

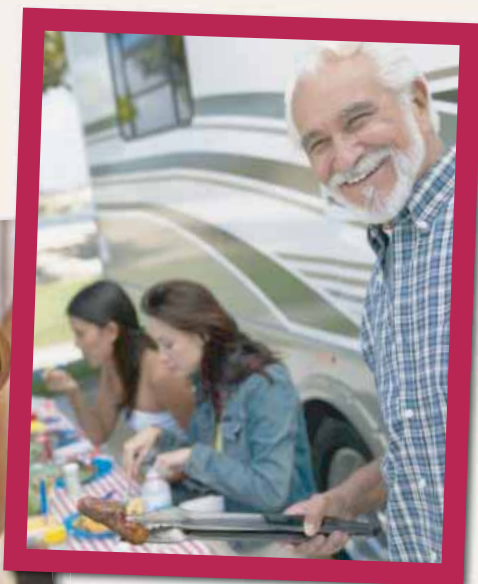
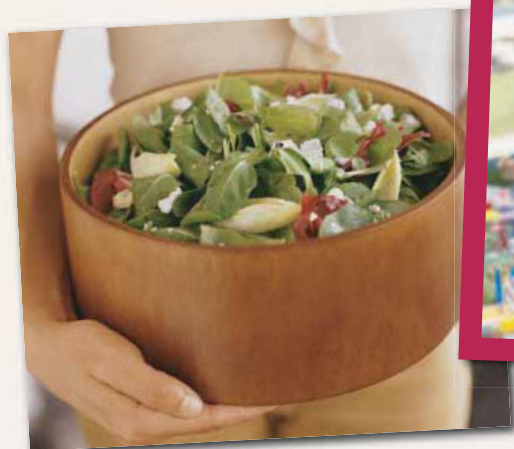
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ENTER THE
RECIPE MAKEOVER
CONTEST
TO WIN SCHWINN
BICYCLES FOR YOUR
ENTIRE FAMILY!

Celebrate 2 things you love

food & family

Make your own family recipe scrapbook filled with favorite events!



* Scrapbooking tips

* Healthy cooking tips from the Better Homes & Gardens Test Kitchen

* Personalize an interactive calendar at bhg.com/foodandfamily

ADVERTISEMENT

Turn your favorite **food** into healthier meals

Stir the pot!

Love Aunt Louise's lasagna, but don't think it's healthy enough? By simply switching to low-fat options and lean meats, the fat content in this recipe was reduced by 49% and the cholesterol level was reduced approximately 42%. For more healthy recipe makeovers, visit bhg.com/foodandfamily.

Aunt Louise's Lasagna

Original

Same

Healthy

12 ounces bulk Italian or pork sausage or ground beef

8 ounces 95% lean ground beef

1 cup chopped onion (large)
2 cloves garlic, minced

26-ounce jar pasta sauce

3 8-ounce cans no-salt-added tomato sauce plus 2 teaspoons dried Italian seasoning

6 no-boil lasagna noodles

1 egg, slightly beaten

1 egg white, slightly beaten

1 15-ounce container whole-milk ricotta cheese

1 15-ounce container part-skim-milk ricotta cheese

1/4 cup grated Parmesan cheese

6 ounces shredded whole-milk mozzarella cheese

6 ounces shredded part-skim-milk mozzarella cheese

Grated Parmesan cheese (optional)

CUT OUT THESE TIPS AND ADD THEM TO YOUR FAMILY RECIPE SCRAPBOOK. 

Lighten up!

Tips from the Better Homes & Gardens Test Kitchen

- **USE LESS OIL**—try non stick cookware or cooking spray
- **MINIMIZE FAT**—choose lean meats and low-fat dairy products
- **READ NUTRITION LABELS**—avoid foods high in saturated fats

- **CHOOSE OILS HIGH IN UNSATURATED FATS**—use canola oil, olive oil, soybean oil, peanut oil, and safflower oil
- **BAKE WITH EGG WHITES**—they have no cholesterol and can usually be substituted for whole eggs (Two egg whites equal 1 whole egg)
- **EAT MORE FISH**—it's high in protein, lower in saturated fats and loaded with omega 3 fatty acids

- **ADD FLAVOR**—cook vegetables and grains in broth or stocks
- **BROIL OR GRILL**—brown your meats without adding fat
- **SERVE FLAVORFUL SALSAS OR CHUTNEYS WITH MEATS**—they are an alternative to sour cream or rich buttery sauces

Capture the best of your family moments to share

Snap to it!

Photo tips

- * Set The Stage—take a shot of the room, the table, the setting
- * Make Eye Contact—smiles or not, the eyes can establish the mood
- * Plan The Background—show summer flowers, a new house, a river view
- * Flash Indoors Or Out—get rid of the shadows
- * Get In Close—remember, it's about the people
- * Off Center Is OK—be creative and don't center every shot
- * Stay In Focus—be ready to go when your subjects are
- * Turn It Around—mix it up with some vertical shots
- * Get In The Picture—it's fun to use the self-timer

Visit bhg.com/foodandfamily for more tips on photographing your special family event.

