

Timely Tips for Women

by Doris W. Thomas

Avocado Is Ancient Fruit

Not too long ago, avocados were considered a rather exotic fruit. But not any more! The popularity and the availability of avocados have made this fruit a popular one. And no wonder; the avocado is a very versatile food that you can use in many ways.

The name "avocado" goes directly back to an Aztec word for the fruit. The Spanish altered the pronunciation of the word. And our word "avocado" is our adaption of the Spanish word.

The first avocados were planted in the United States in 1848 in California. Today, avocado orchards stretch from California to Florida.

If avocados are new to you—or you're looking for different ways to serve them—here are some suggestions. An avocado sandwich is attractive, filling and good tasting. Add cubes of avocado to soup. Try cream of avocado soup for a delicate first course. The fruit also goes well in almost every salad. Some people enjoy the avocado just thinly sliced with a sprinkling of salt and pepper and lemon juice. And when serving cold fish or meat, avocados make an excellent accompaniment.

If you are looking for something different to serve your family—join the many people who are enjoying avocados.

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Keep Family Records

Every family accumulates important records and papers but storing them in a safe & easy-to-get-to place is often a problem. Easy replacing records and easy-to-find storage should help you decide where to store your records.

It's important to keep a negotiable records or those that are difficult to replace is a wise idea. You can keep records that are not as difficult to replace and those that you need to refer to more often in a home file.

It's important to keep a record of the items filed both in your safe deposit box and at home. Then file lists in both places. When you need the papers you'll be able to locate them easily.

You must keep some personal records a lifetime. They include adoption papers, birth certificate, baptismal or christening records, citizenship papers, divorce papers, military records, passports, social security numbers & school records. Because you need these records infrequently, and because of time and effort needed to replace them, store them in a safe deposit box. You can keep personal records, such as employment and health records in your home file to make it easier to keep them up to date.

Family insurance policies also require safe and convenient storage. You may have a number of different policies for various types of coverage—life, accident, health, hospitalization, homeowners, property, personal liability and automobile. You may need policies when your safe deposit box isn't accessible, so

you can keep them in your home file. But it's a good idea to keep a record of insurance policies in the safe deposit box. The record should show type of insurance, amount, policy number, insuring company, agent's name and address.

Include property records in your overall plan of record-keeping. If you own real estate, your home file should contain a description of the property, location, date of purchase, price, and date and place of deed is recorded. Papers that may be difficult to replace—deed, certificate of title, mortgage papers—should be kept in the safe deposit box.

Keep the title to your automobile in the safe deposit box with a copy of the information in your home file. Since you carry your driver's license with you a record of the number filed with your papers will make replacing it easier. It is also wise to keep a record of your current license plates.

Few homemakers take time to prepare a household inventory. But this could prove invaluable in case of a fire or other disaster. Keep one copy in your home files and another somewhere outside the home. Good family record keeping will help the organization of your family's business.

This year also marks the 50th Anniversary of the National 4-H Service Committee which coordinates the national event and arranges and announces the 4-H awards programs.

TUESDAY, JANUARY 25, 1972

HEAVY WINTER COATS NOT ALWAYS WARMEST

Heavy winter coats are not always warm. Extension clothing specialist at Penn State says that the weight of a coat does not really tell how warm it will be. The fiber content is the true clue to finding a warm coat.

Wool is the warmest fiber you can buy. Reprocessed wool is often used in boy's winter coats. That is, wool that was made into fabric but never used. So it is broken down again and re woven. This means the fabric has a rougher texture, but it is just as warm as original wool fabric. One hundred per cent wool may be expensive, and it must be dry cleaned. These are two drawbacks to buying wool.

Acrylic fibers are next to wool in warmness. Sometimes it is woven and looks very

much like wool. It may also be a pile. Modacrylic, as a pile fabric is also warm.

The clothing specialists say sometimes a coat or jacket may look warm, but it won't be. Fibers that may look warm but really aren't, include cotton, polyester and nylon. For example, a cotton corduroy jacket with a bulky polyester pile lining will not be as warm as it may look.

Let the fiber content on the label be your guide when selecting a warm winter coat. Then check to see how the coat is made. Will cold air come up the sleeves or are there knit cuffs to stop it? Is it open at the neck so air can get in there? A really warm coat should keep out the air on even the coldest day, explain the clothing specialists.

Gratitude is the most exquisite form of courtesy.

MRS. TAYLOR

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