

Housekeeping Safety Check

In a continuing battle to keep our homemakers aware of their work habits, we invite you to take a look at these areas in the home and answer these questions for yourself. Answer by using this letter scheme: I do - A - Always; S - Sometimes; N - Never; O - No Opportunity.

When I Iron

- Use a well-balanced, rigid ironing board.

- Keep my hands away from the hot area of the iron.

- Place hot steam iron on its heel when not in use.

- Use non-flammable or treated ironing board cover.

- Know how to operate safety release on ironer.

- Check safety release on ironer before starting to iron.

- Have safety release repaired immediately if it is not operating.

- Disconnect iron or ironer at the outlet when called away from ironing.

- Release ironer roll when equipment is not in use.

- Position iron firmly, when rearranging clothes, to avoid dropping on the floor.

For Safety Underfoot

- Keep bare floors in good repair and free from uneven or rough areas, loosened tiles, wide cracks, etc.

- Repair or replace floor coverings which have tears or holes, or loose frayed or curled edges.

- Wipe up spilled liquids, foods, grease, etc., from floors promptly.

- Keep floor cloths or paper towels near all work centers where liquid may be spilled.

- Pick up hairpins, rubber bands, paper clips and other articles dropped on floors.

- Keep out of traffic lanes any objects which are likely to tip or be stumbled over.

- Keep toys, sewing boxes and other small articles off the floor so they will not cause anyone to stumble or trip.

- Always rinse floors before applying self-polishing wax so wax will not become soft and smeary from traces of soap, detergent or other cleaners.

- Follow directions when using wax - for example, apply polishing wax in a very thin coat and buff thoroughly. A bright shine is a safety sign!

- Apply a good quality wax made by a dependable company.

- Use a dry dust mop, never an oiled or chemically treated one because oil softens wax and makes it smeary.

- Use a non-slip device under small rugs - rubber pads, a rubberized coating, etc.

- Provide adequate and permanent lighting in dark storage areas.

Ladies,
Have
You
Heard?



By Doris Thomas,
Extension Home Economist



Doris Thomas

Why Pasteurize Milk?

Milk is pasteurized to destroy disease-producing bacteria. Pasteurization is a heat treatment to eliminate any disease-causing bacteria which might be present and to increase the length of the product's shelf life.

Pasteurization does not markedly change the nutritional value of milk although some of the vitamin C is destroyed. However, milk contains only small quantities of vitamin C as compared to fruits and fruit juices and is not considered a major source of this vitamin.

Why Homogenize Milk?

Milk is homogenized to prevent the formation of a cream layer. Homogenization reduces milkfat particles in size so they don't rise. The small-sized particles are distributed throughout the product to form a homogeneous mixture.

The flavor, quality and nutritional value of milk are not altered by homogenization. The process only breaks up the milk fat particles, so a cream layer will not form. Any evidence of a cream layer indicates incomplete homogenization. With complete homogenization, no cream layer should be apparent even after milk sets in a bottle for a few days.

Vanilla Ice Cream Popular

Vanilla continues to be the most popular flavor for ice cream, according to today's statistics. Ice cream which contains only pure vanilla is labeled "vanilla ice cream." But just as in home cooking, some artificial vanilla is used too. "Vanilla flavored" indicates some artificial flavoring has been added. If ice cream contains more than one-half of the vanilla from artificial sources, it's labeled "artificially flavored ice cream."

New Foods Developed from Dairy Food Sources

Changing life styles are a characteristic of our changing world. They bring about changes in food habits and preferences in variety and nutritional values of the foods we eat.

The development of new foods is expensive and requires a great deal of time. And not every new product developed is a success. One company reports only 12 new products for every one thousand suggested. The most difficult factor to evaluate when testing new food products seems to be the potential sales volume.

New products are usually defined as products with a change in the ingredient list or label. Many years of research make a completely new product almost impossible.

Because no single source of food can match the nutritional value of dairy ingredients for calcium, riboflavin and protein, the future looks bright for the use of milk and dairy products in the development of new foods.

Among the new dairy products are long shelf life creams, many flavors of yogurt and dips, vitamin and mineral fortification of fluid milk and by-products and flavored milk and cheese.

Combinations of fruits and cheese, vegetables and cheese or butter, or meats and cheese have also appeared on the market. Custards and puddings with dairy bases have gained acceptance, too.

If you didn't eat a total of 321 eggs - either shelled or processed - during 1970, you're behind the average as reported by the United States Department of Agriculture.

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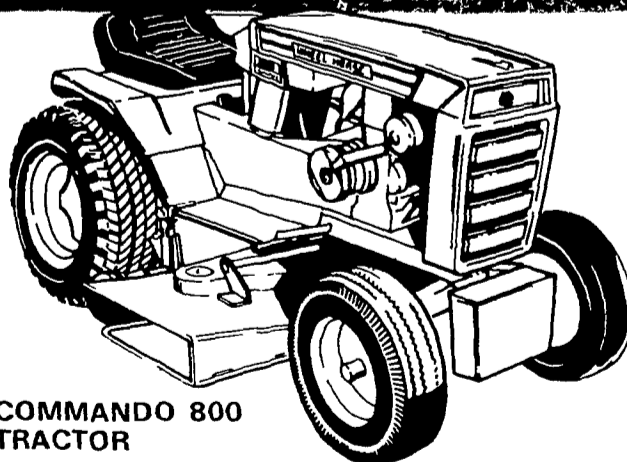


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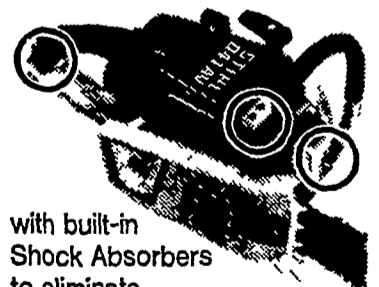
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