

# 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.

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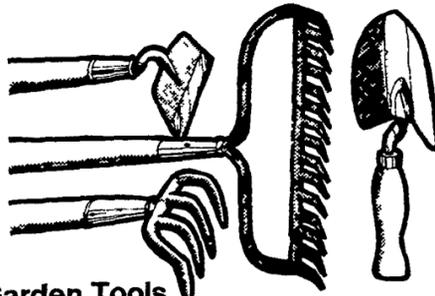
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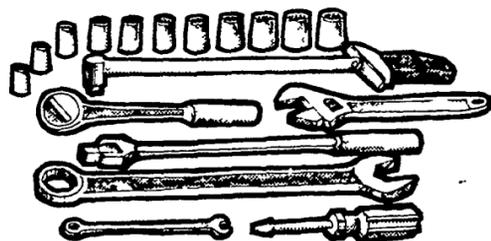
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