

● Have You Heard?
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55 age group. After age 35, most families have put down roots in their community. Reasons such families don't move so often include homeownership and friendships, children well along in school, and the family breadwinner usually established in his job or business.

A major reason why families move is related to the father's job... he may have prospered and the family buys another house, his employer may transfer him to a different locality, or he may move to find a better job.

Whatever the reason for the move, families face certain problems adjusting to their new situation.

Keep Up With the Cleaning

Tuck cleaning jobs into your schedule in between or along with other household chores. You'll see how the work gets done without too much effort. While food for dinner is cooking, or the washer is running, you may have enough time to vacuum the living room rug or clean the bathroom. You might clean one kitchen cupboard or wash the kitchen floor. This dovetailing of jobs is the secret to keeping up with the cleaning. You may find many other jobs you can include in your dovetailing program.

Good To Know Anytime

Usually all you need for cleaning the bottom of an iron is mild soapsuds and a cloth to wash the soleplate. Wash when the iron is cool, then dry with soft cloth. If starch has hardened on the bottom and starch doesn't come off with

washing, you may use very fine steel wool. Rub the spots lightly, wipe bottom of iron with damp cloth, then dry.

Make your gelatin desserts extra special with canned red tart cherries. Use the liquid from a can of cherries as part of the liquid needed to prepare a cherry flavored gelatin dessert. When the mixture is slightly thickened, fold in the cherries, sliced bananas, and tiny marshmallows. When ready to serve, top the cherry gelatin mold with whipped cream.

About Nonfat Dry Milk

Nonfat dry milk is a wholesome dairy product made from fresh milk — only the water and the cream are removed. The reconstituted milk has the calcium, minerals, natural sugar, B-vitamins, and high-quality protein that make liquid skim milk such a valuable food.

Nonfat dry milk usually is packed in four and a half lb sealed plastic bags which are put inside a cardboard container. Dry milk should be stored in a cool dry place.

One cup of dry milk and one quart of water make a quart of liquid milk. To reconstitute the milk, pour water in a bowl and sprinkle dry milk over it. Beat well to blend. Lukewarm water shortens the time needed for reconstitution.

Another way to reconstitute nonfat dry milk is to put the water in a glass jar, add dry milk, cover tightly, and shake well to blend.

Reconstituted nonfat dry milk needs the same careful storage that fresh fluid milk needs.

Thread count is the number of lengthwise and crosswise

BEST FOOD BUYS
Food Is Still A "Good Buy" Item

If budgeting was one of your problems last year you may have come to the conclusion that something must be done about this year's spending. Many people in such circumstances decide that the food bill must be cut. This is only natural, says Tom Piper, Penn State Extension Marketing Agent, because we spend money for food more often than for any other purchase.

Before you blame the food bill for a runaway budget maybe you ought to take a closer look at how much you really spend for food. It's possible you're a better shopper than you think. For example, in figuring food cost do you use the total on the cash register tape, or do you separate food item costs from nonfood items. It's hardly fun to count the cost of soaps, detergents, paper products, toiletries, drugs, cigarettes, clothes and the 1,001 other nonfood items against the food bill merely because they were purchased in a food store. It's estimated that nonfood items account for about 12 percent of the average shoppers' total on the cash register tape.

Actually, cost of food takes less of our pay check today than it did back in 1950. That's because our wages are increasing faster than food costs. Back in 1950 food costs

yarns in a square inch of fabric. For longest wear, the number of threads going each direction should be about the same

took about 26 cents out of each dollar of the typical family's take-home pay. This year food costs will take only about 19 cents out of each dollar.

Of course, when we make more money we like to enjoy the fruits of our labor so we tend to eat better. People with rising of increasing incomes have meat more often and buy better cuts. The babies of 1950 are now teen-agers and tend to eat more than adults so more food must be bought.

If the cash register tape total seems to be getting bigger every year you may be buying more nonfood items at the food store, or the family is getting bigger and eating more. It certainly doesn't mean you are losing your touch as a wise food shopper.

Farm Women 2
Hear Lecture

Mrs. Henry Hess Manheim No. 3 entertained Society of Farm Women No. 2 at her home Saturday afternoon.

Miss Jane Thurston spoke to the group on The Perfect Hostess.

The members brought cookies for Heart Haven, and a contribution of \$5.00.

The report of the State Farm Womens Convention was given by Mrs. Ronald Gordley.

January 30th the ladies sewed at the Osteopathic Hospital, February 14th at the General Hospital sewing room.

The next meeting will be held March 9th at the home of Mrs. Fred Hahn, 23 Fulton St., Manheim.

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