Stick to it!

Scrapbooking tips

Organize your thoughts by organizing your time and materials.

- * Schedule a specific time to work and keep the date
- * Create your own scrapbooking area
- * Keep all supplies and materials in one box or bag
- * Check out the local craft or office supply store for storage options

Having the right tools makes the project go more smoothly.

- * Keep a complete set of archival paper, adhesives, scissors, background sheets, permanent markers and other essentials on hand
- * Look for our complete list of essential supplies on bhg.com/foodandfamily

Needs work ↘



Good photo! ↙



Look for mementos all around you.

- * Save everything that might be used in a page layout
- * Children's drawings, a party invite or a piece of wrapping paper could be useful
- * Use decorative-edged scissors to make things stand out

Recreate the mood.

- * Write out the menu – and name the cooks responsible for each course
- * Take a picture of a complete place setting at the table – and recreate it for your page

For more scrapbook tips check out bhg.com/foodandfamily.



Enter to Win the Recipe Makeover Contest

Visit bhg.com/foodandfamily and celebrate 2 things you love!

Turn your family's favorite recipe into a more healthy one. Send us your original and revised recipe and you may win **Schwinn bicycles for your entire family**. For complete contest rules and prize descriptions, visit bhg.com/foodandfamily.



Picture perfect

Learn how to make the most of your cherished photos and mementos by turning them into a family recipe scrapbook to be treasured for generations. Check out the collection of e-clips designed especially for your family recipe scrapbook at bhg.com/foodandfamily.

Create your own custom calendar

Keep everyone in your family on track—and healthy! The 12-month interactive calendar features a healthy recipe each month. You can personalize the pages with your own family pictures. Then email your calendar to family members and friends. Check out this great organizational tool at bhg.com/foodandfamily.

Summer Berry Ginger Shortcakes

Ingredients:

- 3 cups fresh blueberries, raspberries, blackberries, and/or sliced strawberries
- 2 tablespoons granulated sugar (optional)
- 2 tablespoons finely chopped crystalline ginger
- 1 1/2 cups all-purpose flour
- 4 tablespoons granulated sugar
- 2 tablespoons baking powder
- 1/4 teaspoon baking soda
- 3 tablespoons butter
- 1/2 cup buttermilk
- 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg
- Nonstick cooking spray
- 1/2 of an 8-ounce container frozen light whipped dessert topping, thawed
- 1/4 cup fat-free or light dairy sour cream
- Softened powdered sugar (optional)

Directions:

1. In a small bowl, combine berries, the 2 tablespoons granulated sugar (if desired), and the crystalline ginger (if used).
2. Preheat oven to 375°F. For shortcakes, in a medium bowl, mix together flour, the 2 tablespoons granulated sugar, the baking powder, and baking soda. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in center of flour mixture in a small bowl, combine buttermilk and egg product or egg. Add to flour mixture all at once, stirring just until moistened.
3. Lightly coat a baking sheet with nonstick cooking spray, and brush the lightly floured surface, and dough to 1/2-inch thickness. Using a round 1 1/2-inch diameter cookie cutter or a round biscuit cutter, cut dough into six shapes or rounds, resting scraps on paper towel. Bake for 8 to 10 minutes or until golden. Cool slightly on a wire rack.
4. Meanwhile, in a small bowl, combine whipped topping and sour cream. Lightly sprinkle to half. Place bottom in frozen plastic, spread berry mixture and whipped topping mixture over bottom. Top with shortcake tops, if desired, sprinkle with powdered sugar. Bake for 5 to 7 minutes.

MONTHLY TIP: Family Fun! Designate a weekend as summer camp at home.

PREVIOUS **EMAIL** **SAVE** **HELP** **MAKE YOUR OWN CALENDAR** **NEXT**

October 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Olive's men class	2 Grandma's class	3 Visit to Dixie	4 Photo in park	5 Aunt Ruth's class	6 Family reunion	
7 Drive Grandma to airport	8 Olive's men class	9 Aunt Ruth's birthday	10 Bash to school shopping	11 Tennis game with Heather	12 Shop for bathroom	13 Bake dessert
14 Parkhouse at the Bayou	15 Olive's men class	16 Drive Aunt Ruth to the airport	17 Shop for school supplies	18 Tennis game with Heather	19 Movie night	20 Eat with Daniel and Dean
21 Play date with Carolina	22 Olive's men class	23 Dr's appointment	24 Bake birthday cake	25 Carolyn's birthday	26 Olive's men meet	27 Eat with Daniel and Dean
28 Play date with Carolina	29 Bash to school shopping	30 Park for Disneyland	31 Leave for vacation!			

