

Frozen Food Buying Tips

Before you buy any frozen food at a store, note the condition of the cabinet in which it is displayed. There is a line around the inner side of many such frozen food cabinets showing how high the food should be stacked.

Extension consumer specialists at The Pennsylvania State University suggest you pick your foods only from clean cabinets in which foods are stacked no higher than that line. Select foods that are solidly frozen. If food has thawed, you can be sure it has already lost some quality.

If you're buying fruits and vegetables frozen in individual pieces in bags or boxes, make sure they are still separate and not frozen together. If they are packaged so you can see inside, make sure they have a bright natural color. They will taste better if they are bright in color.

Check to see that the packaging material is not torn, crushed or juice stained, remind the Extension specialists. Frozen food that is exposed or poorly packaged dries out and develops off-flavor quickly.

When shopping for food, select frozen food last to shorten the time it must be without refrigeration. Get the clerk to put frozen food into an insulated bag or double bag and put the food into your freezer promptly after you arrive home.

The Old Timer



"Hospitals are about the only places left where you can get your breakfast in bed."

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Members of the Pequea Valley FFA who attended the National Convention in Kansas City are, from left to right: Charles Neff, Kevin Kurtz, Jere Skiles, Nelson Martin and Don Miller. At extreme right is Gordon Hoover of the Pennsylvania FFA Livestock Judging Team.

Pequea Valley FFA Attends Convention

Five members of the Pequea Valley FFA Chapter, advisor Gerald Philips and his wife attended the 46th National Convention of the Future Farmers of America in Kansas City, Missouri.

The five members who attended were: Charles Neff, son of Mr. and Mrs. Roy C. Neff; Kevin Kurtz, son of Mr. and Mrs. Hershey Kurtz; Jere Skiles, son of Mr. and Mrs. Kenneth Skiles; Nelson Martin, son of Mr. and Mrs. Wilmer Martin and Don Miller, son of Mr. and Mrs. Glenn Miller. Also accompanying the group was Gordon Hoover, son of Mr. and Mrs. Raymond Hoover who represented Pequea Valley at the National Convention as a member of the 1973 Pennsylvania FFA Livestock Judging Team. Gordon won this honor by placing third at the State contest during FFA activities week held at Penn State this past summer.

While at Kansas City, the group attended many of the sessions of the convention and heard a host of well-known speakers.

Some of the sightseeing en route to Kansas City included the Indianapolis 500 Motor Speedway, the Rolston-Purina Research Farm at Grey Summit, Mo., and the Litton Charolais Ranch of Chillicothe, Mo.

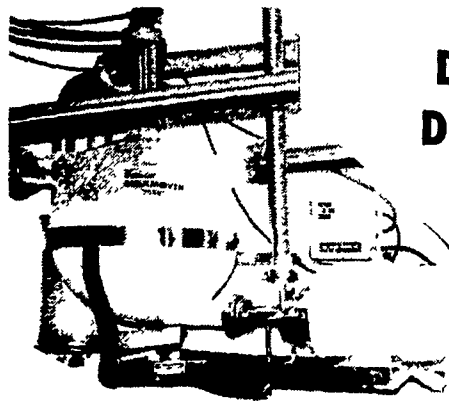
Get Rid of Roaches

Do you leave garbage in the kitchen overnight? Do you leave food uncovered on the table or in the cabinets? Roaches thrive on any accessible garbage or food so discourage them in the first place. Keep cupboards, cabinets and countertops clean. Store food in covered containers. Wash garbage cans often with hot water and suds.

To kill roaches, use an insecticide, after carefully reading instructions. Keep children and pets away from the chemical, and wash hands and face after using it.

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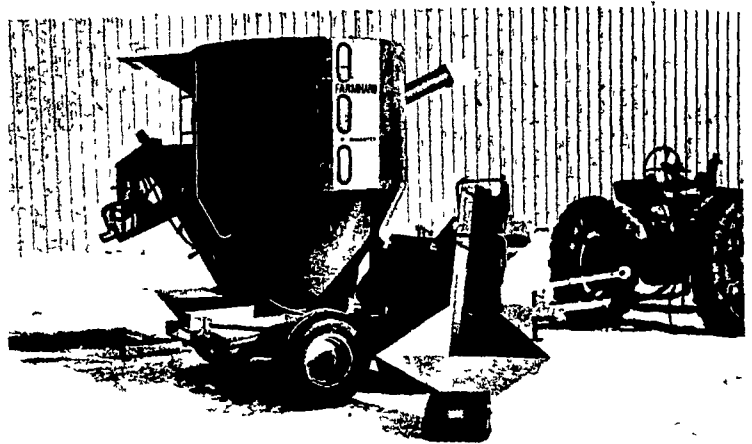
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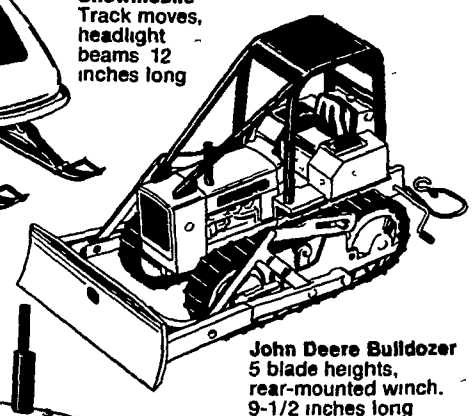
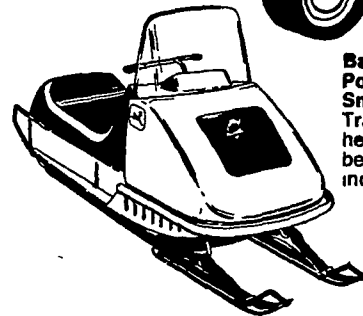
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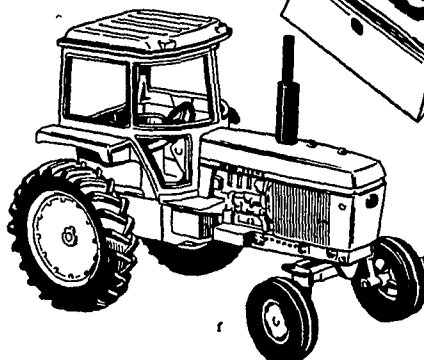
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