

Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist



AVOID SUMMER FOOD POISONING

When your stomach does flip-flops and you think you have a virus, it's just possible that the virus is food poisoning.

Many people think of food poisoning as a mishap that sweeps through a gathering sometimes hospitalizing the victims. However, food poisoning is not confined to public places; it can happen in your kitchen.

Each year more than 2 million cases of bacterial food poisoning occur in the United States despite our advanced food processing technology.

Good poisoning should not be taken lightly. Most cases of food poisoning are caused by bacteria that are everywhere — in the air we breathe and on everything we touch.

The organisms that most often cause bacterial food poisoning are Salmonella, Staphylococcus and Clostridium perfringens.

Because bacteria are everywhere, food contamination is universal. Prevention becomes a matter of stopping the growth of these bacteria or killing them at the proper time to prevent their growth and possible poisoning of food.

This means you must process, cook or prepare food using methods that will prevent food poisoning. There are 3 basic rules that help prevent food poisoning: Keep hot food hot; Keep cold food cold; and Keep food clean.

Simple as they may sound, these rules will control, stop or destroy the bacteria responsible for food borne illness.

Keeping food hot means cooking food thoroughly, holding it at a hot temperature (above 140 degrees F.) during serving and fully reheating stored foods. Keeping food cold means refrigerating perishables or leftovers promptly. Keeping food clean means

following sanitary practices that contaminate food.

You should keep your refrigerator between 35 and 40 degrees Fahrenheit and your freezer temperature should be zero or below. Germs on food do not multiply very fast at these temperatures.

When you prepare any salad containing mayonnaise or salad dressing, chill all the ingredients thoroughly before you make the salad. Refrigerate the salad after it is prepared.

You can keep unopened vacuum-sealed packages of lunch meats in the refrigerator for two weeks. Once you open them, wrap them well and use them within three to five days. Store frankfurters in their original packages and use them no later than one week after the "sell by" date on the package.

Do not buy or use food from leaking, bulging or dented cans or containers. Do not taste or use food that has a foul odor or any food that spurts liquid when the container is opened.

It is nearly impossible to list all the potentially dangerous situations. However, with common sense you can easily practice proper food safety.

RECYCLING PATTERNS

Boxes of old, out-dated patterns are wasting space in your sewing area. Although some may be adaptable to current styles, others should be discarded or donated to a thrift shop.

When sorting through old sewing patterns, ask yourself these questions: Is the style still

Charolais association awards scholarship

HOUSTON, Tx. — Mark Clay Kelling of College Station, Tx. and Dale Allen Downey of Hope, In. are recipients of two \$1,000 scholarships awarded by the American-International Charolais Foundation, Inc.

These scholarships are awarded annually to deserving young men and women who exhibit initiative and maintain high academic achievement, according to Rick Ramsey, director of Junior Activities for the American-International Charolais Association.

Kelling is the son of Mr. and Mrs. Ray Kelling of Knippa. He graduated from Knippa High School in May, 1980 and is presently attending Texas A&M University, College Station, where he is majoring in agriculture economics. Even though his family's primary source of income was from field crops, livestock production always fascinated him and he used beef cattle as his primary 4-H activity. Kelling also has been active in the Future Farmers of America where he completed projects in beef breeding, livestock judging, and pasture and grass judging.

He has been a member of the Texas 4-H Council, vice president

of the District 4-H Council, president of the Uvalde County 4-H Council, and a Greenhand and Chapter Farmer with the Future Farmers of America.

He also has been active in other school organizations and sports, community and church organizations.

Downey, 18, is the son of Mr. and Mrs. Owen Downey of Hope, In. He plans to attend Purdue University where he will major in agriculture engineering.

He graduated from Columbus East High School in the top 25 percent of his class, and was active in sports, including football and swimming, and also in the Future Farmers of America and 4-H. He served as treasurer and vice president of the FFA and on the Bartholomew County 4-H Council.

He was selected county beef herdsman in 1979, top county beef showman in 1978, honor group showman at the state show, county sheep showman in 1977, and county junior dairy showman.

Downey was a member of the American-International Junior Charolais Association for ten years. He served as president and vice president of the Indiana Junior Charolais Association, president of the Ohio Valley association, and as Area 8 director of the A.I.J.C.A.

He also is active in church, community and civic affairs.

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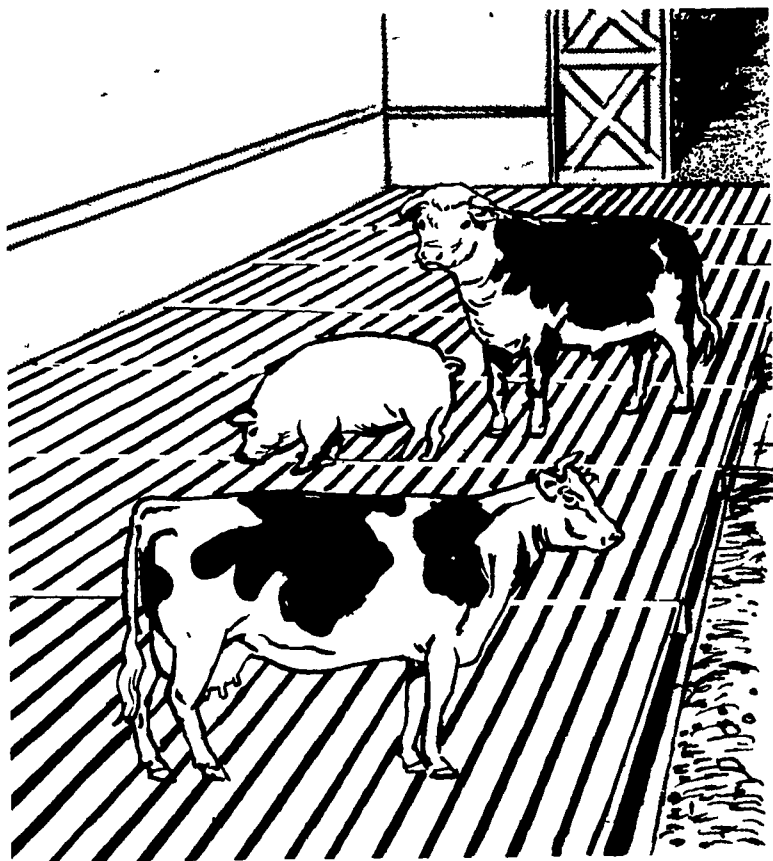
fashionable? If not, is some element of the design still fashionable such as the pockets, belt or trimmings? Is the pattern size correct?

Is the pattern design easily adaptable to current fashion styles by narrowing a flared skirt or a lapel, for example? Is the style becoming and suitable to your present life style? Discard patterns too difficult or time consuming to sew.

New patterns are expensive. Carefully review your stock before purchasing new ones. You may already have the style you are considering buying.

If you need to put a little zest into a lazy day, try Strawberry Spring Tonic: combine two cartons (8-oz. each) strawberry yogurt, one cup each milk and unsweetened pineapple juice and one tablespoon grenadine syrup in a blender container. Cover and blend until smooth. Add four ice cubes and blend again. Serve immediately, garnished with a fresh strawberry slice. (Yield: 4 cups).

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