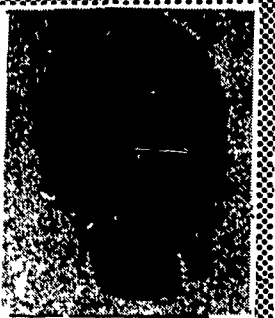




Ladies, Have You Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

October Plentifuls

Seasonal bounty of many foods is the outlook for October. Feature attraction on the month's plentiful foods list will be fresh apples, which will be in peak supply in time for the annual observance of National Apple Week, October 26-November 4.

Other plentifuls listed for October are canned applesauce and apple juice, rice, dry beans, wheat products, broiler-fryers, turkeys, and eggs.

Food shoppers should bear in mind that when foods are in abundant supply, they are often attractively priced, good reasons to check on new recipes and plan ahead for their use in the month's menus.

Make good use particularly of apples and apple products. This year's apple harvest will come to about 150 million bushels, about the same as for the past four years. All favorite varieties of this delicious fruit will be abundant, so be sure to buy those best suited for your intended purpose.

This year's estimated 8.6-billion pound rice production is the greatest in three years and you should find prices attractive. Rice with a main dish, or as an ingredient, rightly belongs on the menu these days.

For hearty, nourishing fall dishes, by all means choose dry beans, whether for soups, casseroles, or as a side dish. This year's estimated 1.8-billion pound production speels plenty of dry beans of all varieties.

A record-breaking wheat crop will provide ample grain and also the products made from grain — bread, spaghetti, noodles or other wheat products. Despite possible increases in grain products' costs due to heavy export sales, these items remain excellent buys in relation to most other foods.

Poultry will continue a good choice as production of broiler-fryers in October is expected to be 3 percent above a year ago. Prices, however, will probably edge above the very low prices of last year. According to current indications some 14 percent more turkeys will be marketed this October than in October, 1971, while at the same time storage holdings are also likely to be greater than a year ago. As a result, good buys on the big birds should be available.

Although there may be somewhat fewer eggs than the high level of a year ago, they'll continue to be an economical source of high protein food.

Check Fabric Needs

How much do you know about fabrics for your home? If you're planning on having something reupholstered or perhaps doing it yourself, what kind of fabric will you buy? Most people really don't know either what they want—or what they expect from the fabric they buy. Upholstered items, or even just the fabric for them are costly, so most of us must live with our choices for a long time.

Six commonly found textile upholstery fabrics with a stain and soil resistant finish were selected for a study conducted with several northeastern universities cooperating with the Experiment Station and the United States Department of Agriculture. The fabrics ranged

in price from \$5.50 a yard to \$11.75 a yard.

Color ranked first in type of damage to all the fabrics. All of the fabrics tested lost strength with exposure to light. It appears that upholstery fabrics don't always meet the needs of the consumer.

The study pointed up the need for you to consider the combination that meets your requirements as far as color, texture, fiber content, type of weaves, type of backing and finishes.

But there are no set rules for deciding on the best upholstery fabrics. It's basically a matter of considering your own needs.

Teach Good Grooming In Early Childhood

Children should learn good grooming habits while they are young. Teaching children to wash their faces, hands and body

properly can prevent skin problems later, explains Mrs. Ruth Ann Wilson, Extension clothing specialist at Pennsylvania State University.

You may have to constantly remind youngsters to wash neck, throat and ears, because they have a tendency not to see the necessity of doing more than the "once over lightly."

Today's hair styles, for both boys and girls, with the long hair and bangs, over the forehead, can cause oily deposits on the face and neck if not cleaned properly, points out Mrs. Wilson. Hair care

should not be neglected. Frequent shampooing and daily brushing will keep hair shining and healthy.

Daily bathing with attention to knees and elbows will help keep skin soft and rosy looking.

To insure that proper health and grooming habits are followed, each child should have his own wash cloth, towel and soap, says the specialist. Personal combs and brushes should also be a part of the child's grooming tools. All the equipment should be kept clean to prevent redeposit of dirt and grim.

