

## Ladies Have You Heard?

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### SEWING CLOTHES FOR SCHOOL

It is hard to realize that fall will soon be arriving. Fall means back to school. It also means that after the summer growing season your children may be in dire need of new clothes for school. Sewing them yourself can be the most economical way of providing your youngsters with a suitable school wardrobe.

To get the most from your clothing dollar when sewing children's clothes, shop for multiple purpose patterns.

Some patterns have an entire wardrobe in the same envelope—dress, coat, pants, top. Others contain only one garment pattern, such as a dress, but several versions are shown. A basic pattern can be made to look different by use and placement of various trims.

Search the trim counter for inexpensive yet attractive rickrack, embroidered braids, frogs, ribbons, ruffling and lace. Choose the trim to suit the type of garment and fabric. Be sure the trim is washable if you're going to wash the garment.

Remnant counters in department and fabric stores hold countless treasures if you are patient enough to look for them. Perhaps more than one remnant can be combined to make a dress or play garment. All remnants are not labeled as to fiber content, so be sure to ask a salesperson what care the fabric will need.

Be creative, use your

imagination and your children will love the clothes you make for them.

### HOW LONG CAN HOME CANNED GOODS BE STORED?

The more the merrier doesn't really apply to storing home canned foods. The humidity, the acidity of the food, the quality of the canning lid, and the integrity of the thermal process used to can the foods all affect the

shelf life of the final product.

Because we can't always be sure of all factors, it's best to can only enough food to feed your family from one growing season to the next. While properly processed and stored goods should be safe for up to five years, you should examine carefully any home canned foods for leakage, pinholes or other signs of spoilage.

If a food looks even slightly questionable, try the sniff test. Never taste. When in doubt, throw it out.

### SAFETY AND THE DEVELOPING CHILD

Children give purpose to the present and are the key to the future. They fill our lives with a joy that only a child can bring. Yet, we subject our children to many unnecessary hazards.

Accidents are the leading cause of death for all children 1 to 14 years of age. Suffocations, falls, poisonings, drownings and burns cause more deaths to infants than all diseases combined. The fire death rate for children under the

age of 5 is three times the death rate of the rest of the population. Special reports by the Consumer Safety Commission estimate that hospital emergency rooms treated 167,000 persons for playground accidents in 1977.

In another report, the Commission estimated that 7,000 highchair accidents, 9,000 crib-related accidents and 135 deaths to children under 5 by poisoning, hap-

pened in 1974.

These appalling statistics could be dramatically reduced with a little un-

derstanding—and common sense. We simply stack the odds in our favor, and proceed through life minimizing the dangers.

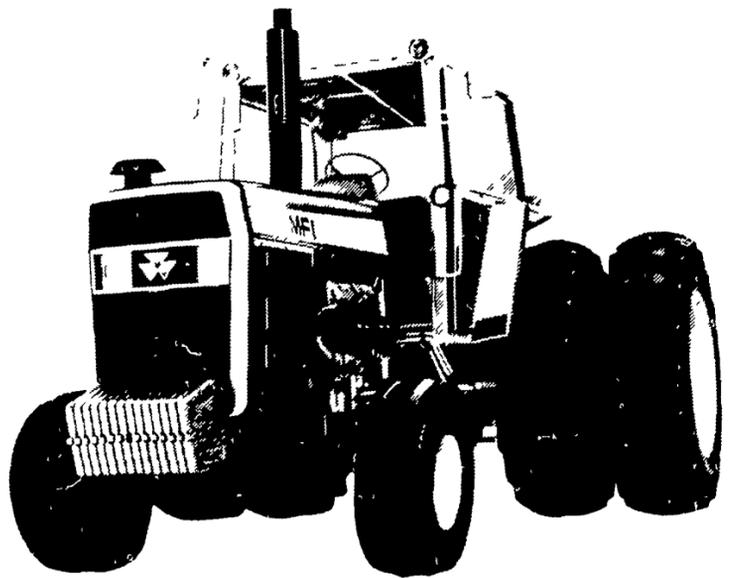
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**Cheese**

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