



Have You Heard?

By Doris Thomas
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Home Economist

Stretch Your Milk Dollars

You can buy milk for your family in many forms - some costing considerably more than others. Price depends on whether milk is fresh, cultured, canned or dried; and whether vitamins and minerals and milk solids have been added.

The size of the milk container, where you buy milk, and whether it is home delivered make a difference in the price of milk, too.

Many families stretch their milk-buying dollars by using nonfat dry milk in place of whole fluid milk in cooking, and to some extent, as a beverage. Mixed with water to make fluid milk, nonfat dry milk costs only about one-half to two-thirds as much as an equal amount of fresh whole milk.

Cheese, ice cream, and other milk products can replace part of the milk you need. To find the best buys in hard cheeses, compare costs to equal weights of the varieties your family prefers. In most cases:

Natural cheeses, particularly those marked aged and sharp, cost more than process cheese.

Grated cheeses cost more than

equal amounts of the same cheese in wedges or sticks.

Cheeses in large boxes and jars and cottage cheese in large cartons cost less per pound than in smaller containers.

Pasteurized process cheese costs more and has more cheese flavor than pasteurized process cheese spread.

Cottage cheese with fruit costs more than regular cottage cheese.

Yogurt, ice cream and ice milk can replace milk in diets, but at added cost. For example, 3/4 cup of ice cream may cost three times as much as the 1/2 cup of fluid milk it replaces.

If There's A Will, There's A Way

You work hard to bring up your children. But, what happens if you die? Who will take care of them? If you've made a will, you've planned who will raise them and be responsible for their financial affairs. If you haven't made a will, the courts will appoint a guardian for you - often the nearest blood relative and not necessarily someone of your choice.

If parents die intestate (without a will), the courts usually appoint a

financial guardian and a personal guardian for the surviving children. A surviving parent or grandparent is often the personal guardian. Another relative or friend is appointed the financial guardian.

When you are considering possible guardians, think about how well their ideals and interests fit yours. Think about their financial situation, and yours. Think about their interest in taking responsibility for your children. Often young parents name their parents as guardians. This can lead to problems as your parents age. Choosing whose brother or sister or what friend would be best is not easy.

When you do decide, discuss it thoroughly with the person. Before they agree, they should have a clear idea of your intentions and your hopes for your children.

None of us plan to die. But, for your children's sake, make plans for their future without you.

Grange toy contest opens

CENTRE HALL - Ronald McDonald Houses throughout the nation will be among the hospitals, medical care facilities, and children's homes that receive toys made for the 10th Annual National Grange Stuffed Toy Contest.

Ten percent of the toys made nationally are pledged to the Ronald Houses, which are family living facilities located near major medical centers where children with serious illnesses are treated. All toys made for this contest are donated to hospitals, children's homes, similar facilities, most of them in local Grange areas.

Entry blanks are available for the 1986 National Grange Stuffed Toy Contest, sponsored locally by Progress Grange. Mrs. Lucille

Dashem of Centre Hall, Pa., Women's Activities Chairman, said the contest is open to both members and non-members of the Grange. Entry blanks, copies of the contest rules and list of awards can be obtained by contacting Mrs. Homan at 364-1258; Mrs. Shawver at 364-9226; Mrs. Grubb at 364-1239; or Mrs. Dashem at 364-1143.

National awards are U.S. Savings Bonds and ribbons. State awards are merchandise from Fairfield Processing Corp., national co-sponsor of the contest, and ribbons. A special award is presented when National Class A and B winners, who are students in home economics courses or other sewing instruction classes, have their teacher sign the entry form.

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Patchwork comforters

(Continued from Page B2)

Plastic similar to what she uses, she says, can be found in department stores in the children's toy section under the name, "Shrinky Dink."

A sharp pencil and scissors are a must when marking and cutting blocks, Jane says. She also advises that a bias block never be put on the outside of a pattern and that seams of patches be butted to the left and right of each other.

Concerning marketing of her goods, Jane prefers selling on consignment to local stores and attending craft shows to selling from her home. By doing this, she explains, she doesn't have to be home at certain hours.

One of the things a newcomer must learn, according to Jane, is

which shows to attend. She recommends striving to associate with quality craft people and advises against exhibiting crafts at flea markets. Additionally, she says, a serious craftsman should maintain her price. Regardless of differing commissions paid by the craftsman, the price should remain the same within a very large locale. There should not be differing prices for the same item in neighboring stores, she says, or even in neighboring towns.

Lastly, Jane counsels newcomers to attach a business card to each piece of merchandise and to keep an attractive booth. She says a craftsman has only 10 to 20 seconds to catch the attention of a passerby with her wares.

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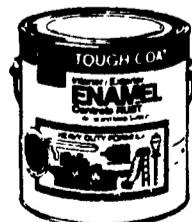
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