This document lists a total of 141 family and consumer science (home economics) references that were gleaned from popular press periodicals dating from December 1, 1994, to December 15, 1995. The references are organized by the following categories: child development, consumerism, grooming and clothing care, home environment, personal relationships, presentations, recycling, foods and nutrition, textiles and clothing, and miscellaneous. Among the periodicals represented are magazines devoted to children's crafts, adult crafts, homemaking, family life, child care/parenting, consumer education, teenage life, home decorating, diabetes, creative classroom techniques, sewing, cooking, quilting, and parenting. The articles cited range from crossword puzzles to instructions for completing specific projects/recipes to specific guidelines for purchasing specific products to general guidelines on consumer-related topics and parenting-related topics such as cultural enrichment and building self-esteem. (MN)
The following references were gleaned from the popular press periodicals dating from December 1, 1994 to December 15, 1995. This list was developed for PENpages by Jan Scholl, Associate Professor at Penn State University, University Park through the assistance of PA Cooperative Extension offices. We hope you will find this list useful to you.

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### Child Development


Consumerism, Entrepreneurship


2. Nathan, A. Buy the stuff you love without getting ripped off. CHOICES, October 1995, 8-10, 12-15.


Grooming and Clothing Care


Home Environment

1. A to Z cleaning guide. FAMILY CIRCLE, 9/1/95, 122.


3. Bednar, N. A tisket, a tasket...a gussied-up basket, SERGER UPDATE, April 1995, 4-5. Liners for baskets.


9. Fancy frames. WEEKEND CRAFTS, Vol. 5 No. 1, 36-7, 81-84.


Personal Relationships

5. When you lose your cool: Is the way you handle anger hurting or helping you? AMERICAN GIRL, July/August 1995, 24-25. Quiz.

Presentations

1. Killion, B. All butterflies are not beautiful. HOPSCOTCH, August/September 1995, 38. Poem to deal with stomach butterflies.

Recycling

4. Finger puppet gang. FAMILY FUN, Summer issue, 38.
11. (Jeans) pocket purses. FAMILY FUN, Summer issue, 34.
12. Make forever flowers. WOMAN'S DAY, 3/14/95, 36. A cut and glue project that works with fibers and buttons.
A project that will help youth get the feel of fabrics!


14. Old maid's puzzle. MCCALLS QUILTING, September 1995 56-58. Recipe for an old fashioned tied wool quilt


Foods and Nutrition

1. Adding to the mix. CREATIVE CLASSROOM, August 1995, Center section, 3. Make soup and learn about cultural diversity at the same time.


11. Bertrand, L. Our reader's best birthday parties. PARENTS, January
1996, 63-73.


15. Brett, J. All about chocolate. FAMILY CIRCLE, 11/21/95, 162. A fun page with definitions, ideas and tips.


20. Classroom cooks become home cooks. FAMILY AND CONSUMER SCIENCES TODAY (newsletter), 10(2), November 1995, 2.


27. Dell'aria, N. Surviving the supermarket. WOMAN'S DAY, 3/14/95, 146. Basic supermarket tips.


30. Erickson, L. Bridging the generation gap. WHAT'S NEW IN HOME ECONOMICS, January/February 1995, 14-15.

32. Ellenburg, R. Fun's poppin' in science. LEARNING, April/May 1995, 52.


36. Four decorative edges for pies. FAMILY CIRCLE, 11/21/95, 137.


40. Garrard, C. How to sharpen a knife. WOMAN'S DAY, 11/21/95, 23.


42. Gee, Denise. These cookies take the cake. SOUTHERN LIVING, October 1995, 226.

43. Gefland, C. Learning how good food choices fuel the body. KIDSCIENCE, Jan/Feb/Mar 1994, 1-12. Part of an entire issue of cooking hints, snack suggestions, digestive system charts, recipes for cooking with solar heat, resources, and more.

44. Goldys, P. & Justice, D. Mission nutrition! LEARNING, Jan/Feb 1995, 41. Five fun activities to encourage youth the learn to prepare healthy foods.

45. Good food...good friends...good fun! KANSAS 4-H JOURNAL, June 1995, 6-7. Model program for foods and nutrition.

46. Grieco-K. T. Six minute sloppies. WOMAN'S DAY, 3/14/95, 150. Four "international" recipes for sloppy joes, plus tips for handling ground beef.

