

Buying Clothing for Christmas

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Are you buying gifts of clothing this year? Probably so, if you are a typical family. Studies show that many family clothing items are acquired as gifts. The supply of gift items is plentiful at the holiday season and we have choices (good and bad) not available at any other time. It's also a way of trying to meet high living costs by combining gift and clothing items on the family budget.

But before you start looking in the stores for ideas, do some pre-planning at home. Give some thought to the type of things the recipient likes—the styles they wear and the colors they like. Do tastes run to conservative clothes or extreme fashions? Some people can't wait to wear the latest craze—others would be embarrassed to wear it in public. If you're buying clothing gifts you probably know the individual's personality and preferences

pretty well, but it's easy to be swayed by the attractive displays in stores and to make choices you would not make at a less harried time. Some gifts are made to attract your attention in the store and they look great under the Christmas tree, but are they appropriate for the one who will receive them?

Go shopping with a list of specific sizes for all items of clothing apparel. Sizes are easier to buy today with stretch items and "one size fits all" gloves and hose. But even if you do know sizes, it's no insurance that clothing will fit, because there are variations in brands and styles. Many items simply must be tried on for accurate fit. If you suspect your Santa might give clothing gifts, give him a list of your sizes, and even list some of the brands you know fit you reasonably well. It may save returns after Christmas when the choice is not as great.

If you're considering expensive items such as coats and outer wear, maybe

this is not the time for a surprise. If people have definite ideas about their clothing they might prefer to choose their own. Part of the fun of a new outfit is making the selection. A gift certificate may be a happy compromise. Choices might not be as great after Christmas, but after-Christmas sales will give more for the money.

Look for quality when you buy. The holiday season seems to be a good time to trap the unknowing and the impulse buyer, and there is much shoddy merchandise with eye-catching gimmicks to lead even the astute shopper astray.

Fancy-packaged items look great, too, but you may find either poorer quality, or that you're paying extra for the fancy package.

Even though care directions are attached to clothing items, include all hang tags anyway. They often give specific information about the product which will be useful in giving it the best care.

Weekly St. Louis Cattle Review

Thursday, December 5
Weekly cattle review:
Receipts 9,000, last week 4,700 year ago 8,000 compared close last week, Slaughter Steers mostly 2.00 lower, Heifers 2.00-2.50 lower, Cows steady to 1.00 lower, Bulls steady. Supply about 31 percent slaughter steers, mostly Good and Choice 900-1200 lbs. yield grade 2-4; 13 percent Slaughter Heifers; 30 percent feeders, although fleshy 450-650 lbs. frequently going for slaughter.

SLAUGHTER STEERS: Choice 900-1200 lbs. yield grade 2-4 36.00-38.50, late sales 37.00 down. Load Monday 1100 lbs. 38.75, load Choice and Prime 1375 lbs. yield grade 3-4 36.50. Part load Prime yield grade 4 1030 lbs. 37.25 Tuesday. Mixed Good and Choice late 35.00-36.00. Good 30.00-35.00. Standard 25.00-29.00. Utility 21.00-23.00.

SLAUGHTER HEIFERS: Choice 800-1000 lbs. yield grade 2-4 34.00-37.50, late sale mostly 35.00 down. Package prime 875 lbs. yield

Lancaster Farming, Saturday, Dec. 7, 1974—9

grade 4 35.50 Wednesday, and part load Choice and Prime 975 lbs. yield grade 4 35.75. Mixed Good and Choice late 33.00-34.00.

COWS: Utility and Commercial 16.00-19.00, few Holsteins 20.50-21.00 early; Cutter 14.00-18.00, Canner 12.00-15.00.

BULLS: 1-2 1100-1600 lbs. 21.00-24.00.

VEALERS: Choice 34.00-38.00.

FEEDERS: (Including around 1800 at Thursdays auction.) Compared with last week Feeder Steers and Heifers 1.00-2.00 higher. Fleshy offerings finding best

outlet and some of these going for slaughter.

STEERS: Choice 300-400 lbs. 23.00-27.00, 400-500 lbs. 23.50-28.75, few lots fleshy 29.75-30.50; 400-600 lbs. 26.00-30.50, part load Choice and Prime 520 lbs. 31.00, Choice Fleshy 750-900 lbs. 29.25-31.00. 300-450 lbs. 16.50-20.75, package thin fleshed 510 lbs. 18.75, couple packages 775-800 lbs. Holsteins 18.50-19.25.

HEIFERS: Choice 300-400 lbs. 18.75-22.25, 400-600 lbs. 22.00-25.75, package 500 lbs. 26.25, Fleshy 600-760 lbs. 24.50-28.75; Good 350-500 lbs. 16.00-19.75.

Heart Association Tips On Shoveling Snow

The Woolly Bear caterpillars are wearing their shaggiest coats in 20 years, and Woolly Bear watchers are predicting a hard winter with heavy snows.

With heavy snows predicted, the Heart Association warns heart patients that they should have a doctor's approval before shoveling snow.

If you are over 40 and just plain out of shape, shovel your walks and driveway this winter, but take it easy. Snow shoveling is strenuous exercise.

Here are some tips from the Heart Association to help you avoid overexertion:

Don't smoke while shoveling snow. Tobacco causes constriction of the

blood vessels, just as cold air does. The combination can be dangerous.

Shovel before eating, or wait an hour after a meal, as you would do for any strenuous activity.

Don't mix alcohol and outdoor work. Alcohol can dull your sense of fatigue and cause you to overexert.

Dress warmly. Several layers of clothing are warmer than one heavy layer. Keep hands and feet dry.

When shoveling, lift with your entire body. Let your back and leg muscles take some of the strain off your arms.

Rest often. Never shovel to the point of exhaustion.

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