

Ladies Have You Heard

By Doris Thomas
Lancaster Home Economist



'TIS THE TIME FOR SALADS

Salads are delicious any time of the year, but they are especially good during the spring and summer months. Salads are by far the most imaginative dish you can serve. In general ... salads are served hot or cold, they can be tossed, arranged or molded. Salads can be served as appetizers, main dishes, accompaniments or desserts.

Salads can change with the seasons. Spring and summer salads should be light, airy and well chilled. Winter salads are heartier, more substantial for sharpened appetites.

The cold salad usually has one prime ingredient — the

green or greens. The variety is endless. Your choice should depend on the availability, cost and flavor preferences. Iceberg lettuce is probably the best known, however there are many others such as: Boston and bibb lettuce, romaine, escarole, endive, chicory, cabbage, spinach and water cress.

When selecting greens, look for firm heads and crisp greens. To clean, remove bruised leaves and wash thoroughly but gently in cold water. Drain and dry thoroughly with paper or linen towels. Store in plastic bags in your refrigerator.

Every good cook needs special secrets for perfect dishes. The good salad-

maker is no different. Here are a few tips for you: tender greens should be broken rather than cut to prevent bruising; sturdier greens can be broken or cut with a sharp knife; slice salad ingredients ahead of time and store in plastic bags, chill plates or serving bowls; keep garnishes simple; ornate, overdone garnishes make salads unappetizing; and avoid busyness with trimmings.

ABOUT SENSATIONAL SALAD DRESSING?

A salad is only as good as its dressing. No matter how attractive its appearance, the crispness of the greens, or the excellence of the other ingredients ... a salad cannot be perfect unless the dressing is just right.

To make the masterful dressing you must have the right oil. Because oil is the dominant ingredient ... it should be the best. Many of the gourmets believe that peanut oil is best, its flavor does not penetrate the other ingredients and it is lighter than other oils.

The vinegar should be one that will not overwhelm the flavors of the salad. White vinegar is ideal as are wine vinegars. Herbed vinegars may be used if other seasonings are not being added. Freshly ground pepper is recommended, for the oils of the pepper pick up the flavor of other ingredients.

There are two basic dressings. From these, most others can be prepared.

Basic French Dressing

2 teaspoons salt
1 teaspoon sugar
½ teaspoon dry mustard
½ teaspoon pepper
¼ cup water
2 cups oil
¾ cup white vinegar or lemon juice

Combine salt, sugar, dry mustard, pepper and water in a large jar. Cover tightly and shake until well mixed. Add oil and vinegar or lemon

juice. Cover and shake vigorously until well blended. Makes 2½ cups.

Basic Mayonnaise

2 eggs
1½ teaspoons salt
1 teaspoon dry mustard
½ teaspoon paprika
¼ cup white vinegar
2 cups oil

Combine eggs, salt, dry mustard, paprika, vinegar, and ½ cup of the oil in a blender container. Cover and blend on medium high speed until mixture is blended. Without turning off the blender, immediately pour remaining oil in a slow steady stream. Makes 2½ cups.

Beef product recalled

NEW YORK, N.Y. — Because of possible spoilage, cubed beef in water from Argentina bearing establishment number "1404," is being voluntarily recalled at the request of the U.S. Department of Agriculture.

The product was distributed throughout the United States.

Carol Tucker Foreman, assistant secretary of agriculture for food and consumer services, said the recall was issued by USDA's Food Safety and Quality Service as a precautionary measure. She said the laboratory results showed underprocessing of some canned meat products which could cause food poisoning.

The product is distributed under three brand names — "Manco," "Pedro," and

"Sexton" — throughout the United States to hotels, restaurants, schools, hospitals and other institutions. However, most of the "Sexton" product contains beef not involved in the recall and is safe to eat, Ms. Foreman said. She advised institutions to identify the potentially-dangerous product by looking for establishment number "1404" embossed on the lids of the cans.

Institutions are urged to return the cans, unopened, to their distributors. Meanwhile no future shipments of cubed beef in water from establishment "1404" will be passed for entry until the plant has taken corrective measures to ensure sterility of products for export to the United States.

have a nice weekend...



Pat A Shoulder

Farm Women Societies

(Continued from Page 59)

Brinton will serve as co-hostess.

Lebanon Co. Society 14

The monthly meeting of Lebanon County Farm Women Society 14 was held at the home of Mrs. Martin Gingrich. Cohostess was Mrs. Elvin Miller. Fifteen members and one guest were present.

President Mrs. George Ungemach led the business meeting. Members were reminded of the family picnic July 23. A donation was made to the Easter Seals.

The program was a show and tell with each member displaying her favorite hobby or craft. Also members tried to guess each other's baby picture.

The June meeting will be held on June 20, at 7:30 p.m., at the home of Mrs. Muriel Kegeris, Palmyra R2.

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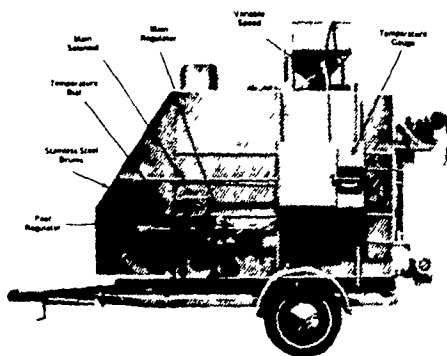
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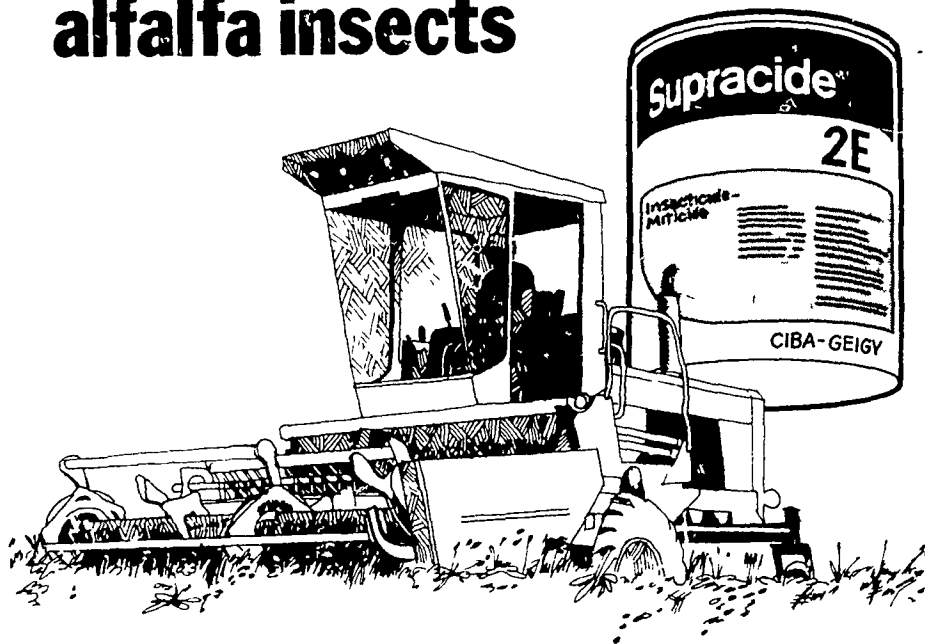
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