

Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist



HOLD THE SUGAR

If you plan to can fruits this year, try doing it without sugar. Concern about overweight, tooth decay, and the price of sugar has many consumers looking for ways to cut down on sugar. Using a juice pack or water pack in canning fruits can help you solve this dilemma. Let me caution you that fruits canned without sugar will not have as firm a texture or as bright a color as fruits canned in sugar syrup, but you can get a highly satisfactory product.

Regardless of which liquid you use, it is important that your fruit be properly processed using a boiling water canner for the appropriate time for the specific fruit. All fruit must be processed. Open kettle canning is no longer recommended. Refer to modern canning instructions for timing.

If you want to try the juice pack, you can use frozen apple juice concentrate or bottled white grape juice as part of the canning liquid for fruit. Dilute the juices with extra water. For example, reconstitute the frozen juice according to directions. If this gives you one quart of juice, add an equal extra amount of water. You will find this diluted juice flavor most compatible with fruit. Full strength juice flavors may overpower the natural flavor of the fruit.

Some suggested combinations are apple juice with peaches, white or red sweet cherries, pears, or apricots, pineapple juice with pears, or white grape juice with pears, peaches or apricots.

Research has shown that it is best to use the hot pack method of filling your jars. This results in less floating fruit. Bring the juice to a boil in a kettle, add your fruit and heat through. This drives air from the tissue of the fruit, and allows you to get more fruit in a jar.

If you pack raw fruit into jars and fill them with boiling juice, the air will be driven out during the processing time in the canner. This increases the probability of juice loss and trapping tiny particles of fruit between the jar and lid as well as contributing to seal failures at a later date. Also, the fruit will be more likely to float in excess juice in the jar. However, raw pack seems to work best for canning cherries with pits.

Use a modern processing schedule to determine processing time for each fruit.

If you opt for the water pack, simply follow the canning instructions for fruit, but use only water instead of sugar syrup or fruit juice.

You can use honey instead of sugar in canning. However, it does have a

caloric value comparable to sugar and is not appropriate for diabetic diets. Select a light, mild honey because dark honey with pronounced flavor will overpower the fruit flavor. You can make a light syrup by heating 1 cup of sugar plus 1 cup of honey with 4 cups of water. If you wish you can combine 1 or 2 cups of honey with 4 cups water.

I do not recommend adding artificial sweetener to fruit before processing. This can result in undesirable flavor changes. Also, some artificial sweeteners lose sweetening ability when boiled. Sweetener can be added at serving time.

PROTECT CHILDREN FROM POISONS

All cases of poisoning are tragic, but perhaps they seem more so when unsuspecting children are victims.

Poisoning accidents can be prevented, but vigilance is necessary to protect your family from poisonous substances.

Medications of all kinds are potentially lethal if taken in sufficient quantities. For toddlers, these quantities need not be great. For example, only half a dozen sleeping pills may cost the life of a child.

Keep all medicines, pesticides, and poisonous household chemicals out of

BY JOYCE BUYP
Staff Correspondent
DALLASTOWN — Two southcentral Pennsylvania men, Brad Hess of Dallastown R1 in York County, and Bob Miller, Millersburg R1 in Dauphin County, represented the

reach of children and irresponsible persons — under lock and key if at all possible.

Keep the phone number of your family doctor and the nearest poison control center near the telephone, next to police and fire department numbers. The few seconds saved in a poison emergency can make the difference between life and death.

EXERCISE IS THE BEST MEDICINE

Exercise should be as much a part of your daily living as brushing your teeth or combing your hair. By practicing the basics of regular exercise and adequate nutrition, you can add years to your life and make those years happier and healthier.

There is an unfounded belief that older persons should avoid physical exercise. Regular exercise is essential to keep muscles from becoming flabby and weak, and to prevent those aches and pains that accompany sedentary life. It keeps the joints limber and maintains the coordinating ability.

The psychological effect of exercise is also important. It invigorates and gives a sense of well-being.

You can bowl, dance, hike, bike, golf, even play tennis and jog all through life and into the later years, as long as your body is accustomed to this regular exercise.

