

# Ladies Have You Heard?

By Doris Thomas

Lancaster  
Home Economist



## ABOUT NECTARINES AND GOOD NUTRITION?

Fresh nectarines can make an important contribution to your diet without expanding your waistline. In fact, nectarines are virtually fat-free, and a medium-sized one contains only about 90 calories, so they are perfect for weight watchers. They contain important vitamins and minerals, plus a large percentage of water. Because of this they are also good for active people who are concerned about their diet and their health.

To be more specific, a medium-sized nectarine provides almost one-half of the U.S. Recommended Daily Allowance of Vitamin A and nearly one-third of Vitamin C. It also provides potassium, magnesium, and iron. Fresh nectarines are extremely low in sodium so they are appropriate for many special diets.

The fresh nectarine season is not a very long one. It begins in June and ends in September. To make the most of this all-too-brief season, be sure to enjoy fresh nectarines not only out-of-hand but also as a part of

your summertime culinary specialties. Savory nectarines can make a distinctive and flavorful contribution to many intriguing recipes, from breakfast blender drinks to sophisticated desserts. And because fresh nectarines have a smooth, fuzz-free skin, you do not have to peel them for most cooking purposes - so they are as easy to use as they are delicious to enjoy in an extraordinary variety of ways.

I am including a recipe for Nectarine Salad Bowl which is delicious as well as nutritious.

### NECTARINE SALAD BOWL

- 4 tablespoons salad oil
  - 2½ tablespoons vinegar
  - ½ teaspoon sugar
  - ½ teaspoon crumbled tarragon
  - ¼ teaspoon seasoned salt
  - Dash black pepper
  - 4 cups crisp salad greens, chilled
  - 3 fresh nectarines, sliced
  - 1 cup red grapes, halved and seeded
  - ¼ honeydew or casaba melon, sliced
- To make dressing, com-

bine first six ingredients in jar, shake well. In large salad bowl, combine greens and fruit and toss gently with dressing. Makes six servings.

### xxx HOW TO MAKE YOUR LAWN SAFER TO MOW?

You can reduce your chance of becoming one of the 57,000 victims who are sent to hospital emergency rooms each year by power mower accidents. And while you make the job safer, you can also make it easier.

The secret? Give your lawn a quick but thorough inspection. Take a litter bag with you and pick up any stones, metal objects, sticks, or bits of wire you find before the blade of your mower turns them into dangerous projectiles. Also, make sure you check and remember the location of any hard, immovable objects, like rocks, pipes, sidewalk edges. People are injured every mowing season when mower blades strike these obstacles and shatter, sending jagged chunks of metal out the discharge chute or under the edge of the housing.

If you are planning a new yard, or sprucing up an old one, think ahead to safe mowing. Stones from gravel paths and driveways get into the grass where the mower

## Pork producers to meet

INTERCOURSE — Pork producers are invited to join other swine enthusiasts at the Harvest Drive Restaurant on July 19 for an evening of fellowship, sharing, and family style eating.

Bill Fisher, the 1977 Pork

All-American will show his slides of his swine operation. Also as part of the program, Nancy Henkel, 4-H exchange student to Belgium, will show slides of Belgium hog farms.

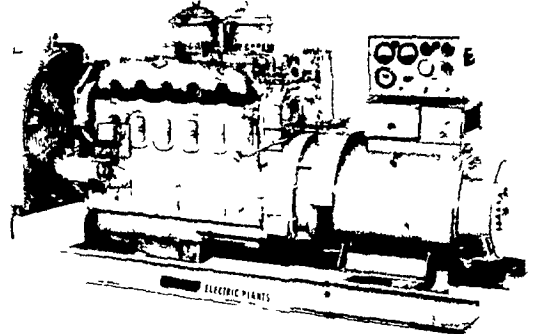
Everyone is invited to come for an enjoyable evening with other pork

producing families. Those interested in getting tickets can contact Gary Dean at 717-687-6447, or any other director of the Lancaster County Pork Producers.

Cost of the evening is \$6.00 for adults and \$4.20 for children under ten. Eating time for the event is 7 p.m.

