

Food drying

[Continued from Page 42]

Doris notes that dried foods must be stored in a cool, dry dark place. An ideal storage place is in the freezer, strange as it may seem. Dried food takes less space than conventional frozen food and requires very little energy since there is hardly any water to freeze. It is a safe place to store dried food, if you have the space.

Vegetables are more susceptible to spoilage than fruits because they are low-acid, and Doris recommends "continually checking them throughout the year." She added, "All foods have a definite shelf life and the quality begins to deteriorate after a certain point."

Doris offers the following guidelines for prospective fruit driers to think about when drying food. 1. Foods should be dried as rapidly as possible yet not so fast that the outside is well dried and the inside still moist; 2.

Temperature should be high enough to evaporate moisture from the food but not cook it; 3. Drying must be a continuous process so growth of microorganisms is prevented; 4. Air must be kept in motion; 5. Uniform pieces of food, spread evenly in thin layers, gives the best results; 6. Frequent stirring is essential for even drying."

Perhaps drying can answer a need for food preservation in your family's diet. As Summer continues to yield its bounty, consider drying as an interesting alternative, and an age-old preservation method. As the title of one book published on drying suggests, "Dry it - you'll like it."

READ

LANCASTER FARMING
FOR FULL
MARKET REPORTS

Lancaster Farming, Saturday, July 30, 1977—43

Farm Women's Calendar

Tuesday, August 2
Berks Co. Society 4 will meet at the home of Mrs. Ruth McMullen, Boyertown.

Wednesday, August 3
Lancaster County Farm Women's Society county-wide picnic, 12:30 p.m., Lancaster Co. Park, Pavillion 3.

Thursday, August 4
Lancaster Co. Society 17 meeting at 1 p.m. Hostess will be Betty Aston.

Lancaster Co. Society 20 will meet at 6:30 p.m. at the Shirks Pavillion for a picnic.

Saturday, August 6
Lancaster Co. Society 6 meeting and covered dish supper at 6 p.m. to be held at the Milton Grove Sportman's Club.

Lancaster Co. Society 1 meeting at 1:30, hostesses will be Mary Kreider and Edna Shenk.

SUPER SHOES

2750 COLUMBIA AVE., LANCASTER

PLENTY OF FREE PARKING

OPEN 9 A.M. TIL 9 P.M.
DAILY EXCEPT SUNDAY

PENNSYLVANIA'S LARGEST SHOE STORE
OVER 60,000 PAIRS OPENLY DISPLAYED

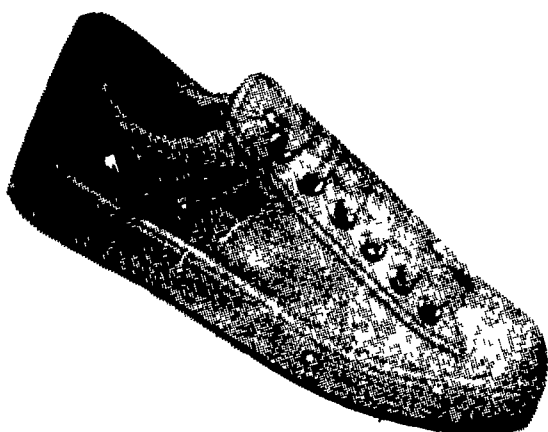
FIRST QUALITY — QUALITY FIRST



MEN'S & BOYS
**PADDED COLLAR
SNEAKERS**
COLORS: GREEN, BLACK & NAVY
SUPER SPECIAL PRICE **\$4.98**



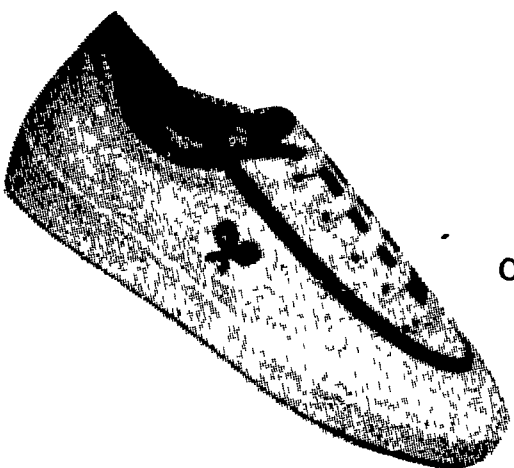
MEN'S
**ASPEN
JOGGING SHOES**
COLORS: GOLD, BLUE & BEIGE
SUPER SPECIAL PRICE **\$11.98**



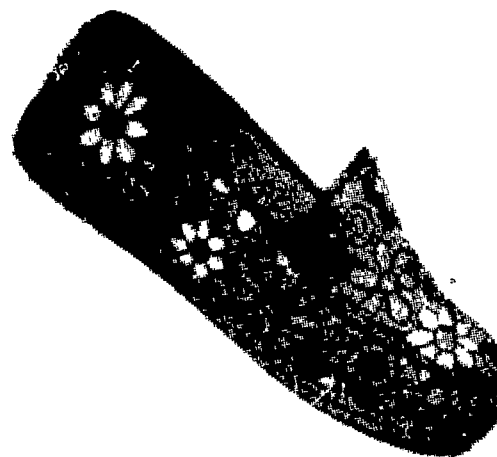
MEN'S
**TENNIS
OXFORDS**
COLOR: WHITE
SUPER SPECIAL PRICE **\$5.49**



FIRST QUALITY ONE SIZE
PANTY HOSE
100% NYLON
COLORS: BEIGE, MINK, FRENCH
COFFEE, CINNAMON COFFEE
SUPER SPECIAL PRICE **39¢**



LADIES
**TENNIS
OXFORDS**
MADE IN U.S.A. BY BATA
COLOR: WHITE WITH BLUE TRIM
SUPER SPECIAL PRICE **\$6.49**



LADIES
**TERRY CLOTH
SLIPPERS**
COLORS: BLUE & PINK
SUPER SPECIAL PRICE **\$2.98**



LADIES & TEENS
**LEATHER
SPORT SHOES**
WEDGE, ROLLER &
INSPIRATION SOLES
SUPER SPECIAL PRICES
\$10.49 to \$14.98



LADIES
DUTY SHOES
LEATHER UPPERS
COLORS: BEIGE & WHITE
MEDIUM & EXTRA WIDE WIDTH
SUPER SPECIAL PRICE **\$7.49**