

# USDA

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interests her greatly is compliance work. That means, according to Julie, checking out plants for complaints.

And she says quite emphatically that the consumer does have a responsibility to complain if things are not what he thinks they should be. Julie says, "Anybody can make a mistake, and it is the consumer's right to complain." She says she feels that she may be even stricter than the average consumer because of her training.

The store is probably the first place a complaint should be lodged, but action will be taken if the consumer contacts the U.S. Department of Agriculture, Animal and Plant Health Inspection Service, U.S. Customhouse Building, Second and Chestnut Streets, Philadelphia, Pa. 19106.

Julie Houck summarizes her philosophy about work, "I really think you should set goals for yourself." She adds that another long range dream of hers is to become a veterinarian.

With the dedication and hard work she displays as senior inspector she most probably can succeed in attaining any goal she pursues.

## Ida's Notebook



Ida Risser

What ever happened to the long ago habit of walking to school? Those who do not arrive on long, sleek, yellow buses come raoring in on motorcycles, jeeps, big and little cars. One fellow even came on a one-wheeler twirling a baton in each hand.

Now I walked to school and home again. Sometimes my hands were almost frozen and I remember my teacher putting them in a basin of cool water to lessen the pain. If it really poured when school was over, then a car might be waiting a block away. At least we really saw things on our walk like flowers blooming, neighbors talking and always the opportunity to watch the water flow over the dam at the flour mill. Even the dusty miller stood at the door to greet us as we went by.

How did I know how other arrive at school? Because I drove my children there last week. Of course, there was a good reason. Cindy was announcer on their closed circuit television station and had to be there early. Then

too, there was a package of scrapple to be delivered to the Home Ec room and put in the refrigerator for frying and sampling during a Lancaster Co. Landmarks Club meeting.

We are glad we took the time to visit Woodrow Wilson's birthplace in Stanuton, Va. He was our 28th president and worked very hard to start the League of Nations.

He was born in the Manse of the First Presbyterian Church in 1856 as he was the son of the minister. The Greek Revival Mansion was built in 1846 and the front of the house is now the back. When it was built a large field separated it from the church property but now the street runs past the back. Each room has a fireplace and many original pieces of furniture including a tiny family crib.

(Editor's Note) Due to an editorial oversight Ida's Notebook was not included in last week's issue. We apologize for any reader inconvenience.

## Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



### How to . . . And Where to . . . Store Fresh Garden Produce

In days gone by, families had "root cellars" - thick stone walls and packed earthen floors. Some of these still survive, spared from conversion into the modern basement, and some of these are being pressed back into service by a new generation. In dimly-lit, cold, moist air, fresh vegetables and fruits are allowed neither to freeze nor to dry out. For months the natural order of things is held at bay, the process of spoilage and decay, halted.

But - without a root cellar, you can still find several good ways to store fresh garden produce at your house this fall and winter, depending on the vegetables to be held. Extension horticulturists suggest the following storage facilities: an unheated basement or cellar, an extra refrigerator, and unheated room, a partitioned-off corner of a heated basement, an attic, an insulated outdoor storage pit. Most root vegetables ideally need storage temperatures between 32 and 40 degrees F.

A refrigerator is the modern-day replacement for both a root cellar and a food storage place at the spring, offering about the same temperature range for keeping foods fresh and safe. The big difference is the relative humidity, because refrigerated air is very dry. Perforated plastic bags will keep out dry air and hold in the natural moisture of fruits and vegetables.

An extra second hand refrigerator could be a good investment for keeping large quantities of garden produce. (Keep it in a utility room, garage, or even on an unheated closed-in-porch). There's a surprising variation of temperature

from shelf to shelf in some refrigerators. Check with a thermometer and note which sections are relatively warm (over 50 degrees F) and very cold (32 to 40 degrees F.)

Study your house to see what additional arrangements you can make for proper storage of your produce. Check the temperature, relative humidity and ventilation of each prospective storage area. You should have several inexpensive thermometers and humidity gauges (cost around \$10 or less). It's wise to buy one of these if you're serious about this whole foodkeeping project.

You need slatted-wood boxes, shallow lugs, perforated cardboard boxes and woven baskets for your storage containers. Set these up off the floor on shelves, or stack them on wood crossboards to allow air circulation in between.

### How to Use and Store Soy Flour

Flour made from soybeans is becoming a familiar food in many stores. The soy flour generally found in stores contains over 35 percent protein and 20 percent fat.

Soy flour has many uses in baking. It helps keep baked products from becoming stale. When used in doughnuts, it reduces the absorption of fat. Soy products also have a richer color, finer texture, and are more tender and moist than

products made with other flour.

However, soy flour can't completely replace all-purpose flour because it does not contain gluten, which provides the structure for baked products.

Here are some suggestions on using soy flour: Stir before measuring, since soy flour tends to pack in the container.

Spoon the flour lightly into a measuring cup and level with a spatula.

Products with soy flour brown more quickly so you may have to adjust the baking time or temperature slightly.

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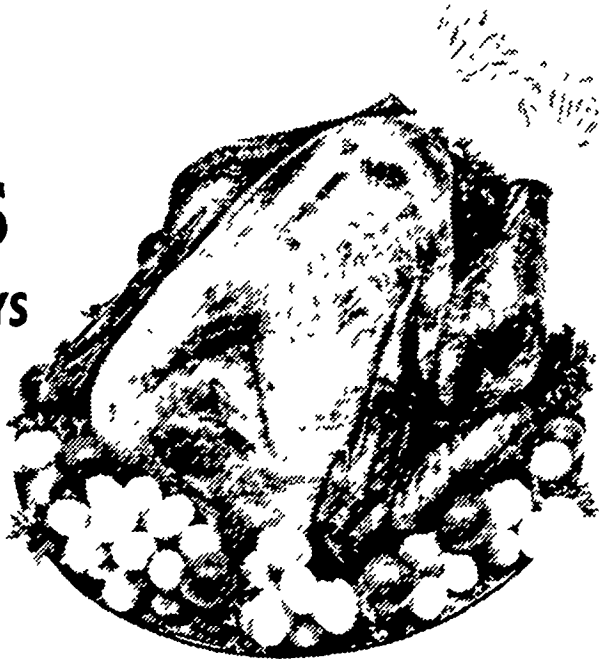
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