



Ladies Have You Heard?

By Doris Thomas
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Home Economist

Western Citrus In Plentiful Supply

Look west for big, beautiful navels, eating-out-of-hand, virtually seedless oranges. They are in peak supply now and will be during the weeks ahead.

Western navels are of superb quality and refreshing flavor, with individual oranges running larger in size than normal, with good juice content. When you buy these heavy, large-sized fruit you will be getting a good buy for your money.

Big navels add a plus to menus anytime of the day. Serve them on the "half shell" for breakfasts or snacks, like you would a grapefruit half, or tuck a few wedges in a lunch box. Wrap and refrigerate remaining wedges for a great ready to eat after-school or TV snack.

Another plus now and during the months ahead will be a good supply of fresh western-grown grapefruit, available in a good range of sizes. Sun-ripened grapefruit is sure to be among the best buys in the produce section of your favorite markets, ready to add stimulating flavor and golden beauty to your menus. Not only a friend to slim gourmets, grapefruit is perfectly suited for any of today's healthier lifestyles.

Bright yellow, juicy lemons will also be in plentiful supply during the weeks ahead. Though usually though of during the summer months, fresh lemons should be a welcome addition to winter and spring, adding a refreshing "light" low calorie, low sodium seasoning to poultry, salads, fish and vegetables.

Also available now and through March are naturally sweet and aromatic tangerines, in slightly larger sizes than normal. These easy-to-peel and fun to eat orange nuggets are known for their bite-size convenience. Stock up on them, to add extra color and flavor to your winter and spring snacks.

Trends Among American Women

American women are having fewer children and more of them head households and work outside the home than in 1950, according to a profile issued by the Commerce Department's Census Bureau.

Although these trends have been reported previously, this analysis incorporates them in a single publication for the first time in several years.

Here are some facts from the profile:

About one-half of adult women

worked outside the home in 1980 compared with one-third in 1950.

Fertility has decreased sharply. Women averaged two children in 1980 compared with about three in 1950.

Women have been marrying later and divorcing more often. The proportion of adult divorced women has almost tripled, from 2.4 percent in 1950 to nearly 7 percent in 1980.

Just over one-quarter of adult women now head a household, up 15 percent from 1950. These households account for an increasing proportion of those in poverty. College enrollment is now about the same for both sexes. Although the proportion of female college graduates more than doubled in the 30 years, women earn fewer professional degrees than men.

Women still earn only about two-thirds as much as men, and they remain concentrated in traditionally female jobs such as

nursing, teaching, retail sales, and in secretarial and clerical jobs.

Copies of the report, *American Women: Three Decades of Change*, CDS 8-6 are available for

\$3.50 each prepaid from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

N.J. observes FFA Week

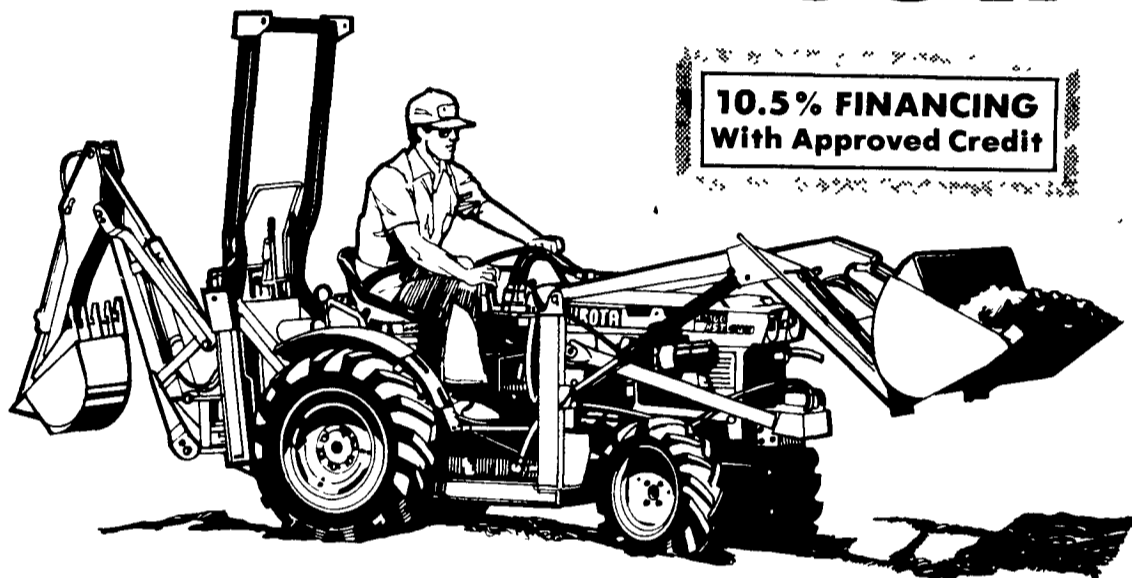
NEW BRUNSWICK, N.J. — New Jersey FFA members joined FFA members nation-wide in celebration of National Future Farmers of America Week during the past week.

Activities in New Jersey included a Chapter Presidents' Tour of Trenton, where FFA presidents and their advisors from each FFA chapter in the state visited the New Jersey Department of Agriculture and the State House to attend a session of the General Assembly.

FFA chapters across the state also held events locally to celebrate the week. Some of these events included open house of the vocational agriculture departments, banquets, special dinners and breakfasts to thank supporters of the FFA along with visits to radio stations.

New Jersey Network Television joined the celebration of FFA Week by airing public service announcements featuring Eddie Albert.

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