

● **This and That**

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 deep frying and reuse it later? Most homemakers do. But, at the same time, they often wonder how safe this practice is. According to recent studies, there is nothing wrong with re-using fats. The practical heating life of fat is between 10 and 20 hours. After that, certain chemical changes take place, but there is still no safety hazard. It's a good idea, though, to keep up the volume of the fat. Some fresh fat should be added each time you use the stored fat. When the fat begins to turn or change color drastically, discard it.

**ORANGE DRESSING FOR SALADS**

With frozen orange concentrate so inexpensive, it's smart to use it every way you can think of. Here's a suggestion that combines two plentiful food items — frozen orange juice and salad oils.

Mix 1 can frozen orange concentrate with 1 cup salad oil, add ½ to 1 teaspoon salt, and a dash of red pepper sauce. Pour over a mixed fruit salad or a scoop of cottage cheese nestled in lettuce leaves.

**SAFFLOWER OIL**

Did you know that some of the vegetable oils that go into mayonnaise also are used in paints and varnishes? Safflower oil is an example.

As a food item, safflower oil appears on the grocery shelves as a cooking and salad oil and as an ingredient in mayonnaise, salad dressing, margarine and shortening.

In paints and varnishes, safflower oil serves as a drying agent. Because it is nonyellowing, it's used most in white paints and in some pastel shades.

Although relatively new in this county, safflower is far from a new crop. It has been known for centuries in India, the Middle East, and North Africa as a dye source and edible oil. American farmers began growing safflower near the end of World War II. It is now produced in California, Montana, Nebraska, and North Dakota.

**NEW FOOD "FLAKES"**

**Pumpkin Flakes for pies** — When you order "flakey pumpkin pie" at your favorite restaurant this fall, you may be getting a flakier pie than you realize. It's possible that not only will the crust be flakey, but the pie itself may have been made from pumpkin flakes. This newly developed product is now available for use in pies — and it is expected to sell in large quantities to restaurants and institutions. Since the flakes are dehydrated they take up little storage space. They keep well and they reconstitute easily.

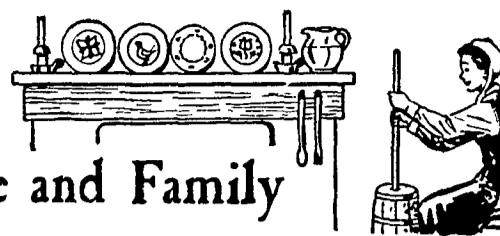
Flaked pumpkins are made much like flaked sweet pota-

toes. The pumpkins are peeled, sliced, and cooked. After cooking, they are pulped and rolled out in dry sheets with the aid of drum driers, then broken into particles for packaging. To have usable pumpkin again, you simply add water, milk or other ingredients desired. Within a minute the mixture is ready for use.

**Potato Flakes** — Mashed potatoes from a box are familiar, but with a new type flakelet you'll need even less shelf space to store them. For the past five years potato flakes have been popular for home use. The new flakelet is a denser dehydrated mashed potato product which takes only a third to a half as much storage space. Prime users of the new flakelets are expected to be hotels, restaurants, the military and institutional users. The flakelets reconstitute just as easily and quickly as the old style potato flakes so you won't have to change your way of using dehydrated potatoes. The cost is expected to be in line with other dehydrated potato products now on the market.

Even with today's refrigeration and packaged foods you do need to take some precautions against food spoilage. Two kinds of food spoilage, one harmful and one not, can make food undesirable and you need to protect against both.

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**For the Farm Wife and Family**

**Ladies, Have You Heard? . . .**

By: Jane Thurston, Extension Home Economist

**Calorie Needs Change**

Older persons need fewer calories, but as much protein, minerals, and vitamins as younger adults.

Health authorities agree that at age 45 or 65, a person should weigh the same as he did at age 25. However, as a person gets older, he usually is less active physically and tends to move more slowly than he did in his early twenties. Also he needs fewer calories to maintain his body processes.

To meet his needs of protein, vitamins, and minerals, a middle-aged adult usually must choose calories by the company they keep. Informed adults choose low-calorie foods in amounts recommended from each of



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the four food groups — milk; meat, poultry, and fish; fruits and vegetables; and bread and cereals. Wise adults also learn to eliminate or cut down on foods that contribute calories without nutritional value.

**Package Content**

**As A Buying Guide**

Comparing available products helps a consumer get

his money's worth. Several manufacturers may produce the same item with a slight variation and each manufacturer will emphasize the characteristics that make his product different.

Comparisons of the appearance of items or size of containers used, or (Continued on Page 11)

**Ames In-Cross Report**



**This bird has pride . . .**

**BECAUSE**, every egg she produces is Ames In-Cross quality! She knows that quality-conscious buyers will choose her eggs, because they have . . .

**smooth-textured shells** with eye-appeal. And, white or brown, they're tough to resist cracking or breaking during handling. Plus, the . . .

**large, uniform size** that makes your egg checks larger . . . your profits bigger! And, inside . . .

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**Random Sample tests** prove you can produce a dozen of these market-topping Ames In-Cross eggs on just 3.7 to 4.6 pounds of feed.

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**Red Rose RUMENATOR**

This ration is an excellent booster feed or appetizer for dairy and beef animals of all ages. Fortified with vitamins A, D<sub>2</sub>, and E, animal fat and minerals, Red Rose Rumenator supplies high levels of available energy to keep herds in top condition, maintain a natural vigor, and increase milk production. It's a "nutrition-saturated" complete dairy feed that gives an "energy and vitamin lift" to any dairy or beef feeding program. Try it, and you will agree with other dairymen that Red Rose Rumenator is "just the dairy feed you have been looking for."

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- Improves milk production
- Dairy cows stay at peak production longer
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