

Have You Heard?

(continued from page 15)

Buy eggs only from a dealer who keeps them refrigerated, and get eggs into the refrigerator as soon as possible after you buy them.

Store eggs in a covered container to keep moisture in and odors out.

Eggs lose quality quickly when left at room temperature.

What To Do About Colds
Be alert to these signals — sniffles, sneezes, coughing, sore throat, aching muscles running eyes, and fever.

Take care of yourself at once when you get a cold. Avoid quick changes in temperature and stay in bed if possible. Eat well-balanced meals and avoid overeating. Drink plenty of liquids to tone up your system and help elimination. Call your physician if cold symptoms persist.

Keep your cold to yourself. Be thoughtful of others — colds are catching. Cover your mouth when coughing or sneezing. Use disposable tissues and dispose of them promptly. Avoid direct contact with other persons.

Guard against the next cold after you recover. Build up your resistance by keeping

physically fit with good food, exercise, adequate rest and sleep. Use common sense and avoid extreme temperatures, fatigue and contact with persons who have a cold.

This An' That

High moisture prunes have taken the place of yesterday's hard dried ones. Processed by a new method, prunes are now plump, meaty, tender, and moist. They add a natural tart-sweetness and a fruitiness to a variety of dishes. Prunes are rich in iron and vitamin A and contribute other essential minerals and vitamins to the diet. One pound of prunes will make about

eight servings.

You can sort children's socks quickly after laundering if you pin pairs together with a safety pin before washing.

Save those extra slices of bread and use for creamy bread puddings. Or dry the slices and grind or roll into crumbs, then store in tightly covered containers and use to casserole dishes.

Mow Lawns

Mow lawns and other turf-grass area through the fall and until growth ceases due to cold weather, suggests Jack Harper, extension agronomist at Penn State.

Furniture Buying

Before you rush out to new furnishings for your house, take time for a complete tour of the furniture stores, suggest Penn State extension home management specialists. There is more to choose from than ever before and more furniture that is double duty in a variety of ways. Today's furniture comes in many new materials and finishes, and you'll find it available in many price plays of new furniture help you decide the styles you wish to live with.



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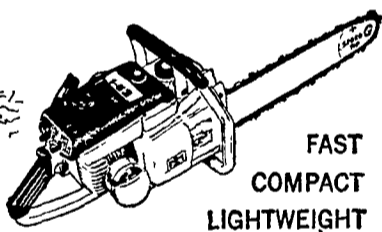
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