

**Ladies,  
Have  
You  
Heard?**

By Doris Thomas,  
Extension Home Economist

Doris Thomas

**Cool It in the Kitchen**

This summer, cook it in the kitchen! Change from a frazzled, hot weather cook to a calm and collected homemaker. You can enjoy summer's fast-paced activities as much as the rest of your family. The secret is to manage your meals. Don't let them manage you.

First of all—stock your pantry shelves with plenty of canned convenience foods. Let them work for you in tasty salads, sandwiches, and quick hot dishes. Then build your meals around main dishes you can whip up ahead of time in the cool of the morning or evening.

With these two steps in mind, you're ready to jump into anything summer has to offer.

Picnics are an appealing summer pastime but you have to prepare the food. But there's no preparation hassle when you've mastered the "cool kitchen technique." Plan something different.

Instead of piling the family into your car, hop on your bicycles, or walk, to your favorite picnic spot. This type of picnic is easy to prepare for when you make a main dish such as chicken salad. It's easy to make early in the morning. Then, pack it away in plastic containers to store in your refrigerator, until you're ready to leave. For secure and safe toting, pack the salad in its containers, in a small ice chest along with other perishables like lettuce and fruit.

Banish the frizzled, frazzled feeling of summertime cooking—try the "cool kitchen technique."

Remember to stock your pantry with a variety of convenience food. And plan ahead.

**Tips on Grilling Poultry**

The zesty aroma of charcoal mingling with poultry is sure to tantalize the appetites of young and old alike. And they won't be disappointed when they sample the savory goodness of barbecued poultry. Be ready to serve seconds and even thirds. These suggestions from the United States Department of Agriculture will insure a successful barbecue:

Chicken halves, quarters, or pieces, and small turkey quarter roasts or parts are good for outdoor barbecues. You can buy them either cut up or as young fryer-roaster turkeys or broiler-fryer chickens that can be cut into individual servings for the grill.

For rotisserie cooking, buy whole chickens, turkeys, ducks, large poultry pieces, or poultry roasts or rolls.

The delicious charcoal taste of outdoor cookery is produced by fats and juices dripping onto the hot fire causing it to flare up and char the meat. But don't make the mistake of letting flames get out of hand. They won't enhance the flavor and they will be a safety hazard.

The key to a successful barbecue is starting with a solid bed of glowing coals—without flames. Light the fire at least 30 minutes ahead of time so it can burn down to ash-gray coals before you start cooking.

When the fire is ready, brush poultry with melted margarine,

# Farm Women Societies

## Society 26

Farm Women Society 26 voted to donate \$150 to the Flood Disaster Fund at its recent business meeting at Mount Gretna. A covered dish supper preceded the meeting. Mrs. Harold Musser led the devotions.

Mrs. Harry Hershey Jr. was selected to represent Society 26 as "Farm Woman of the Year" at the County Convention in November.

Mrs. Carl Kline, Elizabethtown RD1, was installed as a new member.

A bus trip was scheduled to Ocean City, N. J.

Hostesses for the affair were Mrs. Robert Summy, president, and Mrs. Musser.

The next meeting will be held August 24 at 7:30 p.m. at the home of Mrs. M. Messick, 1005 Sheaffer Rd., Elizabethtown. Mrs. Norman Shenk will give a talk on decoupage.

## Farm Women Calendar

Tuesday, August 1

Farm Women Society 3, bus trip to Penn State University, Penn's Cave.

Wednesday, August 2

12 p.m. — County Farm Women picnic and executive board meeting, Central Manor Campmeeting Grounds.

Saturday, August 5

Farm Women Society 5, home of Mrs. Charles Forney.

