

Ladies Have You Heard?

By Susan Doyle

Lancaster Home Economist

THE VERSATILE POTATO

Potato varieties offer a diverse assortment of shapes and sizes. The smart shopper should take advantage of the plentiful supply.

Potato varieties are classified by shape, long or round, and skin color, white, russet, or red. While potato varieties can be used interchangeably, individual preference often governs the choice. In general, however, russets, have a dry, mealy texture, and are often used for baking, while round reds, which have a firmer, moister texture, are often chosen for boiling. Round or long, whites are popular for either use. New potatoes are those harvested before the skins are set. When called for, any variety — red or white, long or round — may be used.

To select the best potato, look for those that are firm, smooth, well shaped, free from blemishes, sprouts and with few eyes. Avoid those with large cuts, growth cracks, bruises, large skinned or discolored areas, and decay. Also avoid those that are all or partially green. Green areas, which may affect the potato flesh underneath the skin, give the potato a bitter taste and must be peeled before eating. Don't buy potatoes with second-growth irregular, knob-shaped areas. Cutting these away will cause considerable waste. Internal defects can only be discovered when the potato is cut. Two such defects are hollow heart, resulting from too rapid growth, and internal discoloration, which can be caused by improper field or storage condition, freezing or disease.

The packaging usually carried the type and origin of the potatoes, in addition to the weight. The USDA grade, or the packer's grade, is not required by federal law and thus is not always indicated. U.S. No. 1 is the grade most often available and it indicates that there is some variance in the size and quality of the potatoes. U.S. Extra No. 1 is the premium grade and is based on more uniform potato size and quality.

MOST ELDERLY LEAD INDEPENDENT LIVES

Special services for the elderly such as senior citizens' centers, meals on wheels, and low-income housing are positive and necessary.

It's important to remember, though, that most people over 65 are healthy and independent. More are working for income than ever before, because of recent legislation pushing mandatory retirement age from 65 to 70 for many.

Despite the image of a nursing home bound population, 3/4's of the men and 1/2 women in their late 60's are married and living with a spouse. Only about 4% of those in their late 60's or over live in institutions—mostly in rest homes or mental hospitals.

While many do live alone—and well over half of elderly women may be living alone by the year 2000—living alone has rapidly become a life style among young as well as old.

There are a few reasons for this trend. Young and old have greater economic independence, and elderly persons have better health making it easier to continue housekeeping functions.

Berks Co.

Farm Women Board meeting held

The bi-monthly meeting of the Berks County Farm Women Board was held at the Berks County Ag Center

The Berks-Heim picnic is scheduled for June 8, and the tea for May 17. They need knitting yarn, lap robes, and men's western cowboy books

Bingo will be held April 17 at 7 p.m. Group 10 will bring the coffee. One uniced angel food cake is needed from each group.

Spring Rally will be held May 1. Everyone must make their own name tags.

Hoe-down tickets for April 19 will be \$1.75 for adults and \$1.00 for children 6-12. Youngsters under 5 will be admitted free.

Each group is asked to bring 3 door prizes and 2 cakes, and to hang posters in their area.

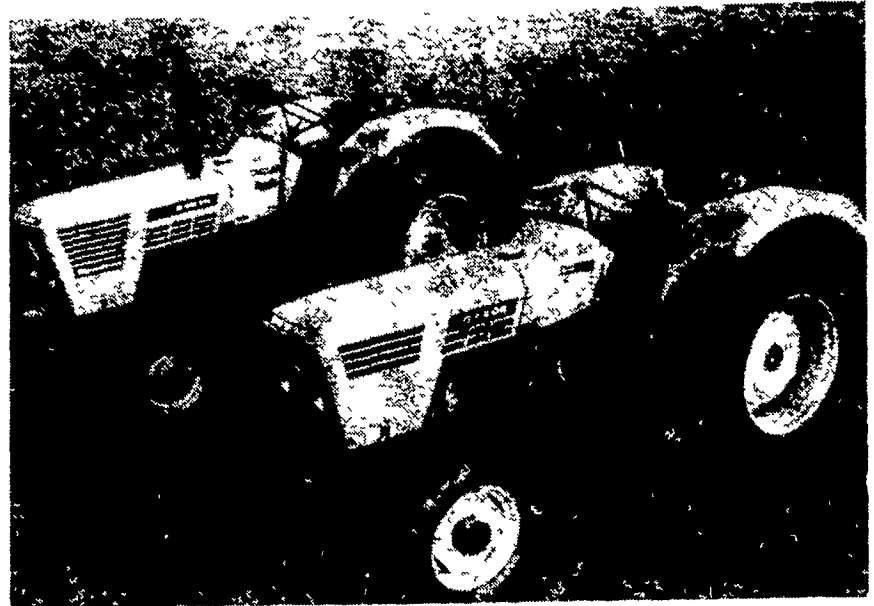
It was decided to participate in the October 4 Berks Campus dedication service.

