

For The Farm Wife
(Continued from Page 10)
Swiss cheese and serve immediately. Serves 6.

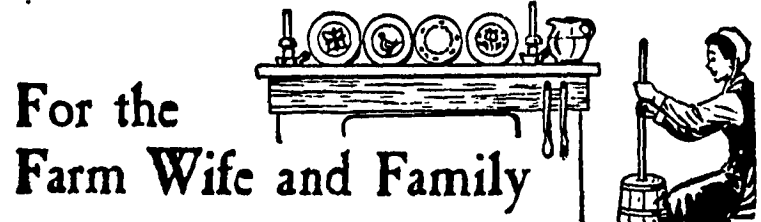
Here are some stuffing suggestions—

- SAVORY BREAD STUFFING**
- 3 tablespoons butter, margarine, or poultry fat
 - 3/4 cup chopped celery
 - 3 tablespoons chopped parsley
 - 2 tablespoons chopped onion
 - 4 cups soft breadcrumbs
 - 1/2 teaspoon savory seasoning

1/2 teaspoon salt
Pepper as desired
Melt fat in fry pan. Add celery, parsley, and onion. Cook until tender. Add fat and vegetables to breadcrumbs. Add seasonings. Mix lightly but well.

VARIATIONS:
Oyster Stuffing—Omit celery and reduce parsley and onion to 1 tablespoon each. Add 1/2 pint oysters, heated in their own liquid and drained.
Nut Stuffing — Omit parsley and savory seasonings and add 1/2 cup chopped nutmeats

pecans, roasted almonds, filberts, or cooked chestnuts.
Cornbread Stuffing — Omit bread crumbs and savory seasoning. Add 4 cups cornbread crumbs and 1/2 teaspoon thyme.
World food production for 1965-66 was about the same as for 1964-65, says the UN's Food and Agricultural Organization. However, during the period, world population rose about 70 million persons. The overall result is a two percent drop in per capita food production.



For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Overeating Versus Overweight
Doctors and nutritionists believe that overeating is the chief reason for the overweight problem in this country. Overeating is a habit that plagues scores of men, women, and teenagers. Overeating is often a personal problem.

It is sometimes the result of boredom or loneliness. Overeating is frequently due to discontent and frustration.

On occasion it has been traced to a feeling of insecurity.

If you are overweight and would like to reduce, first ask yourself why do you overeat? When do you overeat? Is overeating your regular pattern or an occasional one?

Once you understand your overeating pattern is based on personal feeling, you're on your way to correcting it.

Changing a long-established habit of overeating is not easy.

Unless you're serious about your weight problem, chances are the results of a reducing program won't be encouraging.

When You Buy Men's,

Boys' Clothes

The sizing system for men's and boys' clothes is not uniform. The system that is used is based on body measurements. When you shop for men's and boys' clothes . . .

Have these measurements handy . . . current weight, height, and body proportions.

Measurements used are height, chest, waist, trouser inseam, arm length and circumference of head and neck.

Coats and jackets for men and boys are sized by height and chest measure.

Trousers, slacks, shorts, and jeans are sized by waist measure and length of inseam.

For best results, have your man or boy along on a shopping trip. Garments should be tried on for fit, comfort, and appearance.

Buying Guides for Services

When you buy repair services on TV sets, autos, appliances, and equipment . . .

Look for repair shops with reputations for reliable service, well-trained technicians, and reasonable prices.

Know essential facts about products — manufacturer's name, model number, date of purchase, dealer's name.

Look into warranties issued at the time of purchase to see if repairs or parts are covered.



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