

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Plums and Nectarines, Two Bumper Crops

Here's good news for fresh fruit fanciers. You can look forward to record 1974 crops of California plums and nectarines.

The two fruits have been popular for centuries. Plums were cultivated more than 2,000 years ago in the Caucasus Mountains near the Black Sea. The more than 100 varieties grown can be divided into two main types. The European plum is blue or purple, medium-sized, and mild in flavor, with a firm texture. The Japanese plum is generally medium to large and very juicy, with a red or yellow skin.

The Nectarine has been cultivated even longer than the plum. It is related to the peach, but it is not a peach variety, as is sometimes asserted. Nectarines are gold and red and have a smooth skin. Almost all the U.S. crop is grown in

California's San Joaquin Valley.

Plums and nectarines can be teamed in a sparkling fruit dessert,

Plum and Nectarine Cocktail

2 or 3 fresh nectarines, sliced
1 cup fresh plums, diced
¼ cup orange juice
¼ cup lime juice
2 tablespoons grated orange rind

2 tablespoons sugar
Slivered almonds, toasted
Dice half the nectarines slices. Combine with plums, fruit juices, rind and sugar. Chill 2 hours, turning twice. Stand remaining nectarines upright around the sides of 4 dessert bowls. Spoon chilled fruit mixture into centers; sprinkle with almonds. Makes 4 servings.

Store Home-Canned Foods Carefully

Properly home canned food stored in a cool, dry place will keep good eating quality for a year. Canned food stored near hot pipes, a range or a furnace, or in

direct sunlight may lose quality in a few weeks or months, depending on the temperature.

A dry storage area is important because dampness may corrode the metal lids or rot the rubber rings on home canned food jars. This can cause leakage and subsequent spoilage.

Canned goods which have been frozen, thawed and refrozen, are safe to use IF the seal or container has not been broken. However, the quality will be poor and possibly unacceptable. If jars must be stored in an unheated place, protect the jars by wrapping them in paper or covering with a blanket.

If you follow directions for home canning carefully and the produce was in good condition initially, there is little chance of spoilage in your home canned foods. But you must always be on guard.

Look for leaks in containers. If you detect a leak, don't use the contents.

When opening canned foods check for unnatural odors. If an "off" odor is present, discard the contents. Do not taste canned foods before first boiling for 10 minutes or more. Boiling will de-toxify any botulism toxin.

Timely Reminders

Freezing Homemade Bread Dough

Nothing can beat the smell of fresh, homemade bread or rolls. You can mix up a batch of dough and then freeze it to be baked some other day. Some recipes have been developed especially for freezing. But you can also freeze regular bread recipes. If you freeze bread dough, it's best to use it within two to four weeks after freezing. That's because the homemade doughs have a short storage life and the bread baked from them will be less desirable the longer the dough is frozen. You can keep frozen baked bread for several months without much loss in quality.

Packing Tips for Cosmetics

When you're packing cosmetics to take on a vacation, put the items in a plastic-lined kit or bag. And if you can take plastic containers for creams and lotions you'll find your bag is lighter and the items are less likely to break. If you're concerned about some of the bottles spilling, take solid perfumes and deodorants.

All of these items can go in an overnight case for ease in finding.

When You Move

Always inform your insurance companies when you move so your premium notices won't get lost. Extension home management specialists at The Pennsylvania State University point out that if you fail to pay premiums on time, some policies expire and your coverage ends.

BRUNING

PAINT

WILL SPRAY PAINT YOUR
BARN & SHEDS with

BRUNING COUNTRY SQUIRE

PAINT & AIRLESS
EQUIPMENT
AT MOST
REASONABLE RATES.

Phone (AC)
215-445-6186

PHARES HURST

RD1 Narvon, Pa. 17555

Need . . .

HAY - STRAW - EAR CORN

Buy Now and Save!

