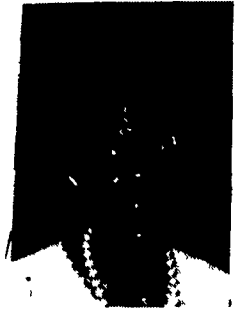


Ladies, Have You Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

About Using Cranberries For Economy

Here we are again in the month that's supposed to come in like a lion and go out like a you-know-what. But it seems that more often than not, March comes in like the lamb — and exits with a grand finale worthy of the King of Beasts.

The only safe assumption is that March weather is unpredictable. So the wise shopper will plan to stock foods that are adaptable for light, mild-weather meals, as well as for heartier, wintry lunches and suppers.

Cranberry products are a good choice. One special reason for using them now is that canned cranberry sauce and cranberry juice cocktail have made it onto the U.S. Department of Agriculture's monthly Plentiful Foods List. Excessive inventories are reported, and good buys for consumers are anticipated, says USDA's Consumer and Marketing Service.

Keep cranberry juice cocktail chilled and ready to serve as a perky breakfast beverage. For best nutritive benefits, be sure the bottle or can says the product is fortified with vitamin C.

Ice-cold cranberry juice cocktail also makes a luscious opener at dinnertime, especially tempting and eye-catching with a scoop of lime sherbet floating atop.

If the weather turns cold — cranberry juice cocktail is still in there pitching. Heat it up with stick cinnamon, cloves, or grated orange or lemon rind. Then serve it steaming, for a warming, cheery snack.

Cranberry sauce is another versatile item. A molded gelatin salad makes a light and lovely luncheon dish — and cranberry sauce makes it better. The whole-berry variety adds color, flavor, and texture. Use lemon or raspberry gelatin as a start, add other fruits and chopped nuts, and serve with a mayonnaise dressing.

Cranberry sauce fits into heartier lunchtime main dishes, too. A tasty and easy-to-make idea is for open sandwiches. Place slices of turkey or chicken

on toast, and top generously with heated whole-berry cranberry sauce. Why not plan to add cranberry products to your shopping list while they're plentiful!

Calming Childish Fears
As an adult looking back to your childhood you may recall it

as the happiest time of your life. You're probably remembering the days when you laughed and played and had little or no responsibilities—and no bills to pay! But you're forgetting the worries and fears you had as a child.

Remember when your parents left you with the neighbors for a day while they went on a trip? You wondered if and when they'd return. Or the time your mother went to the hospital? Everyone said she was all right—but you weren't sure. Now you may wonder why your child cries when you place him in a similar situation.

Cats, big dogs, mice, or high

places may also have frightened you. These fears were very real but sometimes you were ridiculed. Fear is a feeling and that's why it's very complicated. You usually fear things you know little about. To help your child, try to make him understand and learn about the things he fears. Be sympathetic and discuss your child's fears with him. If he has a chance to put his fears into words, he may find there's nothing to fear. Building courage is an antidote to fear. Look for chances to help your child develop courage.

Just as fear was real to you, it is real to your child. And he needs to feel that you understand him and are sympathetic.

In the Kitchen

CORN BREAD

- 1 cup sifted flour
- ¾ cup cornmeal
- 2 tbsps. sugar
- 2½ tpsps. baking powder
- 1 tsp. salt
- 1 cup skimmed milk
- ¼ cup corn oil
- 1 egg white

Grease 8-inch-square pan and place in oven while preheating to 425 degrees. Meanwhile, mix and sift first five ingredients into a bowl. Combine milk, corn oil and egg white; add to dry ingredients, stir just enough to dampen the flour. Turn into preheated pan and bake 20 minutes. While warm, cut into nine squares 2¾ inches each.

