



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Have A Safe Halloween

Don't let uncomfortable or un safe costumes take the fun out of your child's Halloween. Here are some specific suggestions for this year's costume planning.

- Select ready-made costumes, masks, wigs and beards that carry a flameproof label.

- Avoid flimsy materials and excessive yardage in costumes. A touch of flame can easily start them burning.

- Flameproof homemade costumes with an easy-to-mix solution. For costumes made of rayon or resin-treated cotton (polished cottons), mix seven ounces of regular laundry borax and three ounces of boric acid with two quarts of water. For all other fabrics, mix 12 ounces of diammonium phosphate with two quarts of water. (These ingredients are available at most drug stores.) Saturate the costume thoroughly and then let it drip dry. This fire-retardant is temporary and won't harm the fabric. It must be renewed after every laundering to be effective.

- Do not allow children to carry a pumpkin lighted by a wax candle and don't set a candle-lighted pumpkin on the doorstep. If a child's costume brushes the pumpkin, a fire could easily start. Also be careful about setting a candle-lighted pumpkin indoors

near curtains or table decorations.

- Be sure children understand they must stay away from open fire or flame.

- For traffic safety and general accident prevention, keep costumes short enough so children won't trip, and light enough in color to make them clearly visible to motorists. Reflector tape on the front and back of the costume gives better visibility

- Make sure that masks have eyeholes large enough for children to see through. Better yet, encourage your children to create their own masks right on their faces with paints and makeup

- Small children should be accompanied by an older person at all times as they make their rounds on Halloween night.

### Sharpen Your Knife and Cut Food Budget

It's not easy to save money at the supermarket, but since food is not something that can be cut from the budget, it's always worth a try.

One idea is to cut up your own meats. First let's take a look at chicken since that is one of the easiest things to cook, but one of the hardest to figure out the most economical way to buy.

Whole chickens are usually about 10 cents a pound less than cut-up parts. Retailers are constantly finding new ways to sell chicken parts so it is hard to



## Lancaster Society 19

Lancaster Society 19 met at the home of Bertha Hottenstein, East Petersburg

Lancaster Extension home economist Doris Thomas

challenged the group to serve well balanced meals to their shrinking households in her talk, Nutrition for People Over 55."

The next meeting will be a Thanksgiving banquet on Nov. 9 at Kreider's Restaurant. The group will sell nuts again for the Thanksgiving and Christmas season.

New officers were elected.

compare values, but generally if you buy a four-pound bird, you will save about 40 cents by cutting it up yourself.

For lunch meats consider buying unsliced bologna or salami. At least the next time it's on sale, compare the price with that of the presliced meats.

A small tavern ham from the meat counter will cost less than the baked ham in the deli department.

There are some very good buys on beef now...and one way to add variety to meals is to buy a larger cut of meat than you usually do and make two or three different meals out of it, rather than one meal with leftovers. Cut a chuck roast, for example, into one roast, several cubes for stewing or into steaks for swissing.

While these ideas will work great for some people, before venturing out...consider how good you are at slicing and whether or not you want to take the time.

Berks County dairy princess Tammy Moll spoke to the women on their need for milk and dairy products.

Berks County home economist Faye Strickler spoke to the group

## Lancaster Society 22

Lancaster Society 22 met Oct. 8 at Willow Valley Restaurant with Jeanette Miller as hostess and Louise Witmer, co-hostess.

The Society is planning a bazaar table at Christmas In October at the Farm and Home Center on Oct. 21

Guest speaker was Richard McMillen, director of the Water Street Rescue Mission. He talked about the work of the mission and gave a slide presentation.

The next meeting will be Nov. 12 at the home of Ruth Kendig

## Berks County Farm Women Convention

Berks County Farm Women held their 34th annual convention recently at the Ag Center

The morning session included group singing, greetings from State Farm Women president Naomi Bupp, and officers' reports.

Berks County dairy princess Tammy Moll spoke to the women on their need for milk and dairy products.

Berks County home economist Faye Strickler spoke to the group

about workshops scheduled at the Ag Center.

The afternoon session included a musical slide presentation by Mrs. Rufus Brubaker, presentation of safety, youth, scrapbook and attendance awards, and a silent auction

Some dates to remember are State Convention, Jan 13, 14, Spring Rally, May 28; Berks Heim Bingo, Nov 14; and the Farm City Banquet, Nov 7 at 6:30 p.m. Reading Motor Inn

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