Subject to complete Official Rules at www.bhg.com/foodandfamily. Contest begins 8/15/05 and ends 11/15/05. Online entries must be received by 11/15/05; mail entries must be postmarked by 11/15/05 and received by 11/30/05. Each entry: (1) include an original, healthy version of a family recipe for a "main dish" or "dessert," (2) include the original family recipe that you have revised; (3) contain complete instructions for preparation, (4) use readily available ingredients, standard measures, and (5) state the suggested number of servings. Online, visit bhg.com/foodandfamily and submit recipes. By mail, send recipes, along with your name, address, daytime phone number and email address (optional) to: What We Love Best Recipe Contest, P.O. Box 7340, Des Moines, Iowa 50309-7340. One entry per person per category. Open to legal residents of the United States, including the District of Columbia, 21 yrs or older. Two grand prize winners will each receive up to five Schwinn bicycles for family members, ARV \$1,500 per prize. Void where prohibited. Sponsor: Merck/Schering-Plough Pharmaceuticals; Meredith Corporation, Des Moines, IA.



Recipes

Make Ahead Spaghetti Squash with Chunky Tomato Sauce



Prep: 20 minutes Cook: 15 minutes

Freeze: up to 3 months

Microwave: 10 minutes

Stand: 5 minutes

2 pounds lean ground beef
1 cup chopped onion
1 cup chopped green sweet pepper
4 cloves garlic, minced
2 14 1/2-ounce cans diced tomatoes, undrained
1 15-ounce can tomato sauce
1/2 of a 6-ounce can tomato paste
1 tablespoon dried Italian seasoning, crushed
1/4 teaspoon ground black pepper
Cooked Spaghetti Squash (1 recipe per batch)
(below)
1/2 cup shredded Parmesan cheese (2 ounces)
Small fresh basil leaves (optional)

1. In a 4-quart Dutch oven, cook beef, onion, sweet pepper, and garlic until beef is brown. Drain off fat. Add undrained diced tomatoes, tomato sauce, tomato paste, Italian seasoning, and black pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes, stirring occasionally.

2. Divide sauce among 2 freezer containers. Seal, label, and freeze for up to 3 months.

3. To serve each container of the sauce, thaw in refrigerator overnight. Transfer sauce to a large saucepan. Cook over medium heat until boiling, stirring occasionally. Meanwhile, prepare Cooked Spaghetti Squash. Serve sauce over squash. Sprinkle with 1/4 cup of the Parmesan cheese. If desired, garnish with basil leaves. Makes 12 servings (two 6-serving portions).

Cooked Spaghetti Squash: Prick a 2 1/2- to 3-pound whole spaghetti squash in several places with a sharp knife. Place squash in a microwave-safe baking dish. Microwave, uncovered, on 100% (high) power for 10 to 15 minutes or until tender. Let stand for 5 minutes. Halve squash lengthwise and remove seeds. Using 2 forks, shred and separate the squash pulp into strands.

Nutrition Facts per serving: 224 cal., 9 g total fat (4 g sat. fat), 50 mg chol., 410 mg sodium, 18 g carbo., 3 g dietary fiber, 18 g protein

Daily Values: 3% vit. A, 35% vit. C, 11% calcium, 15% iron

Exchanges: 1 Starch 2 Lean Meat .5 Vegetable .5 Fat

Home-Style Apple Crisp



Start to Finish: 15 minutes

1 1/2 pounds baking apples, cored and cut into wedges (about 5 cups sliced)

1/4 cup water

1/2 tsp. apple pie space

2 cups low-fat granola cereal

1/2 cup toasted pecans, chopped

1/4 cup fat-free caramel ice cream topping

Frozen low-fat vanilla yogurt (optional)

1. Combine apple slices and water in a 10-inch skillet. Bring to boiling; reduce heat. Simmer, uncovered, 4 minutes or until apples slices are crisp-tender, stirring frequently. Remove skillet from heat and sprinkle cinnamon over apples.

2. Spoon apple mixture into individual serving bowls. Sprinkle with granola and nuts. Drizzle with caramel topping. If desired, serve with light vanilla ice cream, ice milk, or frozen yogurt. Makes 8 servings.

Nutrition Facts per serving: 221 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 83 mg sodium, 37 g carbo., g dietary fiber, 3 g protein

Daily Values: 8% vit. A, 4% vit. C, % calcium, 7% iron

Exchanges: 1.5 Starch 1 Fruit 1 Fat

Summer Melon Salad



Start to Finish: 10 minutes

- 1 6-ounce carton vanilla yogurt
- 2 teaspoons lemon juice
- 2 teaspoons honey
- 1/2 of a medium cantaloupe, peeled and cut into wedges
- 1/2 of a medium honeydew melon, peeled and cut into wedges
- Snipped mint (optional)

1. Stir together yogurt, lemon juice, and honey in small bowl. Serve over melon wedges. Sprinkle with snipped mint, if desired. Makes 6 servings.