47. Grieco-K. T. Survival suppers. WOMAN'S DAY, 11/21/95, 150. Sixteen easy to fix meals.


51. How to cook pasta to perfection. FINE COOKING, September 1995, 78.

52. Hurst, A. Pantry shape-up. SOUTHERN LIVING, August 1995, 156-159. Pantry stock-ups to create fast meals.


65. LaGrone, C. The coolest hot cakes ever. COOKING LIGHT, October 1995, 118, 122-123.


70. Little helping hands. REDBOOK, January 1995, 131. Report of study of 1,000 children 8-12 years old and how they help with meals.

71. (Low fat taco salad bowl). SUNSET, August 1995, 119-120.

73. Luckey, C. Make a temporary cooler. Woman'S Day, 9/1/95, 22.


78. Making rolls the foolproof way. Family Circle, 11/21/95, 140.


81. Microwaves to the rescue. Woman'S Day, 11/21/95, 184. Speed up recipe preparation using the microwave.


83. McWilliams, M. Dressed for dinner. Southern Living, August 1995, 134-136. Table setting tips and ideas.


85. No baking required. Woman'S Day 9/1/95, 124, 129. No-bake cookies.


90. Pie in our face. Southern Living, September 1995, 212.

91. Pizza pizazz. Cooking Light, October 1995, 6b-73. 72, 74. At first glance, this article has a lot of exotic ingredients, but it also has good ideas for pizza combinations and a variety of dough recipes.
92. Pomice, E. When kids hate their bodies. REDBOOK, April 1995, 182, 184-5.


94. Purdy, S. (Food) gits from the kitchen. FAMILY FUN, December 1995, 118-121, 124, 126, 198.

95. Pyramid power. GOOD-NEWS-LETTER, July/August 1995, 3. Puzzle to help youth remember where foods are in the pyramid.

96. Ragone, R. Naturally sweet. FAMILY CIRCLE, 2/21/95, 90, 116. Ideas and recipes for cutting fat with fruit purees.

97. Ragone, R. All about rice. FAMILY CIRCLE, June 6, 1995, 96, 98.

98. Rise and shine. COOKING LIGHT, June 1995, 123, 125. Low fat muffins, breads and scones with interesting ingredient combinations.


101. Schloss, A. Quick dessert ideas with angel food cake. FAMILY CIRCLE, 5/16/95, 118. Quick and fun ideas for youngsters.

102. Schroeder, L. Pancake stir-ins. In "Go with the Grain". FAST AND HEALTHY, March/April 1995, 67. Also includes topping ideas.

103. Shahin, J. Kings of the kitchen. PARENTS, December 1995, 125-6. Father and son tackle kitchen cooking and chores.

104. Share the bounty. FAMILY CIRCLE CHRISTMAS HELPS, 95, 22-23. (continued on 54-57). Family prepared meals with hints on what kids can do to help.


107. Simple recipe makeovers (substitutions), WOMAN'S DAY, 11/21/95, 120.


111. Starch search. COOKING LIGHT, January/February 1995, 102, 104,
105. Low-fat versions of 5 different breads!

112. Stevens, M. Keeping food flavorful and safe during freezing. FINE COOKING, October/November 1995, 80.

   Easy dips with few ingredients.


   Hippo Rolls and Tin Can Ice Cream.

120. Today's pressure cookers work quickly--and safely. FINE COOKING, October/November 1995, 18, 20.

121. Toddler munchies. PARENTS, January 1996, 115-6, 118.
   Recipes for young children that an older child can make and enjoy.

122. Totally awesome (cake) desserts. FAMILY CIRCLE, 7/18/95, 102-104.
   Decorated pound cakes result from contest.

   A rap that brings out information about consumer advertising.


125. Very banana bread. FAMILY FUN, Holiday 1995, 139-140.

126. What's new in thread and scissors. WHAT'S NEW IN HOME ECONOMICS, January/February 1995, 40.

127. Where in the world do you find dry beans? THE BEAN BAG (newsletter), Spring 1995, 2. An interesting exercise of matching each ethnic food and location where they are grown to a description of the beans which are their key ingredient.

   Recipes for granola bars, muffins and no-bake cookie balls.

   Hot beverages for kids to make.


