

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



THE WORLD'S MOST - IMPORTANT IMPORTANT VEGETABLE - THE POTATO

The potato is one of the few vegetables that originated in the Western hemisphere. Potatoes were grown in England and continental Europe as a curiosity - but, the Irish were the first to recognize their food value.

-Potato growing in the U.S. dates back to 1719 when stock brought from Ireland was grown successfully in Londonberry, N.H.

-Did you know that the potato and tomato belong to the same family?

-In 1848 nearly 100 kinds of potatoes were exhibited at the Mass. Horticulture Society - and in 1876 at the Centennial Exhibition, 500 named varieties were shown.

-Potatoes in rainbow colors? Yes, in the early days of potato development in Europe they came in many colors some even two-toned. Skin color seems to have no connection with the cooking quality of the potato.

-White potatoes are the largest and most valuable vegetable crop in the world. World production of potatoes exceeds and other table food plant, including any cereal. (However, it is not, in the United States).

It's a mistaken notion that potatoes are a fattening food - check the facts. Potato lovers who are trying to shed pounds are putting

potatoes back into low calorie menus - but with a difference.

Potatoes Low Calorie Count	
Potato, baked 1 medium	90
Potato, boiled without skin 1 medium	80
Potato, boiled with skin 1 medium	105
Potato, mashed with milk only 1/2 cup	6
Potato, mashed with milk and pat of butter 1/2 cup	9

But ... count the calories before adding ... 1 tablespoon of butter of margarine approximately 100 calories - parmesian cheese - 25 calories; sour cream - 25 calories; cottage cheese - 17 calories; yogurt - 8 calories; herbs and spices - 0 calories. Or - trim calories with some slim toppings such as toasted sesame seeds, whipped butter and a dash of poppy seeds; a mound of slivered pimento and green pepper, a spoonful of stewed tomatoes and coarsely grated cheese, melted butter or margarine thinned with lemon juice, sliced mushrooms marinated in low-calorie dressing.

KITCHEN RANGE CLEANUP

The range is usually the hub of a busy kitchen. Prompt attention to grease spatters and spills makes cleaning faster and easier. It also helps to prevent hard-to-

remove soil buildup and to ensure safe cooking.

The manufacturer's instruction manual is a key reference for specifics on use and care. The first general guide: Turn heating units OFF; LET A RANGE COOL before performing any cleaning operation. Then, wipe up spills and spatters with a sudsy sponge. Rinse and polish dry. If control knobs are removable, take them off to wash. Or, clean frequently, if stationary. Wash control panel, too. Cotton swabs dipped in sudsy water aid in coaxing soil from hard-to-reach areas. Other exterior surfaces of a range - metal or porcelain - can be cleaned with detergent or soap suds; rinsed and wiped dry.

Surface units on an electric range do not have to be cleaned; food will burn off. Some are removable for easier cleaning. These should not be immersed in water. Others simply lift up and out.

The drip bowls or reflector pans underneath the units are designed to catch spillovers and reflect heat into the cooking utensils for faster cooking. Clean reflector pans work more efficiently and last longer. Pans and trim rings are removable for washing in suds. Dishwasher care is also suggested for some pans; check manufacturer's information.

Remove grates and burner bowls on a gas range; wash. A plastic scrubber, stiff brush or soap pad is useful on stubborn spots. Remove burner assemblies for periodic cleaning. Open clogged burner heads with a fine wire, hairpin or paper clip. Do not use toothpicks which may break off. Wash, rinse and place burners in 250 degrees F. over for about 15 minutes to dry.

Wash the area beneath and around drip pan holes. Some ranges are designed with a lift top for easier cleaning of the area underneath. Burned-on food and grease may require extra treatment with suds and a plastic scrubber, or steel wool. Rinse, dry and replace all parts.

A glass-ceramic smooth-top range requires special care. THE SURFACE SHOULD BE COOL before cleaning. It is suggested that the top be wiped with a damp sponge before and after cooking. Special cleaner conditioners for smooth-top units aid in removing soils; follow package directions. Appliance manufacturers offer suggestions for removing stubborn soils. Since these vary, check recommended procedures in the owner's manual.

JAMES BROWN DISPERSAL SATURDAY, APRIL 23, 1977 12:30 P.M.

Warsaw, N.Y. Located 1 mile west of the village of Warsaw just off Rt. 20A (2nd street past the Erie R.R. tracks) at 41 Bishop Street.

