

LADIES, HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Summertime is Salad Time

It's the good ole summertime when the temperatures soar and the kitchen walls seem about to melt. Why not revive those heat-beat appetites with a refreshing salad? There's something about a salad that sparkles mealttime on these hot, wilting days. It'll be cool cooking when you prepare an appetizing Julienne Cheese Salad with yogurt dressing as the entree.

First, combine three different salad greens to equal about a quart and a half. How about romaine, Boston lettuce and spinach for a pleasing variety of color, texture and taste? Tear these well washed and carefully dried greens into bite-size pieces and toss with sliced radishes and onion rings. Then add four ounces, each, cooked ham, Cheddar and Swiss cheese strips. You'll want to reserve a few of the strips to use for garnish later on. Chill the salad while preparing dressing.

Combine two tablespoons chopped parsley, three-fourths teaspoon dill weed and one-eighth teaspoon garlic salt. Then fold in one cup plain yogurt. Cover and chill. Just before serving, toss salad with dressing and arrange reserved strips of ham and cheeses on top. Add a little bit more color with tomato wedges, too. Makes enough to serve six. Remember to chill those salad plates before mealttime; it helps to keep things cool.

Sharpen your appetites and join the fun in the sun,

the salad season is here again!

Prevent Poison Ivy

Poison Ivy is one of the most common causes of plant - contact poisoning, remind Extension specialists at The Pennsylvania State University. The irritating oil is spread by contact with the leaves, or, occasionally, indirect transfer as you would get by petting a dog who has brushed against the plant.

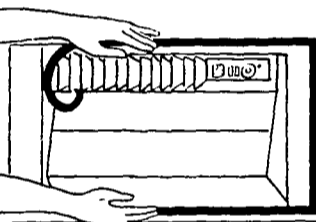
An attack of poison ivy starts with itching and redness. Then watery pimples appear - after a few minutes or several days.

If you think you've come in contact with poison ivy, avoid spreading the oil to other parts of your body. Wash your hands with soapy water and sponge the affected area with 50 to 70 percent alcohol. Use rubber gloves and wash other ex-

posed areas using the same method. Remove the clothes you think might also have been affected and wash them in soapy water. Then dry them.

Home treatment of poison ivy infection often is inadequate. And if you have a severe case, see your physician. For milder cases you can try dressings wet with cool epsom salt solution of calamine lotion applied on dry skin.

If you know you are affected by poison ivy, the best cure yet is prevention. Watch for the beautiful, shiny-green three leaf clusters of foliage when you're out of doors. And wear clothing that will protect your skin.



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Grain Harvest Decreased

Pennsylvania farmers expect to harvest smaller acreages of corn for grain, winter wheat, oats and tobacco, according to the Pennsylvania Crop Reporting Service.

The crop projections, based on conditions as of June 1, also indicate a greater harvest of soybeans for beans and the same acreage of barley and rye.

On the national level, harvested acres for all these crops are expected to exceed 1974, except rye which is down 11 percent.

The expected harvest in Pennsylvania compared with 1974 is:

Corn for grain, 1,080,000 acres, down two percent; barley, 158,000 acres, unchanged; soybeans for beans, 49,000 acres, up 11 percent; winter wheat, 340,000 acres, down three percent; oats, 385,000 acres, down three percent; rye, 16,000 acres, unchanged; and tobacco, 12,500 acres, down four percent.

The expected harvest in the United States compared with 1974 is:

Corn for grain, 70 million acres, up eight percent; oats, 13.9 million acres, up four percent; rye, 0.8 million acres, down 11 percent; and tobacco, 1.1 million acres, up 13 percent.

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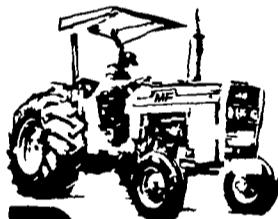
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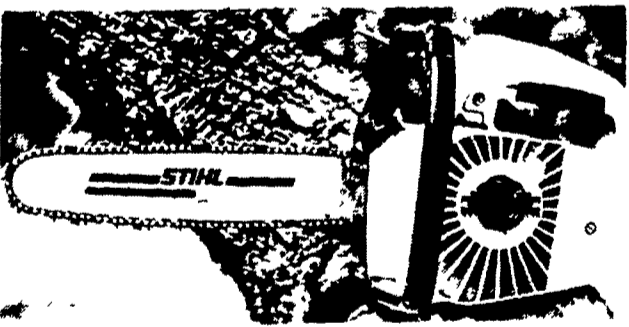
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