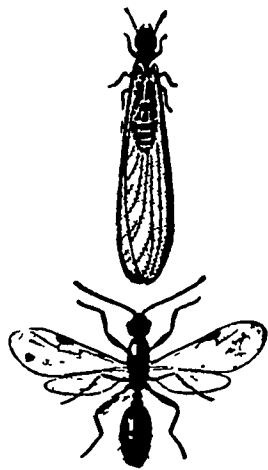
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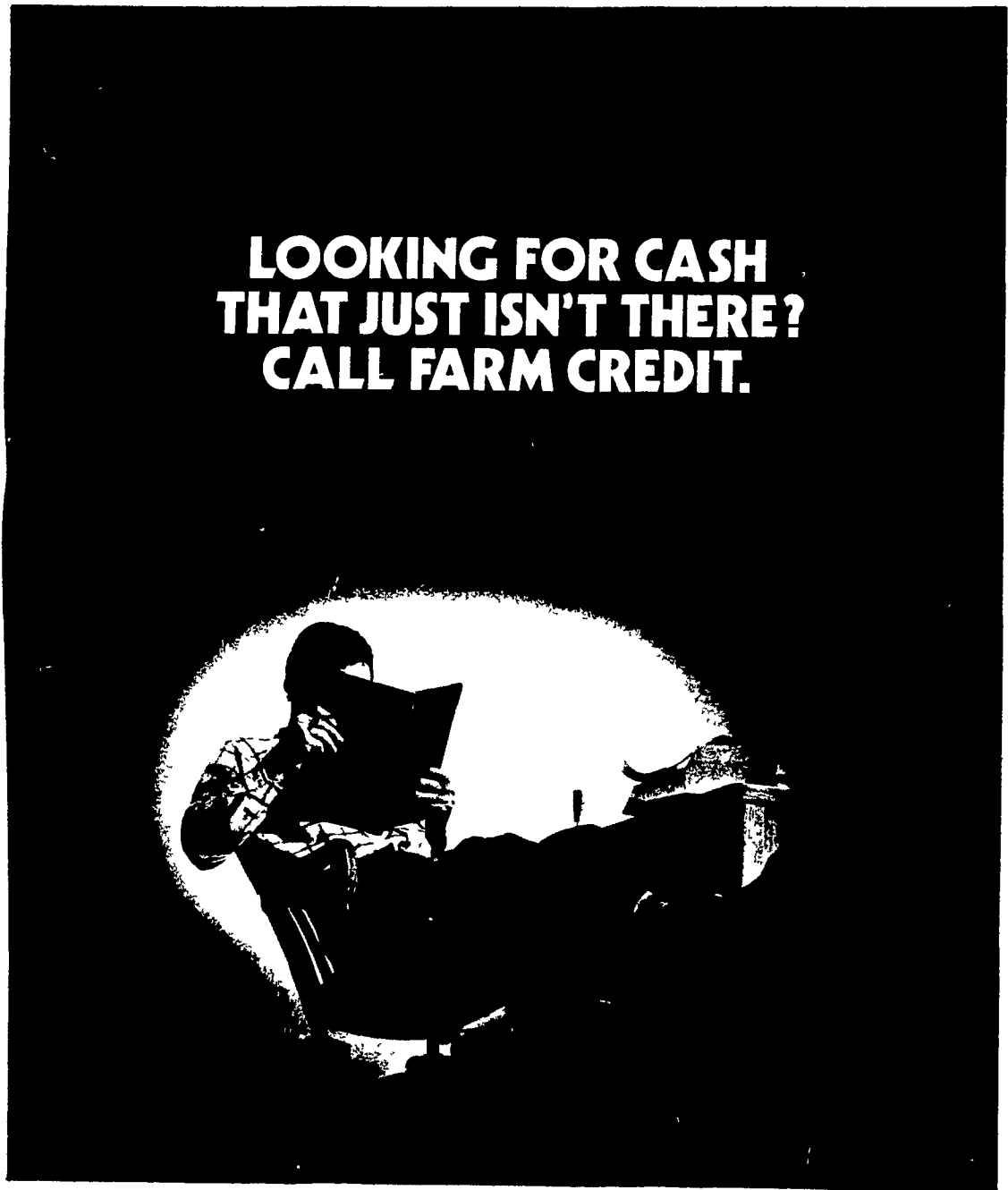
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