

Ladies Have You Heard?

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Take Full Advantage of Your Freezer At Holiday Time

If you have a home food freezer, put it to good use during the approaching holidays. The freezer can hold a number of regular meals, special party foods and festive dishes. The freezer can also preserve leftovers after the holiday meal.

In the coming weeks before the holidays, make extra quantities of casseroles and one-dish main meals as you prepare your regular meals.

Cook the food in the usual way until almost done — it will cook more when it's thawed and reheated. Use a light touch with seasoning because some spices become stronger during freezing.

After baking, cook the food quickly, cover and freeze at zero degrees Fahrenheit or below. Remove from container and wrap it in moisture-vapor-proof material, label and return it to the freezer. With this method you'll be able to use the casserole in which you froze the food while the plan-ahead meal is in your freezer. When you're ready to serve that frozen meal, just pop it back into the dish your originally froze it in.

When preparing special occasion foods for the freezer, remember that certain ingredients do not freeze well. Avoid freezing cooked egg white (meringues and fluffy frostings), raw vegetables and mayonnaise.

Cakes may be frozen when frosted — just remember to unwrap before thawing, or freeze cake unfrosted. You can also freeze

baked or unbaked pies. Rolls can be frozen partially baked, similar to commercial brown-and-serve products.

Large quantities of leftovers after holiday meals or parties are better stored in the freezer than the refrigerator. Freeze leftover turkey, stuffing and gravy if they won't be used within a few days. Use containers that will hold only as much food as you intend to serve at one time.

Label foods clearly. The label should include the name of food, freezing date and number of servings in the packets. For maximum quality, use frozen foods within two or three months.

Seal Up Heat Leaks For Winter

The cost of energy continues its upward spiral and there has never been a better time to seal off those "heat leaks" found in every room in the house.

You don't have to be an expert craftsman with special tools or spend yourself poor to achieve significant energy savings, either.

Here are five simple, heat-leak reducing, energy saving hints that the average homeowner can use to save money and remain comfortable this heating season.

1. Plug Up Drafts:

Check such structural openings as mail chutes, fireplace dampers and doorways. If you detect a draft seeping through, seal the opening with masking or adhesive tape.

2. "Use" Windows:

Windows can be both a serious energy drain and a source of

warmth. More than one-third of all the heat lost in a home is through windows. That's because the glass is a conductor of heat — it allows costly fuel-heated air to pass through to the cold outdoors. The more air that is lost this way, the more energy must be used to replace it.

A standard light color, opaque, vinyl covered cloth shade can prevent an average of 35 percent of the heat that normally leaks through from escaping. Venetian blinds and draperies cut heat loss by 22 percent, about one-third less effective than the less costly window shade.

Window shades should be fitted close to the frame — as close as 1/4" — and about an inch from the glass to form a window seal. Draw shades during the cold mornings, evening, and nighttime, and during the day on the north side of the house.

But, let the suns shine in the uncovered windows facing south. This will help warm those rooms at no cost, a bonus to balance off the loss at other times.

3. Close Off Unused Rooms:

If you have a room that is seldom or never used, turn off its radiator or heaters and keep the door tightly closed. Check the door frame for cold drafts. Seal heat leaks with tape, as with any outside door.

4. Check Your Furnace:

Examine the air filter in your furnace at least once a month during the heating season. If it's clogged with dirt, clean or replace it.

And check the hog air ducts for leaks. Repair them with masking or adhesive tape, or use inexpensive "duct sealing" tape available at most hardware stores.

5. Set Thermostat Lower:

A two to three percent savings in your fuel bill may be realized for each degree you lower your thermostat setting.

There are many other simple and inexpensive things you can look into, like caulking and weatherstripping windows and putting a blanket of insulation around exposed hot water pipes.



Berks Co. Board Meeting

The Berks County Board meeting was held recently to discuss county events and upcoming plans.

The profit of the pie sales at the Reading Fair was \$600.

Berks Heim Bingo is November 12 at the Annex Building.

The state convention is scheduled for January 11 and 12. Tickets are \$9. Members should send a self-addressed stamped envelope to Marie Baughman, 377 Musser Rd., Shippensburg, PA, 17257.

Lancaster Co. Society 27

Lancaster Farm Women 27 met at the home of Fran Sauder for the November meeting.

During the evening members built graham cracker Christmas houses.

Members answered roll call by telling in how many houses they

have lived.

The Society plans a December trip to Longwood Gardens.

New officers were also installed. They are: Erna Hollinger, vice president; Amelia Erb, treasurer; Mary McClenaghham, corresponding secretary.

York Co. Society 12

York Farm Women 12 met recently at the home of Ruth Runkle. Seventeen members and guests attended.

Members voted to donate money to the American Lung Association of South Central Pennsylvania.

The speaker for the evening, Mrs. Kenneth Eshelman, presented "Trick or Treat" with a religious message.

The next meeting will be held at the home of Ida Lanus, November 24 at 1:30 p.m.

Lancaster Co. Society 11

Lancaster Society 11 enjoyed a bus trip to Lehigh Valley Shopping Mall near Allentown in September.

The October meeting of the Society was held at the Hershey Farms Restaurant with 15 members present.

The following officers were elected: president, Betty Brabson;

vice president, Helen Shaub; secretary, Mary Swarr; treasurer, Mary Trimble.

Following the meeting, the members visited the Rockford Plantation.

The November meeting will be held on November 19 at the home of Violet Eshleman of Quarryville.

Lancaster Co. Society 28

Lancaster Society 28 met recently at the home of Mrs. Raymond Landis for a harvest sale auction.

Members answered roll call by telling what part of a newspaper

each reads first.

The next meeting will be held on November 19 at the home of Mrs. Jake Bare. Elnora Frank will present a microwave demonstration.

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