



Ladies,
Have
You
Heard?



Doris Thomas

By Doris Thomas,
Extension Home Economist

**Your Role in Reducing
Solid Waste**

To help solve the solid waste problem, try to reduce, reuse and recycle food packaging materials. Many of us enjoy modern food packaging, such as throw-away bottles, cans, plastic dishes and aluminum foil trays without thinking much about the disposal problem we've created. To reduce the volume of household refuse, try the

following suggestions:

If possible, compress cans, containers and other materials before disposing.

Limit your buys of products with excess packaging materials such as individually wrapped slices of cheese or individually packaged servings of beverage mixes that are also enclosed in bags or boxes.

Use cloth, glass or durable dishware that can be washed and

reused instead of disposable items. Cut down on your use of such things as paper towels, napkins, plates, foil pans and utensils.

If you have storage space and can use them, buy larger sizes of products that use less packaging materials — an eight ounce box of cereal instead of eight one-ounce boxes.

Use aluminum foil and plastic wrap judiciously since they can't be recycled or degraded. If possible, use waxpaper or covered refrigerator dishes.

Make your own puddings and gelatin desserts rather than buying prepared products packaged in individual metal cans or plastic dishes.

Try to cut down on the use of plastic bags and plastic containers and consider reusing plastic foam containers.

Buy fruits and vegetables, meats and eggs in molded pulp trays instead of plastic trays.

Safer Meat Storage

The meat and poultry in your store is wholesome. It's up to you to make sure it stays wholesome after you buy it.

Store fresh meat and poultry at refrigerator temperatures no longer than a few days. Wrap meats loosely for best keeping in the refrigerator. For longer storage you should freeze the meats in tightly wrapped packages of moisture-resistant

Aids to Furniture Buying

Well-made furniture can vary in price because of the many optional features available, says Mrs. Helen Puskar, Extension home furnishings specialist at The Pennsylvania State University.

Buying new furniture is similar to buying a new car. In many cases the optional features add luxury but do not add to the quality.

The fabric you choose will affect the price. While it is not necessary to choose the most expensive fabric, it is wise to make sure you select one which will give good service.

A wide selection of cushions are available, some more luxurious than others, points out Mrs. Puskar. If the furniture is made by a reputable manufacturer, all the optional cushions will give you good service. Your choice is a matter of personal preference.

Other optional features might be a self-covered seat deck—where the fabric underneath the seat cushions matches the outside fabric of the sofa. Another luxury feature is snaps to anchor seat cushions in place.

The frame is the "skeleton" of a sofa or chair. It should be of hardwood. The joints, where the frame is put together, should be double-doweled, that is, reinforced for strength with a pair of

wooden pegs inserted deeply into the frame.

A well-constructed frame should remain rigid throughout the life of the piece of furniture, concludes Mrs. Puskar. It should not wobble if it is well made.

**Farm Women
Calendar**

Monday, July 2
2 p.m. — Farm Women Society 6 meeting, Miss Margaret Haines, hostess.

Thursday, July 5
11 a.m. — Farm Women Society 20 covered dish luncheon, Crystal Manor Beach.

7 p.m. — Farm Women Society 17 family night, O'Donnell's Picnic Grove.

Saturday, July 7
1:30 p.m. — Farm Women Society 10 meeting, home of Mrs. Frank Hodecker, 970 Rohrerstown Road.

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wrap such as aluminum foil or freezer paper.

Follow these additional tips for keeping meats wholesome.

Use fresh-chilled poultry within one or two days.

Store luncheon meats or sausages in their unopened packages until you use them.

Store canned meat products in a cool, dry place.

Refrigerate canned products that are marked "perishable" or "keep under refrigeration."

When you're defrosting meat products, do it in your refrigerator. Or if you're in a hurry, defrost by placing the meat package under running cold water. But don't just set the meat out at room temperature to defrost. That gives bacteria a chance to increase and multiply.

Remember, much of the responsibility of serving your family wholesome foods depends on how you store foods once you bring them home from the market.

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