

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

## Need Heat— Roll Your Own Logs

Many families are turning to fireplaces to aid in heating their homes and reducing their heating costs. By using a fireplace, valuable fuels are conserved and a large volume of heat is quickly produced.

However, in many areas wood is hard to obtain easily so the next alternative choice might be man-made logs. These are logs rolled from newspapers. The key to making good newspaper logs is compaction, according to the U.S. Forest Service. The tighter the newspapers are rolled and packed in forming the log, the greater the intensity of heat generated and the less fly ash formed when the log burns.

The materials for making the logs are relatively simple: a discarded broomstick (old curtain rod or round piece of garden stake will also suffice); a stack of old newspapers; and water for soaking the logs.

The procedure for making the logs is to take two full double sheets of newspaper, lay them on the floor unfolded in front of you. Overlap the two sheets so the

vertical edge of one meets the vertical fold of the other to form a panel of three newspaper pages wide (a single sheet on the left, two overlapped sheets in the middle, and a single sheet on the right). Fold the uncovered half of the sheet next to the floor over the other sheet to the center fold. Now you have two newspaper pages laid out flat before you, three layers on one side and a single sheet on the other.

Take another full sheet (two pages folded in the middle) and place its vertical edge to the vertical fold on the stack before you. Close the free page on the opposite side over this to again form a flat surface of two newspaper sheets, one on a stack of five thicknesses, the other a single sheet. Continue this process for 10 full, two-page sheets, fold the 10th open page closed to complete a flat surface the size of a single newspaper page, 20 sheets thick. This interleaving makes the paper more compact and easier to roll.

The next step is to make a second interleaving stack

## Stretch Your Food Dollar by Using Vegetables Wisely

With almost everything either in short supply or higher priced, Americans are finding ways to get more from the resources they use.

This type of thinking can easily be applied to the task of feeding one's family a well-balanced diet. Food budgets can often be stretched either by substituting one kind of food for another or by using food products more efficiently.

"In the wake of rising food

prices, many consumers are taking a close look at vegetable products to supplement the vitamins, minerals, and particularly, protein from meat and meat products," says Miss Ruff, Extension home economist. And with careful menu planning, they can indeed utilize vegetable nutrients as an alternative or supplement to meat.

When we refer to protein in

## Versatile Apples

Boil, bake, fry and broil. Name any known method of food preparation and you can do it with apples.

Apples are among the most versatile of fruits. In addition to eating them right from the tree, you can buy them as applesauce, juice or cider, dried or a dozen other ways.

The Red Delicious variety has only about 90 calories per apple. This makes it a fine snack food.

When you select apples, check for bruising. Bruises can lead to decay and excessive bruising usually means that the apples were poorly handled.

Apples should appear bright and fresh-looking. The green background color, when seen on varieties that are not a solid red, should be a yellow-green. If the background color is a faded yellow-green, the apples may be overmature and will be soft and mealy with loss of flavor and juice.

When you store apples remember to keep them cool. Whenever possible, refrigerate them.

**Low To Moderate Temperatures**  
Cook meat and poultry products at low to moderate temperatures. This will not only provide maximum tenderness and juiciness and result in less shrinkage, but also makes sure the center of the product is fully cooked without the outside being over done.

**Storing Canned Products**  
Store canned products in a cool, dry place - not in a cabinet above the range. Any unused product may be left in the can, covered and refrigerated.

**Buying Nuts?**  
If you are buying nuts in the shell for munching, avoid nuts with oil-stained and moldy shells. These are signs that the kernels may be rancid or decayed.

exactly as you did the first. With the bottom of the first stack touching your knees, place the second stack on top of the first with the bottom of the second stack about six inches from your knees. The sides of the two stacks should be aligned so they are parallel.

Next, make a third stack just as you did the previous two, placing it over the second so that the near edge is six inches from the new edge of the second stack. Repeat this process through five stacks which when laid out form a continuous ribbon in front of you approximately four feet long.

From the near edge of the bottom stack, curl the exposed edge over the rolling rod. Keep rolling onto the successive stacks until the entire ribbon is wrapped around the rod forming the fireplace log. Tie a fine wire or piece of tape around the log about two inches in from each end to keep it from unwinding. The rod may now be removed and the log soaked in water. The soaking should be done overnight in a vat large enough so that the logs are submerged in the water. A tablespoon of detergent added to the water will aid in soaking compaction and minimize fly ash when the log is burned.

While removing your logs from the water knead them with your fingers along the full length. This will tend to dislodge the newsprint fibers so that greater compaction may be obtained. Lay the logs out to dry which may take from one to several weeks to accomplish depending upon the heat and humidity. Once dry, the log is ready for burning. A supply should be built up so that dried logs can be burned while others are drying.

A family menu planner needs to know where vitamins and nutrients are concentrated within the vegetable, for example whether they are found mainly within the stems or the leaves of a given item. This will provide guidance for trimming and serving the vegetable so that nutrients are retained.

One of the simplest—but often neglected—ways to encourage a family, particularly children, to eat more vegetables is to serve them in ways attractive to both the eye and the palate. Developing a special knowledge of your family's taste and investing a little time to learn different and tempting recipes will enable the consumer to get more of the benefits from the vegetables she serves and to serve them more often.



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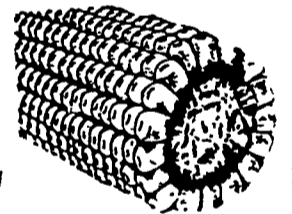
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