$25 for each original, previously unpublished suggestion used. In case of similar suggestions the letter bearing the earliest postmark will be published. Submissions cannot be returned.**

# TO THE BRIDES OF



"We gave our guests little favors that cost us practically nothing. We cut up tulle into small squares, put five or six white candy-coated almonds in the center, then tied them with a satin ribbon. My husband and I carried them in a basket around the reception hall and chatted with everybody as we presented each one a memento of our wedding."

*Pelham Manor, N.Y.*

"My mom talked me into having my makeup done professionally for the wedding. I don't usually wear cosmetics but she thought the pictures would be prettier if I did. She was right. I looked like a real star in my beautiful dress on my beautiful day."

*New Orleans, La.*

"It's not the photographer who's so expensive, it's what he charges for his prints. We hired a good professional photographer to simply take rolls of film. Afterward, he gave us the film and we developed it ourselves, then chose and ordered the prints we wanted."

*New York, N.Y.*

"I'll bet I saved \$100 on my cake by ordering it undecorated—just iced in white—and decorating it myself with real field flowers."

*Red Wing, Minn.*

"We didn't have a caterer—we hired women of the church to make and serve the reception buffet—so tablecloths weren't furnished. What I did was cut up lengths of white fabric for tablecloths. For centerpieces I used pots of ivy tied with big white bows."

*Tampa, Fla.*

"I'm glad we didn't go away on a honeymoon. A wedding is such a big thing it's a shame to end it after a few hours. We held ours at a small hotel in a nearby town, and most of our guests spent the night there. We danced until the wee hours, then ate breakfast together the next morning, went sightseeing and met again for lunch before we all dispersed for home. It turned the wedding into a two-day event!"

*Los Angeles, Calif.*

***We went straight to the real wedding experts—those women who walked down the aisle last year—to get the scoop on what they'd do differently and what they'd do again to make their day unforgettable.***

"My fiancé and I divided up many of the chores we had to get done for our wedding. Trouble was, I did mine but he kept putting off his. That caused a lot of friction. If I could do it over, instead

of nagging and fighting (which is what I did), I'd sit down with him on a regular basis—say, every two weeks—and review our list to see how things were coming along. That way he would be reminded to get his jobs done and I wouldn't be on his case all the time."

*Stamford, Conn.*

"Don't set the wedding too far in advance, because it just looms up in front of you and it's all you can think about. I had a simple wedding in the off-season (November) and two months was enough to get things done. If you give yourself too much time, you'll just go crazy and have hysterics."

*Santa Barbara, Calif.*

"One place where I was able to cut costs was on the music. I taped about seven hours of music, borrowing some records from friends and some from the library. It took me about five evenings. By doing it this way, I was able to program the music for the whole reception—our theme song for the first dance, swing for the cocktail hour, classical and movie themes during dinner and so on, ending with very lively rock for the late-night dancing. We even taped some folk music for a few circle dances to get everybody involved."

*Venice, Calif.*

"Scout out unusual places for your reception. If you go to the places that regularly do weddings you'll pay an arm and a leg and you'll have to clear out after a certain number of hours. It's much better to find a place that *doesn't* do weddings, and that's glad to have you stay on and on."

*Denver, Colo.*

"Try to find a place that lets you supply your own liquor. You'll save a lot of money that way. We brought fifteen cases of champagne—figuring one bottle a person—and it lasted all night."

*Boston, Mass.*

"I used all silk flowers for my bouquet and the tables and did the arrangements myself. I think silk flowers are more (continued on page 36)

expensive than real per bloom—mine cost \$200. But I probably saved \$400 by not hiring a florist and I now have two bouquets in my home.” *Mobile, Ala.*

“We had an outdoor ceremony, so for the ‘altar’ I simply set eight pots of chrysanthemums on the ground in a horseshoe shape and filled them out with sprigs of babies’ breath.”

*Miami, Fla.*

“My best idea was hiring a VFW hall for my reception. It cost only \$200, the tables came with it, and we had the use of it for as long as we wanted—not just the four or five hours you get at most catering establishments. Of course we had to make it beautiful. I appointed a decorating committee of friends, and the night before the wedding we made an arched canopy of pink, lavender and white crepe-paper streamers down the middle of the hall, with silvery balloons at the back of the dais. The next morning the caterer came in and set up the tables with pink, lavender and white cloths. I knew I could never afford floral arrangements for each table, so I had the florist dye daisies pink (you can get them for as little as 88¢ a bunch) and put them in bud vases. It was lovely!”

