

Ladies Have You Heard?

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CHANGES NEEDED IN CHILDREN'S SNACK HABITS

Toddlers and preschoolers have appetites to match their sizes and most of them do best if they have between meal snacks to be sure they get the nutrients they need. In fact, morning and afternoon snacks are an institution in most homes with young children.

But a recent study showed that most of the snacks they eat provide little nutrition and lots of sugar which is a major cause of dental cavities. The study found that soft drinks (usually uncarbonated) were the most frequent morning snack for this age group, closely followed by cookies and other bakery products. The most frequent afternoon snack was carbonated beverages (a reversal from the morning) again followed by cookies and baked goods.

Soft drinks are high in sugar, as are baked goods, and the baked

goods stick to the teeth, further increasing the risk of cavities. Equally important, the children get filled up on foods that have little to offer but calories and often have little appetite for the foods that have the nutrients they need.

What's the answer? Fruit juices or milk could replace the soft drinks at snack time. If plain milk isn't an acceptable snack time treat, try adding a little chocolate syrup or other flavoring. You can offer easy to handle carrot or celery sticks or cubes of mild cheese. Fruit is a good choice too, as are small apples, oranges or other fruit. They are a better size for little hands and plenty big enough for little appetites.

Children need well-balanced diets for healthy growth and development and nutritious snacks should be part of those diets.

HOW TO BUY AND CARE FOR SILK

Silk and silk blended fabrics and garments appear in all price ranges today. Low-priced (\$19-\$25) silk blouses are now available to the general public through several major mail-order retailers and many of the new spring fabrics contain between 5 and 35% silk fibers. Small percentages of silk in a fiber blend enhance color, create surface interest and improve the fabrics' hand.

Here are some guidelines to consider when purchasing and caring for silk or silk-blend fabrics.

A nubby surface effect (slubs) in silk is to be expected and is usually desirable. Slubs are not considered flaws in silk fabric.

Check the stability of the fabric. Threads should resist slipping and twisting. If the fabric feels too stiff, it could have too much sizing and might lose its hand during cleaning.

All silks can be dry cleaned but hand-washing washable silks in warm water has certain advantages. (A "dry-clean only" garment cannot be handwashed.) The fabric has a natural sizing (a gift from the silk worm) and actually has a better hand after washing. Generally, only light, solid colored silks are recommended for handwashing because colors will run. Do not wash iridescents, silk chiffons, satins or crepes.

Join the beef cook-off contest

HARRISBURG — Pull out those fantastic beef recipes conjured up over the winter months, because it's beef cook-off time!

The sixth annual Pennsylvania Beef Cook-Off Contest will be held at Trinity High School in Shiremanstown on June 26, according to State Agriculture Secretary Penrose Hallowell. Competition is open to all residents of Pennsylvania, 18 years or older, who do not have professional cooking status.

"This is an excellent opportunity for Pennsylvanians to show off their original recipes and be rewarded for their creativity," Hallowell said.

Entries must be submitted by May 15, 1981. Finalists, selected by a panel of judges, will compete on June 26. Contestants for the final competition will be selected on the bases of originality, 20 points;

taste, 40 points; ease of preparation and practicality, 20 points; and appearance, 20 points.

Six finalists will be selected to prepare their entries from the recipes submitted. First prize is \$125, second prize, \$60, third and fourth prizes, \$30 each. The state winner will be eligible to compete in the national cook-off contest to be held in September in Sioux Falls, South Dakota.

Each contestant may submit one original beef recipe using beef chuck, round, rump, fresh brisket cut in any form or ground beef. The dish must contain a minimum of two and not more than five pounds of beef. The meat must be exclusively beef and can only be from the above cuts.

Total cooking times may not exceed four hours, not including preliminary preparations, such as marinating. Recipes must be specific, but brand names and commercial tenderizers are not allowed. The number of servings and preparation time should be included in recipe entries.

If you are interested in entering the Pennsylvania Beef Cook-Off Contest, send your beef recipe, typed in triplicate with your name, address, phone number and brief biography to: Mrs. Mary Wilson, Chairman, Pennsylvania Beef Cook-off, 862 Webster Drive, State College, PA 16801; phone, 814-238-5888. Entries must be submitted by May 15.

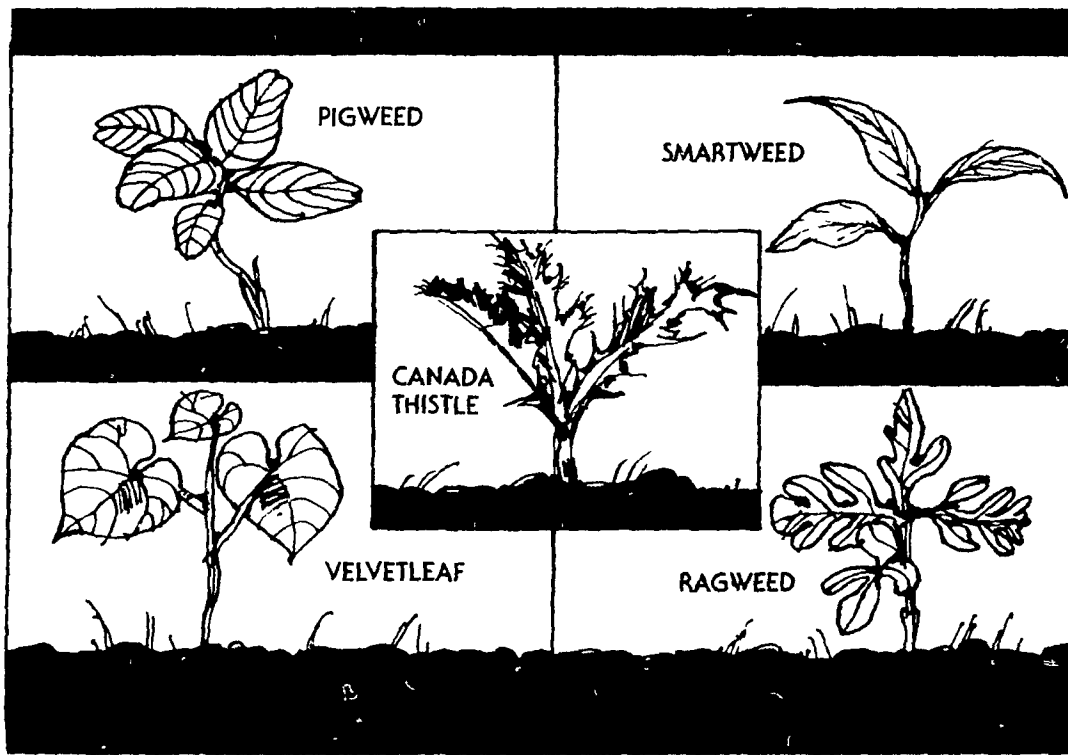
Wash washable silk like you wash your hair. Don't bleach or use detergents — mild soap or shampoo is best. Use lukewarm water, not hot, and drip dry until slightly damp, out of direct sunlight. Do not wring the fabric or garment. Press on the wrong side with a dry iron set on or below the synthetic range.

Water spots and surface shine can be removed by drycleaning. Perspiration and deodorant stains are a problem with silk because they are not removeable. Small shields, purchased or made, can help prevent damage.

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