Ladies. Have You Heard?

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BARTLETT PEARS PLENTIFUL Looking for new dessert ideas? Try fresh Bartlett pears. They lend themselves to easy, quick, and elegant desserts and, as snacks, they also make good out-of-hand

Marketing specialists with USDA's Agricultural Marketing Service say that they will be in plentiful supply throughout September and so now is a good time to try them in different ways.

To be sure you are getting the pick of the pack, shop carefully and know what to look for when buying fresh pears. Pears are one of the few fruits that are not tree ripened. Bartletts are picked green but the ripening process continues as the skin takes on the familiar golden glow. Give them the squeeze test for ripeness. If they are hard to the touch, store them at room temperature, preferably 3 to a paper sack. Within 1 to 3 days they will ripen and be ready for eating. They should yield to gentle thumb pressure and skins will be a golden yellow color. Refrigerate to inhibit further ripening. Use them often in colorful combinations for good summer and autumn eating.

Pear Ambrosia is one of the easiest, most elegant desserts possible. Just combine fresh Bartlett pear chunks with a touch



of grated orange and orange juice plus a touch of sugar. Add snowy flaked coconut and there's your ambrosia.

You can serve steak with great flair by adding golden slices of fresh Bartlett pears and flank steak. Marinate them together in a. herb marinade, place over glowing coals and create a steak of unforgettable taste and tenderness.

A pear salad — California style - not only tastes good, but is colorful as well. Fill fresh pear halves with creamy avocado balls and tart grapefruit sections. Place on a bed of iceberg lettuce and deep-green, fresh spinach leaves. Serve with a lightly seasoned oil and lemon juice dressing.

Another quick way with pears is to serve them with cheese and crackers...for dessert, for snacks, or for picnics.

They're subtle enough to blend well with other foods, but distinctive enough to retain their own flavor. you'll find your own ways with pears...it's time to experiment.

FALL CLEANING OF WINDOWS Fall housecleaning today does not create the upheaval in most homes that it used to create when room-by-room was taken apart, cleaned and put back together. Today wise homemakers spread

out the cleaning chores throughout all seasons of the year.

After-summer grime does need removing, however, and I want to share a few tips on making window cleaning easier.

Cleaning windows is easy with a solution of either white vinegar or household ammonia and water. For hard water or salt deposits, use a white vinegar solution, while ammonia and water is best for heavy, greasy dirt. However, don't try to accomplish the cleaning operations by combining vinegar and ammonia - they'll neutralize each other.

Vacuum both sides of draperies about once each month or two. Draperies may need annual drycleaning to keep them clean looking. Curtains need more frequent laundering, especially if they are used near open windows. Don't neglect the rods, carriers and drapery pulls when curtains and draperies are down for cleaning.

Washable window shades can be unrolled and wiped with a mild detergent solution, then rinsed and wiped dry. Hang, but do not roll up until the shade is thoroughly dry.

Vacuuming non-washable shades will take off most of the dust but to remove spots and stains, use a commercial doughtype wallpaper cleaner or an art gum eraser.

Clean and wax venetian blinds using either commercial waxes or furniture polish. First wash shade with a mild detergent solution.

Bamboo blinds, stick blinds or roll-ups cannot be washed, unless they are made of plastic. Dusting regularly with a soft cloth or vacuum attachment will freshen their appearance.

Know your fuse box

familiar with your fuse box or circuit breaker, suggests Extension family management specialists at The Pennsylvania State University. While you may never want to rewire your home or qualify for the electrician's union, you will be saved from that helpless feeling when the lights mysteriously go off.

The wiring that runs throughout your house is divided into circuits. each one of which is connected to a number of wall outlets and switches. Each circuit is protected by a fuse or circuit breaker. These devices are designed to blow or trip when a circuit is overloaded.

Too many appliances on a single circuit is the most common cause of blown fuses or tripped circuits.

When the power goes off, take time to troubleshoot the cause of the blowout. Then correct it. Otherwise, the problem may just repeat itself.

The electrical control center for a home is the fuse box or circuit breaker panel, most often located in a basement, closet or garage. Basically, a fuse box has a plug or cartridge for each circuit and

LANCASTER - Become should be labeled as to which circuit and area of the house it serves

Replace blown fuses with 15 or 20 ampere fuses depending on wire size used. If you aren't sure about the size, play it safe and have an electrician check it for you. After getting him to identify the size fuses you need and the circuits, label them for future references. Proper sized fuses are essential to protect the electrical cable from overheating—a possible cause of

Circuit breakers are easier to correct when tripped since you just push the toggle switch to "reset" or "on.'

The use of pennies to replace burned out fuses is actually a safety hazard because it bypasses the protection a fuse affords. Be safe and correct the problem and use only the correct fuses.

You can also remove a fuse or trip a circuit to turn off power intentionally when you want to do small electrical jobs such as installing a light dimmer or replacing an old light fixture with a new one.

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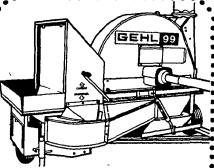
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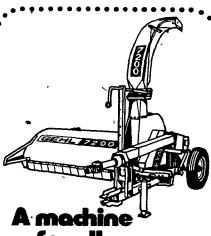


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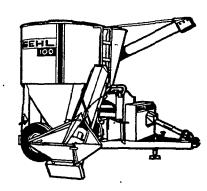
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