

Ladies Have You Heard?

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PLENTY OF USE FOR PLENTIFUL APPLES

What is the world's best-loved and most versatile fruit? The apple, of course! The apple has remained popular in marketplaces since ancient times, which is evident by the many varieties that are cultivated worldwide and the continuous supply, which is at its peak this month.

The U.S.D.A.'s Agricultural Marketing Service is predicting a plentiful supply for this fall, so apples will be ideal for supplementing school lunches, spicing up pork and veal, and adding to a meal, for example, in a Waldorf salad or apple pie. Campers, too, may enjoy the baked apple treat which is made by removing the core of the apple, filling it with cinnamon and raisins, and roasting in aluminum foil on the embers of a campfire until soft.

The leading apple variety is Red Delicious. The second most available variety is Golden Delicious. Other important varieties are McIntosh, Rome Beauty, and Jonathan.

The first considerations in choosing fresh apples are ripeness and condition. Unripened apples will be hard and lack the typical color of the variety. Overripe apples will yield to slight pressure but please don't squeeze!

Apples can be strongly nostalgic. Mark Twain's young hero, Tom Sawyer, was treated to a fresh red apple by his Aunt Polly as a reward for whitewashing her fence. Aunt Polly kept her apple supply in a closet, which was a good idea since most apples stay

fresh up to 2 weeks when kept in a cool place. All ready-to-eat apples should be refrigerated.

For a nostalgic apple treat, try this recipe:

Dutch Apple Bread

Preheat oven to 350. Cream together: 1/2 cup margarine, 1 cup sugar; Add and beat well: 2 eggs, 1 teaspoon vanilla; Combine separately: 2 cups flour, 1 teaspoon soda, 1/2 teaspoon salt; Add dry ingredients alternately with: 1 cup chopped apples, 1/3 cup sour milk or orange juice; Fold in: 1/3 cup chopped walnuts or cranberries.

Bake in a greased 9x5" loaf pan for 55 minutes, or until the loaf tests done. Serve thin slices spread with whipped cream cheese.

Don't forget that apples can be used in many ways besides raw or baked — check your cookbooks! The fall season is the perfect time for drinking fresh apple cider, either hot or cold. With the plentiful supply of fresh apples, it's a good time to experiment making your own cider or applesauce to compliment your meals.

CLEANLINESS HELPS PREVENT COLDS

We're coming into the sniffle and sneeze season. While scientists haven't found a cure for the common cold, they have isolated some 200 cold-causing viruses. Furthermore, scientists maintain that some cold viruses can live up to three hours on all kinds of surface including countertops, towels, dishes, glasses, bedding and clothing, as well as the skin. Touch the virus and it is ever so easy to transfer it to other items or

N.Y. meat packing firm faces P.&S. Act charges

NEW YORK, N.Y. — Walter H. Lyons, Inc., and the meat packing firm's owner, Walter H. Lyons, Walden, N.Y., have been charged by the U.S. Department of Agriculture with violating financial, payment and fair trade practice requirements of the Packers and Stockyards Act.

The firm and its owner buy livestock for slaughter in New York.

In an administrative complaint, USDA charged the firm, under the direction of Lyons, with:

- Having current liabilities in excess of current assets and operating while insolvent;
- Issuing checks in payment for livestock without having sufficient funds on deposit;
- Failing to pay, when due, the full purchase price of livestock; and

to yourself by rubbing mouth, nose or eyes. Some people have greater immunity than others and even with each individual, immunity varies from time to time.

The most likely ways to be exposed are by being around a cold sufferer or in a crowded, overheated, badly ventilated room. In addition, dry heated air indoors during winter dries out the mucous membranes so that they don't clean themselves properly.

Strict cleanliness is a major step in preventing colds. The number one line of defense is to wash your hands frequently. This is especially important when in contact with a person with a cold. Keep hands away from face. Avoid eating or drinking from another person's dishes. Wash dishes in hot sudsy water or use a dishwasher. Dress for the weather. Finally, follow the Rx for general good health: Eat and sleep properly and get plenty of exercise.

— Failing to hold in trust livestock purchased in cash sales and all proceeds derived from the sale of meat and livestock products until all unpaid cash sellers of livestock were paid.

James L. Smith, a P&S official in Washington, D.C., said Lyons and his firm have the right to a hearing. If the charges in the complaint are proved, Smith ex-

plained, they would be placed under a cease and desist order and could be assessed civil penalties.

The P&S Act is a fair trade practices law administered by USDA's Packers and Stockyards Administration. It promotes fair and open competition in the marketing of livestock, meat and poultry.

Voluntary recall of roast beef extends to two more states

WASHINGTON, D.C. — A recall of roast beef from five northeastern states has been extended to Vermont and New Hampshire.

Donald L. Houston, administrator of the U.S. Department of Agriculture's Food Safety and Inspection Service, said the recall, announced Oct. 15, was expanded after 35 staff members, patients and visitors at the Northwestern Medical Center, St. Albans, Vt., became ill. Testing confirmed Salmonellosis in at least 19 of those persons.

The suspect roast beef was produced by State National Provision, Inc., Albany, N.Y. It is sold under the Orlev and State National brand names to retailers and wholesalers, and is sliced to order in delicatessens and cafeterias.

Houston said the product is being voluntarily recalled by State National. The company recalled

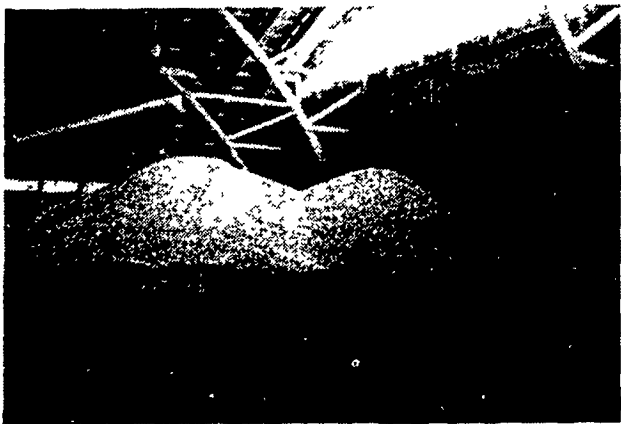
roast beef last week from New York, New Jersey, Connecticut, Massachusetts and Rhode Island, after several students at the State University of New York, Oswego, became ill.

"The firm is cooperating with USDA in the additional recall," Houston said. "Distributors, wholesalers and retailers are being notified by State National to return the product."

He emphasized that only the firm's production prior to Oct. 13 is being recalled and that roast beef produced and dated since that date is safe to eat.

Salmonellosis is the most common form of food poisoning in the United States. It is frequently the result of improper cooking or handling of meat and poultry products. Salmonella organisms are destroyed by thorough cooking.

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Tuesday, November 3
Lancaster Co. Society 27 meets to make and decorate graham cracker houses
Wednesday, November 4
York Co. Society 1 meets with Jessie Gross
Thursday, November 5
Lancaster Co. Society 17 meets with hostess Sara Stauffer
Saturday, November 7
Farm Women annual convention at the Farm and Home Center

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