



Ladies Have You Heard?

By Doris Thomas
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Home Economist

Halloween Party Foods for Children
Trick or treat night has become a big worry for many parents because of tampering with treats. To protect children and discourage going from door-to-door, many communities have instituted trick or treat parties. If you plan to have a party for your family or the

whole neighborhood, here are some suggestions for nutritious party snacks.

Roast the pumpkin seeds from your Halloween jack-o-lantern. Rinse the seeds. Melt 3 or 4 tablespoons of butter or margarine in a pan with a dash of Worcestershire sauce. Mix with the seeds and spread on a cookie sheet.

Sprinkle lightly with salt and bake at 350°F until the seeds are brown and crispy, stirring occasionally. Pumpkin seeds are eaten shell and all.

Get the children involved in making the treats, too. Jack-o-lantern sandwiches can be made by spreading a piece of whole wheat bread with mayonnaise. Lay a slice of cheese on the bread and top with another slice of whole wheat bread with a face cut out of it. You can substitute egg salad or other nutritious filler for the cheese.

Children can also help to make pumpkin pizzas. Brown English muffin halves under the broiler, then cover with pizza sauce. Let the children decorate them to look like pumpkin faces. Use slices of olives for eyes, grated cheese for hair, bits of meat or vegetables for

noses and mouths. Put the muffins back under the broiler for a couple of minutes.

Serve fruit or vegetables and dip as an alternative to pretzels and potato chips.

And don't forget the punch. You can make a nutritious witches brew with 4 cups apple juice, ½ cup orange juice, ¼ teaspoon cinnamon and two or three cloves. Simmer for 20-30 minutes.

Add Fruit When You Pack School Lunches

Fresh fruit is one of the best desserts for your children, and most children like it. Fresh fruit packed in school lunches is often another story. The orange comes home because it was too hard to peel; the banana doesn't get eaten because it got knocked around so much on the way to school that it got "mushy." The apple you so

carefully sliced is reported by your suspicious third grader as "looking rotten."

What to do? Here are a few hints. An orange can be peeled, separated into segments and packed into a small plastic bag for eating anytime. Don't worry about Vitamin C loss. The membrane on the orange segments will keep it intact.

Choose bananas that are slightly underripe. They travel best, and most children prefer their firmer texture.

If your child likes yogurt or cottage cheese, fold some cut up fresh fruit into one of these and pack in a sealed plastic container. Use the plastic containers to pack canned fruit, too. Applesauce is especially popular. If you choose canned pears, peaches, or cherries, avoid those that come in heavy syrup.

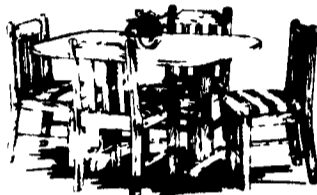
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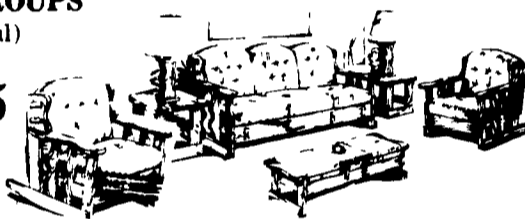
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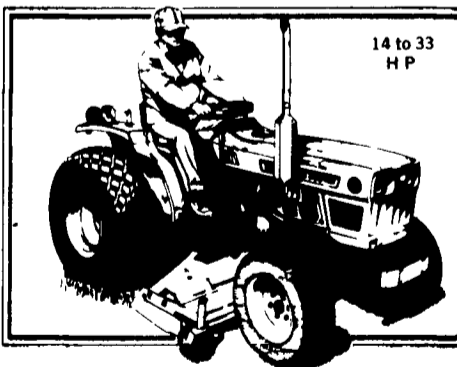
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