

## Ladies, Have You Heard?

By Doris Thomas,  
Extension Home Economist



Doris Thomas

### Popcorn for Halloween

Now that there's a nip in the air and a fire in the hearth, bring out the popcorn popper. There are hundreds of varieties of popcorn from which to choose. And popcorn is an excellent way to meet the demands of "Trick or Treat" at Halloween.

About 75 percent of popcorn is the larger yellow variety. But both the yellow and white have about one-seventh the calorie content of sweet corn. One cup of plain unseasoned popped corn contains about 25 calories. Keep in mind this calorie count is without butter or fat. You can count popcorn as a serving of the bread and cereal group from your daily food guide, too.

Raw popcorn comes in bags or cans, or for extra convenience in its complete with oil and seasonings. When you get the popcorn home, store it in an airtight container in a cool place

to help the kernels retain moisture. It's the moisture in popcorn which turns to steam and causes it to "pop." One pound of popcorn generally yields 60 to 75 cups of popped corn. And that means an economical snack.

Start preparing for your masked visitors now. Their trick will really be a treat that's good Halloween insurance for you.

### Put Fabric Leftovers

#### To Work for You

Fabric leftovers that are too big to throw away yet almost too little to bother with sometimes end up in a back of a closet or drawer. But there are lots of ideas around to help you make use of these fabric pieces.

One answer is to make a matching handbag or tote bag. Patterns of various kinds are available, and you can buy handles at craft shops and notion counters. Or buy a kit to make a tote bag. It includes stiffening

material and all other supplies and directions. You use the fabric of your choice and have a professional looking bag for very little money and effort.

Many dress styles today show a combination of fabrics or colors. You may have enough leftovers for a yoke or a front dress panel or pleat inserts. By using pieces of fabric on hand you can cut down on the amount you need to buy.

If you have small children, or grandchildren, fabric leftovers are probably no problem for you. Leftovers are usually large enough for shorts, sleeveless blouses or tops and sun suits for children.

Since quilting is in vogue again, you might want to start a family heirloom with your leftovers. Those patchwork quilts bring back fond memories of favorite clothes and happy associations

If you really can't be bothered using up all the leftovers, sort out the largest pieces and give them to groups whose members sew. Some sewing groups use the materials for making children's clothes or handicraft items and will be glad to receive the large pieces practical for their use.

Creative women concerned with stretching the family budget find great satisfaction in being able to make "something for nothing."

### Tips on Planning Your Living Room

When studying the plans for a new home you're building give some thought to your living room. Mrs. Helen Puskar, Extension home furnishing specialist at Pennsylvania State University, says you'll want to arrange the room to avoid cross traffic. Traffic that passes directly through the room will divide the living space and interfere with conversation or possibly with television viewing. Eliminating cross-traffic also helps to reduce cleaning chores and wear on floor covering.

### Clean Gardening Tools

Metal gardening tools need a few minutes care before the cold and snow arrive. Cleaning after each use is a good practice, but often this doesn't get done. So plan to clean now before you store them away for the winter.

Don't hesitate to use a little soap and water. Remove rust with steel wool or a wire brush. And, while you're at it, hone the cutting edges. Finally, dry the tools, coat them with oil, and store, suggests Extension Service Agricultural engineers at Pennsylvania State University.

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### Keep Apple Quality

Harvesting apples at the right stage of maturity to lengthen their storage life and prevent scale is very important, say Extension Service pomologists at Pennsylvania State University. Quality and appearance are also influenced by color of fruit, condition of trees, and kinds of containers used for storage

### Mow Lawns

Mow lawns and other turfgrass areas through fall and until growth stops because of cold weather, suggests John C Harper II, Extension Service agronomist at Pennsylvania State University

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