

# Grows Herbs

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Homemakers' Christmas program last year. She makes it very clear that nature offers an unending source of beauty which can be used in decorating the home. Now is a good time of year to be gathering nature's bounties for home decorating throughout the winter. Mrs. Graeff says she is never without extra bags in the trunk of the car for gathering and collecting when she and her husband drive through the countryside.

Standing next to her rosemary plant near her front door is the following plaque which sums up her philosophy about the beauty which surrounds us:

"Thank you God, for sun and shower  
Thank you for each stately tree.  
Thank you for each lovely flower  
Through all these you speak to me."

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**LADIES  
HAVE  
YOU  
HEARD?**



By Doris Thomas, Extension Home Economist

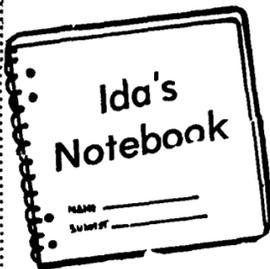
### FALL IS APPLE TIME

Fall is a fine time to fit apples into any mealtime situation. They are nutritious and easy for the school lunch and are good in many salads. And, as brisk weather turns our tastes to spicy and warm treats, apples will be a perfect starting point. Serve them baked or in applesauce, cake, cookies, and pies.

There are many varieties of apples which differ widely in appearance, color, flesh

characteristics, seasonal availability, and suitability for different uses. Depending on the variety, apples are in best supply from October through June. The largest number of varieties start coming to market in the Fall.

Select the kind of apples best suited to the use intended. For eating out-of-hand or other fresh uses look for Delicious, Jonathan, McIntosh, Stayman, or Winesap, all red varieties. Or look for Golden Delicious,



Ida Risser

The end of September and there are still things to be harvested. As I stand at the sink and cut up green beans to freeze, (hoping I can find an empty spot in the freezer to store them as this is the 100th quart), I hear a kitten playing with a dry leaf on the cement walk. And if that wasn't enough of a sign that Fall is here there is also the high whining sound of the tractors and blower filling the big silo. The heavy green corn stalks have been chopped into small pieces and make their own special sound as they hit the metal pipe on their way to be next winter's feed.

So even though we can't find can tops to buy for those last red tomatoes and yellow peaches and even though the wagon tongue breaks and the tractor loses its clutch, we still have many blessings to be thankful for this year.

xxx  
Now that the children are

settled in school again they have picked new undertakings to work on in their spare time. Philip is trying to organize a stage crew and Cindy is operating a television camera each morning at her school.

This summer their 4-H projects gave them experience in many different areas. Philip spent many hours sanding, drilling holes and staining wood for a sturdy lawn chair. They both fitted animals for the Holstein show and also fed and showed pigs - they were white under that mud after getting a bath.

xxx  
When I gather the clothes for washing, stones often fall from their pockets as they are both interested in geology. However when the occasion demands it Cindy - can put aside her jeans and model the skirt she made for a fashion show or to be a contestant in the 4-H Queen Contest.

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a yellow variety that is fine for eating out-of-hand.

A tart or slightly acid variety is best for pies and applesauce. Gravenstein and Jonathan, both reds; Grimes Golden, Yellow Transparent, both yellow; or Newton, a green variety, are good for use in pies, tarts and applesauce.

Baked apples make a good fall dessert and for this purpose a firmer-fleshed variety of apple is recommended. For baking, look for the Northern Spy, Rome Beauty, Winesap, or York Imperial, all red varieties. A green apple, the Rhode Island Greening, is also good for baking.

When buying apples check for quality. Look for firm, crisp apples with good color for the variety. Avoid overripe apples (indicated by a yielding to slight pressure on the skin and soft, meaty flesh) and apples affected by freeze (indicated by internal breakdown and bruised areas). Scald on apples (irregular shaped tan or brown areas) may not seriously affect the eating quality of the apple.

And remember that when buying apples or any other fresh fruit or vegetable, low price is not always the best buy. It seldom pays to buy perishable fruits merely because the price is low. Unless the lower price is a result of over-abundance of the fruit at the time, the so-called bargain may be undesirable. Buy only the amount of fruit that you can use or store without waste. Apples can be stored in the refrigerator for a week or longer.

### CONSUMERS EXPRESS FABRIC PREFERENCES

What type of fabric do you prefer when you sew? Your preferences probably agree with those of other homemakers who replied to a nationwide survey conducted by the United States Department of Agriculture.

The purpose of the survey was to determine consumer reaction to agricultural products. From it, natural fiber producers learned the type of product-improvement research

needed for consumer acceptance of natural fibers.

Fibers with permanent-press finish, knit construction and polyester fibers were the most popular--factors which contribute to easy care.

Where do consumers buy their fabric? Sixty-one percent buy at fabric stores. Department stores are next with 25 percent. Chain stores claimed only 18 percent of the fabric buyers.

Eighty percent of the homemakers in the survey said they checked before buying to determine fiber content. Most of the fabric went into clothing for females for general everyday wear. More dresses were made than any other item. Only four in ten consumers reported buying fabric for non-clothing items. Fabric for spring and summer clothing was bought more frequently than for fall or winter use.

Regardless of the season, women looked for wrinkle resistance, good value for the money, and colors, patterns and designs they liked. Washability was a major consideration for spring and summer wear.

Most of the buyers who shopped with a particular fabric in mind said they bought what they intended to buy. The rest bought primarily on impulse—they saw something they liked and bought it. Seventy percent said they bought the pattern before the fabric.

What do these women think of cotton? Most associated cotton with such qualities as absorbing moisture, wrinkling easily and requiring ironing.

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