Nutrition Facts per serving: 85 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 38 mg sodium, 19 g carbo., 1 g dietary fiber, 3 g protein

Daily Values: 31% vit. A, 69% vit. C, 7% calcium, 1% iron

Exchanges: 1.5 Fruit

Festive Sweet Pepper Dip



Prep: 30 minutes Chill: 4 to 12 hours

4 large red, green, yellow, or orange sweet peppers, seeded and cut up
1 small onion, cut up
1/4 cup water
1 8-ounce package reduced-fat cream cheese (Neufchâtel), softened
1/4 cup low-fat mayonnaise dressing or light salad dressing
2 tablespoons lemon juice
2 teaspoons olive oil or cooking oil
1 teaspoon prepared horseradish
1/4 teaspoon salt
Few dashes bottled hot pepper sauce
3 small red, yellow, orange, and/or green sweet peppers, tops and seeds removed (optional)
Assorted vegetable dippers (such as baby carrots, sliced zucchini, and/or celery sticks) and/or breadsticks

1. In a blender or large food processor, combine about one-third of the cut up sweet peppers, the onion, and the water. Cover and blend or process until smooth. Add the remaining cut up peppers; cover and blend until smooth.
2. Place pureed vegetable mixture in a fine sieve; press mixture gently to drain off excess liquid. Set aside.
3. In a medium bowl, combine cream cheese, mayonnaise dressing, lemon juice, oil, horseradish, salt, and hot pepper sauce. Beat with an electric mixer on medium speed. Beat in pureed vegetable mixture. Cover and chill for at least 4 hours or up to 12 hours.
4. Spoon dip into the whole sweet pepper shells. Place filled peppers in the center of a serving platter; surround with vegetable dippers and/or breadsticks. If desired, garnish with fresh herbs. Makes about 2 cups dip (thirty-two 1-tablespoon servings).

Nutrition Facts per 2 tablespoons dip: 46 cal., 3 g total fat (2 g sat. fat), 9 mg chol., 104 mg sodium, 3 g carbo., 1 g dietary fiber, 1 g protein

Daily Values: 66% vit. A, 85% vit. C, 1% calcium, 1% iron

Exchanges: 1 Fat

Spinach & Tomato Salad with Basil Dressing



Start to Finish: 20 minutes

- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons snipped fresh basil
- 1 tablespoon finely chopped green onion
- 1/4 teaspoon salt
- Dash black pepper
- 8 cups fresh baby spinach
- 1 cup cherry tomatoes and/or yellow pear-shaped cherry tomatoes, halved or quartered
- 1/4 cup thinly sliced red onion
- 2 ounces blue cheese, crumbled

1. For dressing, in a screw-top jar combine oil, vinegar, basil, onion, salt, and pepper. Cover and shake well.
 2. Arrange the spinach and tomatoes on a platter. Top with red onion and blue cheese. Drizzle with dressing.
- Makes 4 servings

Nutrition Facts per serving: 236 cal., 22 g total fat (5 g sat. fat), 13 mg chol., 449 mg sodium, 5 g carbo., 2 g dietary fiber, 5 g protein

Daily Values: 124% vit. A, 39% vit. C, 16% calcium, 11% iron

Exchanges: 1 Vegetable .5 High Fat Meat 3.5 Fat

Getting Started on Your Family Scrapbook

Photos are the heart of most scrapbooks, but they are just the start of the items you can include in a scrapbook that tells the story of your family.

Scrapbooks can be very complex, with fancy fonts, embellishments, expensive papers, and hours of painstaking hand-crafting. Many of the examples displayed on these pages fall into this category. But a meaningful family scrapbook can be a much simpler affair, too. Don't hesitate to start your family scrapbook because you don't feel you have the time or artistic talent. A simple tale, told simply, is every bit as compelling as the most elaborate yarn.

So where do you begin? At the beginning, of course. And for every scrapbook, the beginning is the process of gathering the photos, letters, objects, and memorabilia that have meaning to you and the members of your family.

Photos

Gather as many photographs as possible. Sort them so they relate to one another and to the album's theme. You can affix the original photos in your album. However, if you want to save them for other purposes, make copies of the originals on a color photocopier.



A family scrapbook is a vivid, living document that connects one generation to the next.



Find "hidden" photos. Remember your collection of slides and reel-to-reel 8mm films? These can be converted to photographs at a relatively low cost. Check your local photography supply shops and photo studios.

Treat photos with respect. Be sure to wash your hands before handling your old photos. The dirt and oils from your skin could damage them. The same is true for handling photo negatives.

Every great scrapbook, whether fancy or plain, boils down to one thing: a story told in words, pictures, and, in some cases, objects. Embellishments add to the visual appeal, but are no substitute for the items they frame.

Make copies. A family photo that has yellowed, become brittle, or been affixed with tape should be moved to a safer environment. However, you may want to copy the photo before moving it or have it professionally photographed while it's still in its current site.

If you decide to use the original photos, consider securing them to the scrapbook pages with photo corners, instead of permanently adhering them to a page.

