

Ladies Have You Heard?

By Doris Thomas

Lancaster

Home Economist



USE LIMES TO LIVEN UP SUMMER MENUS

Zesty limes — long a favorite in Florida and the Caribbean — are widely available throughout the country and add a special touch to drinks, salads, and other dishes. And this is the perfect time to start trying them in your recipes — if you have not done so already — because, according to marketing specialists with the U.S. Department of Agriculture, they are now in heavy supply.

What should you look for when shopping for limes? They should be firm and heavy for their size, have smooth shiny skins and a deep green color. Avoid limes that are dry or hard and those that show signs of decay; these are soft spots, mold, or skin punctures. Brown spots, however, do not affect quality.

Put them in the refrigerator as soon as you get them home and they will remain fresh for six to eight weeks. If you put a slice of lime in the same container with sliced peaches, apples, or bananas, the ascorbic acid in the lime will keep the softer fruits from turning brown.

How should you use limes? Cut them into wedges and squeeze over fresh fruits, vegetables, fish, and chicken

dishes to bring out the natural flavors of these foods. It's a low-calorie, sodium-free flavoring. It also perks up tomato juice, appetizer trays, and Summer beverages.

Planning a barbecue sometime soon? As a change from the usual steaks and

hamburgers, grill lamb chops, and to make them taste extra special, marinate them first in a combination of lime juice, olive oil, crushed garlic, rosemary leaves, and salt and pepper. The perfect salad to go with this dish comes from the Middle East and features lime juice in the dressing.

MIDDLE EASTERN SALAD

- 1 cucumber, seeded and chopped
- 2 ripe tomatoes, peeled, seeded, and chopped
- 1 green pepper, chopped
- 1 bunch radishes, sliced
- ½ bunch watercress, chopped
- 1 red (Spanish onion), chopped
- 3 tablespoons parsley, chopped
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1 teaspoon ground cumin seed
- Salt and pepper, to taste
- Combine all ingredients

except the last four. Just before serving combine oil, juice, and spices; mix well and pour over salad. Serves four to six, depending on the appetites of your guests.

HANDLE CHARCOAL FIRES CAREFULLY

Outdoor cooking can be a lot of fun, but accidents do happen and frequently young children are the victims.

Charcoal is a favorite fuel for outdoor cooking, but it should be handled carefully. Reports show that many outdoor cooking accidents result from the careless use of charcoal.

The innocent-looking gray ash on a chunk of charcoal hides a very hot fire. Any piece showing even a tiny fleck of gray ash can produce a serious burn.

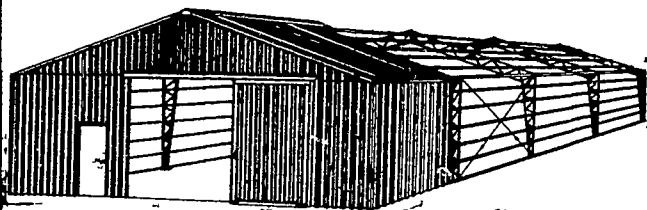
Before starting a fire, make sure your grill is sturdy and set firmly on the ground so that it will not tip or spill. Keep children and pets away from grills and do not permit small children to help build fires or extinguish them.

Using additional starter or lighter fluid on a fire that is already burning is

dangerous. Flare-ups from this practice have caused many serious accidents. Use only approved starter fluids. Gasoline, kerosene, fuel oil and lighter fluid are dangerous and should not be used.

Make sure your fire is dead before you leave picnic grounds or similar areas. Soak the area beneath the grill or the fire with water. Many children have been seriously burned by running through hot ashes or stepping on the hot ground left under a fire or portable grill.

This new farm building costs 40% less!



Yes, it costs 40% less than conventional steel buildings!

- It comes in a complete package...steel columns and trusses, wood purlins and girts.
 - You get unobstructed floor space...no poles.
 - You put it up yourself...the average building takes two men only two weeks or less to construct.
- It'll be worth your while to get the complete story about this AGRICONOMY building.

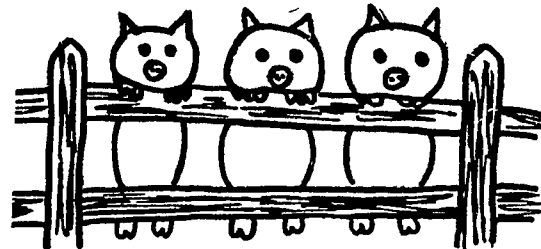
PARTY CONSTRUCTION CO. INC.

