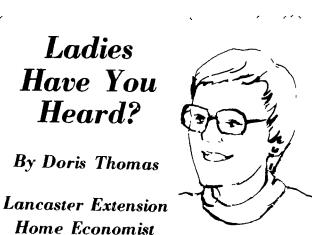


READ LANCASTER FARMING FOR COMPLETE AND UP-TO-DATE MARKET REPORTS



FARMERSVILLE NEW & USED FURNITURE 100 S. Railroad Ave., New Holland Phone 717-354-0283



"Easy Fashions," "Very Easy," "Yes, I Can," and "E.S.P." These patterns have two to six main pieces plus facings.

A few of the fast sewing techniques you'll find in these special patterns areelastic casing waistlines rather than zipper and straight waist-band and edge finishes made by simply turning under seam allowance and top stitching.

You can sew many new clothes and still have plenty of time for other activities if you take advantage of the quick patterns available.

FOOD PRESERVATIVES The American diet of the 1980's would be greatly

altered if we did not have the use of preservatives. Our bread would turn stale after a few days, our vegetable oil rancid and our hot dogs a greyish color without the use of preservatives.

Lancaster Farming, Saturday, May 3, 1980-C5

Preservatives help prevent the deterioration of color, flavor, freshness and nutrient content in foods. They are also added to food to inhibit or prevent microbial growth. Molds can be a serious problem because they may produce toxins while bacterial growth can cause food poisoning.

Preservation techniques have been used for more than a century. A common preservative is salt, used for years to preserve meat without cooking.

By retarding the spoilage of food, preservatives also help us prevent waste and supply shortages. The World Health Organization estimates that about 20 percent of the world's food is lost in this way. A much higher percentage is lost in some countries.

It is true that the physical and biological processing of food, such as heating, drying, pickling and

smoking, contribute to the preservation of some substances. However, these processes often achieve only partial preservation.

Preservatives occur either naturally or synthetically. Some foods known to contain naturally occurring preservatives are cranberries, some fermented cheese, egg whites, milk, honey, horseradish, spices, essential oils, cabbage, garlic, onions, radishes, sweet potatoes, tomatoes, bananas, strawberries and cereals. (rye, wheat, wheat bran, corn and barley).

These foods contain what are known as antibiotic and antifungal agents. Another type of preservative is the antioxidant. Some antioxidants occur naturally, such as a form of vitamin C, called ascorbic acid.

Other naturally occurring antioxidants include tocopherols (from vitamin E), gum gualac (a wood resin), quercetin (from onions), rutin (from asparagus) and anthocyanin pigments (from red wine). These all have ominous sounding names but acrually occur in nature.

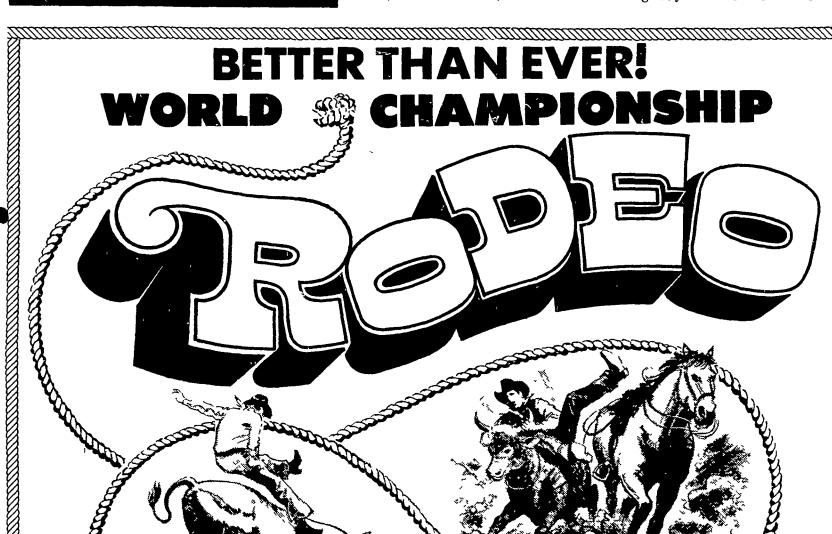
Synthetic or chemical antioxidants are commonly used because of effectiveness, cost and availability. The three major ones are prophyl gallate (PG), butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT).

Two other well known chemical preservatives are nitrates and nitrites, although they do occur naturally in some foods.

Synthetic preservatives have come under increasing attack in the past several years. Laboratory studies of their effects on the health of rats have been conducted for many years in several countries, with a variety of findings. Some researchers report findings that these preservatives may cause cancer, others that they may actually lengthen life through age prevention.

At this point in time it is perhaps best for each person to determine individually which preservative he or she will or will not consume.

COMPLETE



ABOUT EASY SEWING

spend much time at your

sewing machine but need to

add a garment to your

wardrobe, look for patterns

that use few pieces and have

instructions for simple,

Every major pattern company has developed

some helps to make sewing

the quickest you'll find, with

just one main pattern piece

plus facings. Other quick-to-

sew patterns are marked

"Super Simple," "Quick and

"Make-It-Tonight

Easy," "Make-It-Tonight Knits", "Make it Easy

Please," "Sew and Go,"

"Super Jiffy" patterns are

speedy sewing.

fast and easy.

When you don't want to

