

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Plan Ahead For The Holidays

To enjoy the holidays, plan what needs doing now. By doing these things ahead of time you can help your family and friends capture the joys of the season. Think Christmas now so you can spread out the necessary jobs and not be so rushed.

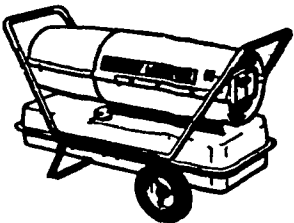
Plan what to do when. Make calendar sheets using large blocks for each day. Write in things to do. Work sheets help keep the schedule of cleaning, cooking, shopping, card writing and decorating rolling smoothly.

Decide what parties and activities will be part of your family's celebration. Except for the actual holidays, dates can be tentative. Check recipes and plan menus for these events. Look for some do-ahead-and-freeze ideas to lighten party day kitchen duties.

Also pencil in on your calendar one or two bulk cooking days when you can prepare a number of meal mainstays in advance. This pantry will provide interesting, quick dinners for those days when you're busy with other chores.

Collective cooking saves time, energy and money. While the ingredients and cookware are out for several dishes and baking needs, you can clean the bare shelves. Then, use, wash, and reuse utensils to create many meals with just one major cleanup. With much splash and spatter cooking done, the kitchen will have less last minute mess. And you can wash appliances and the floor a few days before party

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basket, made with tender, loving care, show your thoughtfulness and express the true Christmas spirit—a gift of yourself.

Magazines are full of ideas, and stores featuring fabrics and trims provide more projects than you can consider making. Clothing items are popular gifts. You can save money if you have the time and skill to make them. If you aren't sure of exact sizes, stick to items which don't require careful fit, such as robes, night clothes, and accessories. Stretchy knits, too, eliminate the need for exact fit.

Don't forget the men on your list when you're planning handmade items. There are patterns available for ties, vests and sweaters. Crocheted and knitted apparel are in fashion and all types of handcrafts are prized today. But remember, all these items take time to make.

Handmade ornaments for the tree are a tradition in some households. Make one or two each year for your family, and for a favorite family on your Christmas list. These become prized decorations to recall fond memories of each year.

Consider using fabric and fabric items for Christmas

Italian Type Cheeses Lead Increases in Consumption

A loaf of bread, a jug of wine, and don't forget the cheese.

U.S. cheese production soared 65 percent in the past decade. Production rose 38 percent in the last 5 years alone.

As cheese use changed, so did our preference for the various types of cheeses. The popularity of Italian varieties, particularly Mozzarella, has increased more rapidly than the American types.

Though output of American cheese surged by half since 1963, Italian cheese has tripled and now

wrappings. Sometimes they are less expensive than fancy paper. Leftover pieces of yarn, ribbon, lace or rickrack can be used for tying packages and for package trims. It's a good way to clean out your scrap box, too.

There's something about Christmas that brings out the creative touch in every homemaker. Let your sewing skills help make it a Christmas to remember.

accounts for more than a fifth of all cheese produced. Other big gainers include Munster and Bleu cheese. Just about the only losers in cheese production this decade are Neufchatel and the potent-smelling Limburger.

Guard against Falls

Wearing proper shoes while performing household chores helps guard against falls. For all housework, choose shoes with comfortable, fatigue-reducing low heels and rubber or composition soles, suggests the Extension Service Education Safety and Emergency Preparedness Committee, The Pennsylvania State University.

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