



## Ladies Have You Heard?

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### A Detailed Home Inventory

Most people cannot remember all of their home's contents following a major fire. The result is a potential loss that could amount to thousands of dollars.

The full amount of the "contents" insurance you carry as part of your homeowners or tenants policy is not automatically paid. You, the homeowner or tenant, must provide a detailed list of all items stolen or destroyed.

To prove to yourself how important a list can be just take 10 minutes for a simple exercise. Sit down and itemize from memory everything in one room. Then compare your list against what's actually there. Most people find they've forgotten several things.

Systematically go through every room listing each piece of furniture and clothing. In addition to the name of each item, you should also indicate, as accurately as possible, the date of purchase and the price. Then don't forget to keep your home inventory current by adding all new purchases and gifts.

An excellent method of describing the items listed in the inventory is to take color photos of everything including inside closets, drawers, etc.

You should NOT keep the inventory list and photographs in your home. They will simply be destroyed along with everything else in the event of a fire, or possibly stolen if burglarized.

Make a copy of the inventory for your use, but keep the originals in your safe deposit box.

Many insurance agents and companies have inventory forms you can request to help you organize your list.

After you have completed the inventory, discuss it with your insurance agent to make certain you have adequate coverage. Also, some items — such as jewelry and furs — might not be covered and will require a separate ride on your homeowners policy.

The few hours it takes to complete your inventory could save thousands of dollars, and will definitely save you time and aggravation, in the event of a major fire or theft.

### Choosing a Microwave Oven

Making the decision to purchase a microwave oven is relatively easy; selecting the one to meet your needs from among the many models on the market is not.

The first step is to figure out where you will put an oven. The space must accommodate the oven and allow air circulation for top, bottom, or back venting units. You don't need extra space for the front venting models.

Some manufacturers offer ovens that can be installed over the range, in the space usually occupied by the range hood. Think about who will be using the oven. Will an over-the-range model limit use in your family?

LANCASTER — Pita bread is an amazing thing. You mix up the ingredients just as you would for

yeast bread, let it rise for just a little bit, pop it into a very hot oven and PRESTO! It puffs up and makes its own pocket. It's just right for hearty nutritious suppers.

Not only that, but if these pockets are filled with cooked beans or a chick pea puree, they become an excellent substitute for tonight's meat. The incomplete proteins in the pita bread and in the beans or peas — supplement each other to become a complete protein usable by our bodies for energy and growth.

Pita bread is fun to make when you have "little helpers" about. Squashing the raised balls of dough into circles and popping them into a hot oven to watch them rise before your eyes is almost like a magic show, only better. Your helpers are helping you make the magic.

An Extension nutritionist at Penn State recommends this recipe for you to try. Best do it once on your own before offering to put on a show!

### PITA BREAD

3 to 3 1/4 cups all-purpose flour  
1 package of dry yeast

1 1/2 teaspoons sugar  
1/2 teaspoons salt  
1 3/4 cups water  
2 tablespoons oil

In a large mixer bowl, combine 2 cups flour, yeast, sugar, and salt, mix well. In a saucepan, heat water and oil until warm (120°-130°). Add to flour mixture. Blend at low speed until moistened and beat 3 minutes at medium speed. By hand, gradually stir in enough remaining flour to make a firm dough. Knead on a floured surface until smooth and elastic, about 10 minutes. Cover dough with plastic wrap, then a towel. Let rest 20 minutes.

Punch down dough. Divide into 12 equal parts. Shape each part into a smooth ball. Place on floured surface, allowing space between each ball. Cover, let rise 30 minutes. Preheat oven to 500°. Roll each ball into a 6" circle. Place 3 circles at a time directly onto oven rack. Bake until puffed and top just begins to brown, about 3 minutes. Cool on racks. Makes 12 pocket breads. These are especially fun to watch cooking if your oven has a window.

## Put it in your pocket and eat it

## Microwave an easy dish

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### CORN PONE

1/2 c. sugar  
1/2 c. shortening  
2 eggs

1/2 t. salt

Cream together above ingredients. Add:

1 cup yellow corn meal

2 t. baking powder

2 c. flour


1 cup sweet milk.

Blend together. Pour into 8x10 inch greased pan. Bake at 350 degrees for 30 minutes. Delicious served warm with honey and milk.

Anna Ruth Keens, Lititz

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