

Saucy Apples Or Cidery

Apples can be sauce or cider, jelly or butter, and you can preserve and serve them anyway you like.

"It's a good year for apples," points out Mrs. Judith Pheil, food-nutrition specialist, University of Maryland Extension Service. "This October, you can select such fine varieties to suit your family taste as McIntosh, Cortland, Grimes Golden, Delicious, Jonathan, Stayman and York Imperial."

Cortland and Golden Delicious are especially excellent for sauce. All-purpose apples include Cortland, Jonathan, Grimes Golden and Stayman.

Choose apples that are firm, of good color and flavor, and mature. By contrast, immature apples often lack color, are poor in flavor, and sometimes have a shriveled appearance after having been stored. Over-ripe apples often lack flavor, possess a soft and mealy flesh, and yield with slight pressure.

About three medium-sized apples weigh one pound. One pound of apples provide about

1½ to 2 cups applesauce. One bushel of apples give 16-20 quarts of applesauce or contain about 150 medium-sized apples.

An average apple has 85-95 calories and fair amounts of Vitamins A, B, and C and calcium, phosphorus and iron. Cellulose and pectin content aid digestion and normal intestinal activity.

Can apples for pies or other desserts. Pare and core apples; cut in pieces. To keep fruit from darkening, drop pieces into water containing 2 tablespoons each of salt and vinegar per gallon. Drain, then boil 5 minutes in thin sirup or water.

In glass jars—Pack hot fruit to ½ inch of top. Cover with hot sirup or water leaving ½ inch space at top of jar. Adjust jar lids. Process in boiling-water-bath (212 degrees F.).

Pint jars . . . 15 minutes
Quart jars . . . 20 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

Can applesauce. Make applesauce, sweetened or unsweetened. Heat to simmering (185-210 degrees F) stirring to keep it from sticking to pan.

In glass jars—Pack hot apple-

sauce to ¼ inch of top. Adjust lids. Process in boiling-water-bath (212 degrees F.).

Pint jars 10 minutes
Quart jars 10 minutes

As soon as you remove jars from canner, complete seals if closures are not of self-sealing type.

Freeze apples. Varieties — Stayman Winesap, York Imperial, Golden Delicious and Rome Beauty. Peel, core, trim out bruised spots, and cut fruit lengthwise, slices not over ¼ inch thick. To reduce discoloration during freezing, storage and thawing, fruits should be sliced and then packed in a 40% sirup (3 cups sugar in 4 cups water) containing ½ teaspoon of ascorbic acid per quart. To prevent internal darkening the ascorbic acid must completely penetrate apple pieces. Leave head space, seal and freeze.

Freeze applesauce. Applesauce is prepared for table use. Quickly chill sauce immersing saucepan in a pan of ice water and package in rigid plastic or waxed cardboard containers that are moisture, vaporproof. Leave about ½ inch head space for pints and 1 inch for quarts. Seal

(Continued on Page 20)

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



What Is Salami?

Salami is classed as a dry sausage since about half the moisture of the meat evaporates during its curing and aging periods.

Hard salami is highly seasoned and contains garlic.

Soft salami is dried for only a short time or not at all.

Soft salami comes in larger slices than hard salami.

Tips On Caring For Durable Press Garments
Durable press fabrics reduce the work required to keep the family well groomed, and proper laundry methods help these garments retain the easy-care features.

Laundry garments before they're heavily soiled and as soon as possible after they're soiled.

Turn garments inside out to reduce "frosting" or wear on the creases.

It's best to launder in the coolest water that will remove the soil to avoid wrinkling.

For heavy, oily, soil, perspiration and food stains, measure heavy duty liquid detergent re-



THOMAS

quired for an entire load and apply full strength to the soiled areas

Soak in hot water. let cool to 90 to 110 degrees, then agitate for 6 to 8 minutes

To retain the durability of all fabrics, shorten the wash cycle to the minimum required for soil removal.

Use slow agitation or a stop-and-soak cycle, followed by a short time of normal agitation.

Always rinse thoroughly in cool water. If your water is hard, use a water softener in the first rinse or a fabric softener in the final rinse. Fabric softeners reduce the static charge which attracts soil and helps decrease clinging of man-made fibers

For less wrinkling, dry in small loads, at about half the dryer capacity. At the end of the drying cycle, let the clothes continue to tumble for a "cool down" period of 5 to 10 minutes after the heat is off

Remove garments at the end of the cycle and hang or fold.

Hamburgers With A Secret

Stuffed hamburgers look like conventional hamburgers, but they hide tomato slices, cheese, and parsley between two ground beef patties. A seasoning, such as thyme, makes the meat extra delicious. A spread of garlic butter on the buns before toasting completes a delightful blend of flavors

Broil hamburgers in the oven or outdoors. Either way, they're extra special.

With stuffed hamburgers, serve macaroni salad, raw vegetable relishes, fresh fruit, and milk or a milk beverage

SUPER SHOES

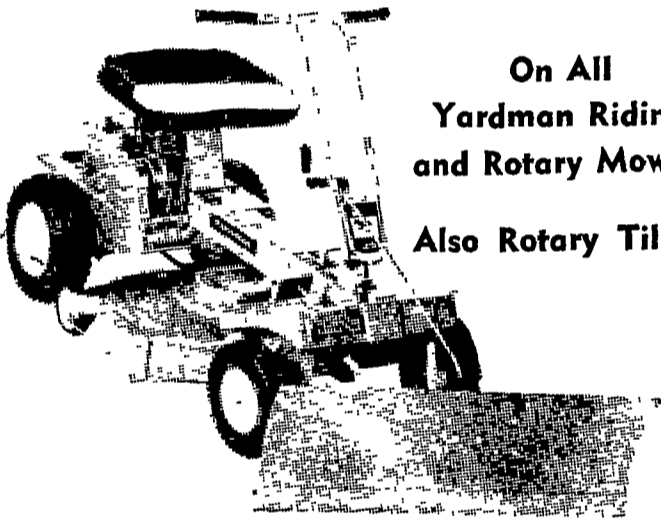
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NEW HOLLAND FARMERS FAIR

OCT. 2-3-4-5

WEDNESDAY, OCTOBER 2

"Spectacle of Bands" Parade — 7 P.M.

THURSDAY, OCTOBER 3

Western Kings

Democratic Rally

Fire Co. Tug-Of-War — 9 P.M.

FRIDAY, OCTOBER 4

Kids Day (Afternoon)

Pet Parade — 7:30 P.M.

Republican Rally — John B. Anderson
Congressman from Illinois

Fire Co. Tug-Of-War — 9 P.M.

SATURDAY, OCTOBER 5

Baby Parade — 4 P.M.

Farmers Fair German Band

Rajah String Band of Reading Concert —
8 P.M.

Tug-Of-War Semi-Finals — 9 P.M.

Tug-Of-War Finals — 10 P.M.

RIDES — AMUSEMENTS — EXHIBITS

Art Show — Home Appliance Bldg., Franklin St.

Flower Show — Boy Scout Home, S. Roberts Ave.

Baby Beef and Pig Show — Earl Sauders Parking Lot

Potatoes and Grain — A. B. C. Groff Bldg.

Tobacco, Corn and Hay Show — Home Appliance Bldg.

Vegetables and Food Exhibits — School Auditorium