State plowing contest gears for '81 nationals

state in the national plowing championship, held last Saturday at Farmville, Minnesota.

Winners, from Minnesota and Iowa, will compete in the world championships next year in the Republic of Ireland.

Local plowing enthusiasts are gearing up to select the 1981 representatives from Pennsylvania, according to state plowing contest committeeman Charles Hess, R1 Dallastown.

County contests are underway, with the state runoff set for Saturday, August 16 at Hershey Estates.

Registration will open at 7:30 a.m., with practice time allowed until the contest gets underway at 10 a.m.

In order to be eligible for state competition, plowmen

must have competed and qualified at a county contest level. Past triple-crown winners, formerly ineligible to compete, are invited again to participate.

Contestants are expected to supply their own equipment for the plowing eliminations.

"There are three contests," says Hess, a long-time plowing enthusiast and former champion. "Large plow category is for four-bottom and over, small is for three-bottom plows and under, and the contour category. It's open to anyone who wants to plow."

Plowing judges look for straightness and cleanness of furrow, trash coverage, elimination of air holes that would dry out soils, pulverization of soil throughout, a ridge on the furrow to catch rains, even ends and a narrow and shallow finish furrow.

The Hershey state plowoff will be held in conjunction with a local energy fair.

Anyone interested in further information on the competition should contact Richard Pennay, A.S.C.S., Box 1004, Federal Building, Harrisburg, PA, or call 717/782-7593.

PA Florists to convene in August

LANCASTER — The Pennsylvania Florists will hold their annual convention at the Treadway Resort Inn here from Friday August 1-Sunday August 3.

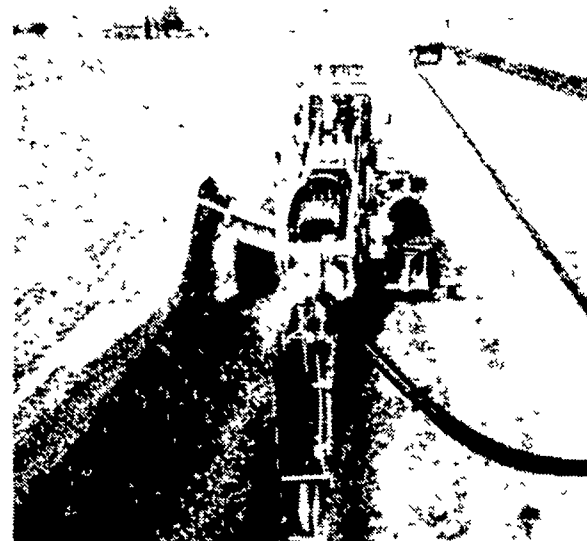
Herb Mitchell will conduct a design school on Saturday featuring three wire service-sponsored designers.

Bob Berglund, U.S. Secretary of Agriculture will speak at the president's banquet Saturday night.

Workshops will be conducted on handling cut flowers, minimizing tax obligations, fuel costs, pricing and other areas of interest to floral retailers.

For more information on the convention, contact Barbara Davis 215/678-9626.

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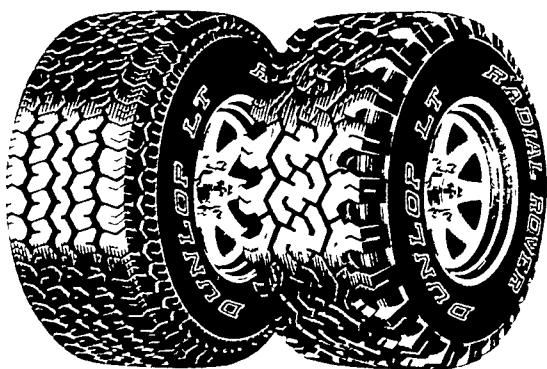
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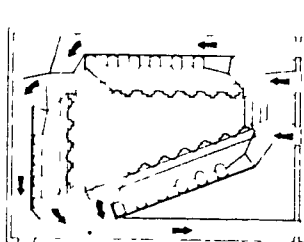
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