



Ladies Have You Heard?

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Home Economist

Saying Happy Holiday Long Distance With Cheese

One sure way to crack a smile this holiday season is to say cheese. Saying happy holiday with cheese this season can be extended to almost anywhere in the world according to our food science specialists at the Pennsylvania State University. They offer these suggestions for selecting and mailing cheese.

Most dairy products can't be mailed because they are highly perishable and require refrigeration. But hard cheese, and hot pack cheese spreads are exceptions. Aged hard cheeses such as cheddar, Swiss and processed are those you can safely

mail. These cheeses are sealed in wax or air-tight vacuum wraps to prevent mold contamination from the air and surface spoilage.

If making up your own gift package to mail, place the cheeses in a fiber box and cushion cheese with material such as newspaper to prevent damage. Stores and gift shops usually package their gift boxes in this way.

Hot pack cheese, which includes assortments of spreads and cream cheese, placed in containers while hot and tightly sealed, can also be safely mailed.

Remember, when selecting cheeses to be mailed, select hard or hot pack cheese. These products will not spoil as rapidly out of refrigeration as other varieties.

Lack well and mail early to assure rapid delivery. Cheese sent by mail should be refrigerated as soon as it is received.

Christmas Card Etiquette

Start early to address your Christmas cards. You'll be less hurried and you'll make sure that friends and relatives receive the cards before Christmas.

Here are some points of courtesy concerning Christmas cards that I would like to share with you.

Even if cards are printed or engraved with your name, personally sign cards you are sending to relatives or close friends.

When signing a printed or engraved card, the wife's name comes first.

On cards without a printed or engraved name, the person signing the card lists the spouse's name first.

List children's names separately after Dad and Mother's name to properly include them in the signature.

Unless a person with a title is your close friend, always address the card with the title.

During periods of mourning, it's proper to send Christmas Cards. After a recent death select your

card with care. Avoid "Merry Christmas" and send one with "Season's Greetings."

Displaying Christmas cards in your home is quite proper and lends a festive air to the decor. It

also flatters the sender and conveys how much you enjoy receiving cards.

It's not necessary to send cards to everyone who sends cards to you—only those you really care about.

Bucks Seeing Eye Club supports community

DOYLESTOWN — The Bucks County 4-H Seeing Eye Puppy Club consists of 42 members and 34 puppies being raised to become dog guides for the blind. Although this club is essentially a community service club already, activities which support the community are planned throughout the year.

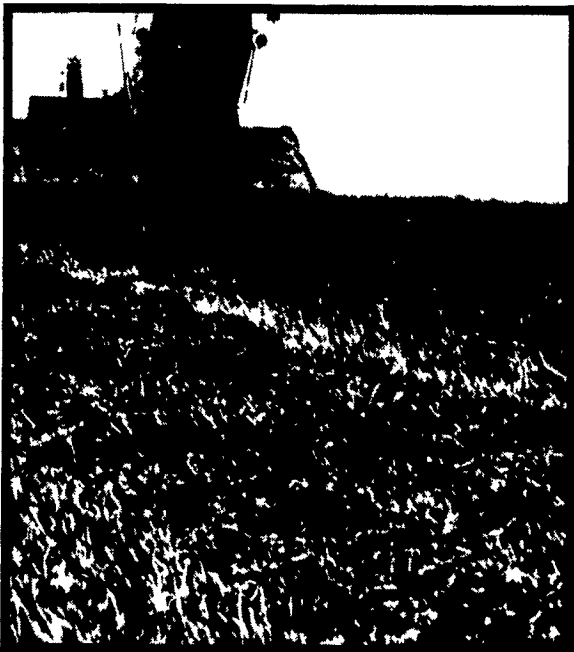
During the past year 4-H'ers and puppies walked for The March of Dimes, earning nearly \$600, for this worthy cause. The club members supported Tom Dickson, a graduate of the club, by purchasing film for his IFYE trip to West Germany. Thanksgiving and

Christmas baskets were given to the needy. The club adopted a nursing home for the year and visited the residents on a regular basis. In July the club joined Pizza Hut, Inc. in a volleyball tournament to raise money for Today, Inc., a drug and alcohol rehabilitation center. Several members volleyed all day for Today.

Members of the club also enjoyed many trips to "expose" their puppies...camping for a weekend together; a picnic; mall walks; parades; school and church talks and many demonstrations. Many of the youth also participated in the first Regional 4-H Seeing Eye Puppy Show in Pennsylvania.

Berks, Bucks, Chester, Delaware, Lancaster, Lehigh, Montgomery and Northampton Counties all participate in the puppy raising program with The Seeing Eye, Inc. Puppies are placed in 4-H homes at the age of 8 to 12 weeks and the 4-H family raises the dog for approximately one year. The Seeing Eye, Inc. covers the cost of vet expenses and food for the puppy. If you are interested in becoming part of this program, contact your local county agent for more information.

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