

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Apples Are Versatile Fruit

Boil, bake, fry and boil. Name any known method of food preparation and you can do it with apples.

Apples are among the most versatile of fruit. In addition to eating them just "plain" you can serve them as applesauce, juice or cider, dried and many other ways.

A medium-sized apple has only about 85 calories and

makes a great snack food. When selecting apples, check for bruises. Bruises can lead to decay and excessive bruising usually means that the apples were poorly handled. A minor amount of bruising is almost impossible to prevent in handling because apples bruise easily.

Apples should appear bright and fresh looking. The green background color,

when seen on varieties that are not a solid red, should be a yellow-green, the apples may be overmature and will be soft and mealy with loss of flavor and juice.

Keep apples at home cool. Whenever possible, refrigerate them. Keep apples in the hydrator or in the polyethylene bag in which you buy them to maintain proper humidity and prevent absorption of food flavors.

### Buying Children's Books

To buy a child a book as a gift is a worthwhile and refreshing change of pace from the usual toy or play item. There are some considerations to be made in buying a good book for a child. The task needn't be difficult.

Look for an attractive book. A book for a young child needs many pictures and few words. As the child grows older, the book can have more printing and fewer pictures.

Choose a convenient size book - one that's interesting. Size is one of those aspects of the book that is intriguing to a child. So, look for something a little unusual or varied in size. Hand-bound books for very young children are advised. Paper or hard-back books are good for the older child as they learn to read.

Consider the child's interests and experiences and his level of understanding. A child enjoys a book that he understands. Books that deal with animals and their young, books that talk about everyday living, and children who speak and act, are often of interest to the young child. Sing-song rhythm and books of poetry also appeal to young children.

Select a book that presents something new for the child to think about. A new story, a new animal, or a new location, or something else that arouses the curiosity of the youngster. One of the dangers in selecting books for children is to choose a book that is too advanced for the child at his particular age and level of understanding. Try to think seriously about the child's age and his level of understanding. Many children's books have a statement that indicates what age level they are suited for, or the person in the book store or children's

book section of a department store frequently can help in advising about the age level of a particular book. Choose the book for the child now. Be careful not to buy books that you had as you were growing up. There are new books on the market, and this child is different - so think of this child and then buy the book. The book you had, and the book you give to a child may, indeed, be the same, but choose it because this is new to the child and not just because it was a book you enjoyed.

Other important aspects of buying children's books that should be considered are: the story - be it fiction or non-fiction - it should be appealing and of a suitable subject. For young children, and very young children, no plot at all is necessary - just one sentence and a large, colorful picture. As the child gets older, more and more of a story is presented. The characters should be memorable, should be realistic, and the plot lively. There should be an appropriate and believable style about the story and the format should be attractive. The print should be appropriate for a particular age child. There should be clear and artistic illustrations and the binding should be durable. Consider also if the book is current, if it's accurate and if it has good, organized information. This is particularly true in buying non-fiction.


Consider whether the book has any index, table of contents, or a bibliography.

Many books do not need these. However, as a child gets older and books are purchased, indexes, table of contents, and a bibliography might be needed.

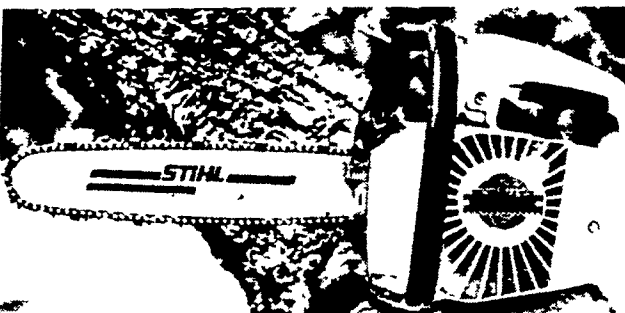
Books offer a child a challenge of discovery and well-chosen books offer information - much information to the child. He can learn a great deal from the books that are given him. Books are a good investment for young children. From the touch and feel books for the 18-month old toddler, to the books for the young adult, dealing with science fiction or auto mechanics or the like - they are all good investments if chosen wisely.

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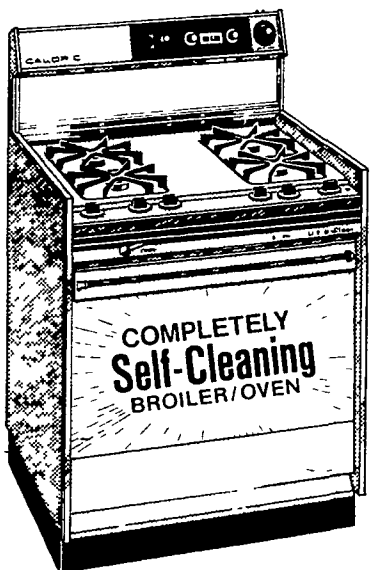
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