KEEP IT CLEAN

Dishwasher detergents readily take up and retain moisture and carbon dioxide gas from the atmosphere. When this occurs, the product may become lumpy. As long as it properly dissolves, it can be used, but may be less effective. Because of this, the product should be stored in a cool, dry area. Under the kitchen sink is generally too warm and moist to keep the detergent in optimum condition. An upper cabinet is better. Besides, it is safer if young children are in the home.

Wastebaskets need frequent washing. Check receptacles throughout the house—kitchen, bathroom, study areas. Wash with a sudsy sponge. You may also want to add a disinfectant to the wash water. Rinse and dry. For easier cleaning, line the bottom with a paper or plastic bag to prevent dirt and grit from collecting.

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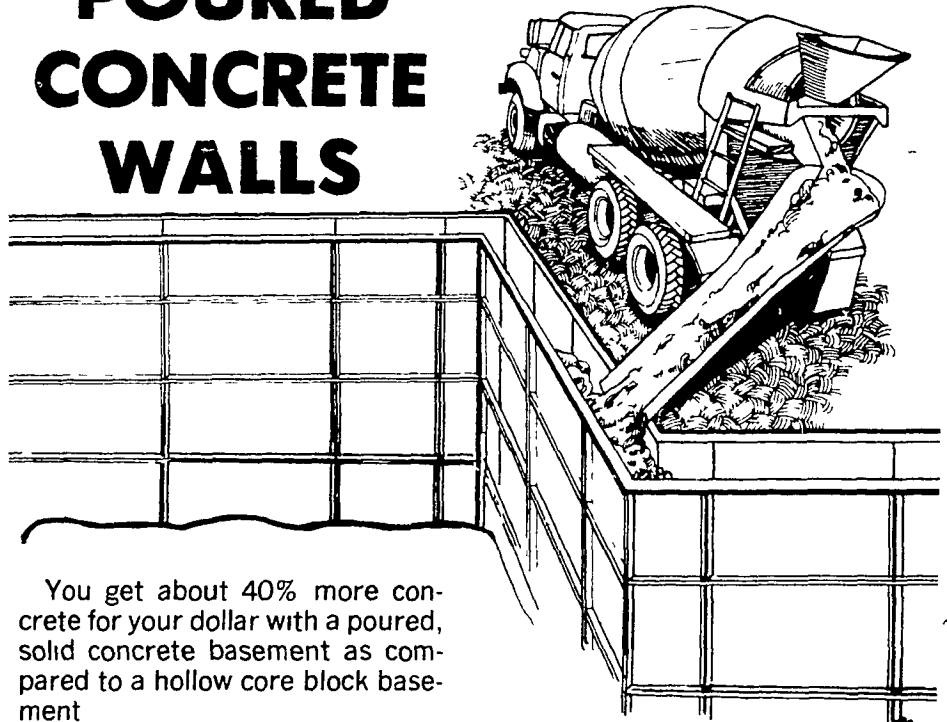
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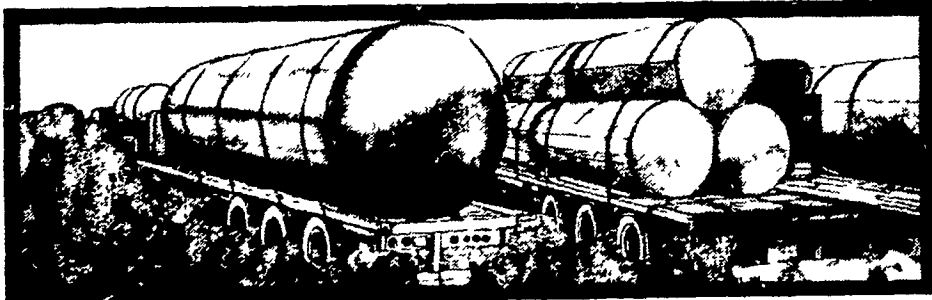
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