48 Holsteins sell (19 Registered) 30 cows, 4 bred heifers, balance open heifers and calves. Featuring an own daughter of Pawnee Farm Arlinda Chief out of a Piebe dam with 20,000 lb. record. Sires represented are: Apostle, Hays 1st Minister, Andy, Ben, Buddy Burke, Nunedale High Mark, Randy, Burke Ideal, Marge, Don Auger Mother Martha's Pride, Robbie, Don Auger True Type Model, Arlinda Lindy, Bucky T. Cattle will be examined for pregnancy & udder health and have shipping fever inoculations.

MACHINERY: JD 1020 tractor 3 yrs. old; Case 630 tractor w/wide front and front at loader; Farmall H. tractor; NH 469 haybine; NH 68 Super hayliner baler w/PTO thrower; 2 basket wagons; NI rake; 36" hay elevators; NI 200 bu. manure spreader with hyd. gate; Winpower 15KW generator-alternator; Gehl hopper-blower; JD 4-row corn planter; 12' drag; 12' tandem disc; 9' cultipacker; Mc grain drill; Silo-matic 16' silo unloader 1 yr. old 5 hp.; Badger barn cleaner 3 hp. motor w/140' chain; 67 GMC panel truck; quantity hardwood lumber, 2" x 4", 2" x 6", 2" x 10", 1" x 6", 8" x 10"; 19 drinking buckets; 34 stanchions & frames; 30 bu. certified Gary seed oats; fertilizer & baling twine; 300 gal. bulk tank; 4 Surge units; We-Co dumping station & dryer; ST 22 Surge Vacuum pump; barn fan, fence trainer & etc. 4-btm. Oliver 16" plow; Gehl self-unloading wagon 3-beater on JD 8-ton gear; Hawk-Bilt 145 bu. spreader; JD 494A corn planter.

This farm for sale at private treaty; 176 acres; 110 tillable. Village water, natural gas; 3 bedroom home, 36' x 60' barn with 40' x 24' L; 16' x 55' new Lancaster silo. Excellent location for farming or future development.

WILLIAM KENT, BROKER.

TERMS: Cash or good check day of sale with ID, nothing to be removed until settled for. Credit available by contacting Roy Rolland, Security Trust Co., Rochester, N.Y., phone 716-262-2886 prior to sale.

Owner,
JAMES L. BROWN
796-2438

WILLIAM KENT, INC.
Sale Manager & Auctioneer
Bergen, N.Y. 716-494-1890

Know Where the Activities Will Be? Read the Farm Women Calendar.

PUBLIC SALE

OF WOODLAND AND OPEN GROUND SATURDAY, APRIL 30, 1977

At 1:00 P.M.

Location: Follow Rte. 625 to the Square in Bowmansville, turn East on Maple Grove Road, go across turnpike to Oaklyn Road, turn right to Yellow Hill Road, turn left and go approx. one mile to woodland in Brecknock Township, Lancaster County, Pa.

A total of 90 acres of woodland to be sold.

Tract No. 1: 25 Acres, small open field, remainder woodland. Terrain mostly level. 300' hard road frontage.

Tract No. 2: 25 Acres, small open field, remainder woodland. Terrain mostly level & sloping. 1400' hard road frontage.

Tract No. 3: 25 Acres, all woodland. Terrain sloping & hill. 1100' hard road frontage.

Tract No. 4: 15 Acres, open field and woodland. Terrain level & sloping. 700' hard road frontage.

Inspection anytime by appointment. 10% down day of sale, settlement within 60 days. For more information, brochures or inspection call 215-286-5183.

Terms by:

HIRAM AND MARY JANE HERSHEY

Horning Farm Agency, Inc.
Elton & Alvin Horning, Auctioneers

AUCTION

ANTIQUES, PRIMITIVES, COLLECTORS ITEMS, TOOLS

For the Estate of George J. Klenk, 1442 Bristol Rd., Hartsville, Pa., Bucks Co., between Rt. 611 & 263.

MON. & TUES., APRIL 18 & 19, 1977

At 9:30 A.M.

