



Ladies Have You Heard?

By Susan Doyle

Lancaster
Home Economist

ABOUT MICROWAVES AND VITAMINS

Although we need vitamins in relatively small amounts, they are a very important component of the foods we eat and we could not live without them. In the body, vitamins play many important roles, such as mediators in the process of energy production, and in vision and bone growth.

Vitamins are divided into two major groups based on whether they can be dissolved in water or fat. These are the fat-soluble and water-soluble vitamins. Vitamins of major concern

during cooking are from the water-soluble family because those nutrients can leach out in cooking water or be easily destroyed by heat or air. These more vulnerable nutrients include ascorbic acid (vitamin C), which is found mostly in fruits and vegetables, and the B-vitamins, such as thiamine (vitamin B₁), riboflavin (vitamin B₂), pantothenic acid (vitamin B₃), and pyridoxine (vitamin B₆). These B-vitamins are found in meats, grains and their products.

Destruction of these vitamins during cooking

stems from two major causes: prolonged heat, and a lot of cooking water. In microwave cooking, however, the amount of time that food is exposed to heat is greatly reduced so there is considerably less heat destruction of these vitamins. With many foods that contain a lot of water, such as peas, no added water is needed in microwave cooking. This accounts for a greater retention of vitamins — especially vitamin C — in foods where additional cooking liquid is not needed. Moreover, when water is used in microwave cooking, the amount of time the food contacts the water is decreased, due to the speed of this method of cooking. This can be a real benefit in blanching fruits and vegetables before freezing.

Although microwave cooking does not add to the nutritional quality of a particular food, it can help that food retain its optimal nutrient potential. This means that, in most cases, microwave cooking does not decrease the level of vitamins, particularly the water-soluble vitamins, in foods any more than conventional methods do. In some cases, microwave

cooking is actually superior in maintaining nutrient retention.

THE AMERICAN DREAM

Throughout the history of our country a common, widely held dream has been to own a house, and many people dream of their own single detached home enclosed with a picket fence. Some housing experts predict that this traditional dream of Americans may have changed, virtually overnight, as the late 1979 and early 1980 interest rates climbed sharply, land purchase and development cost soared and housing construction estimates increased almost daily. Many housing experts and economists predict that the dream will become an unattainable one in the years ahead as the number of housing starts diminishes.

For many years, we Americans spent about 20% of our disposal income for housing, but the 1979 figures approached nearly 36%. This amount is expected to rise to about 40% in the 80's. The difficulty of obtaining housing combined with its high cost has altered the living patterns of many Americans.

Families who previously

moved and accepted transfers readily are moving less readily today. As land purchase and construction costs rise, cooperatives and condominiums will become more popular. Along with the changes in exterior house configuration, interior design will also change.

The great room will replace three former rooms — living room, dining room and den. Builders are looking to this as a way to provide a flexible space and keep costs down. This room also appeals to working women in that the space can

be more functional, and to singles or childless couples who do not require a more separated space for privacy.

In addition to this change, tomorrow's consumer will expect a better kitchen design which offers maintenance and upkeep advantages. The kitchen may become a more integrated part of the total living areas as the great room grows in acceptance and use. All in all it looks as though the traditional American dream is not going to be as easily realized in the future as it has been in the past.



Thursday, June 5
Lancaster Co. Society 15 meets at Black Rock Retreat, 12 noon. Societies 6 and 20 will be entertained. Speaker will be Art Fleming.

Lancaster Co. Society 17 will meet at the home of Ruth Shenk at 1 p.m.

Saturday, June 7
Lancaster Co. Society 10 will entertain Society 1 at the Neffsville Fire Hall.

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Homestead Notes

(Continued from Page C2)

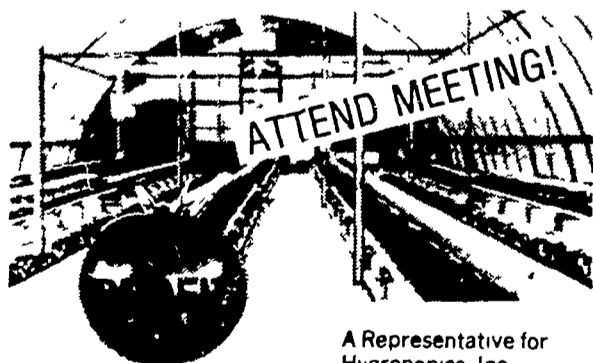
followed what the men did before me." He is also on the consistory of the United Church of Christ in Willow Street, a member of the Pennsylvania Farmers Association and the Holstein Association, and serves on the promotion and resource committee for Atlantic Breeders Cooperative.

Brenda is a member of Farm Women 28, teaches kindergarten at their church and sings on the choir. She is assistant leader of a Brownie Troop and will serve as leader in the Fall. She was treasurer of the parent-teachers organization and is a member of the Red Rose Embroiders Guild. She enjoys doing needlepoint and sewing, although doesn't find as much time to sew as she'd like. The family enjoys a one-week vacation together.

The family has also been busy redecorating and restoring their 200-year-old farmhouse which required work inside and out when they moved there 15 years ago. Brenda says, "We do all the dirty work and then have a carpenter come in for the rest." The house was sandblasted and repainted and is now in excellent condition.

Soon their quiet little homestead along the Strasburg Pike will be bustling with people and another strawberry season will be underway. For three weeks life will be busy, but the family will enjoy their visitors and the knowledge that all will enjoy the bountiful harvest of luscious strawberries.

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Meeting Time & Place
7:30 P.M., Thurs., June 12, 1980
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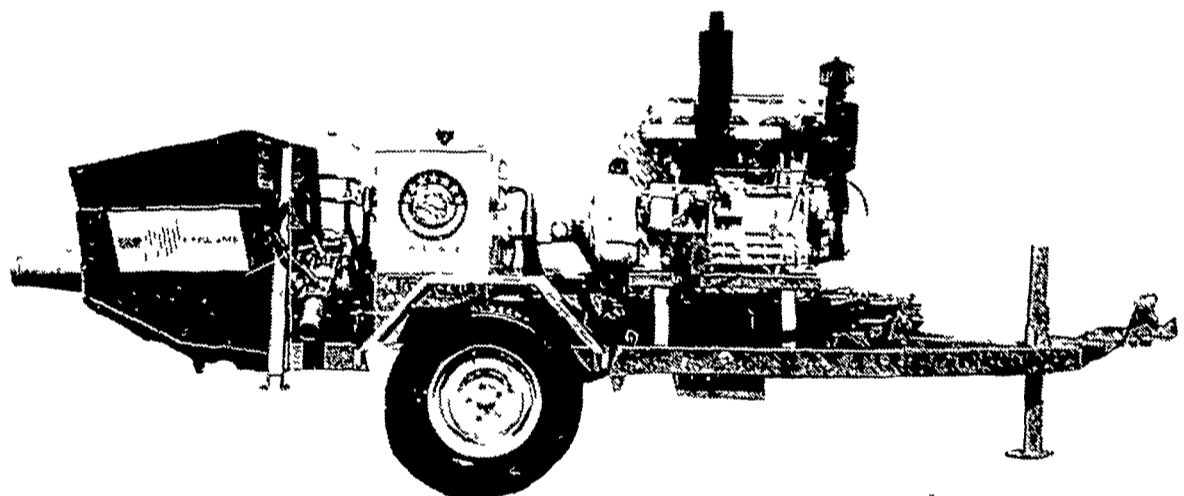
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