



Ladies,
Have
You
Heard?



By Doris Thomas,
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Doris Thomas

**Don't Spoil The Fun
In the Sun -**

It's Safety First For Food!

Summer is outdoor cooking time. It's picnic time. But - it's also bacteria time. And the latter we don't need. Bacteria flourishes in hot weather - and food poisoning is a most unwelcome guest at any outing. Remember, in the sun, it is very important that picnic foods are kept wholesome from the time you leave home to the time you settle down to eat. To keep food wholesome in hot weather there

are a few things you should follow in the preparation and preservation of perishable foods.

Favorite picnic foods like hamburgers, fried chicken, salads, frankfurters, and sandwiches all need the same care, basically. The first thing to remember when going on a picnic is that germs grow faster in hot weather, so, naturally, there are some "pre-picnic" precautions you should take after you reach the picnic site.

Most meat and poultry products, such as hamburgers,

need to stay cold till they are cooked. You should keep them in the refrigerator for only a day or two before you pack them in your cooler - and then, with plenty of ice. Form your patties ahead of time, place waxed paper between them, and freeze them as one foil-wrapped unit. This is so you can just put the frozen package in your cooler, and by the time you're ready to cook them, the patties should be thawed. Ground beef may be eaten rare, but pork and poultry products should be cooked thoroughly.

Your cooked fried chicken should stay in the cooler until you are ready to serve it. Salads should be kept cold also to maintain wholesomeness - and to be tasty, too. Don't remove the franks from your cooler - until ready to cook.

Sandwiches? Most of them stay fresh and wholesome by freezing, but they should be wrapped tight in foil or plastic film. In the refrigerator they should be covered with waxed paper, a plastic film, or a damp cloth to keep them from drying out

Really, you should not freeze sandwiches that contain mayonnaise, salad dressing, jelly, lettuce, celery, tomatoes, or hard-boiled eggs. Freezing these items won't affect the wholesomeness of the sandwich but will make the items watery, cause the ingredients to separate,

and decrease the quality of the sandwich

Remember these tips on the care of perishable foods in hot weather: Keep hot foods hot, and cold foods cold, not in between; always leave food in the cooler until ready-to-serve; and store leftovers properly. Refrigerate cream, custard, or meringue pies and foods with custard fillings.

Pears - A Cool Choice

If you're looking for light cool foods to help combat hot summer weather, try adding fresh pears to salads or simply combine them with cottage cheese to form an attractive, appetizing dish.

Bartlett pears will also be welcome companions on those summer vacation trips. But if you're staying home, they'll make a perfect snack to satisfy your children's hunger between meals. Chances are you'll also want to munch on a few yourself.

When buying pears, the U. S. Department of Agriculture suggests that you check on firmness. A pear that is firm but yields to moderate pressure will usually ripen in one to two days. Hard pears will probably ripen at room temperature, but it is best to buy pears that have started to soften. Avoid buying very soft pears and remember, don't squeeze too hard when testing for firmness.

To slow the ripening process, refrigerate pears. To ripen, keep them at room temperature.

Use Correct Amounts

When Preparing Pesticides

It is important to use the right proportions when diluting a pesticide, say extension entomologists at The Pennsylvania State University. Using too little of the material leads to poor control and helps insects build up resistance, while using too much may be hazardous to plant and animal life. Always read and carefully follow directions on labels of pesticide containers.

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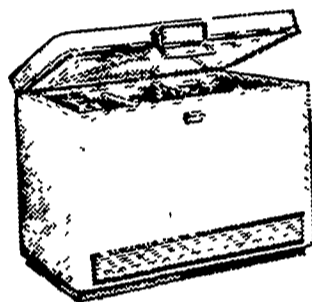
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