

**Food Buying Tip**

It's possible for families to cut food costs, but it requires some rearranging of buying habits, such as matching quality to the use, suggests Harold Neigh, Penn State Extension consumer economics specialist. Top grades

and premium packs cost more than lower grades and less fancy packs. All are wholesome and have the same nutritive value. Top grade, whole tomatoes would be the choice for canned tomatoes to use in salad. But why pay premium prices for tomatoes to use in chili or spaghetti sauce where they lose their identity

**SEASONS TO END ON SEVERAL MIGRATORY, GAME BIRD SPECIES**

Hunting seasons for several species of migratory and game birds are rapidly drawing to a close, sportsmen are reminded by the Pennsylvania Game Commission

The final day of the season for doves, rails and gallinules will be Saturday, November 8

In that part of the state having a short season, hunting for wild turkey will end on Saturday, November 15

The season for Wilson's or jacksnipe closes on Wednesday, November 19

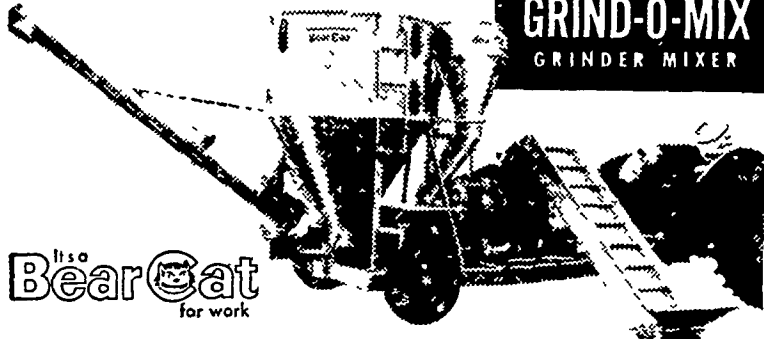
Turkeys will be legal game in the primary turkey range in the northcentral part of the state until Thanksgiving Day, Thursday, November 27.

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**Overweight Is A Major Health Problem**

Our society, with an economy of plenty but a lack of physical activity, sets the stage in many cases for overweight, according to Mrs Ruth J Buck, Penn State Extension foods and nutrition specialist. No age is spared the problem. At each stage of the life cycle, persons need to learn and practice a way of life that will keep them within their ideal weight range and avoid the hazards of overweight

**Keep Water Pumps From Freezing**

To help keep water pumps from freezing, it is necessary to repair sagging doors or replace broken window panes in the pumphouse. A socket for a heat lamp just over the pump helps on extremely cold nights when the temperature drops suddenly, says Henry Wooding, Extension agricultural engineer at The Pennsylvania State University

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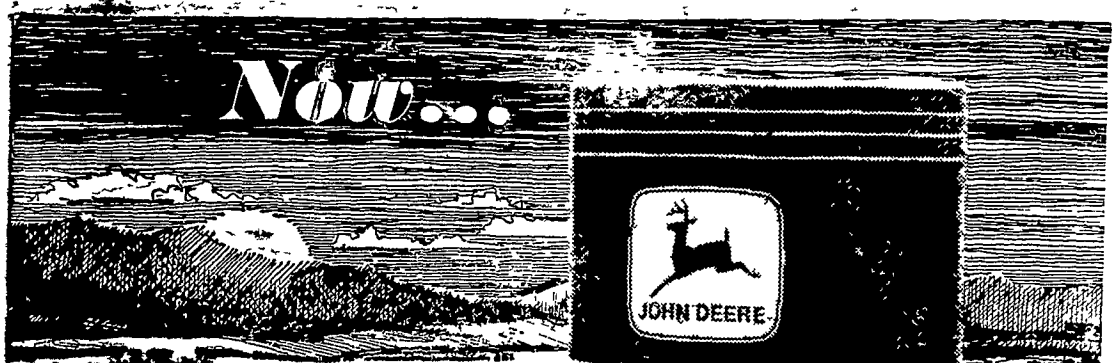
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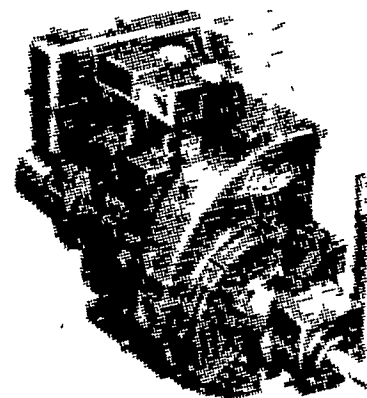
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