Including Mementos

Collect everything! Save small items that relate to your theme -- old letters, awards, certificates, ribbons, calling cards, a lock of hair, menus, place mats, brochures, business cards, newspaper and magazine articles, programs, announcements, match-books, and food wrappers. These items add interest to the pages -- and to your family's history. Even objects from nature make interesting mementos. Use a pH tester pen to determine the acidity or alkalinity of such items.



Think beyond photos! This scrapbook page includes hospital bracelets from Mom and baby. For bulky objects – like Aunt Jane's favorite brooch – take a photo of it to include on her page.

Protect scrapbook pages by photocopying or by placing the item in a clear, self-adhesive, acid-free memoabilia pocket. They're available in several sizes with scrapbooking supplies.



Take photos of people being people. Don't wait for a party or holiday celebration. Sometimes, the most revealing photos show people going about their everyday business.

Use photos of objects. Heirlooms, such as a brooch, pocket watch, or even a large quilt, are family keepsakes worth preserving. To enjoy these items, photograph or copy them and include them in your heirloom scrapbook.

Tips for Taking Great Photos

Keep your camera handy. Great photographs make great scrapbooks. Carry your camera everywhere and keep these simple guidelines in mind whenever you want to capture a memory:

Be generous with film. Opportunities will present themselves just once, and the price of film is very minor when compared to the cost of a vacation or a once-in-a-lifetime experience.

Capture the moment. The best shots are unposed and capture the personality of the subjects. Blurred movements rarely occur with today's super-fast films.

Record the moment. Keep a small notebook with you so you can write down names, places, dates, and any other pertinent information about the people and the places you photograph.

Stay close to the scene. Try to position the camera no more than 8 feet from the subject.

Two is better than one. Take one shot of the people, and then take a second shot of the background in order to set the mood.

Throw some light on it. Have your subject face the sun, or keep the sun behind your own shoulder. Early morning and late afternoon on a sunny day are ideal times for taking pictures; bright noonday sun creates harsh shadows and makes people squint their eyes. Gray days produce grainy photos.

Create an eye-catching composition. Rather than place your subject directly in the center of the photo, adjust your frame so the subject is about one-third of the way from the edge. The same rule applies when shooting a still life or landscape.

Cultivating Your Family Tree

Here's how to research your family history and gather the materials you need to create a keepsake scrapbook.

As people become more interested in documenting their lives, scrapbooking becomes an increasingly hot topic. Yet it's also a reason to examine the past, to establish continuity across the generations. Genealogy – or the study of a person's lineage – can open exciting avenues for scrapbook presentation and reveal meaningful life connections.

Build on a chain. Pick one line, like your grandmother's father's line, and start researching. Tracing all four grandparents at one time can be overwhelming. Don't be discouraged by inconclusive evidence. There's always someone you can't figure out – but it makes the search intriguing!



A family tree scrapbook is a vivid, living document that connects one generation to the next.

Exhaust your resources. Start with family photo albums, letters, diaries, and the family Bible. Go to public records at the County Clerk or other government offices and genealogical libraries, as well as regional offices of the National Archives and local Church of Jesus Christ of Latter-Day Saints (Mormon) Family History Centers. Census records, phone books, newspapers, naturalization records, military documents, and ship-passenger lists all can help substantiate your hunches.



Old photos and letters are excellent objects to collect for your family history scrapbook

Reach out through the Internet. As people worldwide join the search to find their family roots, the Internet is bringing them together. Post messages and share information in online bulletin boards, and learn from the many genealogical Web sites. (Look for a Web site directory in your local library, or do an online search.)



Focus on historical events. The Holocaust, for instance, provides relevant documentation, as the Germans were meticulous about record keeping. Although many Jewish communities were destroyed, detailed records have survived.

Present your results. Choose a genealogy software program that can help you record your family data. As you gather stories, photographs, and information, look for memorabilia, and combine them with your personal observations to create a timeless and important scrapbook tribute. And remember to always date and sign your work.

The internet is home to thousands of web sites devoted to tracing family history, and offers access to databases of information about immigrants.

Creating an Family Generations Photo Archive

Photos form the heart of many scrapbook. Here are some tips for making good use of these precious artifacts.

Identify as many people in your photos as possible, and add specific places and dates whenever possible. Ask older family members for help and take your photos to family reunions and get-togethers for help in identification.

Be sure to wash your hands before handling your old photos. The dirt and oils from your skin could damage them. The same is true for handling photo negatives.

Store your supplies in archival quality boxes and envelopes. Acid and other chemicals are very damaging to photos, but particularly to older ones. Use only acid-free paper products and storage products designed for archiving. You'll find suitable choices at most stores that carry scrapbook, photography, or stationery supplies.

Create an interesting composition by placing photos of different shapes and sizes together on the scrapbook page. Back some photos with colored papers cut out with decorative-edge scissors. Leave others unframed.



