



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Prevent Pet Poisoning

Thousands of pets die every year from accidental poisoning. Your home may look safe to you, but you don't go around exploring it with your nose and mouth.

Pets, particularly kittens and puppies, will taste whatever is within reach, especially when they are left alone and are bored. Pets will also lick their paws after having walked through sprayed or wet areas.

The following are common poisoners: plants, antifreeze, oil, lubricants, fuel, tar, paints, cleansers, bleaches, polishes, fertilizers, insecticides, rodent poisons, solvents, glue, photographic chemicals, and medicines.

Antifreeze causes many pet poisonings because we drain it out of the car into a shallow pan on the ground. Cats and dogs may drink it because of the sweet flavor. Or they may walk through it and lick their paws.

Toilet bowls with fresheners in them can also be dangerous. Protect your pets by keeping

dangerous chemicals out of the path of your pets.

If you suspect your pet has ingested poison, save any vomited material and take the animal to your veterinarian immediately. Keep your pet warm by wrapping it in a blanket, and keep its head lowered. If the poison is a corrosive acid or alkaline, such as many household disinfectants, or a petroleum product, do not induce vomiting.

How To Raise a Child Without Going Broke

Young families want the best life can offer their children, but this takes money. Lots of money. On the average, children born this year will cost their parents well over \$125,000 before they reach 18 years of age. But there are many ways to give children rewarding experiences without going broke.

Here are a few points to consider:

1. Have a healthy attitude about money; encourage ways of learning, enjoying people and doing activities without it. Reinforce this attitude by doing things together

that do not cost money. Read together in the evenings. Take walks on weekends. Go on special outings to the park or museum. Encourage games that involve creative play rather than those that rely on Cabbage Patch dolls or Transformer robots.

2. Talk about money in such a way that reinforces family values. For example, discuss giving money to your church. Make a group decision to buy a used car or a less expensive television. Plan a toy-exchange with friends.

3. Teach children how to spend family money wisely, and keep in mind the family's needs. Take your children to the supermarket and let them help you buy groceries. Children often enjoy reading cereal box labels, so teach them how to read the ingredients lists and compare prices.

4. Help your children resist the temptations of television advertising, flashy labels, gimmicks, and peer pressure. Encourage healthy skepticism about what they watch on TV and see in the stores. Help them feel good about themselves, so that owning the latest toy is not essential for self-esteem.

5. Encourage your children to be innovative. Homemade play dough costs pennies to make, and feels just as good between the fingers as the expensive stuff. Cardboard boxes, safe kitchen utensils, old

clothes, and many other household items make play things that can entertain for hours.

6. Take advantage of free goods and services. Your tax dollars pay

for community resources such as parks, playgrounds, and libraries. These are available to all families.

You really do not have to spend a lot of money to enjoy life.

Cumberland County Seeks Wool Queen

CARLISLE — The Cumberland Cooperative Sheep and Wool Growers are seeking candidates to represent them in the Pennsylvania Lamb and Wool Queen Contest, which will be held in conjunction with the Keystone International Livestock Exposition.

To be eligible, a candidate must have reached her 17th birthday by October 1, 1987 and not have reached her 23rd birthday by then. She must be a Pennsylvania resident who is either from a family which raises sheep or who is a 4-H or FFA member carrying the sheep project in the state during 1987.

Each contestant in the state contest will be sponsored by her local county or area sheep association or wool pool.

A candidate must be in good health, never married and must agree not to marry until her reign as queen is completed. If a young woman is selected to represent the Cumberland Cooperative Sheep and Wool Growers and is elected Pennsylvania Lamb and Wool Queen, she must agree to

represent the State Association at the Governor's Preview Show at the 1988 Farm Show.

If under age, the candidate must have her parents' written consent to enter the contest.

For an entry blank contact Donna Duncan, 49 "E" Street, Carlisle, Pa. 17013; phone: 717-243-8069. All entries must be received by August 1, 1987.

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Brighten rainy day blues with grilled cheese sandwiches, trying Swiss or Ceddar, Blue, Brie or Brick. Serve with steaming mugs of soup and cold glasses of milk, adding fresh fruit for dessert. It's a hearty, healthy picnic that leaves no room for gloom.

X X X

If your refrigerator cheese drawer yields a supply of leftover cheeses too small to serve as is, think twice about discarding them. Instead, dice or grate the remnants to add to soups, sauces, or sprinkle over omelets. Mix or match at will.

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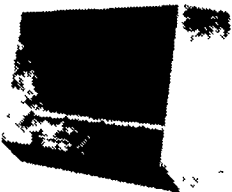
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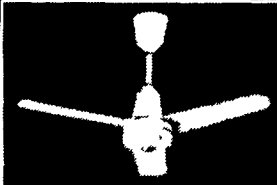
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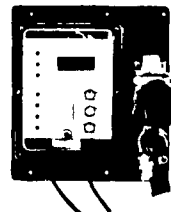
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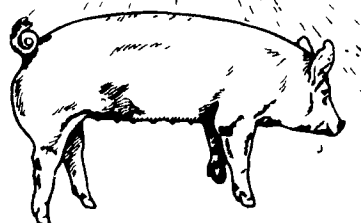
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