

Homemakers' Reflections

By Donella Pantel, County Extension Agent

Meal Planning With "Home-Cooked" Feeling

Does employment of a wife mean the family must eat a lot more TV dinners - or buy shelves full of fast preparation equipment? Most people seem to have these mistaken ideas.

It doesn't have to be that way. In fact, several consumer surveys show that there are really few differences in the way homemakers - employed and at-home - handle meal-management.

Whether you're employed outside the home or not, these meal-planning ideas can help ensure nutritious family meals in the face of today's hurried lifestyle.

Before you shop, make a long-range plan for meals. This will mean considering several important factors such as built-in nutritional balance, sticking to a budget you can live with, thinking about the "where" and "when" your family eats various meals, and making allowances for special diets, such as low-calorie ones.

Then to make the plan really workable, add some time-saving items and steps to your plan, and finally be sure to think "Plan Ahead."

Built-In Balance

In planning meals and snacks for your family, you'll want to ensure that meals are balanced - that is, planned according to the family members' nutrient needs.

Use the Basic Food Groups in planning, and include the number of recommended servings for each member.

Stick With Budget.

Stay within your budget. This is especially important in these inflationary times.

Consider the foods you

have available, such as fresh vegetables from the garden or those you canned in the spring.

Check newspapers, television and several stores for advertised specials.

Make an inventory of foods on hand based on your menu. Plan to shop for a week or two at a time - not every other day. Frequent trips to the store waste time and cause impulse buying.

Plan-Ahead Promises

No one can promise perfect meals, but planning ahead "almost" has some sure-fire promises.

Careful planning, knowing the nutrient needs of family members and the nutritional value of foods you buy - along with careful meal preparation and serving, can help ensure balanced meals and snacks for your family.

The better organized you become in this area, the more pleasant the whole process will be - and the more free time you'll have to enjoy your family and other activities.

Travel Tour Club Meeting

Slated Nov. 12

Residents of this area are being offered a unique opportunity to join a newly organized travel club which offers escorted tours and cruises at special benefits to club members. Several interested local residents have been working toward organization of the club for some time and it is now a reality.

More information is available by calling 342-2462 or planning to attend the next meeting to be held at Seewald's Travel on November 12th at 7:00 p.m. At that meeting a cruise ship will also be presented.

As space is limited, please call for reservations.

Chrysler Returns To Wharton



Bernard Svatek, partner with Don Elliott, signs the ribbon marking the official opening of the Elliott-Svatek Chrysler Motors of Wharton located at 606 N. Richmond Rd. Kaye Elliott, standing in for her husband who was away on business, assists. Others holding the ribbon Tuesday, Oct. 27th, while employees and members of the Wharton Chamber of Commerce and Agriculture gather in the background. (left to right) Bowden Atherton, Frank Renaud, the firm's sales representative, and Sam Harrell. Both Mr. Harrell and Mr. Atherton are members of the chamber's Membership Committee. Photo by Michael Morgan. Advt.

Chamber of Commerce and Agriculture gather in the background. (left to right) Bowden Atherton, Frank Renaud, the firm's sales representative, and Sam Harrell. Both Mr. Harrell and Mr. Atherton are members of the chamber's Membership Committee. Photo by Michael Morgan. Advt.

Elliott-Svatek
MOTORCARS OF WHARTON

606 N. Richmond Rd.
Wharton, Texas 77466

Get This Ad Out Of Your Paper And Bring It Into My Office And I Will Fill Your Gas Tank On The Next New Or Used Car That You Buy From Me At Our Dealership. (Offer Expires 11-30-81)

CAN LIVE WITH

SAVE NOW

Frank P. Renaud
Sales Representative

Bus: 713/532-0851
Bus: 713/532-0852

Rutledge Says Chemical Rotation Needed For Corn

Ralph Rutledge, a major corn grower of Eagle Lake, suspects that some insects that damage corn are becoming resistant to traditional chemicals. But he says he has found rotating chemicals can help.

This year Rutledge used Lorsban 15G, a granular formulation relatively new in this area, on a field where both rootworms and cutworms gave him trouble in 1980 and it knocked the insects out, he said.

"Last year we had real problems with rootworms in that particular field," Rutledge adds. "In 1981 with Lorsban on it, everything grew off real good. I kept checking for root damage like that we kept getting in some other fields with other chemicals. It didn't show up."

Rutledge had 6,600 acres in corn this year. Some of his acreage has been in corn continuously for 15 years with yields holding up well.

"But we are observing that some of these insects seem to be resistant to some of our chemicals," Rutledge says. "That is one reason we started rotating chemicals. We hope to break the resistance."

I have been using one product (Purdan) at about 10 pounds per acre and we've still seen root damage. We stepped this up to 12 pounds, then up to 14 pounds per acre and we're still finding the damage."

