

Ladies Have You Heard?

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Home Economist



YOUR RIGHT AS A PARENT

Don't be afraid to become involved with your child's school this year. This was the most common answer schoolteachers gave when asked, "what are the major things parents should be aware of as the new school year begins?"

It is your right as a parent to know what is going on in your child's school. Teachers say that many parents feel intimidated by the school. Either they don't realize that it is their right to have a say in what the school does with their child or they are afraid to approach the school.

Parents can feel intimidated for a number of reasons. As parents of young children your inexperience with the school may be the cause. You may simply not realize that you have this right.

As parents of adolescents you may be somewhat fearful of the school. Many large junior and senior high schools are awesome in terms of physical size and numbers of students. The building is confusing, the child has several teachers, the schedule is complex, and everyone appears so busy.

Don't let these things stop you from calling the school early in the school year for any reason. Most teachers

welcome an interested and concerned parent.

Perhaps you may want to meet each teacher individually to discover what your child will be doing during the semester. You can talk informally about any concerns you may have about your child. This helps the teacher tremendously in understanding why students behave in certain ways in the classroom.

Attending parents' night is another way to meet all the teachers and become familiar with the school. A teacher in one Pennsylvania town said that out of 200 students she had last year only five parents came to parents' night. To her this conveyed a lack of interest by parents.

If you have questions about what is being done in the classroom, arrange a conference with the teacher. Find out what is actually going on and don't be afraid to voice your opinion about what you feel should be done. By establishing this line of communication small problems can be avoided, or at least remedied before they become large problems. Joint efforts between the school and the parents are the best ways to insure that your child's experience in school is the best it can be.

Become an involved

parent, know what is going on, and don't let yourself be afraid of the school. The school and the teachers want you to know that it is your right.

OLD INFLATION IDEAS MAKE COMMON "CENTS"

Tips on how to beat the high cost of food—even though they may have been around for years—are still good ideas today. Here are some suggestions.

You can cut down on sugar without giving up the sweetness you may crave. One way is to use the syrups from canned fruits. You can sweeten gelatin salads or fruit punches or even baste a ham.

Syrups contain sugar as well as fruit nutrients. And while using syrups will save you money on sugar, they also help you get more dollar value out of canned fruits.

When you shop for eggs, if you have a choice between two sizes of the same grade eggs and the difference in price is less than 10 cents a dozen, it pays to get the larger size. You may also have to decide between Grade A and Grade B eggs. Grade A eggs look better when they're cooked.

When you want your eggs to be particularly attractive, for example, when you fry or poach eggs, use Grade A. You can save money by using Grade B eggs for baking when they are

available at the market.

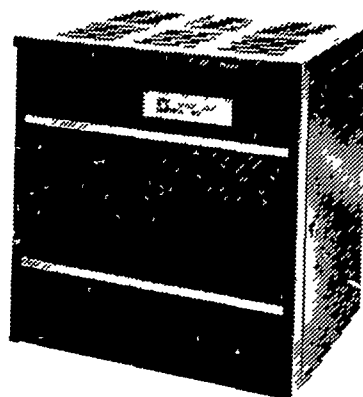
Generally, smart shoppers compare prices between fresh and processed meat on a cost-per-serving basis. Fresh meats contain some

waste in the form of fat and bone, so some canned meat may be the better buy.

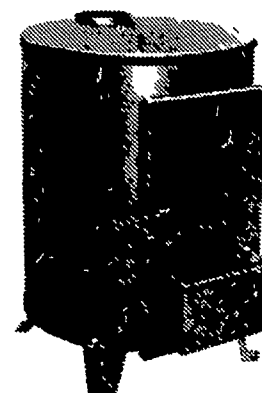
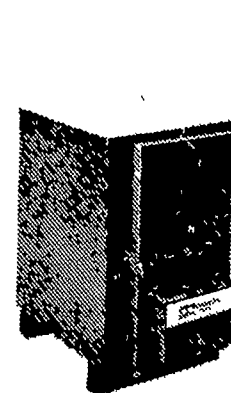
Meat is presently consumers' primary source of

protein. However, it's an expensive one. Stretch protein in meals by combining meats with pasta, other cereal products or dry beans.

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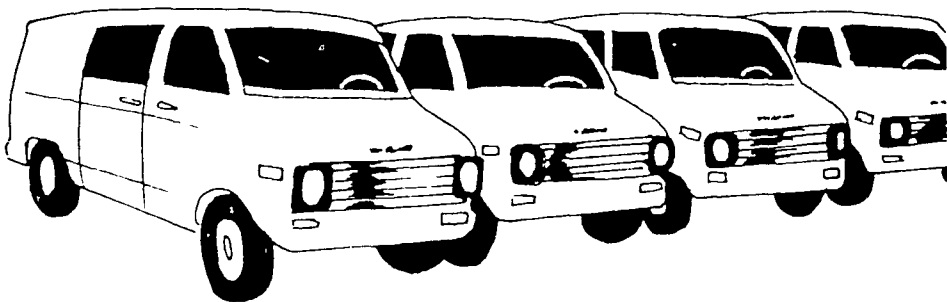
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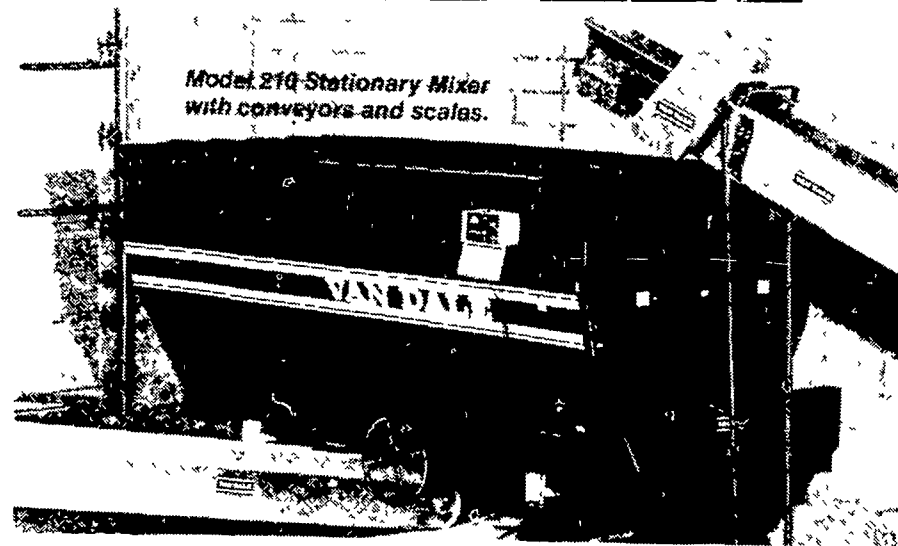
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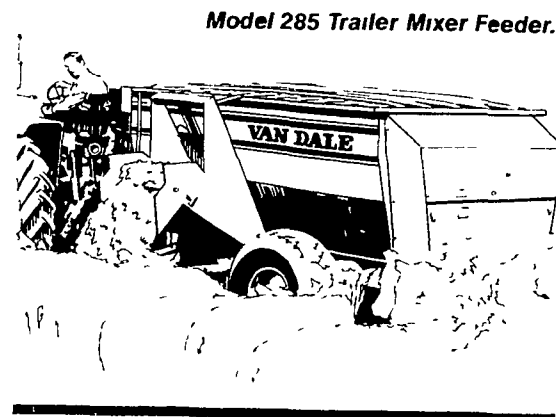
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