Help children take pride in their appearance by establishing good habits in early childhood.

In the Kitchen

CHAMPAGNE PUNCH

1 bottle sauterne, chilled
1 cup Remy Martin
cognac

Juice of 2 oranges
Juice of 2 lemons

1/3 cup sugar

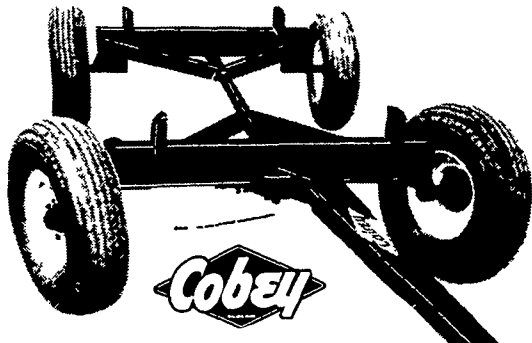
3 bottles Piper Heidsieck
champagne, chilled
Ice cubes

1 pint strawberries, hulled
and halved
1 lemon, sliced
1 orange, sliced

Combine sauterne, cognac, orange and lemon juice and sugar in a six-quart punch bowl. Stir until sugar is dissolved. Just before serving time, slowly pour in champagne. Add ice cubes, strawberry halves, lemon and orange slices.

The polite thing to do when boarding a rush-hour bus is to beg her pardon when you beat the little old lady to a seat.

WALTER BINKLEY & SON FARM WAGONS



5 Ton - 62" Tread \$189.00

6 & 7 Ton Models in stock.

WALTER BINKLEY & SON

RD4 Lititz, Pa. 17543

Ph. 717-626-4705

WHITE WASHING

with

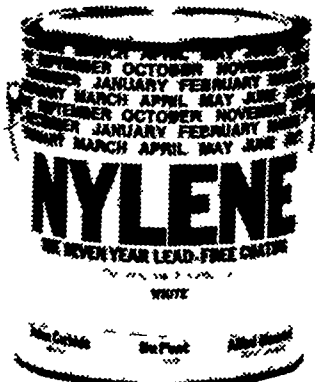
DAIRY WHITE

- DRIES WHITE
- DOES NOT RUB OFF
- NO WET FLOORS
- IS COMPATIBLE WITH DISINFECTANT

MAYNARD L. BEITZEL

Witmer, Pa.

392-7227



NYLENE

PAINT NOW...
THEN RELAX FOR 7 YEARS!

- BRUSH ON
- ROLL ON
- SPRAY ON

The coating of the '80s in the '70s

100% WATERPROOF 100% SUNPROOF

100% LEAD FREE

THE PERFECT INDOOR AND OUTDOOR COATING
FOR WOOD, METAL, MASONRY, CONCRETE —
EVERYTHING!

AVAILABLE NOW AT

Hollinger's
FARM MARKET
1/4 mi. west of Ephrata on Rt. 322

PHONE
717-733-4151

SAVE A BUCK A BUSHEL ON THE CHOICE OF WINNERS.



SAVE \$1 A BUSHEL
SEE YOUR STANFORD SEED DEALER
TODAY FOR CHAMPION NK SUPERSTARS
— AND PLANT ALL YOU CAN GET!

 THE STANFORD SEED CO.

P.O. Box 366, Buffalo, New York 14240
P.O. Box 230, Plymouth Meeting, Pa. 19462

Act now! By ordering by September 30th you can save a buck a bushel on the Northrup-King varieties you will need for top corn yields in 1973, including PX 610 and PX 77.

PX 610 produced the winning yields in Pennsylvania in the National Corn Growers Yield Contest in 1971. PX 77, bred especially for high plant populations and huge yields in this area, produced up to 207 bu. per acre in NK tests.



Mark Seidel, left, and his father Kenneth of Maxatawny, Pa took the N C G A Pa yield championship producing 135 65 bu acre with NK's PX 610

JOIN THE FARMERS WHO MAKE A PROFIT YEAR AFTER
YEAR WITH NK SUPERSTARS

Ask your dealer about money-saving quantity discounts

