# **LADIES** HAVE YOU **HEARD?**

By Doris Thomas, Extension Home Economist

degrees F. (hot). Heat fat in

large baking pan. Mix flour,

salt, and pepper; use to coat

turkey. Put turkey into

baking pan; turn over once

to coat with fat. Bake turkey

until golden brown, about 60

minutes. Remove excess fat.

Mix remaining ingredients

and pour over turkey. Cover,

and continue to bake about 45

minutes until turkey is

tender. Remove excess fat

before serving. Makes six

**Use Safe Methods For** 

**Canning Vegetables** 

can vegetables because of

fear of spoilage, remember

the organisms blamed for

spoilage are just doing what

comes naturally. The real

culprit is the ignorant.

careless, or stubborn-not-

about-to-use-modern met-

hods person who does the

The most common type of

in

vegetables is called flat-

sour. The food may look

right and smell right, but has

an unpleasant sourish taste.

It is neither fit to eat, nor

poisonous. The bacteria

causing flat-sour can start

growing in vegetables which

have stood too long between

in

canned

gathering,

If-you have hesitated to

portions.

canning.

spoilage

Let's Talk Turkey

Once turkey was likely to be mentioned only in its role as a mainstay of end-of-theyear holiday feasting. No more! Today, any time is a good time to talk turkey.

To perk up the menu on hot, heavy summer days, serve cool, lean turkey in sandwiches, salads, or as a hors d'oeuvre. Turkey adds a festive touch to any picnic.

And when that American taste favorite, turkey, is teamed up with that favorite form of American cookery, the barbecue, get ready for some real gastronomic fireworks.

For an easy-to-prepare, turkey connoisseur's delight, try this recipe for allweather,

#### Oven-Barbecued Roast Turkey

1/4 cup fat or oil 1-3 cup flour 2 teaspoons salt

1/4 teaspoon pepper 2 turkey leg quarters, disjointed (about 1½ pounds each)

1-3 cup vinegar 4 cup brown sugar, packed

¼ cup sweet pickle relish tablespoon chestershire sauce

4 cup catsup

Preheat oven to 400

preparing, putting into jars and processing. This is paricularly true of corn and other starchy vegetables. If necessary to hold vegetables several hours or overnight, they should be refrigerated.

Botulism is another widely misunderstood type of food spoilage. It is by no means confined to canned foods. It has been found in frozen, smoked, and pickled sea foods; dried, smoked, and pickled meats: pickled beets and also homemade cheese. The invisible-to-the-nakedeye spores of bacteria which cause botulism are harmless until they find their way into an airless space containing very little acid and start growing. Then they give off a deadly toxin. Unless the illness of a person who has eaten the contaminated food is promptly diagnosed and the right anti-toxin quickly obtained, the patient may

the food into a saucepan and let it boil 15 minutes, stirring often, before tasting. Never, never, taste food of any kind to learn whether it is spoiled.

If new at canning, the first thing needed is an up-to-date canning bulletin or book.

You can make the canning job easier and quicker by collecting all needed equipment, carefully inspecting every jar to make sure the top is smooth (one tiny nick or chip can prevent

not survive. The first step in preventing botulism is to use only strictly fresh, sound vegetables. No matter how clean they may seem, wash them as if they were filthy. Then quickly prepare, put into jars and process in a steam-pressure canner for the right length of time at the right pressure for your altitude. Then your canned vegetables will be as safe as any food can be. But if you still have misgivings, turn

the food in small quantities, according to up-to-date information.

# Farm Women Societies

## Society 6

The July 6 meeting of Farm Women Society 6 was held at the home of Mrs. John Wagner, who is the daughter of the president, Mrs. Anna Geyer. The Wagner children: Jeffrey, Janet, Joyce, and Jay led the devotions with Bible verses and songs.

The program presented by Roy Cover, who showed beautiful slides of the Banff, Lake Louise, and Jasper areas of Canada, as well as parts of the United States, including Glacier National Park, Salt Lake City, and Bryce Canyon and King's Canyon National

After group singing of Brighten the Corner Where You Are" and "American the Beautiful", the members giving a saftey tip. Reports trip by Barbara Eberly and Martha Eshelman. An auction of food items was held with Mae Gantz as auctioneer.

Hostesses were Margaret Haines, Eva Parrett, and

Anna Brandt. A Covered Dish Family

sealing), and checking in-

structions ahead of time.

Prepare, pack, and process

Picnic will be held at the Milton Grove Sportsman's Club on August 3 at 6:00 p.m.

### Society 27

Farm Women Society 27 are planning a one day bus trip to Ocean City, N. J., on July 30th. For more information on the trip contact Sara Sherer, Manheim.

Smoked Picnic Shoulder

Smoked picnic shoulder comes from the pork shoulder and includes the arm section and part of the fore shank. The curing and smoking process gives it the characteristic color and flavor of all pork cuts handled in this way. It is best prepared by roasting (baking) or cooking in liquid.

Whipped Cream Topping Peel and section 2 oranges. Cut each section in half. Cut 8 marshmallows into quarters. Whip ½ pint whipping cream unresponded to roll call by til stiff. Fold in marshmallows and orange sections. Spoon into were given of the Michigan center of ginger cake mold or serve on top of squares. Yields 8 to 9 servings.

#### Farm Women Calendar

Saturday, July 13 Farm Women Society 2 Bake Sale at Heisey Sale

Farm Society 10 meeting 1:30 p.m. at the home of Mrs. John McGrann, 1464 New Holland Pike Sunday, July 14

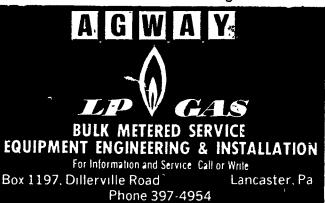
Farm Women Society 19 meeting the cottage of Mr. and Mrs. Arthur Landis in Perry County, 2

Monday, July 15 Farm Women Society 31 trip to the shore. Leaving Mechanic Grove Church 7 a.m.

Home canning session 7 p.m. Farm & Home Center Tuesday, July 16

Ladies Day Region II of Pennsylvania Young Farmers Association 10:00 a.m. Embers Restaurant Carlisle. Saturday, July 20

Farm Women Scoiety 2 meeting



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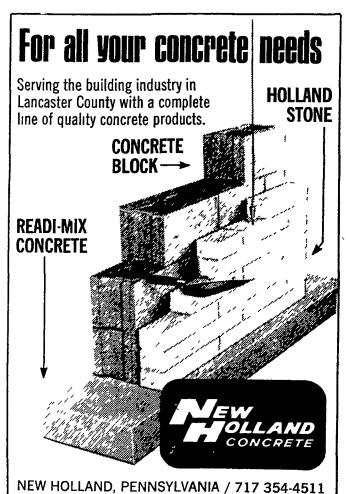
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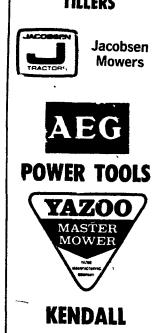
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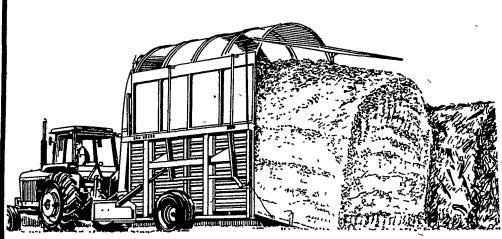
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