More and more farmers are buying from us for better value and all around satisfaction

DELIVERED — ANY QUANTITY

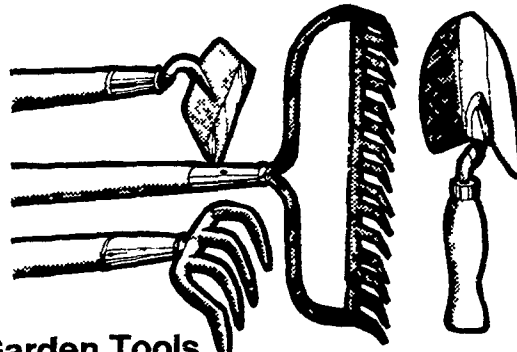
Phone Area Code 717 687-7631

ESBENSHADE TURKEY FARM

PARADISE PA.

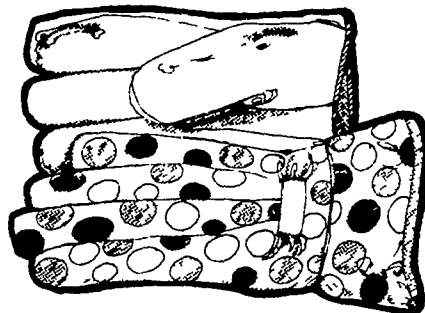
There's more than ever before from John Deere.

Stop in and see our...



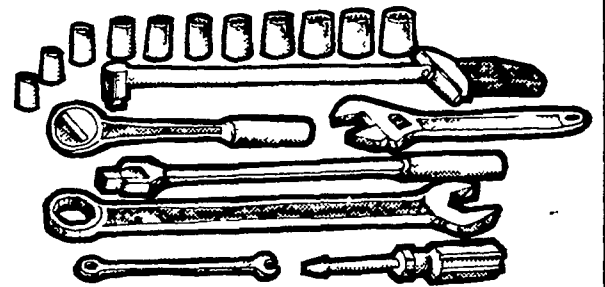
Garden Tools

How does your garden grow? Great—when you use John Deere Garden Tools! There's an assortment of shovels and spades, rakes and hoes. All are made light in weight to reduce fatigue yet strong for years of service.



Garden and Work Gloves

Our selection of colorful garden gloves provides practical protection and fashionable looks for the lady gardener. Men's work gloves come in 16 styles and materials. Look over the complete assortment in our store . . . today.



Professional Quality Hand Tools

Everything from socket sets and wrenches to hammers and punches . . . all with this no-nonsense guarantee: "Any tool that fails will be replaced free of charge. No questions asked." Need a tool box, cabinet or chest? We have those too!

And more!

There are battery chargers, booster cables and fuel cans. Top-quality John Deere V-belts, hydraulic jacks and tire chains.

Need a space heater, flashlight or weather vane? We've got it!

See us for oils and lubricants—and a battery for about anything you own.

We have a complete line of welders and accessories. And an air compressor for every need. Fact is . . . you'd be surprised at the variety of merchandise we have in our John Deere Store. Stop in. We'll be glad to show you.



A. B. C. GROFF, INC.
New Holland 354-4191

M. S. YEARSLEY & SONS
West Chester 696-2990

LANDIS BROS. INC.
Lancaster 393-3906

ADAMSTOWN
EQUIPMENT INC.
Mohnton, RD2, Pa. 19540
[near Adamstown]
Phone [215] 484-4391

SHOTZBERGER'S
Elm 665-2141

GOODMAN'S AUTO SERVICE
Honey Brook, Pa.
[215] 273-2356

COLLINS MOTORS
RD#1 Elizabethtown
Phone 367-1856

20th CONSECUTIVE YEAR

COWTOWN RODEO

Rain or Shine
SATURDAY NITE
AT 7:30 P.M.

John Sweigart
New Holland, Pa.

Thrills, Spills, Action!

AT COWTOWN ON ROUTE 40,
WOODSTOWN, N. J.

8 miles East of Delaware Memorial Bridge
Every Saturday Nite Thru September 7

ADULTS \$3 CHILDREN \$1 FREE PARKING

For all your concrete needs

Serving the building industry in Lancaster County with a complete line of quality concrete products.

HOLLAND
STONE

CONCRETE
BLOCK

READI-MIX
CONCRETE

**NEW HOLLAND
CONCRETE**

NEW HOLLAND, PENNSYLVANIA / 717 354-4511