


**Ladies,
Have
You
Heard?**

By Doris Thomas,
Extension Home Economist



Doris Thomas

**How To Save Money
On The Food Bill**
"Can I really cut food costs?" That's a frequently asked question these days. You can - if you really want to.

When you spend more than you should or need to buy a car, furniture or a large appliance, it may take you years to correct the mistake. But since you buy food often you can change your buying habits more quickly and cut costs rapidly - if you really want to do it. It will take change - in the way you plan, the way you buy and the kinds of foods you buy.

Plan what you are going to buy before you go to the store and make a shopping list. These are the first guides to cutting your grocery bill. If you rely only on the food shelves as reminders of what to buy, you'll fall prey to two of the most common budget smashers. First - you'll likely make more impulse purchases such as high-cost, out-of-season products or snacks that add little food value but a lot to the food bill. Second - you'll probably forget to buy many of the items you really need. This means another trip to the store where you'll again be exposed to the items you don't need or otherwise might not buy.

Research has shown that a food shopper can save six to ten percent on food bills by shopping for specials. Over the years, retailers have increased the number of items put on special until now the variety offered each week makes it possible for you to plan complete meals at reduced costs.

But the only way to really recognize a special is to know the regular price. Study the food ads in the newspaper and then plan your weekly menus and your shopping list to include as many foods on sale as possible. Most

stores have in-store features that aren't advertised in the newspapers. So keep your eyes open when you get to the store, too.

A good way to cut food costs is to not only buy when the price is right, but to buy in quantity for future use. There are many items you use a lot of and buy often. Make a list of items you buy regularly. Then when these items are on special, buy enough to last until the next special. Of course, this means you have to have adequate storage space available.

If you have a freezer, you can buy meat specials every week in quantity but plan your menus from the meats you have available in your freezer. This sort of buying requires an inventory system so you know what you have on hand. It also requires juggling finances at first because you'll be making large purchases at one time. This system isn't easy because it requires careful thought and planning.

Is learning prices, making lists, buying specials, inventorying supplies to cut your food costs really worth the effort? Assume it takes an average of 30 minutes extra time every week for you to plan and shop using these suggestions. If your grocery bill is \$40 and you save 10 percent of the cost, that's \$4 in 30 minutes that you've earned. You could say then, that you're earning \$8 an hour. That's a worthwhile savings!

Convulsions in Childhood
Because one preschooler in every five has a convulsion before he reaches the age of five, you should know exactly what to do in case of seizure.

Most of the folk-advice passed around, such as dunking the convulsing child in cold water or putting a spoon or stick between

Farm Women Societies

Society 2

The members of Farm Women Society 2 entertained their husbands at a banquet Mar. 10 at the Dutch Diner, Palmyra. Approximately 52 attended.

The Sing-Out Chorus from Ruhl's United Methodist Church provided the entertainment for the evening.

Society 2 entertained Society 18 on Mar. 17 at the Lititz Church of the Brethren.

The next regular meeting will be held Saturday, Apr. 14 at the Coca Cola Hospitality Room, Lancaster when they will entertain Society 17.

Society 3

Farm Women Society 3 was entertained Saturday, March 17, at the Salem Lutheran Church, Ephrata. Mrs. Edward West, hostess, conducted devotions.

There was a memorial service for Mrs. Samuel Mohler, past president of Society 3 and a past State president of the Society of Farm Women. Mrs. Robert Hollinger, Mrs. Edward West, Mrs. Vernon Leininger, Mrs. Carl Meck and Mrs. Gilbert Paul participated in the service.

During the business session, in charge of president Mrs.

his teeth, is exactly the wrong thing to do. He advises you to call your doctor and then:

- Place your child where he can't bang himself against hard objects. Lay him on his back or side, head on a level with or a bit lower than his feet.

- Remove pillow or any other soft objects which might suffocate him.

- Loosen clothing.
- With thumb or fingers, lift his chin from underneath to prevent his tongue from slipping into his throat.

- Don't attempt to restrain his spasmodic movements.

- If there is fever, give the child a sponging with alcohol or cool - not cold - water.

When the convulsion is over, be calm and reassuring. Seizures are frightening, but most pass quickly and leave no after-effects. Many of them are the result of high fevers common in early childhood.

Clarence Stauffer, the following contributions were made: \$50 to the Easter Seal Society for Crippled Children and Adults, and \$50 to the American Cancer Society.

Miss Linda Stuber, chairman of the scholarship committee, announced that a \$300 scholarship will be given to either a boy or a girl majoring in agriculture or home economics, living either in the Cocalico, Ephrata or Warwick Area School District.

Mrs. Gilbert Paul announced a bus trip to Baltimore on May 9. Visits will be made to Sherwood Gardens, the Maryland Historical Society, McCormick Spice Plant, and a stop at a shopping center.

Members of the group will attend the Spring Rally on May 16 at Johnstown.

The members will make bed pads for a bed patient in the community on March 26. The

Society will sew for the Ephrata Hospital on April 17.

Mrs. Melvin Laurer, a counselor, gave a talk on Human Relations.

There was a shower for Mrs. John McKean, the former Marian Martin, who was married recently.

At the next meeting Society 3 will entertain Society 18 at 7 p.m. April 26 at Salem Lutheran Church.

Society 5

Farm Women Society 5 met at Evan's Restaurant, Manheim, with Mrs. Roy Hershey, Manheim, as hostess. Devotions were led by Betty Mutzer.

Mrs. J. G. Longenecker, president, announced that the business meeting that the sewing date at Lancaster General Hospital is set for April 9. It was

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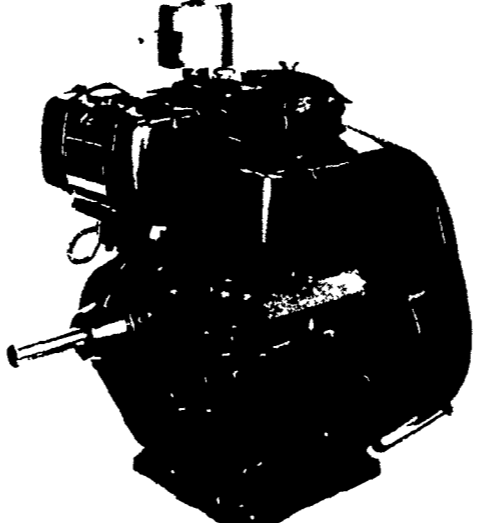
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