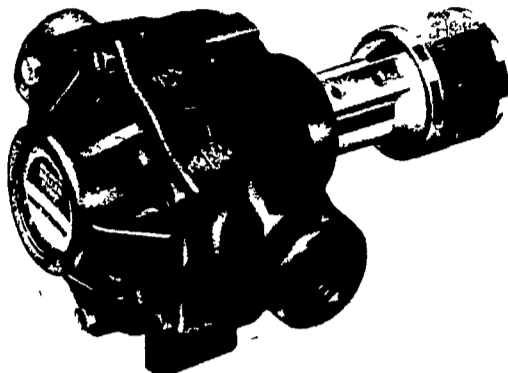


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Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



CHECK FOOD STORAGE AREAS FOR INSECT PESTS

Many pests entered warm houses during the Winter cold weather. That's why it's important to check food storage areas regularly for insect and rodent damage.

One particularly irritating problem is the presence of moth larvae and tiny beetles in stored food products. Their presence doesn't mean you are a poor housekeeper. These pests usually arrive as eggs in packaged foods you buy at the grocery store. This means they're always a potential problem.

Almost any kind of stored food may become infested. The foods most commonly damaged are cereals, flour, corn meal, raisins, dry dog food, powdered milk, cake mixes, and nuts. Insects you are likely to find in these include the confused flour

beetle, the sawtoothed grain beetle, the drug store beetle, the cigarette beetle, weevils, moths and book lice. Two of these, the drug store and cigarette beetles, will even invade spices such as chili powder and paprika.

Insects readily move from one container to another, so it's a good idea to check foods often. If you suspect an infestation, remove all packages from your cupboards. Examine a small amount of food from each package for signs of insects or insect damage.

Discard infested products and clean cabinets thoroughly. Use a vacuum cleaner to pick up spilled food from cracks. Then scrub the area well with soap and water. Insecticides usually are not needed if cupboards are cleaned thoroughly.

If you are unsure whether

a food is infested and don't want to discard it, heat it in a shallow pan in a 130 degree oven for half an hour, or place the food in a zero degree freezer for four days.

If you plan to keep food for a prolonged period, store in well-sealed containers. Keep food packages as dry as possible. Products with a high moisture content tend to attract insects.

Rotate food packages so that products purchased first are used first. Store the latest purchases at the back of the shelf. Move these forward as you restock. You may want to keep small quantities of susceptible foods such as corn meal in the refrigerator.

MAKE YOUR OWN BROWN SUGAR

Here's an idea that saves a little and adds a lot of zesty taste to many favorite foods - all it takes is sugar and

molasses. You can use un-sulphured molasses to make your own brown sugar at home. It costs about 15 per cent less than the store-bought kind which often gets caked or hard.

To make the equivalent of one-half cup brown sugar, blend together one-half cup of ordinary granulated white sugar with two tablespoons of un-sulphured molasses. Un-sulphured molasses is pure concentrated juice of sugar cane and contains nutrients not present in granulated sugar.

You can make any amount of brown sugar you need, but for best results, it's preferable to make it as you need it. When preparing recipes that call for brown sugar to be mixed with other ingredients, there is no need to pre-blend the white sugar and molasses. Just add these two separately and prepare recipe in the usual way.

Beef assn. elects officers

PITTSBURGH, Pa.—At the annual meeting of the Pennsylvania Simmental Association held recently, the following officers were elected for '77: John Whiting, Stahlstown, President; Bill Hart, Leesport, vice president; Harold J. Schneider, Pittsburgh, secretary-treasurer.

New members serving on the Board of Directors are: Ted Landis, Perkaspie; Robert Armstrong, New Castle; and Norman Hughes, Landenberg.

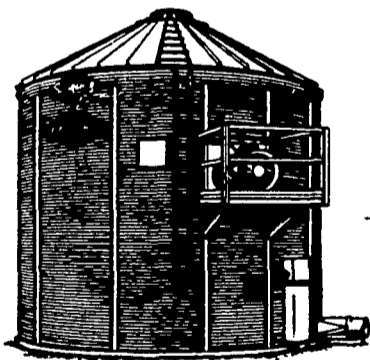
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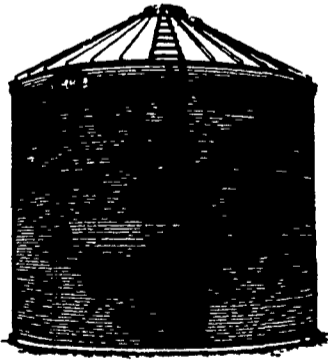
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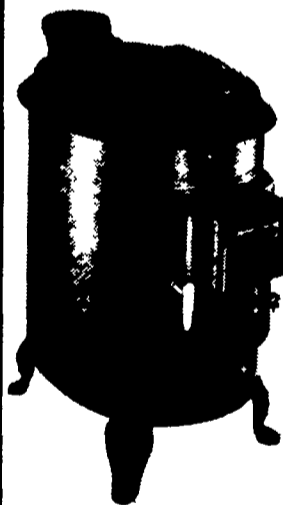
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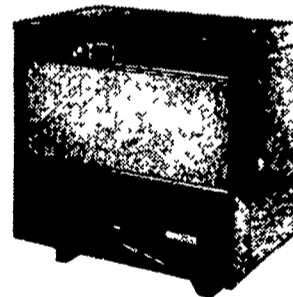
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