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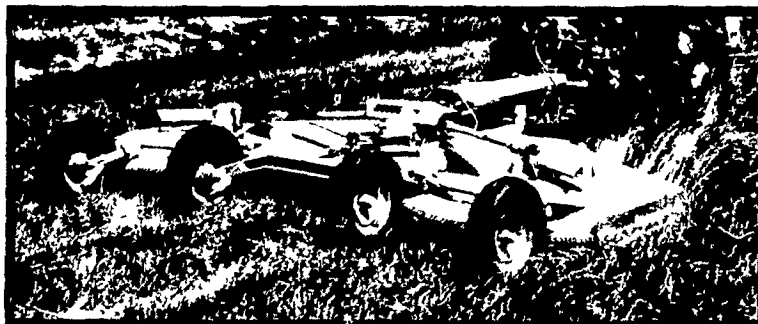
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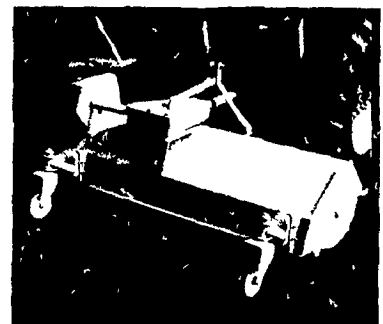
# NEW from WOODS

## the growth company!

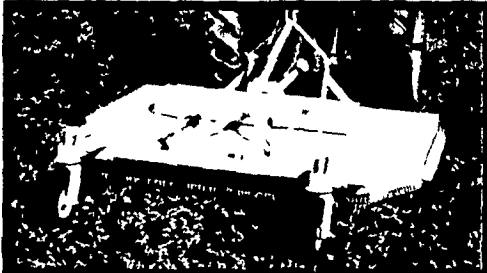
We've added five more new products to our line, giving you an even broader selection of WOODS equipment for your customers. More new products are on the way! If you are not handling WOODS equipment, we invite you to inquire about the many advantages offered by our growing company.



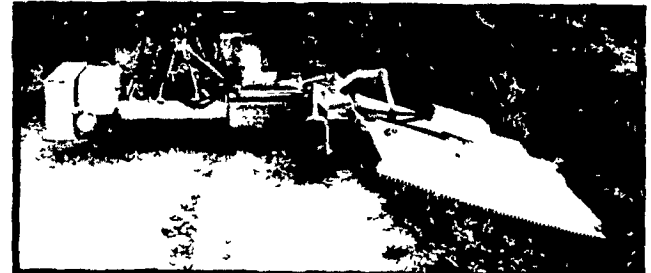
Model H-D315 — A new heavy-duty mower for big area work. Cuts a 15 ft swath. Mows up to 13½ acres per hour. Heavier, stronger than previous Batwing® models.



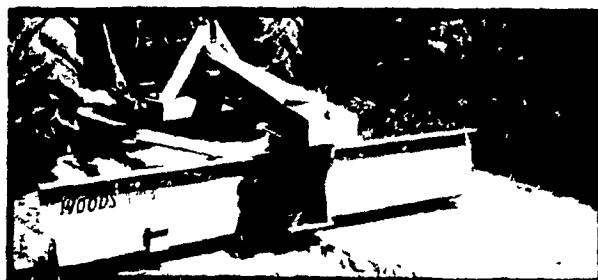
Model FM-72 — Flail mower with self-cleaning, airlift blades. Mows a 6 ft swath. Dynamically balanced blade rotor.



Model 121 — Twin-spindle gear-driven mower cuts a 10 ft swath. Offset model also available for orchards.



Model H S105/106 — Hydraulic-drive ditch bank mower cuts 5 ft or 6 ft swaths. Cuts 90° up or 90° down. Ideal for drainage or roadway ditches.



Model RB750/850 — Rear blades in 7 ft and 8 ft models for tractors rated up to 100 HP. Adjust angle, tilt, offset and reverse.

WOODS

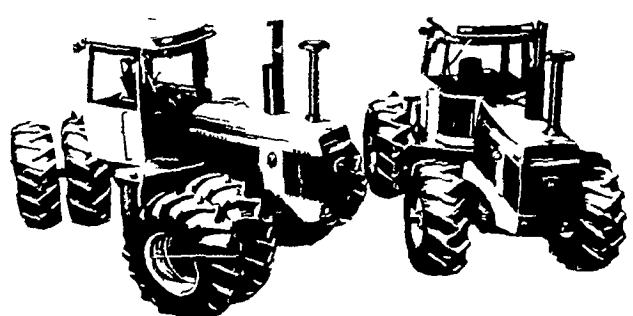
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