South Texas corn growers get both rootworm and cutworm protection by rigging insecticide boxes to drop three pounds per acre of Lorsban 15G into the furrow with the seed and an additional four pounds in a seven inch band on the surface ahead of or just behind the planter press wheel.

The insecticide next to the seed gets wintering rootworms while the banded Lorsban protects against cutworms.

Knowing your fertilizer needs for the 1982 season may be particularly helpful this fall for several reasons. First, you may want to make arrangements or contract for your fertilizer supplies as soon as possible since prices will likely go up in the months ahead. Fertilizer prices are expected to gradually increase due to energy, transportation and other production cost increases.

You can also reduce your 1981 taxable income by purchasing next year's fertilizer before the end of the year. Due to the likelihood of higher costs, advance buying of fertilizer could be a wise move. This is particularly true if each is available so that high interest rates for borrowed money can be avoided.

In addition to these reasons for fall soil testing, another plus is that fall is usually a better time to take soil samples due to more favorable weather conditions. And fall soil testing beats the spring rush.

We suggest coming by the County Extension office to pick up soil test cartons along with instruction and information sheets.

Since each field should be sampled every two or three years, make certain you are "up to date" on your sampling procedure. Also, when you receive your soil test results compare them to the last

meeting to be held at Seewald's Travel on November 12th at 7:00 p.m. At that meeting a cruise ship will also be presented.

As space is limited, please call for reservations.

Results from the same field to see if any changes in fertilizer needs have taken place. Soil test results provide available records.

Now Is Time To Plant Bluebonnet Seed

If you want to duplicate last Spring's pagentry of Bluebonnets in your own home, now is the time to plant the seed.

Carroll Abbott, the state's only full-time wildflower seed and plant collector, says Bluebonnets are among the easiest of all wildflowers to grow - but only if you follow a few simple instructions.

Bluebonnet seeds look like tiny pieces of gravel and range in color from slate-gray to green, yellow, pink, red and orange. The seeds are coated with a lacquer-like substance which must be scratched or softened by soaking in baby-bottle warm water for two or three days, changing the water daily to avoid an unpleasant odor.

The soaked seed should then be covered with a fourth to a half-inch of soil. The seed bed should be firmed up by rolling it or gently walking on it. Water well.

Abbott says Bluebonnet seeds by the package, pound or ton.

His smallest package - \$2.98, including tax and postage - contains 1,000 seeds and is enough to blanket 200 square feet in solid blue. He also offers 5,000 seeds for \$4.95 and 10,000 seeds for \$13.95. He can be contacted at Green Horizons, 500 Thompson Drive, Kerrville, TX 78028. He sends complete, illustrated instructions with each order.

Best pecans, they point out. Pecan entries will be due Nov. 30 at the Extension office in either county.

Pecans must be from the 1981 crop, produced in Colorado or Fayette County, and must consist of 50 pecans for improved varieties and a minimum of one pound for natives.

Each participant may exhibit an entry in each variety class and may enter any number of natives. Natives should be fairly good-sized and not mixed.

Pecans shown will become the property of the show, and winning entries will receive plaques and ribbons.

Time to Pick Entries for Pecan Show

If you live in Colorado or Fayette County and own at least one pecan tree, you are eligible to enter the 1981 Fayette-Colorado County Pecan Show scheduled for Dec. 1 and 2 at Nada.

And if you plan to enter, now is the time to select your pecans, says the Extension Service agents. Selecting pecans at harvest eliminates mixed samples and affords an opportunity to set aside the

County Agent's NOTEBOOK

(By Leroy J. Hajdik, County Extension Agent, Colorado County)

Prepare Now For Spring Fertilizer Needs

Once this year's crops are harvested, you can get a jump on the next season by getting your soil tested and then arranging for your 1982 fertilizer needs. Soil testing is one of the wisest moves a farmer can make. It provides a "blueprint" for fertilization practices for the coming season's crops.

Knowing your fertilizer needs for the 1982 season may be particularly helpful this fall for several reasons. First, you may want to make arrangements or contract for your fertilizer supplies as soon as possible since prices will likely go up in the months ahead. Fertilizer prices are expected to gradually increase due to energy, transportation and other production cost increases.

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Grapefruit & Oranges

The Colorado County Farm Bureau will be offering Texas Ruby Red Grapefruit and Oranges direct from the Valley to the Farm Bureau members.

Grapefruit (40 lb. box) ... \$9.15 ea.
Oranges (40 lb. box) ... \$9.60 ea.

Orders and payment are being received at the county Farm Bureau office in Columbus, October 5, 1981 to November 6, 1981, deadline being 5:00 P.M. November 6th.

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