



**READ
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FOR COMPLETE
AND UP-TO-DATE
MARKET REPORTS**



USED FURNITURE

- 13 Used Bedroom Suits
- 5 Cedar Wardrobes
- 18 Double Beds
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- 4 Knee-hole Desks
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Ladies Have You Heard?

By Doris Thomas

Lancaster Extension
Home Economist



ABOUT EASY SEWING
When you don't want to 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, speedy sewing.

Every major pattern company has developed some helps to make sewing fast and easy.

"Super Jiffy" patterns are the quickest you'll find, with just one main pattern piece plus facings. Other quick-to-sew patterns are marked "Super Simple," "Quick and Easy," "Make-It-Tonight Knits," "Make it Easy Please," "Sew and Go,"

"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 are—elastic 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.

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 guaiac (a wood resin), quercetin (from onions), rutin (from asparagus) and anthocyanin pigments (from red wine). These all have ominous sounding names but actually occur in nature.

Synthetic or chemical antioxidants are commonly used because of effectiveness, cost and availability. The three major ones are propyl 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.

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