

LADIES, HAVE YOU HEARD?

By Doris Thomas, Extension Home Economist



Rebate on Canning Lids

Last year, many home canners bought new Kerr dome-type lids which failed to seal promptly when used in the traditional manner. If unnoticed before storage, most foods canned with the defective lids soon began to spoil, leak from the jar or darken rapidly.

The Kerr Company has since acknowledged that the problem was caused by a defective sealing compound used in some lid gaskets. Moreover, the company announced it will rebate home canners for the cost of the defective lids and the dollar value of all canned food which spoiled as a result of using these lids.

Jars with defective lids may have one or more of these spoilage symptoms: 1. Lids which were literally blown from the jar; 2. Lids which are swollen; 3. Lids which leak when the jar is tilted, or 4. Lids which emit a low-pitched dull sound when tapped lightly with a spoon. Cans of spoiled foods will also have an abnormal odor,

color or form when heated. Discard spoiled food without tasting. Canned foods exhibiting questionable spoilage symptoms should be boiled ten minutes before tasting or serving.

Claims concerning defective Kerr lids should be directed to: Kerr Glass Manufacturing Corporation, Consumer Products Division, P. O. Box 97, Sand Springs, Oklahoma 74063.

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How to Buy Elastic

Elastic is often used in the waistband of today's suits and pants. It's an easy technique because the placket and fitted waistband can be eliminated. It's comfortable, too, for the waistband expands and

contracts with any variation in size.

There are many types of elastic available and little information to help you make your choice. You'll find elastics made from polyester, nylon, rayon and cotton fibers. Try some of these buying guidelines the next time you purchase elastic.

Polyester elastics are shrink-resistant, dry cleanable, machine-washable and can be dried in relatively hot dryers without damage. Polyesters are ideal for synthetics and for swimwear, because they are not adversely affected by salt water or chlorinated water.

Rayon elastic will stretch when wet, so avoid using it in swimwear. It is best used in garments which will be hand-washed and air-dried.

Hot water can cause shrinkage and dry cleaning can damage the elastic.

Cotton may shrink some, but usually not as readily as rayon. If you are sewing swimwear or other garments of cotton fabric, cotton is a good choice.

Elastic is made by braiding or by weaving. If you look carefully, you can see the differences between the two constructions. The braided elastic becomes narrower when stretched. Braided elastic is ideal for use in casings. Woven elastic is a better choice when elastic is sewn directly to the garment.

Choose elastic for the job you want the elastic to do. Lingerie needs only light elastic; children's wear needs only narrow widths, while adult wear requires wider elastic.

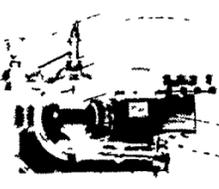
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Budget Pot Roast In Rich Gravy



With a larger portion of the country's increased beef supply coming from grass-fed cattle, more economy-minded cooks can take advantage of this leaner and less expensive meat. Simmered slowly in a broth enriched with aromatic Worcestershire sauce, tomato sauce, onion and brown sugar, it can be prepared to please the most demanding palate.

SWEET AND SOUR POT ROAST

- 4 to 5 pound boneless beef shoulder or chuck pot roast
- 2 tablespoons oil
- 1 cup chopped onions
- 1 can (15 oz.) tomato sauce
- 1/4 cup firmly packed brown sugar
- 1/2 cup water
- 1/4 cup original Worcestershire sauce
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 12 small new potatoes
- 6 carrots, quartered

Trim excess fat from meat. In a large heavy saucepot heat oil. Add beef; brown on all sides, about 10 minutes; remove beef and pour off all but 1 tablespoon of the fat. To saucepot add onions; saute for 1 minute. Add tomato sauce, sugar, water, Worcestershire sauce, lemon juice and salt. Cook and stir until mixture comes to a boil. Add browned beef. Simmer, covered, turning meat occasionally until meat is almost tender, about 2 hours. Add potatoes and carrots. Simmer, covered, until meat and vegetables are tender, about 40 minutes. Remove meat and vegetables to a heated platter. Serve gravy "as is" or thicken by stirring 1 tablespoon flour blended with 1/4 cup water into each cup of gravy. Cook and stir until thickened. YIELD: 10 to 12 portions.

Brandt Will Use Mobile Office to Visit Voters

Rep. Kenneth E. Brandt, R-Lancaster, announced this week that he will begin bringing his new "Mobile Office" to his 98th District constituents to help solve their problems on a personal basis.

Using a converted camper for this month-long trial period, the State Assemblyman will kick off his effort at the steps of the Capitol building in Harrisburg and is scheduled to conduct a "drive-through" of all centrally located boroughs in the District. "I am initiating this 'mobile office' concept after numerous requests and careful evaluation toward improving service to the people," Brandt said. "At the end of the month, the program will be

reviewed to determine if the Mobile Office is the best method for reaching as many Lancaster Countians as possible with the least inconvenience to them.

"After leaving Harrisburg the first day, April 4, I plan to make a tour through the boroughs of Columbia, Elizabethtown, Manheim, Marietta, Mount Joy, and Mountville on the same date," Brandt explained.

Brandt said his mobile office will be stationed at a different borough each Friday evening and Saturday morning throughout the month.

The exact times and locations for the rest of the month will be announced at a later date.