

ADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

How To Freeze Corn
When you select fresh produce to freeze, select only that which is of high quality. Freezing poor quality foods will be a waste of your time. Freezing does not improve the quality of any food. With sweet corn, for example, and all other vegetables, freeze as soon as possible. A day or more than a few hours from picking to processing with corn is especially apt to result in significant loss of quality if refrigerated. It's necessary to scald properly before

freezing or it may have a taste like hay or the cob may be mushy. Proper scalding and cooling of corn is definitely recommended for freezing this vegetable. Husk the corn, remove all the silks and trim the ends. Scald the corn in a very large kettle—medium ears take about eight minutes and larger ears about 11 minutes. Keep a cover on the kettle. You need to allow about one quart of water for each ear of sweet corn. Then you can add more water as you scald more corn. When the water begins to look cloudy, you need to change it.

After scalding the corn, plunge it immediately into cold water. Generally, this means water with ice cubes in it unless your water supply is naturally very cold. Submerge the ears into the ice water to cool the cob thoroughly. Cooling will take about 16 to 20 minutes. Do not process too much corn at once. And be sure you have adequate space for cooling.

Improve Food Buying Habits

Comparatively speaking, Americans don't spend as much of their income on food as shoppers do in other nations. But we could make many improvements in our buying habits. As food prices continue to rise, it's more important than ever that you know how to get the most for your money at the grocery store. Here are some suggestions. Watch newspaper ads from Wednesday through Saturday for specials on foods you frequently use. Plan your menus around specials. Be prepared to switch your menu plans to-

take advantage of the best buys. The best time to shop is early in the week—Wednesday or Thursday. Counters and shelves are usually restocked on these days, which means you will have a better selection. Fresh produce will be fresher and specials will be

more readily available. Make use of seasonal foods. Shop alone if possible and don't shop when you are hungry. When you buy meat, remember to consider the cost per serving rather than the cost per pound.

Through on-the-job training, Pennsylvania's merit system provides "upward mobility" for state civil service employees who wish to gain new skills or advance through self-development aids.

Society 3

Farm Women Society 3 entertained members of the local 4-H Clubs at their regular meeting Saturday, August 17, at a luncheon at the home of Mrs. William Gerhart, Schoeneck. The following clubs and their leaders were represented, Jolly Caterers, Mrs. Harold Fry, leader; Brickerville Snackettes, Mrs. Robert Gregory; leader; Lincoln Clothing Mrs. Ernest Hartfrant and Mrs. Luther Moore, leaders. 4-H members were presented with their achievement certificates and gifts from the Society. The sewing club members received a scissors holder in the shape of an old fashioned boot made by Mrs. Harry Usner and the cooking club members received hot pads made by Mrs. Ivan Evely. The winners in the county-regional dress revue were introduced. They are Miss Kathy Farlow, Miss Julie Hartrant and Miss Elaine Good.

Also introduced was Miss Alice Kay Stauffer who is the Jr. 4-H Queen. Jane and Martha Gregory were introduced as winners in the 4-H Keystone Achievements Team. The summer assistant to the Lancaster County Extension service Debra Gregory was introduced. Members and friends will go by bus to Ocean City, N.J. on Saturday, August 24,

Entertains Guests

leaving from Sale Lutheran Church in Ephrata at 6 a.m. Plans are being made for a bus tour to Nashville, Tennessee, October 24-27. Named to the nominating committee were Mrs. Jay Miller, Esther Petticofer and Mrs. Gilbert Paul. Miss Karen Hackman,

Selingsgrove showed slides and told of her experience in Brazil. Karen was a Rotary Exchange Student and took her Jr. High School class in Brazil. She is now a graduate of Selingsgrove High School and will be entering Susquehanna University in September.

\$ SAVE ON FOOD \$

CORKS CANNED GOODS

★ SPECIALS THIS WEEK ★

KARO DARK CORN SYRUP 30¢ PINT BOTTLE

ZIPITY DOO DA 4 BOXES \$1.00 FOR

NEW STORE HOURS
Thurs. & Fri. 9 to 9
Saturday 9 to 6

150 Fruitville Pike
Manheim, Pa.

CARTER Lumber

CASH & CARRY BUILDING MATERIALS

FABRAL CORPORATION METAL ROOFING & SIDING

DOUBLE-RIB ALUMINUM HI-STRENGTH ALLOY \$19.20 100.50 FT. WIDTH 48" NET. LENGTHS 8' thru 24'	GALVANIZED STEEL 29 GAUGE \$21.79 100.50 FT. WIDTH 32" NET. LENGTHS 7' thru 14'
--	--

BARN SIDING SPRUCE 1x8 M Bd. Ft. ... \$255.00

RED FARM & RANCH PAINT Oil Base... Gallon... \$5.20

SLIP HEAD WINDOW 22" x 30 1/2" ... 2 LITE... \$11.80

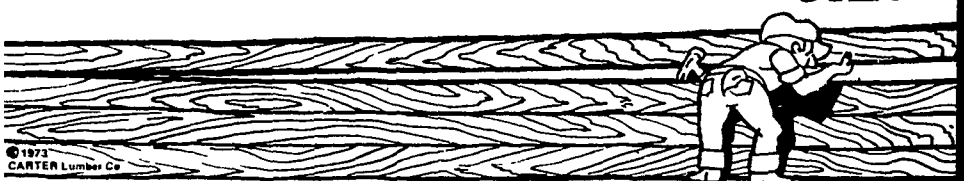
Pressure-Treated SQUARE BARN POLES
Compare Our Quality and Low, Low Prices... Carter Lumber is Your Treated Lumber Headquarters.

FIBERGLASS ROOF PANEL - Green... 12' x 33 1/2" ... \$12.28

METAL ROOFING NAILS 1 3/4" WITH FLAT NEOPRENE WASHER

ALUMINUM 500 PACK \$5.71	GALVANIZED 5 LBS. \$4.52	50 LBS. \$39.93
--------------------------	--------------------------	-----------------

ASPHALT ROOFING SQUARE \$15.59 ... BUNDLE \$5.20



CARTER'S EVERYDAY LOW CASH & CARRY PRICES
OPEN 7:30 TO 5:30 — 6 DAYS A WEEK ... DELIVERY AVAILABLE

2275 OLD PHILADELPHIA PIKE
Just 3 miles East on Rt. 340
PHONE 397-4829 397-4820

SHOP & COMPARE
PHONE 723-1371

PICK YOUR OWN PEACHES

HERR FRUIT FARMS
Mountville, Pa. 717-285-5976
Daily except Sundays, 8 A.M. to 7 P.M.
BRING YOUR OWN CONTAINERS.

Fun — Thrills — Excitement

BUCK TRACTOR PULLS

TWO SHOWS IN ONE STARTING AT 7:30 P.M.
FRI. and SAT., AUGUST 30-31

FEATURING **GARDEN TRACTOR PULLS ALONG WITH THE MAIN EVENT**

FOR ADDITIONAL INFORMATION
CALL OFFICE 569-3296; TRACK 284-2139

**BUCK TRACTOR PULLS LOCATED ON RT. 272
10 MILES SOUTH OF LANCASTER**