



## Ladies Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Shop Smart And Save

Remember when you could buy a sweater for less than \$20? It wasn't so long ago, but prices have risen drastically to today's often discouraging level. Wise consumers can still save dollars, though, with a little planning and smart shopping.

The first thing to do is to make the most of the clothing you already own. Make needed repairs right away, clean the garments only according to the instructions, brush them after wearing and hang them up instantly. By taking good care of what you have, you avoid having to buy a lot of new things.

Next, plan before you go shopping. Decide on the color, quality, and price of the things you need. Plan to buy things that will go with clothes you already own. All of this avoids expensive impulse buying.

When you go shopping, buy simple garments. Unusual or faddish garments soon become dated and unfashionable. Simple garments can also be dressed up in several different ways by adding accessories like jackets, sweaters,

belts or scarves.

Buy clothes in solid colors. They are easier to mix and match.

Buy quantity in some things and quality in others. Quantity buying is good for things like socks or underwear where it often saves you money to buy in numbers. Buy quality when you want something to last for a long time. Clothes that do not fit and wear well are never a good buy.

Shop at economical stores. Some stores carry the same brands as others, but at lower prices.

Make sales work for you, buy only if you need what is on sale. It does not pay to buy something on sale that you do not need and will not wear. Buy off-season, too. Clothes are cheaper then.

Buy for children by size, not age. Children at different ages can be different sizes. Buy standard sizes like small, medium and large instead of numbered sizes when possible. Numbered sizes tend to be more expensive.

### Cooking For One Or Two

If you cook for only one or two, you have plenty of company. Statistics show that more than half

the households in the United States now consist of one or two persons. But even though singles and twosomes now outnumber families with two parents and one or more children, most cookbooks and supermarkets still seem to be geared to the needs of larger households.

For many singles the solution is to grab a burger at a local fast food restaurant, pop a TV dinner into the oven, or cook one big meal and eat leftovers the rest of the week. While these approaches are fine occasionally, a steady diet of such foods can be both expensive and boring to the palate.

Cooking for one or two is not difficult, and may offer some advantages not open to large families. With only yourself and perhaps one other person to please, you have more freedom to experiment with new foods, flavors, and recipes. Eating schedules can be more flexible when you don't have to consider several other people in the household.

In the supermarket, small cans and packages generally cost more per unit. However, a family-sized package is no bargain if it goes stale before it's used up. Singles and twosomes can use some family sized food items to their advantage.

For instance, buy regular sizes of bread, rolls and pastries and keep them in the freezer. Remove portions as needed.

Buy frozen vegetables in plastic bags whenever possible. That way it's easier to remove the amount needed for a meal.

Buy several cookbooks for one or

two, and clip recipes that can be decreased successfully. Don't be afraid to speak up when packages of meat, cheese, and produce are

in large sizes. Ask the grocer to repack what you need into smaller portions. Most are happy to please their customers.

## Pa. slates food products month

HARRISBURG — Citing the food industry's acceptance and the success of last year's salute to Pennsylvania foods, state Agriculture Secretary Penrose Hallowell has announced that Governor Dick Thornburgh will again proclaim August as Pennsylvania Food Products Month.

"Almost 1,000 growers, many farm markets and food processors took part in Pennsylvania Food Products Month in 1982," Hallowell said. "All who were involved agreed that the month-long promotion was beneficial in increasing brand recognition and stimulating consumers' goodwill."

Hallowell noted that the ideal of setting a full month aside to focus on Pennsylvania food products at retail had been originally suggested by representatives of the state's agricultural industries. "Pennsylvania Food Products Month was designed to give food processors, farm marketers and food retailers an opportunity to show consumers how valuable agriculture is to Pennsylvania," he said.

"By stressing the advantages of purchasing locally grown and processed foods — economy, price, freshness and taste — agribusiness are helping maintain and expand their markets. At the same time, consumers have the chance to discover the wide variety and

abundance of Pennsylvania food products," Hallowell said.

The Agriculture Secretary said, "The theme from last year, 'Keystone Pride,' was so well received that we have adopted it as an alternate slogan for processors and producers with out-of-state sales. The 'We're Growing Better' logo has continued to grow in acceptance with industry and consumer alike, with almost 200 firms using the logo, and a total of \$300 million in sales in 1982."

August was chosen as an appropriate month for the promotion, coinciding with peak harvest season for so many Pennsylvania fruits and vegetables.

The State Department of Agriculture is already working with food and agriculture industries to arrange advertising and promotions for August. Special in-store promotional materials will be available to highlight Pennsylvania food products, and the Penn State Extension Service will be coordinating with the Department to publicize the month's activities.