You need not make your photo archive as elaborate as this one, but you should keep it visually interesting by using photos of different sizes. Grouping smaller photos helps them hold their own against large photos.



Remember that not everyone who looks at your photos will be as familiar with the faces as you are. Be sure everyone in the photo is fully identified so that that generations to come won't be left guessing.

Use your heirloom photos in your album or make color photocopies of them. If you decide to use the original photos, consider securing them to the scrapbook pages with photo corners, instead of permanently adhering them.

To capture all the shading, make color photocopies of your black-and-white or sepia-toned photos, rather than making black-and-white photocopies.

Your heritage album will be an easier "read" if you title the pages (or sections). It's easily done with a family member's name written in a calligraphy pen and framed like the photos.

Include small mementos on your pages -- newspaper clippings, old letters, awards, certificates, ribbons, calling cards, or a lock of hair. These items add interest to the pages -- and to your family's history.

When recording the information in your family album, use your own handwriting. The warmth of penned notes and labels will give your album a personal touch that can't be generated with computer type.

Telling Your Family's Story

Your scrapbook page won't be complete until you tell the story behind the photos.

The materials you gather for your scrapbook gain meaning from the stories that lie behind them. Ticket stubs from Woodstock, for example, won't mean much to anyone born after 1980. But relate your experience at Woodstock (or, at least, as much as you're willing to tell) and you have completed the link from your generation to those before and after.

Here are some ways to use words to fill in the stories behind the objects in your family scrapbook:

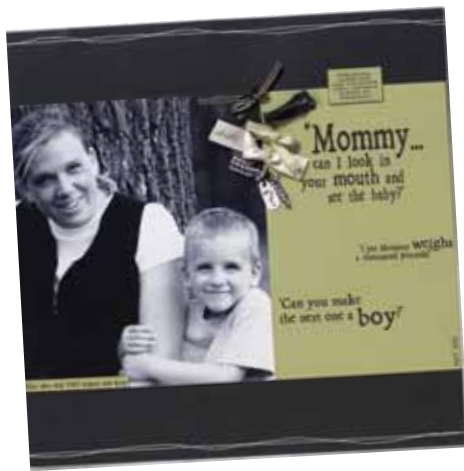
Add names, dates, words, or phrases, perhaps written on a stamped scroll or banner, to identify people and places and to help tell your story. Use acid-free pens and markers, available in a variety of colors, to handwrite the information. Or purchase rubber stamp alphabets in a style to suit your theme

Include your recollections. Your memories may seem trivial at the time -- the weather, what you ate, a travel situation, something funny that happened -- but these details will prove fascinating to those who read your scrapbook pages years from now.

Make journaling your thoughts a family affair. Ask your spouse and your children about their favorite remembrances of holidays, vacations, birthdays, and family traditions, then record them. Identify as many people in your photos as possible, and add specific places and dates whenever possible. Ask older family members for help.



Leave plenty of room for words on your scrapbook pages. If handwriting is not your forte, use a computer and some creative fonts to craft the story behind the objects on the page.



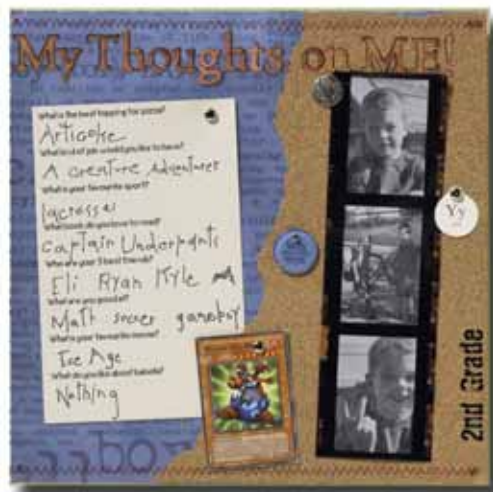
Ask your children to contribute their own words to a photo. Often, kids provide a special insight into a photo that you would never dream of.

Give each story a title. Your heritage album will be an easier "read" if you title the pages (or sections). It's easily done with a family member's name written in a calligraphy pen and framed like the photos.

Add a personal touch. When recording the information in your family album, use your own handwriting. The warmth of penned notes and labels will give your album a personal touch that can't be generated with computer type.



If you have a lot of material on a single topic, consider creating a special title page consisting of a single photo and some large type. On subsequent pages, you might want to repeat the title in the same font, only smaller.



You don't need to be a handwriting expert to hand-letter your scrapbook. Here, a child's only penmanship adds immeasurable "authenticity" to the theme: My Thoughts on Me.

Scrapbooking Terms, Materials, and Techniques

A local scrapbook shop can help you find the right materials and supplies to create your family scrapbook. Here are some terms that can help you feel more comfortable shopping for your needs.