1218 Steuben St. • Utica, NY 13501
Phone 315-724-5593
Or Write:
P.O. Box 366L-55
c/o Lancaster Farming
Lititz, PA 17543

SOYBEAN ROASTING ON YOUR FARM

DON'T WASTE IT — ROAST IT

This little piggy went to market,
This little piggy stayed home,
This little piggy had



ROASTED SOYBEANS

MOLDY GRAIN RESTORED - CONTACT US NOW



— ANNOUNCING —
New Portable Soybean Roasting Unit
located in Rising Sun, MD
Owned & Operated by:
ALLEN SUMMERS
RD #2, Box 67, Rising Sun, MD 21911
Phone: 301-658-6103

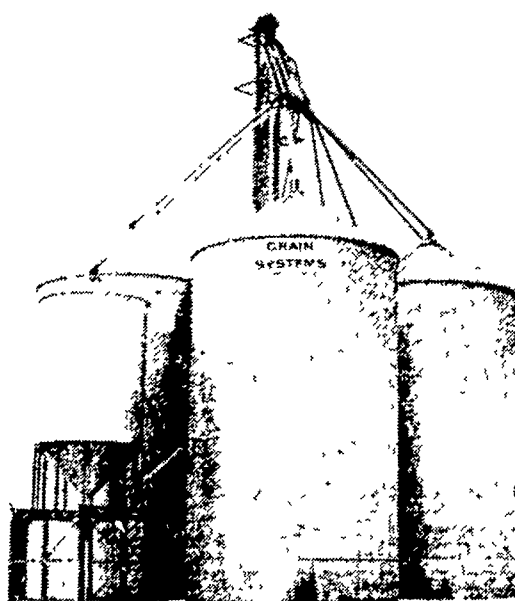
PLANT NOW FOR BENEFITS OF RAISING & FEEDING YOUR OWN PROTEIN.
CUSTOM GRAIN ROASTING DONE IN PA. AND SURROUNDING STATES

DALE L. SCHNUPP

RD 6, Lebanon, Pa. 17042 Ph: 717-865-6611

Thinking about expanding your present drying system? Do it!

SHIVERS



Add a Shivers Drying System to your present drying system for a more efficient, low cost, drying set up! You can add a Shivers System to your system at a fraction of the price it would cost you to replace your present unit for faster more efficient drying!

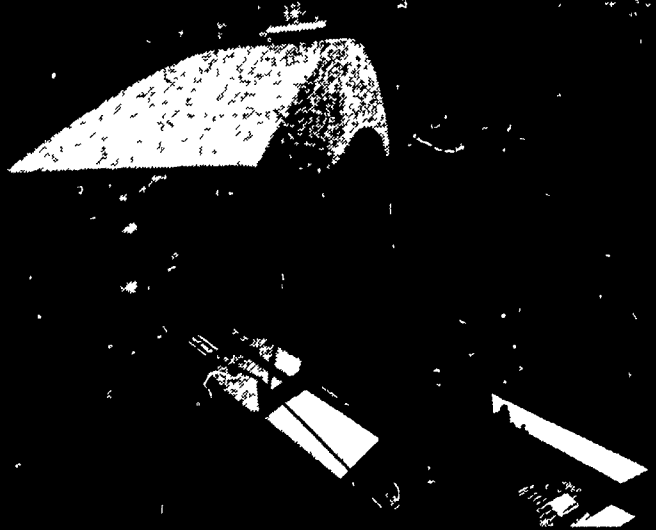
GAYLORD EQUIPMENT

88 Ridge Rd., Monmouth Jct., N.J. 08852
201-329-2666 (day) or 609-799-8647 (night)

SALES ★ SERVICE ★ INSTALLATION

MAGNUM FORCE!

Silo Unloaders from VAN DALE



PERFORMANCE up to 30 tons of silage an hour
CAPACITY big 27' impeller — fast delivery
LONG LIFE stays on the job 4-5 years longer than ordinary unloaders

VAN DALE

NEED A SILO UNLOADER FOR A NEW SILO?
WANT TO REPLACE A WORN UNLOADER?
SAVE 10% TO 15% ON NEW MAGNUM
SILO UNLOADERS, WILL TRADE!!!!

LARRY HIESTAND

Call Daytime - Office - 717-299-3721
or Evenings - Home - 717-273-7394