

### Craft classes scheduled

QUARRYVILLE, Pa. - Be creative and join one of the craft classes at the Southern Lancaster County Library Center. Some new and exciting crafts are being offered and now is a good time to start.

On May 31 at 7 p.m. the craft to be demonstrated will be metal and wood sculptures. This is a good class for those who have never sculptured before.

Later on, June 2 and 9 at 7 p.m. a two-session class on

nature plaques will be held. These seed and dried flower plaques are very popular and fun to make.

Participants for the metal and wood sculpture class and the nature plaques class must pre-register by May 20. All classes may be registered for at the library center, 304 St. Catherine St. Quarryville, or by calling 786-1336 Monday through Friday from 3-8 p.m. or Thursdays and Saturdays from 10 a.m. to 1 p.m.

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## Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



- 1 teaspoon prepared mustard
  - 1 tablespoon soft butter or margine
  - 6 slices bacon
  - 6 seasoned ground beef
  - Sweet pickle relish
  - Halve and core pears.
- Blend into a smooth paste the honey, mustard, and butter. Spread over pear halves. Wrap bacon around beef patties; secure with a toothpick. Arrange ground beef patties and pear halves on broiler rack. Broil 15 minutes, turning beef patties once. Before serving, spoon pickle relish into pear centers. Yield: 6 servings.

### FAVORITE AMERICAN STAPLE

The hamburger may yet replace apple pie as the most typically American food item on our menus. It's captured the hearts and appetites of most Americans and has also entrenched itself in Europe and the Far East. It's delicious, satisfying, and nutritious. It's also just one of the many ways ground beef is used.

Usually you will find two to four kinds of ground beef at your meat counter. The difference is in the fat content. There is no standard terminology used for these different ground beef products - some of the names used are: "premium," "regular," "extra lean," "ground round," "ground chuck," and "ground sirloin." The names used normally do not indicate the actual fat or lean content. However, this information is needed to make price comparisons between the different kinds, and stores will usually provide that information if you ask.

Base your selection of ground beef on the type of meat you are planning to serve and the price relationship between the

various kinds of ground beef. For example, if you want to grill or panbroil patties, use a ground beef that has a fat content of about 25 percent. Ground beef this lean would contain enough fat for self-basting to keep the patties moist and juicy but not so much as the cause excessive fire flare-ups on the grill or excessive shrinking.

If you are planning a ground beef casserole where the fat is not drained off during the cooking process, then it may be wise to choose extra lean ground beef. However, if the meat is to be browned and the fat drained off before other ingredients are added, you may get a better buy with regular ground beef. Leaner ground beef is more expensive than the fatter varieties, but many consumers find little difference between ground beef of differing fat content. So, before you spend extra money for the leaner product, consider whether ground beef with a higher fat content will suit your purpose just as well.

Beef is beef and nutritionally it makes no difference if that beef is in ground form or in a standing

rib roast. All beef contains the same high quality protein which the body must have to grow, repair tissues, regenerate blood, and help build resistance to infection. Beef is an excellent source of protein; it also contains B complex vitamins and some essential minerals.

### WINTER PEARS STILL STRONG

A record volume of fresh winter pears is still moving to market to keep you eating fresh pears right into the summer Bartlett season. According to industry reports, 1.6 million boxes of D'Anjou pears had yet to be shipped as of April 15.

This large volume is the result of one of the largest crops produced and reduced export movement. Consumers can benefit from this situation for prices are lower during this period of heavy supply.

To add spice and good tast to your burgers, you might like to try a good companion serving of mustard deviled pears.

### MUSTARD BROILED PEARS

- 3 fresh Anjou pears
- 2 tablespoons honey

## Lung test offered

LANCASTER - The monthly pulmonary function testing conducted by the Lancaster County Lung Association will be held in the Association office, 630 Janet Avenue, Lancaster on Tuesday, May 24.

Hours are from 10 a.m. to 8 p.m. Cost is \$2.00. An appointment is necessary and may be made by calling 397-5203.

This test is useful in diagnosing early symptoms of lung disease. Persons experiencing shortness of breath, prolonged cough and who are heavy smokers are advised to take the test.

Tests are interpreted by a pulmonary specialist and reports are sent to the family physician.

Available in our office is free literature concerning all the lung diseases and a kit for the smoker who is sincerely trying to "Kick the Habit."

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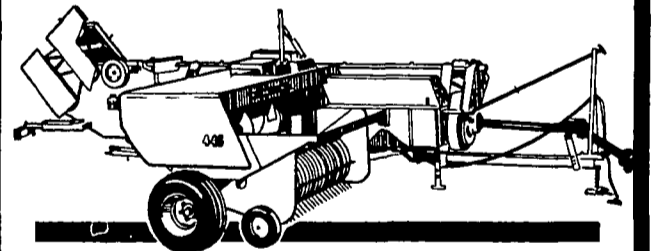
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