



Ladies,
Have
You
Heard?



By Doris Thomas,
Extension Home Economist

Doris Thomas

New Popularity For Seersucker
Today's seersucker has changed. With today's newer processes and fibers, there's a wide range of seersucker and seersucker-like fabrics suitable for wearing the year-round.

True seersucker is woven right into the fabric by pulling some warp fibers tight and giving slack to others. The slack fibers pucker. It has a permanent pattern with an even design which makes it more expensive. To test for real seersucker, unravel a few threads. If the

lengthwise of warp fibers are of two different lengths, the fabric is real seersucker.

Seersucker look-alikes can be made with man-made texturized yarn. This crinkled yarn is woven or knit into the fabric and the pattern is permanent—as long as the fibers stay crinkled.

Plisse cloth also looks like seersucker but it tends to flatten out with continued wear—especially in places where you sit. Washing may revive the puckered look for awhile. But for best results, use inexpensive

plisse for smock tops or other garments you won't be sitting on.

The comfort and coolness long associated with seersucker now depends on fiber content and weave. Natural fibers such as cotton will be more absorbent—closely woven fibers will be warmer. The seersucker polyester double knit is just like other knits—warm. And for fall, a new acrylic blend is on the market that looks like wool and seersucker.

Permanent press isn't necessary in narrow-banded seersucker since you want a puckered look. But if large areas of the weave are flat between the puckered stripes, check to see if the fabric has a permanent press finish.

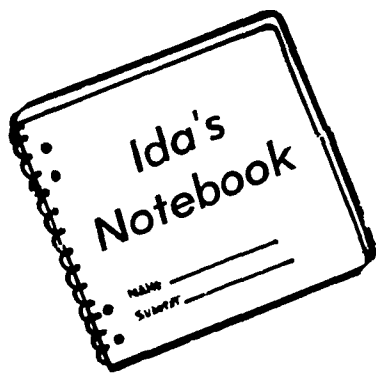
Advantages of Modern Mushrooms

Several years ago, mushroom growers of this country all took long vacations from growing mushrooms in the summertime. That's because mushrooms only grew in cool weather and summer was off-season. But now the vacations are over because modern technology has advanced to the point where the growers can produce the kind of climate mushrooms love—all year round.

That's good news for consumers since mushrooms are low in calories and perfect for meals anytime. There's other good news about mushrooms. In the old days before the development of cultivated mushrooms, many of the wild types found in the woods had tough skins and needed peeling. But modern, cultivated mushrooms don't need to be peeled. Their skins are so delicate you don't even notice them. If you buy canned mushrooms you don't have to do a thing to them except heat and eat. If you buy fresh mushrooms, rinse them briefly in cold water or wipe with a damp towel. Should they be brown where the mushroom stem was trimmed, cut away a thin layer.

Mushrooms are a "natural" food as well as being a convenience food. They'll go with almost anything. They add flavor and texture to meat, poultry and seafood dishes. Cheese and eggs, too, team up with mushrooms. Raw mushrooms, sliced, are an interesting addition to salads of many kinds, especially those made with leafy greens.

Remember—modern mushrooms are available the year-round. Try some soon.



Ida Risser

We've just had noise and more noise around here. For the past week, off and on according to the showers we've had, there have been trucks and a caterpillar tractor in our meadow.

The four-foot banks of sand and gravel from Agnes are being dumped into the large ponds and used to cover some of the many fallen trees. So, after getting a permit to burn debris from the Department of Environmental Resources, we didn't need to use it. In fact, if we had been willing to move the trees from one end of the farm to another end, which is in a different township, then we wouldn't need a permit at all to burn them.

It will be a pleasure to see grass grow next year where we have had only smartweed growing all this summer.

XXXX

There are two sides to every coin! A large herd of beautiful, clean, black and white cows

grazing peacefully on glistening grass is a wonderful sight to see early in the morning. It is a joy to watch them move slowly toward the barn at milking time.

However, it can be almost a traumatic experience to find one dead when you didn't know it was sick. And, then the next day to be told by the veterinarian that another one has a torn tendon and must be destroyed. To have them hauled away to market is one thing, but to have a favorite pet butchered before your eyes is another — only time will cure our ache.

XXXX

This past winter racoons have lived in our haymow and eaten our silage. Now it is only natural that they should move to the sweetcorn patch.

I've heard that soaking rags in kerosene will deter them but I haven't tried it. Although we do have one less, as Allen shot it on a rafter in the barn.

Economical Carrots

Carrots, a versatile vegetable—delicious either raw or cooked—are a boon to your budget. Mrs. Ruth Buck, Penn State Extension foods and nutrition specialist, says carrots are in good supply the year round. And they're just brimming over with vitamin A and are low in calories. You can choose between the long, slender carrots or the short, stubby types. Both are equally tasty and rich in vitamin A.

However, the brightest carrots are also apt to be the oldest and may not be as tender as younger carrots. You would be wise to buy

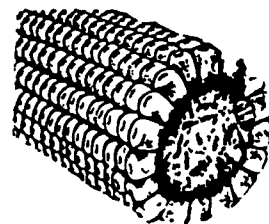
the slender carrots for salads, relishes and general munching. Use the older carrots for cooking in stews and pot roasts.

Most carrots these days come to the market cleaned, trimmed, and packed in clear plastic bags. If you do buy them by the bunch, however, be sure to cut the tops off as soon as you get them home. The tops draw moisture from the stalks and cause them to wilt quickly. Carrots keep best stored in the refrigerator in a moisture-proof wrapper or in a covered container.

For an economical and good tasting vegetable—serve carrots.

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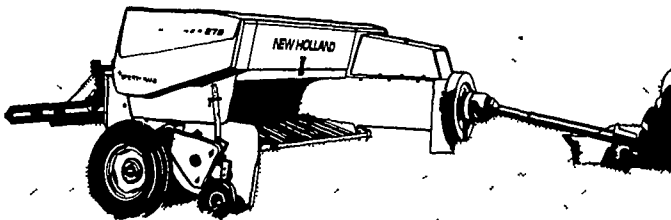
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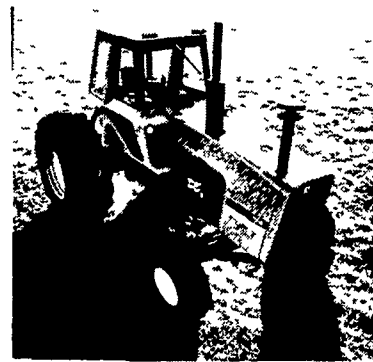


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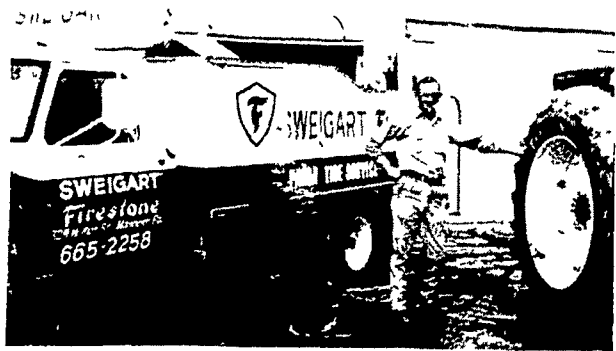
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