

● **Have You Heard?** but it's worth it. One guide to help you decide which items to discard is: if you haven't used the item within the last year or two, throw it out.

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give away items you no longer use. This takes great will power,

**COOKED FOODS NEED PROPER PACKAGING FOR FREEZING**

Prepared foods you plan to freeze and then use within a week need to be properly packaged to preserve their flavor, color, and food value, reminds Mrs. Ruth J. Buck, extension foods and nutrition specialist of The Pennsylvania State University.

Acceptable containers include rigid waxed or plastic ones, freezer glass jars which are wider at the top so food can be slipped out easily while still frozen, and shallow metal pans in which food can be cooled, frozen, and reheated all in one, such as a pie pan covered with freezer foil. Plastic bags, freezer foil or freezer paper may be used for packaging cookies or bars. Each package must be tightly sealed with freezer tape or bands to keep food from drying out.

Label each package or container with title of contents, amount, and date packaged, advises Mrs. Buck. For quick freezing and later quick thawing, package cooked foods in meal-size quantities. Some foods lose their quality on standing

**Drug Shown Effective For Controlling Worms**

Studies at The Pennsylvania State University show that a drug named thiabendazole is effective in helping to protect the State's 31 million dollar sheep industry from financial losses caused by parasite stomach roundworms. A relatively new drug thiabendazole has been found capable of expelling or destroying roundworms in a single treatment

and reheating. Once foods have thawed, do not refreeze them.

Soups and stews or other foods in liquid need space at the top for expansion during freezing. Roasts usually taste fresher and are more moist if frozen whole, and then sliced when almost thawed, or after heating and just before serving.

Containers should protect food value, flavor, and color, and prevent foods from taking on flavors from the equipment or from other foods in the freezer, says Mrs. Buck.

Thiabendazole is equally effective as a feed mix or when put down the throats of sheep as a drench, according to Lowell L. Wilson, associate professor of animal science at Pennsylvania State University. Wilson says roundworms normally invade stomachs of sheep kept in barns over the winter. These parasites lower the growth rate, feed efficiency and general health of flocks.

The drug increased the feed efficiency of the treated lambs by 35 to 40 per cent above the feed efficiency of the untreated lambs. This means that less feed was needed to produce weight gains after the treatment.

Based on their experiments, Dr. Wilson and associates suggest that sheep should be given a treatment of thiabendazole before May 1. They claim such treatment will reduce the parasite infestation before sheep go onto pasture.

The experiments found that blood hemoglobin level, a criteria of general health, was depressed severely by anemia caused by roundworms. Recovery from this anemia was relatively rapid after use of thiabendazole.

Lambs in the study were given 3 grams of thiabendazole per animal. Dr. Wilson says 2 grams per animal recommended for severe parasite infection, has produced similar results. Under normal circumstances one and one-half grams should be adequate and is the recommended dosage for most situations.

The Easter Seal Society of Lancaster County is one of this area's oldest rehabilitative agencies consistently supported by local residents. Contributions to Easter Seals go to help the handicapped of Lancaster County.

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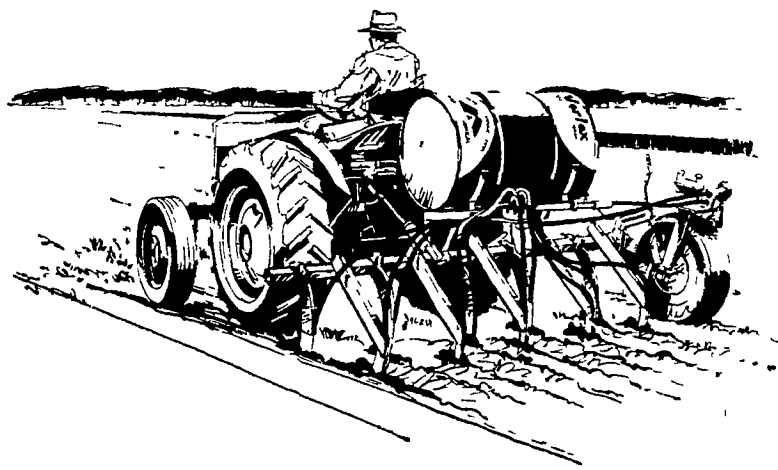
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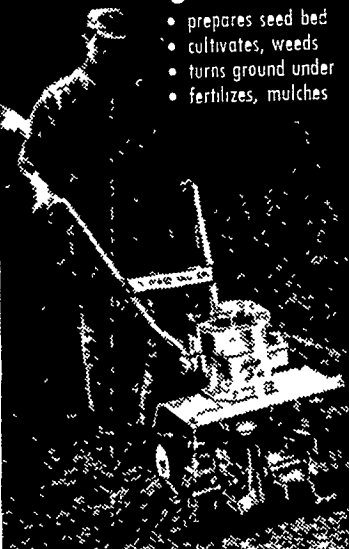


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