Hallowell said, "Through the continued cooperation of our food and agricultural industries this August, Pennsylvania's 12 million consumers will learn first-hand why we say, 'Pennsylvania Agriculture — We're Growing Better.'"

## Precast Concrete UPRIGHT BUNKER SILO

Featuring a single component design for fast installation and completion. The sections bolt together and the use of a sealant placed in the tongue and groove creates a sealed wall surface.

The sections may be dismantled and relocated. Customers may select any length or width in 5' 2" increments.

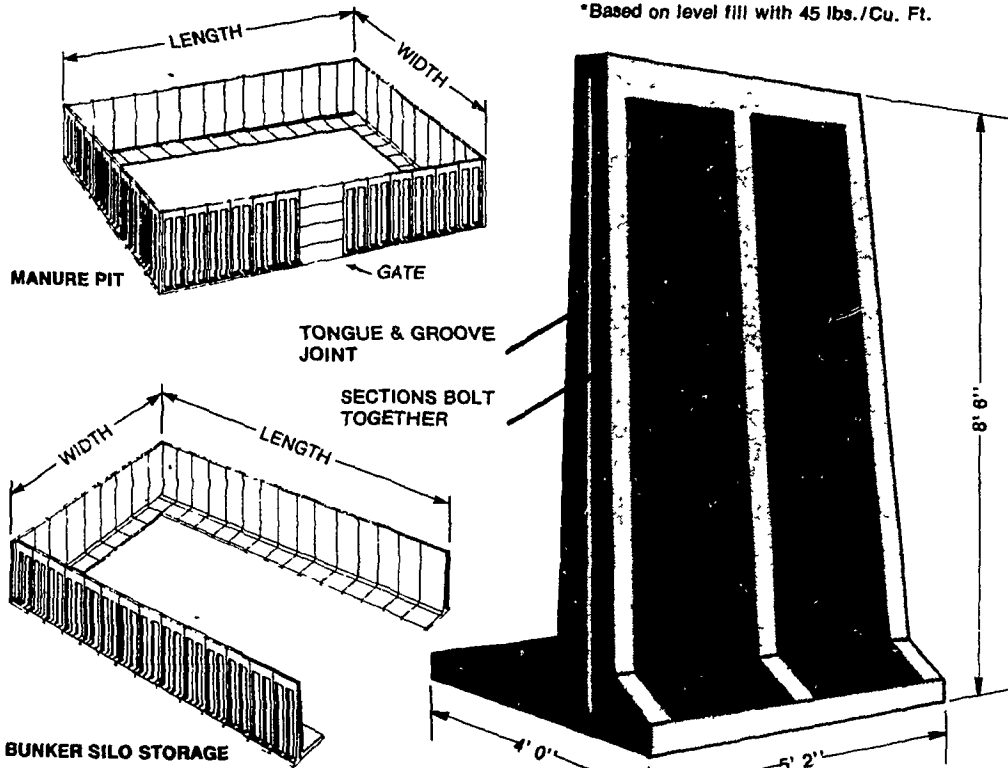
A special center wall is available to permit placing bunker silos side by side or dividing existing trench silos.

In addition to silage storage, these upright units may be used as retaining walls or manure pits.

TONNAGE TABLE FOR 8 FT. SIDEWALLS\*

Length	Width			
	20'	30'	40'	50'
60'	215	323	432	540
70'	251	376	504	630
80'	287	431	576	720
90'	323	485	648	808
100'	359	539	720	900
110'	395	593	792	989
120'	431	648	864	1080
130'	467	688	936	1170
140'	503	755	1008	1260
150'	539	808	1080	1350

\*Based on level fill with 45 lbs./Cu. Ft.



★ Leasing Available! ★

Early Order Discounts  
Now In Effect



### Sollenberger Silos Corp.

A Nitterhouse Company  
Box N Chambersburg, PA 17201 [717] 264-9588  
A Producer of Quality Concrete Products Since 1923



## HOW MUCH DO YOU WANT TO SAVE ON A BROCK GRAIN BIN?

THE SOONER YOU SEE US,  
THE MORE YOU CAN SAVE.

Right now we're offering the biggest savings you'll be able to get for the rest of the winter season. And this includes savings on both BROCK grain bins and BROCK wet holding bins (hopper bins). There's nothing like having enough grain storage — so you can exercise some control over your grain marketing. And, there's no time like right now to get the best deal of the year.



## GOOD BROCK BINS

**H** SHEY EQUIPMENT  
COMPANY, INC.

SYCAMORE IND. PARK  
255 PLANE TREE DRIVE  
LANCASTER, PA. 17603  
(717) 393-5807  
Route 30 West  
at the Centerville Exit

Designers of Quality Systems For Poultry, Swine & Grain Handling