

Trio named to fill egg board seats

Ladies Have You Heard?

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CHECK YOUR SOURCE OF APPLES BEFORE MAKING APPLESAUCE

Have you had any problems with mold growing on your canned applesauce even when you processed it with the approved boiling water bath time of 15 minutes? If so, it may have been your source of apples that caused the mold problem.

Dr. Gerald Kuhn, a member of the Food Science Department at Penn State points out that apples which are harvested from trees which have not been sprayed and apples which are picked from the ground where they have fallen frequently have unusually high levels of a very heat resistant type of mold spore, *Byssosclamyces Fulva*. This type of mold survives even when the applesauce is processed in a boiling water bath for the recommended period of time. If you make your applesauce by cooking the apples with the peels on and putting them through a food mill, you may have mold problems later. To prevent this problem of moldy applesauce, take the following

steps if you use apples from unsprayed trees or apples that have fallen from the trees.

Wash and peel your apples before you cook them. Have your applesauce near the boiling point (170°F.) when filling your jars. Process the applesauce in a boiling water bath for 20 minutes or at 15 pounds pressure for 15 minutes in a pressure canner.

If you freeze your homemade applesauce you do not have to be concerned with mold growth.

WHERE DOES THE MONEY GO?

How are you and your family spending your income? Before you can decide how much money you will need in the future, you must know what your current expenses are.

Your lifestyle influences your basic living costs. How you spend your money now tells you how you are likely to spend money in the future.

One study of household expenditures showed that every \$1.00 Americans spend on the average is divided this way:

LANCASTER — One member and two new alternatives have been chosen to serve on the American Egg Board, Assistant Secretary of Agriculture P.R. Smith announced. The three appointments are to fill unexpired terms that run until December 31. Smith said Antonio

- \$.36 - Housing, including operation and furnishings
- .25 - Food and beverages
- .16 - Transportation
- .04 - Clothing and accessories
- .07 - Medical and personal care
- .07 - Recreation
- .05 - Other goods and services

\$1.00

You should compare the above to the way you spend. Like many Americans, you may discover that you spend more for food and housing. You will probably find also that transportation is now taking a greater chunk of your dollar.

If you don't have a record of current spending, start keeping track of how your family spends monthly. Try to write down everything so you will get an accurate picture. Keep the diary for at least two or three months. Several months is even better. This record will help you:

— Learn how much is spent for each item or category.

— Get a better idea of what it is going to cost you to live in the future.

— Decide on which areas you can plan to spend less.

Cobarrubia of Turlock, Calif., has been appointed a member of the board succeeding Truman Wilcox of Roy, Wash., who resigned from the board. Cobarrubia had served as his alternate.

Talmer Dybvad of Canby, Ore., has been named an alternate to the board, replacing Cobarrubia.

Maurice B. Cohen of Hollis Center, Maine, also has been appointed as an alternate to

the board. He will complete the term of Hank Simpson of Winthrop, Maine, who resigned. Cohen will be alternate for Emanuel Hirth of Manchester, Conn.

The 18-member American Egg Board administers a national research and promotion program for eggs. The program is financed by producers through assessments on sales of eggs and is authorized by the Egg

Research and Consumer Information Act.

The U.S. Department of Agriculture's Agricultural Marketing Service monitors the program and reviews its budget, plans and projects to ensure that the program operates within the law.



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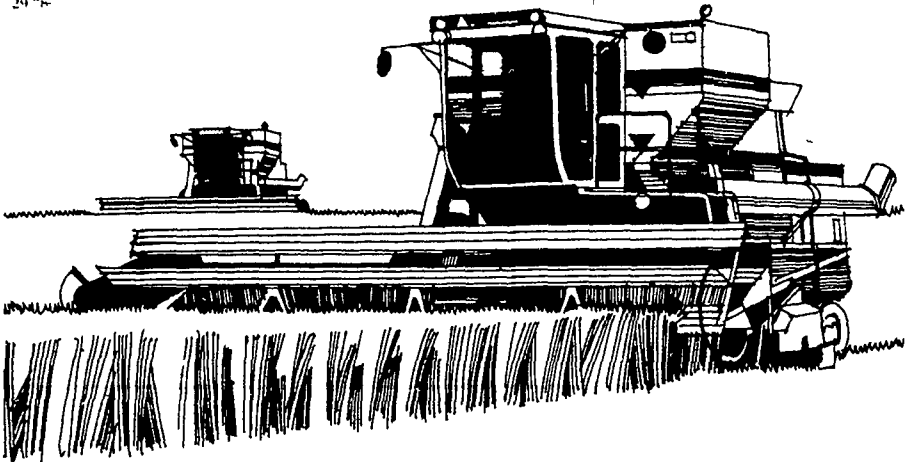
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