*New York, N.Y.*

“There should be one person in the party who knows what’s going to happen every minute of the day—somebody who can make sure the photographer is in the right place to get a picture of each event, who can cue the caterer on when to bring in the cake, who can tell the musicians when to strike up. I sat down with a friend and went over the whole day with her so that I could relax and forget about the details. The bride shouldn’t have a thing to do on the day of her wedding except eat a leisurely breakfast, get dressed, and go down the aisle. She shouldn’t have to spend her day running last-minute errands or making sure everything is being taken care of properly.”

*Chicago, Ill.*

“I highly recommend hiring a female photographer. Here’s why: Mine spent an hour before the ceremony taking pictures of my mother and sisters helping me get dressed. They were some of the best shots she got of me because at that time of the day I was fresh and unrumpled and relaxed.”

*Kansas City, Mo.*

“Sample everything that’s going to be on your menu. We tried out the whole meal ahead of time, but later our caterer changed bakers and we didn’t get a chance to sample his wares. I wish

we had, because the cake was awful—dry and tasteless. It was the only thing that wasn’t delicious.”

*Nashville, Tenn.*

“On some things you really have to stick to your guns if they’re important to you. You can be firm without getting mad. My mother gave me a hard time about the minister I chose. So I told her, ‘This is our day. I really love you and I want you to be happy, too, but we’re the ones who are getting married, and we want this to be a day we remember.’”

*Portland, Ore.*

“Don’t be afraid to be a little outrageous. I thought I should carry the traditional white bouquet, but in the end I chose purple flowers. They absolutely made my outfit.”

*Greensboro, N.C.*

“Know the band that you hire. We chose ours because we’d heard them play at a club. My sister just took the one the caterer suggested—and it was lousy!”

*Omaha, Neb.*

***“If things don’t go right, it’s no big deal. But if you don’t enjoy yourself—that’s a tragedy. When the big day rolls around, just concentrate on having the time of your life!”***

“My advice is to cut back on the wedding if you have to, but go on the best honeymoon you can afford—because that’s with your husband, and he’s the one who counts.”

*Farmington, Conn.*

“I made a point to invite all the children of my friends and relatives, because I was never taken to a wedding when I was little, and I thought children would give mine a feeling of ‘family.’ Now I know why I was left at home. There were kids from six months to sixteen years old and they were running and yelling during the whole reception. It got out of hand.”

*Chicago, Ill.*

“Every detail has to be checked out. You can’t take anything for granted. For example, I was told that there was a room I could dress in at the synagogue where I was married. I decided to use it instead of dressing at home. But if I’d looked at it ahead of time, I would have seen that it wasn’t a dressing room at all. It was just a little library with a tiny

mirror.”

*Great Neck, N.Y.*

“I should have made a list of all the people I wanted pictures of and then given the list to the photographer and said, ‘You get these pictures, no matter what!’”

*Milwaukee, Wis.*

“I put on my wedding myself, and I wish that I’d enlisted an older, more experienced person to give me advice. It was the biggest party I’d ever given and it was just too much work. I needed someone to look after me. I’ve gone to several weddings since then, and at each one I’ve noticed that there’s always an older man—a father or an uncle or brother—who makes sure everything is done properly, and an older woman—usually the mother—who takes care of the bride.”

*Evanston, Ill.*

“Be sure to monitor your seating arrangements. At the country club where I had my reception the banquet manager arranged the seating according to the list of guests we gave him. Unfortunately it wasn’t meant to be a seating list. My family’s guests were all listed first so he put them in the main room and most of my husband’s relatives in a side room where they couldn’t see the dancing—or the head table. Everybody thought I planned it that way!”

*Greenfield, Mass.*

“Warn your wedding party to try on rented tuxes before they leave the store—even if they’ve been fitted earlier. My husband didn’t try his on and—lo and behold—the night before the wedding he discovered that the pants were too long and the jacket had a red stain on it.”

*Springfield, Penn.*

“A busybody aunt took it upon herself to discuss the wedding with several relatives I hadn’t invited, then chide me for not including them. The first time she did it, I called the people and belatedly asked them. The second time I exploded. ‘Who are you to tell me whom to invite to my own wedding!’ I said. That was all it took. She calmed down, stopped interfering.”

*Rutherford, N.J.*

“Here’s the best advice I can give: Have fun at your own wedding. If things don’t go right and one of the guests doesn’t enjoy herself, it’s no big deal. But if you don’t enjoy yourself—that’s a tragedy. When that big day rolls around, delegate the worries and the trouble-shooting to someone else. You just concentrate on having the time of your life!”

*Baltimore, Md.*

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