

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

## Prevent Contaminated Wild Game Meat

With the big game season in Pennsylvania comes the possibility of wild game meats contamination leading to food poisoning. Wild game meat may spoil when improperly handled. Here are some suggestions to avoid poor quality game meat. Good and proper care of game is the key.

Bacteria which abound in nature can cause meat spoilage. And, this may lead to food poisoning. The most common type of such poisoning is salmonellosis. It

resembles the flu in symptoms including headache, vomiting, cramps, nausea, fever, and diarrhea. It usually strikes 12 to 36 hours after eating food contaminated by salmonellae bacteria. Although it is seldom fatal, it is very uncomfortable.

One way to avoid problems is to shoot only healthy-looking animals. If the quarry is stumbling, staggering, making unusual noises, is unusually aggressive, or appears blind, be suspicious. The animal may be unhealthy. Kill and

dispose of wildlife suspected of being diseased. Report the type of animal and location to a District Game Protector. And never eat game you didn't kill yourself unless you know it was handled properly by an experienced hunter.

Once game is taken, check it thoroughly for obvious signs of disease or old wounds. If such are present, don't use it for food. Field dress game immediately to avoid meat contamination from digestive tract contents. Cooling, or chilling meats is one of the best ways to avoid bacterial contamination.

With larger game such as deer, it's important to field dress the animal immediately after tagging it. When back at camp, hang the carcass to help dissipate body heat. At this time, cut away unwanted fat or internal tissue. Prop open the body cavity to permit air circulation. On the trip home, keep the carcass cool.

Have your deer processed at a slaughterhouse or locker plant where cooling facilities are available. Or, if you cut up your own, do it immediately so meat quality is maintained.

Another precaution against possible food poisoning is to carry plastic gloves with you and use them when cleaning the game. And when you are home, cook the meat thoroughly. Don't leave leftover meat out after the meal. And make sure to clean cooking and

storing utensils completely.

### Holiday Stain Removal Tips

Tablecloths and clothes often suffer from holiday meals. There are all types of foods around, and when they're spilled they usually leave stains. But if you treat stains while they are fresh, they can often be removed.

There are several things to remember for proper stain removal. First, identify the stain if possible. If you don't know what caused the stain, you may be able to determine if it is a greasy or non-greasy stain.

Second, know the fabric. Some stain removers

damage some fabrics or leave spots on them. The only way to be sure is to test the stain remover on a corner of the fabric. If it leaves a spot, take the fabric to a professional dry cleaner.

When removing stains, always work from the back of the fabric. That way, the stain comes off the fibers instead of going through them.

Fruit stains are common around holidays. Soak the fabric in warm water and an enzyme pre-soak, then launder. If necessary, treat stain and launder again.

Gravy or milk stains can often be removed by soaking in cold water and an enzyme pre-soak. Of, if you prefer, make a paste of detergent and water and rub it into the stain. Launder after either treatment.

Wine and soft drink stains can often be removed by

soaking the fabric in oxygen bleach and hot water.

Soak coffee and tea stains in hot water and an enzyme pre-soak or oxygen bleach, then launder.

Candle wax can be especially difficult to remove. Scrape off as much as possible, taking care not to damage the fabric. Then place the stain between paper towels and press with a warm iron. Place it on fresh paper towels and sponge the back with drycleaning solvent. Let it dry, then launder. If the stain remains, launder again with an oxygen bleach.

## TRY A CLASSIFIED AD!

**LAND SAKES!** "It's smart to be Thrifty"

it wouldn't be

**CHRISTMAS**

without the things from

**REBMAN'S**

Park & Shop 9 AM to 9 PM  
800 S. QUEEN ST., LANC.



### Thought For Food



**Sage Cheese Bread**  
1 package (13 3/4 oz.) hot roll mix  
1 egg  
1/2 cup grated Cheddar cheese  
1 1/2 teaspoons ground sage

Pour 3/4 cup warm (not hot) water into a medium-size mixing bowl. Sprinkle yeast from the hot roll mix over water, stir until dissolved. Stir in egg, cheese and sage. Add flour mixture from package, blend well. Cover and let rise in a warm place until double in size, 30 to 45 minutes. Shape dough and place in a greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Let rise again until double in size. Bake in a preheated moderate oven (350° F) 30 to 40 minutes or until nicely browned. Cool and slice.  
YIELD 1 loaf

## ORDER YOUR CHRISTMAS GIFTS NOW

DINNERWARE SALE  
**Noritake China**

92 PC. SETS **\$195.00 & \$259.95**

- Collectors Items
- Noritake Bells
- Annual Plates
- Hummel
- Christmas Plates
- Candles
- Noritake China
- Franconia
- Sunbeam Appliances

- B & G - Jensen
- Mother Plates
- Onieda Stainless
- Cutlery
- Carpenter Tools
- Gift Glassware
- Builders Hardware
- Monarch Ranges

Monarch Kitchen Heaters

## HOME APPLIANCES

GROFF HARDWARE  
149 E. Franklin St. New Holland, Pa.

## Time to JOIN: CHRISTMAS CLUB

You, too, will receive a check in time for Christmas shopping next year if you join our Christmas Club now! Come in!

Save each week	Have in 50 weeks
\$ 50	\$ 25 00
1 00	50 00
2 00	100 00
3 00	150 00
5 00	250 00



YOU PAY 49 PAYMENTS — WE WILL PAY THE 50th

"GROWING WITH OUR COMMUNITY"

# OBBNB

BLUE BALL NATIONAL BANK

3 CONVENIENT LOCATIONS

BLUE BALL  
354-5163

MORGANTOWN  
286-5101

TERRE HILL  
445-6741

**GARBER OIL CO.**

**TEXACO**

**Fuel Chief HEATING OIL**

& OIL HEATING EQUIPMENT

AIR CONDITIONING  
MOUNT JOY, PA  
Ph. 653-1821



## ANNOUNCING PRE HOLIDAY WAREHOUSE CLEARANCE SALE

15,000 YARDS OF CARPET IN STOCK TO CHOOSE FROM

**CASH & CARRY**  
OR  
**48 HR. INSTALLATION**

BRING IN YOUR CARPET SIZE — WE WILL CUT IT.

**BUY NOW and SAVE . . . at  
JI-DEN CARPET**

**ASK ABOUT OUR \$299.00  
ARMSTRONG SPECIAL**

OVER 1000 COLOR SAMPLES TO SELECT FROM

FINANCING ARRANGED   INSTALLATION BY OUR OWN EXPERTS

Visit our Show Room at  
**1714 LINCOLN HWY. EAST, LANCASTER**

Open Mon. thru Sat. 8 A.M. to 9 P.M.  
SHOP-AT-HOME . . . Just call us at 392-6213 or 392-4912  
Out-of-town, CALL COLLECT