

Know Terms When Buying Ham

Quick cured hams of today are given a mild cure and light smoking. Carol Rothermel, Chester County Extension home economist, explains that they are prepared by pumping curing pickle into the hams before placing them in curing vats. After curing, the hams are smoked. Quick cured hams are tender and mild flavored and must be kept under refrigeration.

To be labeled "ham", regulations specify that cured or fully cooked hams must not weigh more than the fresh ham weighed before curing. This means that no more moisture may be pumped into the fresh ham for curing than will be removed by smoking and cooking. A ham which contains more than the allowed moisture

must be labeled "water added". Even then, points out Mrs. Rothermel, the finished ham may not exceed the weight of the fresh ham by more than ten percent.

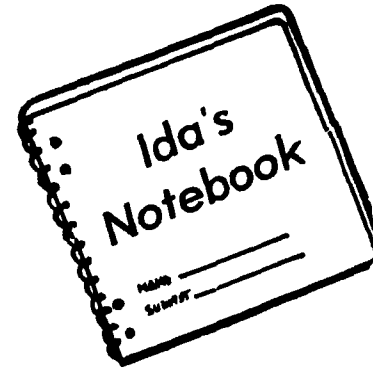
Smoked, tendered, tenderized or ready-to-eat hams have been partially cooked in processing and require a shorter cooking time than old fashioned hams. USDA supervised plants may label a ham "ready-to-eat", "tendered" or "tenderized" when it has been cooked to an internal temperature of 139 degrees Fahrenheit. This is above the 137 degrees temperature required to kill trichina. Therefore, the ham is safe for human consumption, but most people prefer further cooking to develop desired flavor and tenderness. A processor may

cook the ham longer if he wishes, according to Mrs. Rothermel.

Fully cooked hams, when prepared under USDA regulations, must be cooked to an internal temperature of 148 degrees. This means the hams are cooked longer than the time required for tendered or ready-to-eat hams. Most processing plants cook their hams longer than the required time to further develop flavor. Fully cooked hams may be served as purchased or heated 10 minutes to the pound.

Mars' Temperatures

Temperature on the surface of Mars ranges from 50 degrees at noon on the planet's equator to about minus 90 degrees at the same place at night. Polar temperatures are considerably colder.



Ida Risser

As we plant our gardens or hoe our gardens we have lots of time to contemplate.

We think of early man and his nomadic way of life as he wandered about hunting food. When he finally settled down and planted seeds, civilization was changed. The waiting for things to grow took patience and changed men's lives.

We also consider how many more years we will be physically able to care for a big garden. As we consider all the various forces in our lives, there is one thing we are sure of — no matter how carefully we plant and water, only God can make things grow.

XXX

The other morning I had to dash for the early bus without being properly dressed. This reminded me of a story which a neighbor lady said had happened to her.

One morning she chased the bus in her robe and slippers. On her way home she got a flat tire. A man came out from a nearby house to help her change the wheel. She desperately hoped he wouldn't recognize her in this unusual attire. But, he said, "Oh, you're Mrs. Brown", and set to work.

So when I'm late for a bus, I only feel secure after I'm home again.

XXX

Our dog has had a running feud with our geese ever since they arrived on the farm from a Connecticut camp. Yesterday he killed one and whether he's glad

or sad I can't say. It doesn't need to be Thanksgiving to have goose around here.

We had to get rid of another unwelcome guest. After receiving complaints for five months about a sheep eating the shrubbery, we contacted neighboring farmers, the police, the veterinarian, and the Game Protector. No one could help us. We couldn't catch the animal and so finally shot it.

How's that for beating the high price of meat.

Fix-It Tip

A bad winter will age a house considerably. Inspect your house and plan for repairs now. Sidewalks, driveways, foundations and mortar joints take a beating from bad weather.

Clean away all loose material from cracks in masonry. Dig out cracks so that they are wider on the bottom than at the surface. Moisten the inside of the crack and the surface to be repaired.

Fill with concrete patch (use a mix to which you add water) and keep moist for several days. After the crack is filled, finish with a wood float for a rough surface, a metal trowel for a smooth surface. Do not attempt repairs if temperatures are still dipping into the freezing zone.

ANNUAL SPRING SALE

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Now is the time to buy those gifts for
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Save on Bibles, books, records, games
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LANCASTER — PARK CITY
40 East King Street — Park City Shopping Center
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56 East Main Street — New Holland East R 23

FARM

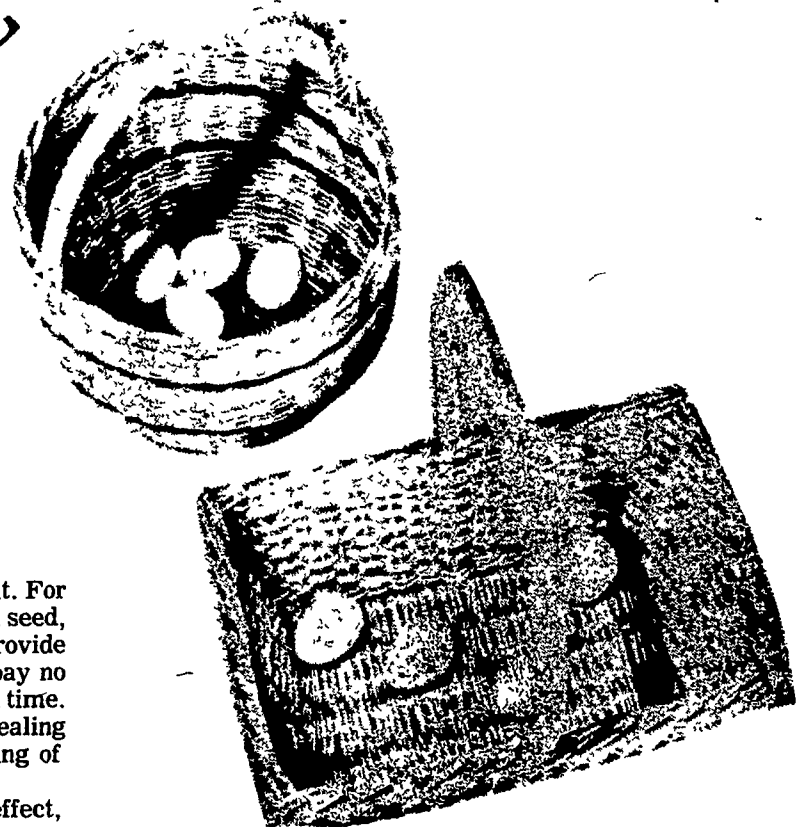


CREDIT

There is a time when
it doesn't pay to
have your
eggs in too many
baskets.

There are certain advantages to be gained by centering your farm credit needs at Farm Credit. For example, if your plans for the year ahead include a new piece of equipment, spring fertilizer and seed, and perhaps an improvement to your farm home, you can arrange now for a Farm Credit loan to provide the total amount you will need. You can draw on these funds as you need the money. You will pay no interest until the money is actually in use. And then, only on the actual amount in use at any given time. In addition, by centering all your credit needs at Farm Credit, you will have the convenience of dealing with one source, the security of knowing cash will be available when needed, plus the cost-saving of Farm Credit's reasonable interest charges.

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