



Ladies Have You Heard?

By Susan Doyle

Lancaster Home Economist

CHECK ON TURKEY. Check on turkey prices if you're really interested in saving money on the meat bill. Turkey supplies during March are expected to be 35 to 40 percent above a year ago. While much of the increased supply will go into further processed turkey products, you should be able to find whole turkeys of all sizes, plus turkey parts such as drumsticks, breasts, wings and boned rolled roasts.

If you can't use a whole turkey at one time (even a small 10 to 12 pound size) ask someone in the meat department to saw the bird in half. Then cook the halves as you would a whole turkey with the flat side down. You'll be saving money as well as providing meat for more than one meal even when you roast a half.

Most homemakers realize that the number of pounds of meat they buy and the number of pounds of meat they can actually eat are often quite different. Comparing the price per pound of boneless cuts of meat is another way of comparing value. A 12 to 13 pound oven-ready turkey has a yield of about 66 percent meat, not including the neck, tail, outer two wing sections and giblets. If a turkey costs 59 cents a pound, as some do presently, the cost of the meat is 89 cents a pound. (66 percent of 12 pounds is 7.9 pounds. Divide this into the total price of the turkey, 59 cents x 12 lb. = \$7.08 - 7.9 lbs. = 89 cents a pound). This price compares with boneless beef cuts ranging in price from \$1.69 to \$1.99 a pound.

But price is not the only reason for buying and using turkey. Turkey is an excellent choice for anyone

who has a weight or diet problem. The meat of roasted turkey, as a whole, ranks higher in protein and lower in cholesterol than other cooked meats. Turkey meat is also lower in calories than most other meats.

Some consumers are concerned that a frozen turkey that has been in storage a couple of months may have lost something in quality. If the turkey has been handled properly the quality can be as good as a fresh turkey. In today's commercial poultry processing plants the birds are chilled rapidly after slaughter. Freezing is completed in a blast freezer at twenty degrees below zero which means the freshness is quickly frozen in. That's why a frozen turkey is just as good as a fresh one.

SELECTING A MOBILE HOME

A prospective mobile home buyer should look for certain construction features before making a choice, says Joseph L. Wosocki, Extension family

housing specialist at Penn State.

Brands and models of mobile homes differ in stud spacing, number of beams, duct size and locations, and insulation. As a rule, the more you pay for a mobile home, the more you get in terms of quality features. Ask mobile home dealers for a list of construction details to justify the extra cost of a high priced unit.

The new mobile home buyer should look for the label of an authorized inspection agency certifying that Federal mobile home construction and safety standards have been met.

It is wise to choose an energy-efficient mobile home to cut down on heating and cooling requirements. Check the inside of the unit for the amount of insulation, furnace size, duct and thermostat locations, ventilation patterns, and ability to close off areas within the home. Also look for features such as storm doors and windows, and weather stripping.

On the outside, use of shade, wind breaks, roof covers, and light or dark colors can affect the performance of a heating or cooling system. Skirting the

Hunterdon Beekeepers 4-H Club is humming

FLEMINGTON, N.J. — The Hunterdon County Beekeepers 4-H Club met recently at the Ditson residence in Bethlehem Township.

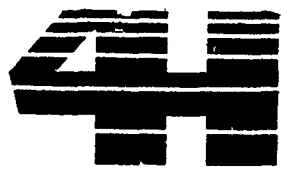
The American Beekeeping Essay Contest and the Bee Tree at Miller's were discussed by the members. A demonstration was given by Mr. Ditson on gadgetry.

Ditson showed the members different gadgets used in beekeeping, and taught them how to use each item.

A demonstration on various feeding methods for bees in the spring was also

given. After the demonstration, the members finished the bee hive on which they have been working for the past few months.

The next meeting is set for April 19 at the Goeller home, Hampton. Reported by Richie Roberts.



Recipe Swap

You readers are really going to clean up this week! Today's feature is a duo of soap recipes to experiment with. So get the lard out and see how these recipes wash.

SOAP

25 pounds of lard or tallow
5 pounds of caustic soda
3 12-quart buckets rain water

Heat water to boiling and add the caustic soda. Do not add all at once as it will splash up over the kettle. When dissolved, add the lard. Boil 2 to 3 hours and add one handful of salt. Borax, color or perfume may be added at this time. Cool in kettle overnight. Cut into pieces in the morning. Be sure to use rain water, as pure water does the best job and allows for a mild soap.

