

Ladies Have You Heard?

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Home Economist



CHEESE TO PLEASE

Cheese of one kind or another is a universal food. It's made wherever animals are milked and produce more milk than people can use in fluid form.

Although no one knows exactly how cheesemaking began, one ancient legend credits it to the happy accident of an Arabian merchant. The merchant set out on a long day's journey across the desert and put his supply of milk into a pouch made of sheep's stomach.

The rennet in the lining of the pouch combined with the heat of the sun caused the milk to separate into curd and whey. At nightfall the merchant found that the whey satisfied his thirst while the cheese (curd) satisfied his hunger and had a delightful flavor. So, according to legend, began the making of one of our most useful foods.

To store cheese safely, you must keep it in the refrigerator. However, just as soon as it is chilled, cheese develops "refrigerator inertia," losing some of its flavor and remarkable texture.

A 20-minute warm-up reactivates the flavor and texture, according to U.S. Department of Agriculture cheese graders. June

is Dairy Month so look for special features on cheese during the month in Lancaster Farming. Why not try one or two new cheeses!

When planning the family menu, remember cheese ranks as a top quality protein food - a nutritious alternate for meats.

Cheese Fondue

4 eggs well beaten
2 cups milk
2 cups soft bread crumbs
Salt to taste
¼ to ½ lb. cheese, sliced thin
1 tablespoon fat.

Beat eggs well. Mix milk, bread crumbs, cheese, fat and salt. Stir this mixture into the beaten eggs. Pour into a well greased shallow pan and bake in a moderate oven for about 25 minutes or until set and lightly browned on top. Serve at once.

EXTENSION OFFICE IS RESOURCE FOR FAMILY HOUSING

A house is usually the biggest investment that most families make. It's always been a difficult decision to choose the right house for your family's needs. Today, with prices out of sight and mortgages at levels unimagined just a few years ago, that decision is more complicated than ever.

Ag Days continue

SCHUYLKILL HAVEN — The Schuylkill Haven County Commissioners proclaimed this week as Schuylkill County Agricultural Days.

To recognize this essential industry, Agricultural Days will continue this weekend at the Fairlane Village Mall. Various farm commodity displays are at the mall; commodity queens are giving out free samples of their product; and farm animals and live observation hives of honeybees are there to see.

The highlight of the festivities will be the crowning of a Schuylkill County Dairy Princess for the coming year at the mall tonight.

Although the county is known primarily for its mining, 20 percent of its 501,696 acres comprise 840 farms. The county farms produce agricultural products valued at more than \$30 million annually.

Where do you go to get sound, unbiased information on selecting a home and maintaining a home? If you live in Pennsylvania, your local county Cooperative Extension Service office has a wealth of resources, some available to you free or at low cost, others available as resources - you can use by visiting the county office.

Each county office in Pennsylvania has a Housing Resource Notebook, a four inch thick looseleaf, crammed with 50 publications on space planning, owner-built housing, renovating an old house, landscaping, zoning regulations and more. Solar, underground, townhouse, duplex, apartment, mobile home or traditional family dwelling - wherever you live or plan to live - the resources in the Housing Resource Notebook can help you.

Call or visit your county extension office soon.



Cindy Lupey, 1980 Dauphin County Dairy Princess crowns Tammy Yost, the 1981 Dauphin County Dairy Princess.

Dauphin Co. names dairy princess

HARRISBURG — Tammy Yost was selected as the 1981 Dauphin County Dairy Princess on May 28, at the Hanover Restaurant, here. Cindy Lupey, the 1980 Dauphin County Dairy Princess, crowned her successor.

Tammy resides near Hershey and owns several head of Holstein cattle. Her aged cow, Jarvin Apollo Etta, was the Grand Champion at the 1979 PA Junior Dairy Show.

Tammy is active in Dauphin County 4-H where she is president of the Lower Dauphin 4-H Dairy

Club and secretary of the Dauphin County 4-H Exchange. She is also a member of the Lower Dauphin FFA, the 4-H Dairy Judging Team, and is a Junior Holstein member.

The coronation was planned by the county Milk Promotion Committee chaired by Mrs. John Cassel. The committee was assisted by Mrs. Pat Miller, Central Co-ordinator.

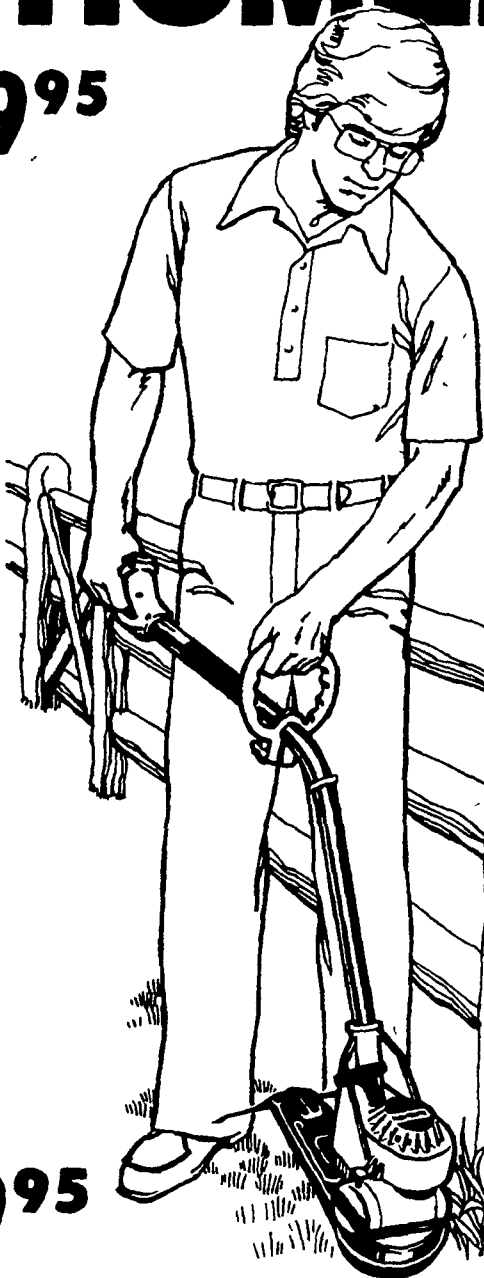
Also in attendance were three former Dauphin County Dairy Princesses. They were Mr. Joanne Pickel Stine, Marjie-Hoffer Hartz, and Debra Cassel Leshak.

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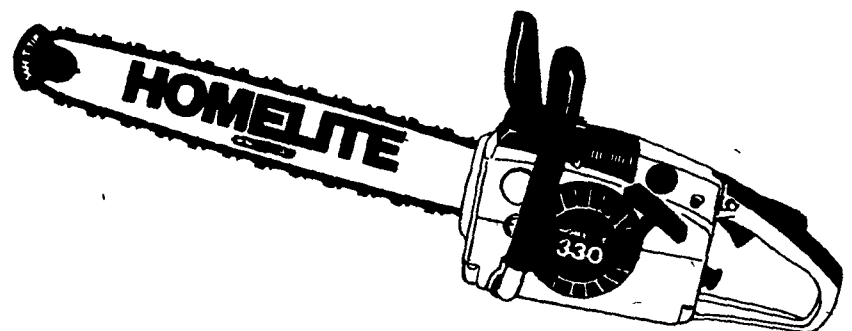
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