

Schuylkill Co. Extension names new staff members

SCHUYLKILL HAVEN — Schuylkill County has a new Extension home economist. Sharon M. Gately was appointed to the Penn State Extension service staff as associate extension agent, effective November 1. She fills the position made vacant by Ruth M. Hand's retirement.

In her new position, Ms. Gately will be developing informal educational programs for adults and youth in foods and nutrition, clothing and textiles, family management and other aspects of family living.

She will also administer Extension's Expanded Foods and Nutrition Education Program in the county. This program, sponsored by the U.S. Department of Agriculture, helps those with limited incomes make the best use of the resources available to feed their families.

Before joining the Extension Service, Ms. Gately was a home economics teacher in the Tri-Valley School District, Valley View. In 1975 she served as Extension summer assistant in the Schuylkill County Extension Office.

A native of Pottsville, she has a bachelor of science degree in home economics education from Penn State where she is currently completing work on a masters degree, also in home economics education.

She is a member of the American and Pennsylvania Home Economics Associations; the National and Pennsylvania Education Associations; and Omicron Nu, a national home economics honor society.

George P. Perry, Jr. has been appointed to Penn State University's Extension service staff also.

Thomas B. King, Penn State associate dean for Extension, points out that Perry is conducting educational horticultural programs for youth and adults.

He fills the vacancy on the Schuylkill County Extension staff created by the recent resignation of Dale Moyer.

A native of Hollidaysburg, he received a bachelor of science degree in horticulture from Delaware Valley College in 1963.

Prior to being named to the Extension Service staff, Perry was executive director of the Farmer-Consumer Service Association; sales representative for several agricultural business firms; and a research assistant at Campbell's Institute.

He is a member of the Pennsylvania Farmers Association, Berks County Fruit Growers Association, and National Rifle Association.

He and his wife, Barbara, an agricultural sales representative, are the parents of two children.

His parents, Mr. and Mrs. George Perry, reside at Sylvan Heights Drive, Hollidaysburg.

Ruth J. Nichols has been hired by the Schuylkill County Commissioners to fill the position of 4-H and Youth Program Assistant.

Ruth will be conducting program in the area of 4-H and youth.

A native of Orwigsburg, Ruth received a bachelor of science degree in Home Economics from Mansfield State College in 1971.

Prior to her employment with the Extension office, Ruth was

Food processors ease your cooking load

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pusher to move food through the chute when the motor is running.

Doris points out some additional jobs which most manufacturers do not recommend doing in the food processor. These include things like grinding coffee beans, chopping ice, slicing hardcooked eggs, shredding paper, mashing potatoes and slicing unchilled raw or cooked meat. Check your instruction book to know exactly which tasks your processor can do.

Doris told the homemakers to comparison shop and think about what jobs they want done by the processor before making the decision.

She demonstrated the techniques

involved in making red-bean soup and date-nut-carrot whole wheat bread for which the recipes follow:

Red-Bean Soup

Yield: 3 cups
1 medium onion
1 large stalk celery with leaves
½ green pepper
2 tablespoons vegetable oil
1 cup cooked kidney beans
1 cup kidney bean liquor
1 cup tomato juice
Thin lemon slice
Parsley leaves

Chop the onion, celery, and green pepper coarsely with the metal blade. Saute in the oil until soft. Place sauteed vegetables and beans in the processor bowl and process with the metal blade until smooth, about 15 seconds.

Add mixture to bean liquor and tomato juice in a saucepan and heat thoroughly. Serve hot garnished with a thin slice of lemon and a few parsley leaves.

Date-Nut-Carrot Whole-Wheat Bread

A rich cake chock-full of good things!

Yield 19 x 5-inch loaf
2 medium carrots, cleaned and scraped
¾ cup brown sugar
½ cup cold butter or margarine, cut into 6 pieces
2 eggs
½ teaspoon salt
¼ cup orange juice
½ cup pitted dates, halved
¾ cup flaked coconut (optional)
½ cup walnuts
1 cup sifted all-purpose flour
1 cup whole-wheat flour
2 teaspoons baking powder
¼ teaspoon baking soda

Grate the carrots with the shredding disk. Remove from the bowl and set aside. Insert the metal blade in the food processor bowl. Add the sugar, butter, eggs, and salt. Process until light, about 15 seconds. Add orange juice. Process until it is combined. Add grated carrots, dates, coconut, and walnuts. Process by turning on and off quickly 3 or 4 times. Scrape down sides twice.

Stir together the flour, baking powder, and soda. Add to the bowl. Process by turning blade on and off quickly 4 or 5 times, until ingredients are combined. Do not overprocess, or cake will be tough and nuts and fruits pulverized.

Pour into a greased 9 x 5-inch loaf pan and bake at 350°F. for about 55 minutes. Remove from pan and cool on a wire rack. Slice when completely cool.

ASCS saves \$21.7 million

in salaries, expenses

WASHINGTON, D.C. — Secretary of Agriculture John R. Block recently presented President Reagan with a symbolic check for \$21,717,000 representing fiscal 1981 savings in salaries and expenses by one USDA agency.

The check was presented to Block by Everett Rank, ad-

ministrator of USDA's Agricultural Stabilization and Conservation Service. The money will be returned to the U.S. Treasury.

"We should not overlook the potential for savings that come from efficient management of our day-to-day operations," Block said. "This is a tremendous savings for just one agency. It proves that if we put our minds to it, we can accomplish the President's goal of producing savings in government without reducing the quality of services we provide to the public."

Block said the savings resulted from improved personnel staffing and management practices. Ruth and her husband, Carey, a merchandiser for Wetterau, Inc. have a daughter, Courtney.

Director of the Schuylkill County Family Planning Office and a home economics teacher.

She is a member of Alpha Sigma Tau, National Association of Female Executives and Schuylkill Haven Jr. Women's Club.

Ruth and her husband, Carey, a merchandiser for Wetterau, Inc. have a daughter, Courtney.

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