Words to Know

Acid-free

Acid is used in paper manufacturing to break apart the wood fibers and the lignin that holds them together. If acid remains in the materials used for photo albums, the acid can react chemically with photographs and cause their deterioration. Acid-free products have a pH factor of 7.0 or above. It's imperative that all materials (glue, pens, paper, etc.) used in memory albums or scrapbooks be acid-free.

Acid migration

Acid migration is the transfer of acidity from one item to another through physical contact or acidic vapors. If a newspaper clipping is put into an album, the area it touches will eventually turn yellow or brown. A deacidification pH factor spray can be used on acidic papers, or they can be color photocopied onto acid-free papers.

Archival quality

"Archival quality" is a term used to indicate materials which have undergone laboratory analysis to determine that their acidic and buffered content is within safe levels.

Buffered paper

During manufacture, a buffering agent such as calcium carbonate or magnesium bicarbonate can be added to paper to neutralize acid contaminant. Such papers have a pH of 8.5.

Journaling

Journaling refers to text on a scrapbook page giving details about the photographs. It can be done in your own handwriting or with adhesive letters, rub-ons, and stencils. It is probably the most important part of memory albums.

Lignin

Lignin is the material that holds wood fibers together as a tree grows. If lignin remains in the final paper (as with newsprint), it will become yellow and brittle over time. Most paper other than newsprint is lignin-free.

pH factor

The pH factor refers to acidity of a paper. The pH scale is the standard for measurement of acidity and alkalinity. It runs from 0 to 14, each number representing a tenfold increase; neutral is 7. Acid-free products have a pH factor of 7 or above. Special pH tester pens are available to help you determine the acidity or alkalinity of products.

Photo-safe

Photo-safe is a term similar to archival quality but more specific to materials used with photographs. Acid-free is the determining factor for a product to be labeled photo-safe.

Sheet protectors

These are made of plastic to slip over a finished album page. They can be side-loading or top-loading and fit 8-1/2 x 11-inch or 12 x 12-inch pages. It is important that they are acid-free. Polypropylene (vinyl), commonly available for office use, is not of archival quality and should not be included in albums.

Materials to Know

Albums

Photo-friendly, acid-free albums are available in standard 8-1/2 x 11-inch, 12 x 12-inch, and 5 x 7-inch sizes. Most will let you insert plastic page protectors. The most popular types of scrapbooking albums are:

- **Three-ring:** These familiar favorites have rings that snap apart for easy page insertion and removal.
- **Spiral-Bound:** Albums with this type of wire binding have permanently attached pages and are ideal for one-topic and themed scrapbooks.
- **Strap-style:** Albums that use plastic straps allow the pages to lie completely flat when the album is opened.

Adhesives

There are lots of different scrapbooking adhesives available, but some will work better than others for particular applications. You can choose from adhesives that set up instantly as well as repositionable adhesives that let you safely lift and rearrange elements (wet bonds usually are permanent while dry bonds usually are repositionable). Here are the most popular types of adhesives and the applications where each works best:

- **Double-sided tape and dots:** Usually sold in plastic dispensers, and is available in both permanent and repositionable adhesives. Adhesive dots are great for adhering smaller items to layouts and also are available in permanent and repositionable forms.
- **Photo corners and sleeves:** Photo corners with a peel-away backing come in sheets and rolls and in a variety of colors. Photo sleeves are made of clear plastic and have adhesive backing; they simply slip over your photos. Corners are ideal for attaching photos directly to layouts; sleeves work best for displaying photos that you may want to change later.
- **Spray Adhesives:** Aerosol spray adhesives provide an even layer of glue that can cover large surfaces quickly. Sprays work well for adhering background papers or photo mats, and the dried

adhesive won't show through transparent papers, such as vellum. Use spray adhesives only in well-ventilated areas and away from flames; never let children use them without adult supervision.

- **Liquid Adhesives:** These come in a bottle, stick, pen, and wand applicators, and with thick or thin tips. The adhesive itself may be permanent or repositionable and fast- or slow-drying. Liquid adhesives work best for attaching small items such as punches or die-cut letters, or for tacking down dimensional items such as beads and buttons.
- **Adhesive Tabs:** White and transparent double-sided adhesive tabs come in roll form and in refillable dispensers. They're great for adhering both small and large items with minimal mess.
- **Adhesive Foam:** Use double-sided adhesive foam, dots, squares, and roll tape to secure items to your page and add dimension at the same time. They'll lift die cuts, letters, and cropped photos up to a 1/2-inch from the page surface.

Embellishments

Use embellishments to personalize and enhance your scrapbook pages by highlighting photos, drawing attention to journaling, or helping to set a theme. Although nearly anything can work as an embellishment, these three are amongst the most popular:

- **Punches:** Available in a variety of shapes and sizes, decorative paper punches let you create custom accents by punching shapes from whatever papers complement your layout.
- **Die Cuts:** These premade paper shapes are available at most scrapbook and crafts stores and come in many shapes, sizes and colors. For a fee, some stores will let you use their die-cutting machine with your own papers to create shapes and perfectly coordinate with your layout.
- **Stickers:** Acid-free, photo-safe stickers come in thousands of different themes and sizes and are widely available in sheets and rolls.