Amos Nolt

BOILED HOMEMADE SOAP

36 pounds grease (old lard, ham scraps, crackling and tallow can be used)
8 13-ounce cans lye
3-10 buckets of water
1 quart salt

Put water in an iron kettle and heat until warm. Add grease and stir in water thoroughly. A very slow fire is needed or the mixture will boil over.

Add 4 cans of lye and bring to a simmer or slow boil and continue until scraps are dissolved, approximately 2 hours. Add 4 more cans of lye individually during cooking.

Cold water may be added anytime during cooking if needed to keep from boiling over.

Mix thoroughly 1 quart salt when scraps are dissolved.

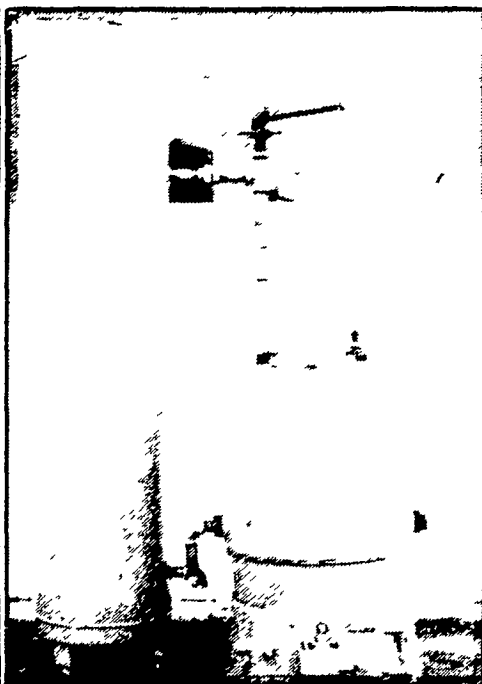
Allow to stand until cold and hard and cut into the desired pieces.

Annetta Martin, Fleetwood

QUESTION: I would like some good diabetic ideas for vegetables, especially green beans, carrots and peas.

Betty Hikes, York Springs

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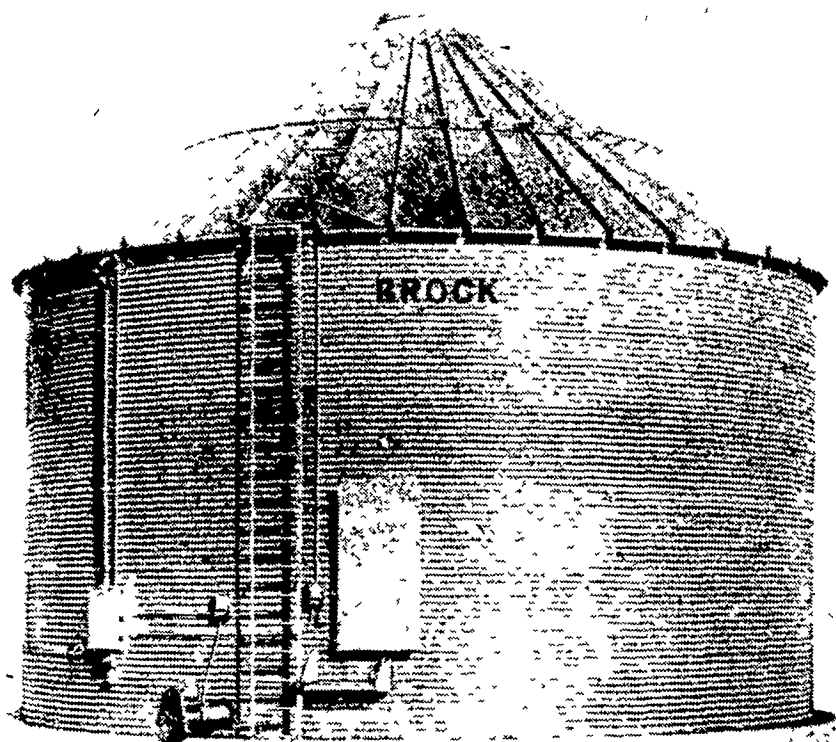
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