MON., APRIL 18: 150 cabinet makers & block planes, chisels, brass trimmed squares and braces, drawing knives, ice & other saws, mitre box & saws, augers, sm. broad axes, Indian hatchet, spoke shavers, wooden outforks, coffee grinder, crockery, kerosene lights, whale oil lights, iron toys, miners cap & light, lg. copper kettle, brass andirons, ice cream dippers, rattail ladles & skimmers, candle mold, castor set, mustache cups, shaving mugs, World War I helmet & bag, old locks, tollware, wooden bowls, butter prints, salt box, 2 toy steam engines, hand mortise machine, cross cut saw, 10 asst. toll oil lights, burglar lanterns, candle snuffer, train & track, buttons, slaw cutter, wrought iron lights, electric steam engine, map Bucks & Montg. Cos. & Phila. 1862, leopard skin, clamps, tin shears, adz, trampware, ice ax, pumpkin cutters, cow bell, dutch oven, gypsy kettles, scales, powder horn, flax, water cooler, German generals hat.

TUES., APRIL 19, Chippendale chair, arrowback & half spindle plank chairs, RR desk & stool, desk & chair, cane seat barroom chair, pictures & frames, full size pool table, Windsor chair, bench, mantel clock, sm. Conestoga Wagon, wooden ware, open hutch, pine, organ stool, lg. pine cupboard, spool shelf, dry sink, army camera, bamboo stand, rocker, wood tub, 2 slipware plates, tavern table, pewter plates, as is, hall table, mirrors, bureau, 2 sets twin maple beds, stands, pots, pans, Victorian chairs, blanket chest, 2 rocking horses, metal bed w. brass trim, Morris chair, maple bedroom suite, rugs, carpet, wall table, 2 pc. custard glass, dishes, plates, Ruby pitcher & 2 tumblers, beer steins.

Furniture to be followed by more tools there are many duplicate items!

Don't miss these sales, more to follow.

Auct. Note: This is one of the better collections of many years!

Cond: Cash, no out state checks. Lunch

Auctioneers: Henry K. Freed
Ralph D. & Ronald D. Freed, Apprentice

PUBLIC SALE

LAWN & GARDEN EQUIPMENT, SHOP TOOLS & EQUIPMENT, CAR, PICKUP TRUCK, ANTIQUES & MISC. ITEMS THURSDAY EVE., APRIL 21, 1977

At 5:00 P.M.

Located about 1 1/2 miles off Exit 2, Glen Rock Interchange of Rt. 83. Go east on Rt. 216 to Farmer Boy Dairy & proceed straight ahead on Forest Rd. to Ridgeview Rd. & turn right to sale. Watch for signs.

LAWN, GARDEN & SHOP TOOLS

Wards 7 hp. garden tractor w/36" mower & snow plow; Jacobsen 7 hp. 36" riding mower; David Bradley 5 hp. garden tractor w/cultivators, potato digger & snow blade; 60" gang mower; other hand rotary & reel lawn mowers; lawn seeder; lot of lawn & garden hand tools; garden hoses; heavy duty hyd. cys. of all sizes; battery charger; 1/2 ton wrench & cable; Briggs & Stratton 5 hp. gas engine; air wrench & sockets; fuel pump for drums; 275 gal. fuel tank & pump; 3 heavy tow cables w/hooks; 3 sm. air compressors; 3 floor jacks; 4 floor stands; gas cans & funnels; work benches; hand trucks; wheelbarrow; tool boxes; I beams 5' & 10' long; lot of hardware, bolts & nuts; file cabinets; sm. wheels & pulleys; truck canvas; ext. cords; light cords; paints; brushes; 4-14x22-10 ply tires; 5-14x24-10 ply tires; prs. of 7:50 x 20 & 8:25 x 20 truck chains; plastic pipe; step & ext. ladders; fence posts; shovels; push brooms; hand tools, etc.

CAR, PICKUP TRUCK, ANTIQUES & MISC. ITEMS

1970 Chrysler Newport 2 dr. sedan w/auto. air, P.S. & P.B., very nice car; 1950 Chevy 1/2 ton pickup in very good cond.

Iron butcher kettles; 6 qt. sausage stuffer; dated jars; glass top jars; flat irons; 2 sm. perfection oil stoves; 5 burner Perfection oil stove & oven; gun racks; 2 refrigerators; refrigerator truck; several fans & many items too numerous to mention.

Terms: Cash or approved check.

EARL L. GODFREY

Owner

Robert L. Sechrist, auctioneer Ph. 382-4379
Anderson & Warner, clerks

Not responsible for accidents.
Lunch available.