Pens and Pencils

Lots of different writing utensils are safe to use on scrapbook pages, but look especially for those labeled "acid-free" or "photo-safe." Also choose products that will resist bleeding and fading. All come in a plethora of colors and sizes.

- **Gel Pens:** These medium-line pens are ideal for journaling or outlining letters and embellishments, and they just come in just about every color imaginable.
- **Colored Pencils:** Available in hundreds of hues, colored pencils are a scrapbooker's staple, ideal for shading and adding highlights to lettering and creating embellishments. Use them with a blender

– a clear, colorless pencil or pen – to smooth and soften your colors.

Felt-tip Markers: Besides giving you a range of color choices, felt-tip markers also come in several different tip styles. Here are the four most common tips you'll find:

- **Chisel Point:** This versatile marker has a tip with both broad and narrow edges and can produce distinctive decorative lettering and designs.
- **Monoline:** These all-purpose pens have tips that range from very fine to thick (usually specified in millimeters). The round, tapered nibs can be used to create smooth lines for basic lettering techniques, captions, borders, line art, and illustrations, as well as to add details to letters made with other types of markers.
- **Scroll Point:** This notched-tip marker produces a double line with just a single stroke. Use it to make basic block letters, design detailed borders, or draw straight double lines.
- **Brush Point:** This marker has a flexible paintbrush-style tip, which is useful for adding ink to rubber stamps and for filling in shapes and letters.

Templates

Take advantage of many shapes and sizes of plastic templates to crop your photos, create embellishments and do dry embossing. Lettering templates also come in a range of sizes and type styles.

Scissors and Cutters

Most cutting implements you'll find for sale will work fine for scrapbooking. Here are a few of the handiest and how best to use them.

- **Scissors:** They come in straight- and decorative-edge styles. Long straight-edge scissors are useful for cutting large sheets of card stock and paper for freehand cropping photos. Small scissors work best for cutting out detailed embellishments. Decorative-edge scissors are ideal for cutting photo mats or anything to which you'd like to give a dressier look.
- **Crafts and Swivel Knives:** Craft knives are perfect for making straight cuts on paper and card stock and for cropping photos. Swivel knives are similar to craft knives, but their rotating blade makes them better for cutting along curves or cutting out letters and template shapes. Use these sharp tools with a self-healing or glass cutting mat.
- **Rotary Cutters:** Often used to cut fabric, rotary cutters are also handy for cutting large sheets of paper and card stock or trimming photos. Use these tools with self-healing or glass cutting mats.
- **Paper Trimmers:** This tool is handy for making square cuts and straight edges. The larger sizes are capable of handling even oversized sheets of paper and card stock.

Techniques to Know

Journaling

Handwritten or printed journaling -- the art of telling a story in print -- separates scrapbooks from photo albums. As you plan journaling for a scrapbook page, keep these tips in mind:

Try to let your journaling connect the page viewer with the actual event. Record more than just titles, dates, and names. Describe your reactions to what was happening, tell what the subject was doing, and why, share how you feel when you look at the photos, or point out what you notice now that you didn't when the photo was taken.

Let someone else proofread a draft of your journaling before you add it to the page. Check for spelling and grammatical errors, or use the tools in your word processing program.

Practice hand-journaling to perfect your penmanship. Try writing your text in pencil before going over it in pen. Also experiment with different styles of script and a variety of writing instruments.

Use computer type to record large amounts of journaling or create custom page titles.

Try recording your journaling in shapes such as circles or hearts, or in a wavy or diagonal line for variety and interest.

Cropping

Cropping involves a variety of techniques and tools. Make multiple prints or photocopies before cropping your photos, and crop only small areas at a time. Don't crop Polaroids -- the chemicals in the paper will damage your photos.

There's not one right way to crop. You can use a craft knife and ruler to trim off a portion of the photo and retain its square or rectangular shape. Or use a pair of small sharp scissors to silhouette and image, cutting away the background. You can also use circle cutters and templates to create interesting photo shapes or simply crop the photo freehand. Here are some tips:


Carefully compose your photos in the camera viewfinder before shooting to avoid excessive cropping later.

Let the natural composition of your photo determine the final cropping. For example, a wide group of people will appear better cropped as a horizontal oval than as a circle.

Let the photo remain the focus. Don't let elaborate cropping detract from the subject.

Matting

Use matting to make your photos, journaling, and memorabilia stand out on the page. Coordinate matting colors and textures with your photographs and memorabilia rather than detract from the subjects. Use a



solid-color mat to blend in with the layout or a patterned mat to stand out.

To create a simple photo mat, use a background paper or card stock that's slightly larger than your photo. Position the photo on the mat, and adhere it with archival-quality adhesive. Then trim the mat with straight- or decorative-edge scissors, a craft knife, or a paper trimmer.