



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist

Doris Thomas

Let Teens in on Family Finances

Do your finances carry the "top secret" label? Are budgeting, bill paying, and financial planning strictly the business of mother and father? That may be wise if your children are in the "talkative stage." It's important that teenagers have a general idea of the family money matters.

Teens should be in on financial planning because it gives them practical experience in money affairs. They'll learn that there are bills to be paid, that food, housing, clothing and keeping healthy costs money. Too often, young people have no idea of the realities of finances until they get married. They don't know anything about insurance, budgeting, savings, taxes, loans and other financial matters. This ignorance may be the reason so many young marrieds get into difficulties by overspending.

Also, as a teenager realizes that much of what Dad or Mom earns must go for the necessities of life, he may cut down on his demands for luxuries and extras. If he doesn't know the financial picture, he finds it hard to understand how all the earnings may have to go for the family's basic needs.

Some parents don't think it's fair to burden a teen with financial problems. Really - it isn't fair to leave him out. Explain to him that family finances are strictly "top secret" family business - then let him become a part of the team.

Tips on Keeping No-Stick Cookware Clean

Among the many miracles in the modern kitchen are cookware and electrical cooking appliances with no-stick interior coatings. The advent of non-stick surfaces signaled a new easy-care concept in cooking and the elimination of scraping, scrubbing, soaking and scouring to remove sticky and burned-on foods.

Today, there are two types of non-stick coating available, one of which is tougher than the other.

Generally, the newer cookware and electrical appliances have the heavy-duty interior finish which is more scratch-and-abrasion-resistant. Smooth-edged metal spoons and spatulas may be used safely, if they are not dug into the finish. However, knives, forks, rotary beaters, and food choppers should be avoided as the finish could be scratched. Minor scratching affects only the appearance, however, and not the non-stick quality of the finish.

Cookware and appliances with the regular, as opposed to the heavy-duty, non-stick finish should be used only with plastic, rubber or wooden utensils. Before purchasing, read the labels and hangtags which describe the product. Then follow these use and care recommendations for years of carefree cooking service.

Before using for the first time, wash the unit in hot suds with a sponge or dishcloth to remove any manufacturing oils. Rinse in hot water and dry.

Then "condition" the cooking surface to insure stick-free cooking. Lightly apply a little cooking oil to the finish with paper toweling or a soft cloth. This treatment is especially important for skillets and griddles and should be repeated from time to time. An exception to this rule is a tubed cake pan when it is used for angel food cake, because the batter must cling to the sides of the pan during baking. If the pan is used for anything else, condition it first.

Clean after every use, letting the pan or appliance cool before cleaning. To handwash, use hot sudsy water. A plastic pad - not metal pads or scouring powders - should be used on the non-stick surface. This will remove any residue or grease that might settle into the porous finish and cause stains and possible damage to the non-stick property. Rinse thoroughly in hot water.

Eventually, with use, the finish may discolor. Minor stains have no effect on performance, but

Farm Women Calendar

Monday, January 8
54th Annual State Farm Women Convention, Harrisburg, January 8 and 9.

Thursday, January 11
12:30 p.m. - Farm Women Society 9 meeting, home of Mrs. Charles Fink, Pequea RD1.

Friday, January 12
7:30 p.m. - Farm Women Society 13 meeting, Stauffers of Kissel Hill, Lititz Pike.

Saturday, January 13
1:30 p.m. - Farm Women Society 19 meeting, home of Mrs. Irvin Denlinger, 2854 Yellow Goose Road.

1:30 p.m. - Farm Women Society 25 meeting, Farm Women Society 2 meeting, home of Mrs. Earl Petticoffer, 421 Woodcrest Ave., Lititz.

grease buildup, usually due to improper cleaning, may lessen the effectiveness of the non-stick quality. Stains may be treated with a commercial cleaner for non-stick finishes, following the directions carefully. After treatment, let the cooking utensil cool and then wash thoroughly in hot suds and rinse. Dry and recondition the finish with cooking oil.

A spotty white film indicates an accumulation of minerals from water. To remove, use a soft cloth saturated with lemon juice or vinegar and rub the finish. Again, the piece must then be washed and reconditioned.

Grease spatters on the outside of cookware can be removed with scouring powder, a soap filled steel wool pad, or a special cleaner for appliances.

Help Your Child to Develop Independence

By the age of three your child will be ready to socialize - his first step toward independence. James Van Horn, Extension family life specialist at The Pennsylvania State University, emphasizes the importance of giving support to your child when he needs it. This includes introducing a child to new things, new people and new situations when it makes him comfortable and seems natural.

You can help by encouraging your child to play away from you - in another room or outside. This play need not always be with other children, he may enjoy playing with animals or toys.

Between the ages three and

four, your child may want to visit family or friends away from the home. He should soon learn that he can have fun with other people while being away from you for several hours at a time.

If this stage of development is successful, your child will be able to adjust to nursery or elementary school with few problems in socialization.

When your child becomes independent, points out Van Horn, he can be separated from you without feeling insecure because he knows your love exists - even when you are not physically present.

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