

Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



Evaporated Milk is Convenience Food
Evaporated milk is a versatile, convenient product to have on hand. Evaporated milk is made with fresh, fluid whole milk, which is first pasteurized, then over half the water is removed through a vacuum process. This concentrated

milk is next homogenized, and vitamin D is added. Finally, the milk is sealed in cans and sterilized by heat. Another product available on the market is evaporated skimmed milk. It has less milk fat and therefore contains less calories but is not as rich tasting. Evaporated and condensed

milk are not the same. The sweetened condensed milk has had sugar added before the evaporation process. The end product is yellowish in color and thicker and sweeter than evaporated milk. Sweetened condensed milk has a caramel-like flavor and appearance. Its 40 to 50 percent sugar content acts as a preservative and when stored under like conditions, has a longer shelf life than evaporated milk.

Use evaporated milk undiluted, partially diluted, or reconstituted. Basically, if you add one part water to one part evaporated milk, you essentially have whole milk again.

Use a combination of dry milk and reconstituted evaporated milk in place of fluid whole milk. This saves on the milk bill, while keeping the taste similar. Use at full strength, evaporated milk lends extra body and creaminess to sauces and desserts.

Substitute evaporated milk in recipes calling for

buttermilk, sour milk or sour cream. To substitute in place of buttermilk, add a few drops of vinegar or lemon juice before using. Add one tablespoon vinegar to one cup of reconstituted evaporated milk (½ cup water, ½ cup evaporated milk) and you have instant sour milk. That one tablespoon of vinegar added to one cup of evaporated milk straight from the can makes sour cream.

When stored properly, unopened cans of evaporated milk will keep several months, ready for instant use. Store unopened cans of evaporated milk in a cool place, preferable not above 70 degrees F nor below freezing. Before opening can, clean the top with a clean, damp cloth. Once opened, store milk in original container in the refrigerator. Keep top covered and use within four or five days. Do not freeze this milk because freezing may cause separation and loss of the smooth texture.

Establish Clothing Care Area

Clothing care ranks second only to meal preparation in importance in the average home. Clothing care includes washing, drying, ironing, pressing, mending and constructing.

Did you ever stop to think that there's good logic to combining laundry and sewing facilities to make a complete clothes-care center. For example, a table used to sort and fold laundry can double as a cutting surface for constructing clothing.

New developments in fabric and changes in laundry equipment also allow greater flexibility in locating a laundry center. Today, the laundry area may be in a first-floor utility room, kitchen, sleeping area or basement.

A first-floor utility room eliminates climbing stairs and allows you to do other household tasks at the same time. A laundry area may be located in the kitchen but, because most soiled clothing and bed linens collect in the bedroom-bathroom area, it's wise to locate the laundry between kitchen and bedroom-bathroom area to save steps.

With fewer demands on basement space, many homeowners prefer locating laundry facilities there. Also, basement laundry areas remove the noise from the rest of the house and are usually located near the hot water source - and energy saver. But basement laundry centers have disadvantages too. You'll increase the number of trips up and down stairs and find it difficult to combine laundering with other household activities.

Farm women slate hoe-down

The Society of Farm Women is having a family hoedown on March 27 from 8 to eleven p.m. at the Sharlottesville Fire Hall and the public is invited! The event, which has been described as the Society's version of the charity ball, will feature Roland Pothero calling the dances to the music of the Majestics. In addition, there will be a demonstration of western style square dancing, door prizes and a cake walk.

Members of the eleven local societies have decided to combine an evening of family fun with their recent fund-raising activities. The Society recently donated \$500.00 worth of furniture to the Hamburg State School, and proceeds from Saturday night's dance will go to a similar cause. Tickets are \$1.50 for adults and \$.75 for children and may be purchased from members or at the door. Refreshments will be on sale.

Society 30

The Society of Farm Women 30 held a meeting Monday, March 15, at 7:30 p.m. A local doctor spoke to the group. During a business session a \$10 donation was given to the Easter Seals.

The next meeting will be held April 19, at the home of Mrs. Donald Good, 226 Spruce Street, New Holland, at 7:30 p.m. The meeting will be a service night for the Cancer Society. Each member should bring an old sheet, scissors, thread, and a needle.

Society News

A Lancaster County Farm Women's Society recently met at the Eden United Church of Christ. Mrs. Jay Habecker, president conducted the business meeting.

Entertainment included a movie intitled "Heritage Horizons" shown by Mrs. Doris Thomas and a talk on Meals on Wheels by Ruth Brown.

The April meeting will be held at the home of Mrs. A. C. Dietrich, in East Petersburg.

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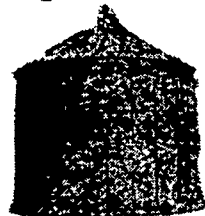
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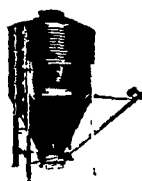
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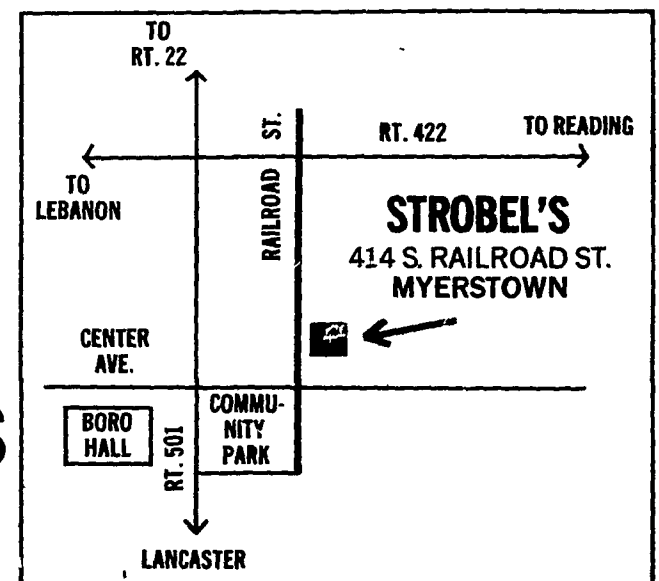
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