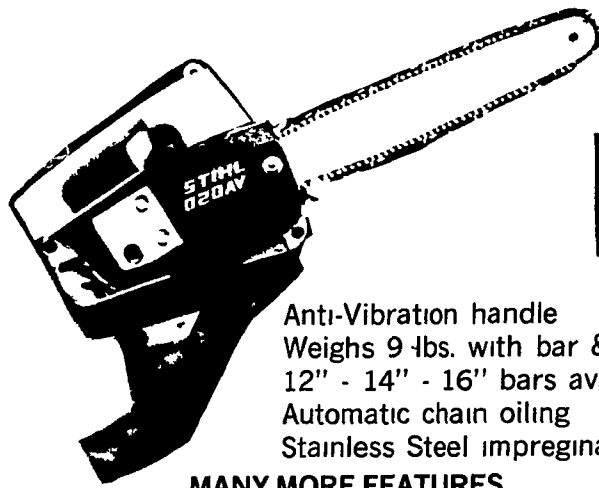
xxx

During 1970, an estimated 200,000 people suffered disabling injuries in agricultural accidents and 2,400 were killed. Protect yourself by observing safety rules and wearing personal protective equipment.

butter or your favorite barbecue sauce. The center of the rack is hotter than the outside so place small pieces like chicken legs, wings and thighs near the edges to avoid over-browning.

Cooking time ranges from 1 to 1 and 1/2 hours depending on the size and thickness of the pieces. Turn and baste occasionally to assure even cooking.

# THE ALL NEW STIHL 020AV CHAIN SAW



Anti-Vibration handle  
Weights 9 lbs. with bar & chain  
12" - 14" - 16" bars available  
Automatic chain oiling  
Stainless Steel impregnated cylinder

MANY MORE FEATURES,  
SEE IT AND TRY IT AT

## JOHN L. STAUFFER

### REPAIR SERVICE

Box 67 RD2  
East Earl, Pa. 17519  
215-445-6175

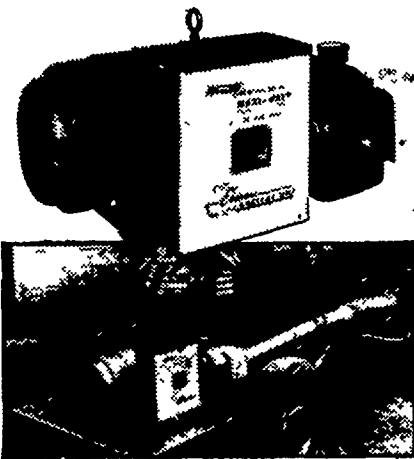


## MORE POWER TO YOU...

PROTECT  
YOUR  
FARM  
WITH



STANDBY  
EMERGENCY  
POWER



Portable electric power anywhere on your farm!

## PTO TRACTOR GENERATOR

8 KW TO 50 KW

Powerline failures are increasing in frequency. That's why you need WINCO Emergency Standby Power for lights, heat, milkers, water, bunk feeders, coolers, and other electric tools. WINCO gives greater motor starting capacity per KW — that's why Winco is rural America's most popular tractor generator.

GET THIS VITAL FARM PROTECTION AT:

L. H. BRUBAKER

350 Strasburg Pike  
Lancaster, Pa. 397-5179

ROY A. BRUBAKER

700 Woodcrest Ave.  
Lititz, Pa. 626-7766

### SPECIAL PRICE ON

- GOLDEN MALRIN FLY BAIT
- FLY SPRAYS
- JET FOGGERS
- ACID CLEANERS
- TEAT DIP
- MAES INFLATIONS

### AARON S. GROFF

Farm & Dairy Store

RD3, Ephrata, Pa.

Phone 354-0744

17572 (Hinkletown)

Store Hours 7 A.M. to 9 P.M.  
Closed Tue. & Sat. at 5:30 P.M.



## THINK COLD AND GET LOW, LOW PRICES

ON BULK DELIVERY OF AGWAY

### TOP-GRADE PERMANENT ANTI-FREEZE

Until Sept. 30 Only

Here's an opportunity no bulk user of permanent anti-freeze will want to miss.

This once a year quality discount sale.

CONTACT US FOR FURTHER DETAILS  
AND PRICES BEFORE YOU ORDER.

Call Agway Petroleum today.  
And bring down the cost of winter.

AGWAY PETROLEUM CORP.

Dillerville Rd., Lancaster

Ph. 717-397-4954



# ROOFING

HOUSES

BARNs

AND

SHEDS

FOR FREE ESTIMATE

PHONE 354-4114

Leon M. Martin, Inc.

R.D.3, Ephrata, Pa. 17522

Over twelve years

of experience

