

Ladies Have You Heard?

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Lancaster
Home Economist



POP, POP, POP GOES AN AMERICAN FAVORITE!

Do you know what's enjoyed to the tune of 400 million pounds per year? None other than one of the earliest American foods - popcorn.

Introduced to American colonists at the first Thanksgiving celebration, popcorn has become a firmly entrenched American tradition. The average American eats about two pounds of popcorn per year.

Much of the world's popcorn supply is grown in the U.S. cornbelt - along with the four other varieties of corn, pod, flint, dent and sweet. Popcorn is the only corn that explodes to many times its original volume when heated. Compared to the other types of corn, popping corn is small in stalk, ear and kernel.

But it's big on many a person's snack guide. Here's why: Popcorn is about 77 per cent carbohydrate, 12 per cent protein, 5 per cent fat and 2 per cent minerals, plus some water and roughage. A low-calorie snack, containing only 23 calories per cup.

It's economical, too. Only a half cup of unpopped corn will fill a four quart popper. That means, you will have enough popcorn to satisfy the whole family for about 39 cents, including the price of oil and salt.

Have you seen the new salt

especially designed for popcorn. It is a fine-grained salt that covers and adheres more uniformly to the popcorn pieces. And because of the fine texture, it is less likely to settle to the bottom of the bowl.

Another tip: For variety - especially at Halloween - try popcorn balls. Remember that the looser they are, the easier they are to eat. Press the balls just enough so the shapes hold together. Gently reshape them several times as they cool. Try the following recipe and then, watch out, because before you know it, the neighborhood ghosts and goblins will pop out of nowhere for their Halloween treat.

Popcorn Faces
½ cup butter or margarine
1 (10-½ ounce) bag miniature marshmallows
¾ teaspoon popcorn salt
4 quarts popped corn
French burnt peanuts or other small candies
Licorice whips

Melt butter in large saucepan. Stir in marshmallows and popcorn salt. Cook and stir over low heat just until marshmallows melt. In large roasting pan combine marshmallow mixture with popped corn. Mix well. With wet hands, form into balls.

TO MAKE FACES: Use French burnt peanuts, or other small candies or nuts, for eyes. Use pieces of licorice whip for mouths. Place eyes and mouths on

each popcorn ball and push to stick. Wrap balls in plastic wrap or cellophane. If desired, insert a wooden stick into each ball for a handle. Tie with ribbons or twine. Makes 10.

BARGAINS FOR ALL SEASONS

To cope with inflation and rising costs, be on the lookout for bargains and end-of-season sales. To save money, plan your purchases so that you can consistently look for sales throughout the year.

Estimate your gift, personal and household needs for the rest of the year. Traditionally, the next big sales promotional sales for '78 will be on Veterans Day and after Christmas. December is usually the most expensive month of the year to buy gifts, holiday foods - almost everything.

Begin now to shop the sales for gift items. Keep a personal calendar of gifts you must buy throughout the year. Then as appropriate items appear on sale in the stores you can buy them at a savings to you.

In November, watch for post-Thanksgiving sales featuring fall clothing, fabrics, special purchases for holiday gifts, bicycles, car seat covers and water heaters. On the food counter, look for cranberries, nuts, small onions and winter squash.

Post-Christmas clearances on cards, giftwraps and decorations are the best December bargains. Citrus fruits are good food buys during this month.

As for January, resolve to wait for and shop the seasonal sales. The three traditional times for

Keep Christmas Cactus cool for holiday bloom

FLEMINGTON, N.J. - Christmas cactus should be kept at a cool temperature from now to mid-November, says New Jersey County Extension Agent Robert Schutzki. High temperature (above 70 degrees) at this

time will prevent or delay flowering, since the buds are set in mid-November. A 55 degree night temperature is ideal.

The frequent failure to bloom is usually related to

either day length or temperature.

The plant should be kept in a room where it will receive little or no artificial light at night. This light, along with natural light, can make the days too long for bud formation.

The cactus should not be overwatered. Use just enough water to keep the stems from shriveling.

If necessary, specialists advise, repot the cactus after it flowers, but not before.

Wood Day set

NAZARETH - Keeping the home fires burning - in wood stoves and fireplaces - will be on the agenda at "Wood Day" October 7 at the Northampton County 4-H Center in Bushkill Center.

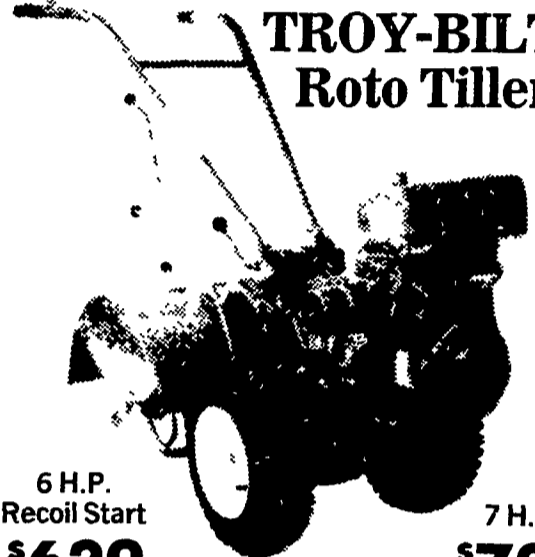
This unique event, sponsored by the Northampton County Extension Service, will feature experts on wood selection and use for the growing numbers of urban, suburban and rural homeowners trying to cut home heating costs by installing wood stoves or updating their fireplaces. "Wood Day" is open to the public and is free.

Speakers will cover everything from how to cut and store wood to starting a fire and keeping it burning. A significant portion of the program will be devoted to safe installation and use of

storewide clearances are after Christmas, Easter and July 4th. Summer white sales are traditional. Don't overlook the special purchase and anniversary sales that individual stores may schedule throughout the year. To be certain you'll get good buys, rely not only on the store's reputation but also on your own comparison-shopping so you develop a good sense of values and going prices.

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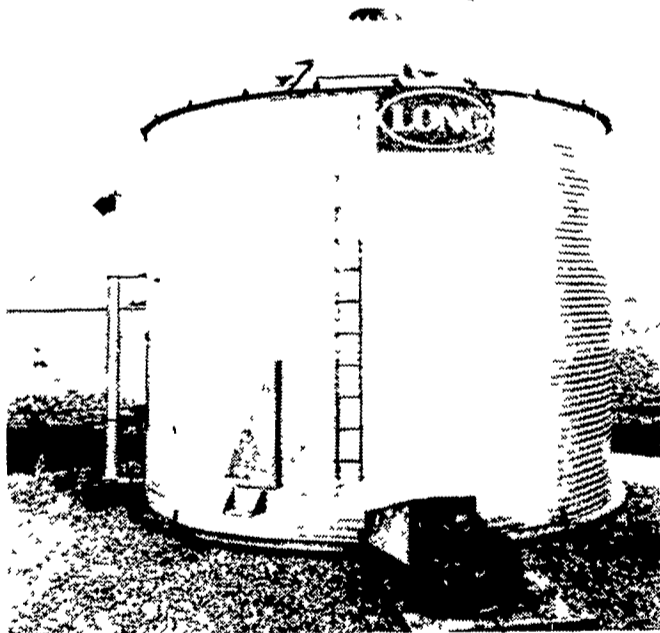
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