

Ladies Have You Heard?

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HOW TO CHOOSE A CANTALOUPE

Summer provides delicious fresh fruits and vegetables for good eating. Cool cantaloupe is a perfect appetizer or dessert that is both delicious and nutritious. But how do you choose a good, sweet cantaloupe? I would like to suggest that you allow your eyes and nose

guide you when choosing cantaloupe.

The scar on the stem end of the cantaloupe should be slightly sunken and calloused. This indicates maturity. If part of the vine is still attached to the melon it was not ready for picking.

Look for well defined, raised netting. This is another indication

the melon was mature when picked. Rind that is grayish to light yellow in color also indicates ripeness.

The aroma of ready-to-eat cantaloupe is fragrant, fruity and sweet when the melon is at room temperature. Fragrance is harder to determine if the melons are refrigerated.

Lift a few melons and choose one heavy for its size as it will be sweeter and juicier than a light one.

You can choose a good quality, firm, mature cantaloupe and allow it to ripen at home at room temperature.

FOOD TRENDS IN THE UNITED STATES

Have you ever wondered how your eating patterns and food buying habits compared with other American consumers? Comparing data from surveys by government agencies, market research organizations, and independent companies in the food industry,

many interesting facts about the changing patterns in the American way of eating were revealed.

These surveys suggest that, when it comes to food today's consumers are better educated, more demanding, and put a greater emphasis on quality. Their major food concerns include cost, nutrition and lifestyle.

To cut food costs, shoppers are choosing alternatives to expensive beef cuts as poultry, hamburger, fish, pork, cheese and non-meat products. Redeeming coupons, shopping for sales, less impulse buying, less leftovers and more home gardening and canning are other methods people are using to cope with rising prices. Although price is the major consideration when buying food, nutrition is also a concern. Nutrition labeling, food additives

and weight control are important issues. One survey revealed that there has been a 33% increase in the number of people on a weight-watching or reducing diet.

Major trends in American households are two-income families, more single person households, and more women in the workforce. As a result, demand for convenience products, labor-saving equipment, and smaller portion packaging is growing. At the same time, the previous trend toward more eating away from home is declining, due to rising fuel prices and general inflation.

All of this data suggests that we are in an era of transition as people continue to cope with changing economic, demographic and social patterns. Consumers are more informed and are actively seeking solutions to important problems and issues.

Charolais Juniors elect officers

HOUSTON, Tx. — David Odden, 20, of Rochester, Mn. has been elected president of the American-International Junior Charolais Association for 1981-82.

Odden was elected at the A.I.J.C.A.'s National Junior Leadership Conference held in San Luis Obispo, Ca. on June 22-26. Other officers elected were Brant Laue of Hanover, Kn., vice president; Lois Smith of Allendale, Il., secretary; and Mark Smith, also of Allendale, treasurer.

Odden was born in Lake Preston, S.D., the son of Mr. and Mrs. Mayland Odden, who still live in Lake Preston. He graduated from Lake Preston Public High School in May, 1980. While in high school, he lettered in football and track and was the district wrestling champion one year. He served as class secretary-treasurer and was

on the student council. He was also named to "Who's Who Among High School Students" in 1979 and "Who's Who in Music" in 1980.

He worked as paste-up manager, feature writer, and straight news reporter for his high school newspaper, and won first place in paste-up competition at the state level.

Odden has served as an A.I.J.C.A. director-at-large for two years and as its vice president in 1980-81. He has served in every office in his 4-H Club, was a Future Farmers of America "Chapter Farmer", and showed numerous champion Charolais.

He is presently working as a surgical orderly in Rochester and is planning to attend South Dakota State University in the fall to major in journalism.

Broiler placements up

HARRISBURG — Placements of broiler chicks in the Commonwealth during the week ending July 4 totaled 2,330,000, according to the Pennsylvania Crop Reporting Service.

The placements were three percent above the previous week and five percent above the same week a year ago. Average placements during the past nine weeks were one percent above a year ago.

Placements in the 21 key poultry producing states were 83,535,000, on a par with the previous week but four percent above the same week in 1980. Average placements during the past nine weeks were four percent above a year ago.

Broiler-fryers slaughtered in Pennsylvania under federal inspection during the week ending June 24 totaled 2,143,000, with an average lightweight of 4.02 pounds.

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