131. Yamarone, R. Kid pleasers. FAMILY CIRCLE, June 6, 1995, 92, 94.


5. Bandanna bonanza. WEEKEND CRAFTS, Vol. 5 No. 1, 32-33, 77-79. Easy to make pillows from bandannas.


22. Blooming touches. FAMILY CIRCLE, 12/19/95, 63. Fashion roses.
27. Calling all (kid) chefs. CREATIVE KIDS, May/June 1995, 26-27.
   (Also see the pizza maze on page 29.)
   A young girl talks about her quilting hobby.
   Learn the basics of weaving while making a pin to wear!
   A poem, a story, care instructions, and illustrated steps
   for making a wool yarn and wool products.
   A really cute story and limerick about how bodkins can be used.
   Embellishments. Using scarves to make a patchwork muffler. Ideas to
   apply to various projects.
35. Critter clothes, PACK-O-FUN, June 1995, 26-27. (Decorate shirts!)
36. Crosthwaite, M. How to read a pattern. THE SEWING ROOM, April
   1995, 8-11.
   Types of snaps and how-to apply them.
   Make an educational theater and puppets!
   Basic serging techniques to create a sampler.
    Interfacing tips, types and tests!
42. Dunn, S. Designing thought and action. LEARNING, August 1995,
    52-3. Integrate language, math, science and the arts while
    children investigate design and create. Puppets and other ideas.
43. Estes, E. The hundred dresses. AMERICAN GIRL, May/June 1995, 34-41. (From the book by the same name. Story teaches celebration of different types and backgrounds of people.)


49. Franklin, L. Puttin' on the glitz sunglasses. MICHAELS ARTS AND CRAFTS, 75.

50. General Techniques. SEWING DECOR. August 1995, 53-55. Illustrated techniques including creating continuous bias (excellent chart with amount created based on width of fabric and cut with of bias), mitered corners, perfect pillow corners, and welting edges.

51. Ghost, A. Know your knits. SEWING UPDATE, June/July 1994, 4-5. Pictures a variety of knits used in garments and explains knit construction in an easy-to-read format.


54. Giordano, J. An apron for all seasons. THREADS, January 1996, 60-62. A really useful apron that can be used so many ways!

55. Good things: Buttons. MARTHA STEWART'S LIVING, February 1995, 32. Rings, tacks and boards--things to make with buttons!

56. Gosch, A. Warm up to recycled remnants. SEWING UPDATE, September/October 1995, 7. (Pieced scr.r).


60. Hart, L. Two hats in one. THE SEWING ROOM, April 1995, 14-17. A nine-year old girl makes a reversible hat from a simple pattern.


63. Heat Raves. SERGER UPDATE, June 1995, 7. Directions for making one of those smancy heat wraps that conform to the neck, arms, etc. The wraps are made from tube socks and heated in the microwave.

64. Hegdahl, T. Breakfast mat, CRAFTING WITH KIDS, Summer 1995, 9. Place setting on placemat.


68. Inverso, T. Quick to make (felt projects). THREADS, Nov 1995, 76.


77. No body's perfect. FAMILY CIRCLE, February 1, 1995, 86-91.

78. Overhaul your overalls. FAMILY FUN, September 1995, 32.


80. Porch pleasures. FAMILY CIRCLE, 5/16/95, 106-107, 139. Bandanna projects; chairpads from jeans.


82. Quick to make. THREADS, November 1995, 76. Felt projects.

83. Raasch, L. Button art. SEWING UPDATE. May-June 1995, 4-5.
Designer ways of sewing on a button!


89. Roehr, M. Reviving tired waistbands. THREADS, October/November 1995, 49-51.


100. Seven easy (wardrobe) pieces. REDBOOK, January 1995, 78, 80.

101. Seven Fast-Fixes For Last Minute (grooming) Disasters. WOMAN'S DAY, 11/21/95, 67.


107. Simple craft projects. WHAT'S NEW IN HOME ECONOMICS, March/April 1995, 10.
112. Speedy organizers to serge. SERGER UPDATE, August 1995, 4-5.
114. Splatter shirts and tie-dye socks. FAMILY FUN, Summer issue, 36.
116. Stitcher's (socks) and stocking. MICHAEL'S CHRISTMAS CRAFT PREVIEW, 74-75. Embellish socks!
120. Sweatshirt update--serger spiff-ups! SERGER UPDATE, October 1995, 4-5.
121. Tabasco tote. MICHAEL'S ARTS AND CRAFTS, February 1995, 12. Use old jeans pockets and belt loops and a bean soup mix to create a product to sell.
123. Teach yourself to serge-better. SERGER UPDATE, February 1995, 4-5.


132. What's that smell? And other questions about nail polish. ZILLIONS, April/May 1995, 18-19.

133. Wheatley, F. My brother's keeper. FAMILY CIRCLE, 11/21/95, 15-16. Learn how one woman makes quilts for the homeless and how you can donate scraps.


Miscellaneous


2. Sturm, C. Hop on! It's easy to cruise the Internet. LEARNING, March 1995, 82-84.