

## Bag a lunch

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### FREEZE-AHEAD CHICKEN SANDWICHES

1/2 c. shredded Swiss cheese  
3 T. corn relish  
1 T. finely chopped green pepper  
1/8 t. salt  
2 T. dairy sour cream  
3/4 c. chopped cooked chicken  
8 slices whole wheat bread, buttered  
lettuce

Combine cheese, relish, green pepper and salt. Blend in sour cream. Add chicken. Makes 1 cup. Spread on bread; close. Wrap individually and freeze. Remove from freezer 2-3 hours before serving. Thaw in wrapper. Add lettuce and serve.

Although the sandwich is the mainstay of the paper bag lunch, select from these other categories to make that meal-away-from-home a special treat.

—Pack a munchable or two: cheese-stuffed celery, cubes of cheese on a wooden pick with pickles and olives; bunch of grapes, cherries, or strawberries, stuffed prunes or dates; small bags of corn or potato chips, chocolate covered raisins, marshmallows, candied orange peel, cupcakes or cookies; any whole fruit, like apples, pears, oranges or bananas.

—Make ahead and freeze: chicken, tuna, cheese and cheese spreads, shrimp, or ham salads.

—Thermos Surprises: milk, cocoa, coffee, flavored milk drinks, buttermilk or skim milk or cream soup. Squat thermoses will hold baked custard puddings, chilled fruit- or berry-flavored yogurt, salads, cut up fruits.

Following is a recipe in response to a request from Cook's Question Corner. This homemade bread would also taste good in a lunch box meal.

### OATMEAL BREAD

1 c. oatmeal  
2 c. boiling water  
1 T. butter  
1 t. salt  
— Mix together and let cook till lukewarm.  
1 pkg. yeast  
1/2 c. lukewarm water  
1 t. sugar  
1/2 c. molasses  
Mix together.  
5 c. flour

Add yeast mixture and molasses to oatmeal mixture. Stir well. Add flour, let rise two times then put in loaf pans and let rise again. Makes 2 loaves. Bake for 45 minutes at 350 degrees.

Doris Weaver, New Holland

BY DEBBIE KOONTZ

LANCASTER — OK cooks, let's take a look at the quaint little wood spice rack that you payed so much for to dress up your kitchen. All the bottles are neatly filled and labeled. But how many of the spices included there have you actually used in the last week?

If you say one or two, is it because you're just unfamiliar with the cooking use of each? Would you begin challenging your cooking habits and practice with different spices if you knew how to use each?

Following is a list of some of the most familiar spices most people have sitting on their racks

But before you use any, there are a few things you should learn about herbs and spices.

Herbs are spices, but in practice a distinction is made between them. A spice is the roots, bark, stems, leaves, seeds, or fruits of a plant, and many of the seasonings called spices come from the tropics. Herbs are the leaves of soft-stemmed or grassy plants, usually from the temperate zone. The packaged herbs and spices in stores are dried.

Use seasonings sparingly — seldom ever more than one per food. Herbs are meant to season, not dominate the taste.

Now, if you think you really

know all about the spices on your rack, try listing all of them without looking. When you think you have them all, compare them with the seasonings you actually have. Then try to learn as much as you can about your herbs and spices. The most common are:

—celery salt — blend of ground celery seed and salt;

—cloves — nail-shaped dried brown buds of evergreen clove tree, grown in East and West Indies;

—dill weed — leaves of plant of parsley family; delicate flavor. Should be used to flavor potatoes; also good with sauerkraut, fish and in salad dressings.

—fennel seed — aromatic seed of plant of parsley family; slight licorice flavor.

—garlic — garlic clove from root of bulbous annual of lily family; available in garlic powder and garlic salt.

—marjoram — dried leaves of plant of mint family; aromatic flavor with bitter undertone; use in gravies, roasts, fish, omelets, poultry seasonings.

—mustard — mixture of brown and yellow seed from annual herb plant; pungent flavor.

—oregano — dried leaves of perennial plant; also available ground; strong aromatic flavor; good for beef, pork and tomato dishes.

—paprika — dried, stemless pod of sweet red pepper; available ground; milk, slightly sweet flavor.

—parsley — dried leaves of biennial plant; mild, pleasant taste; blends well with all other herbs.

—rosemary — dried leaves from perennial evergreen shrub of mint family; sweet, pinewoods flavor.

—saffron — dried stigmas of crocus; pleasantly bitter flavor; expensive.

—savory — dried leaves of plant of mint family; piquant, aromatic flavor; good in stuffings and casseroles.

—sesame seed — dried, hulled fruit of tropical annual herb, rich, nutlike flavor.

—tarragon — dried leaves of shrub-like perennial; available ground; slightly astringent flavor.

—thyme — dried leaves of perennial plant of mint family; also ground; warm, aromatic flavor.

## Spices, herbs - are you using them?

## Launder clothes contaminated with pesticides

NEWARK, Del. — Even if you're unconcerned about "ring around the collar" or dull gray work clothes, there's one laundry problem you should take seriously. When clothing is contaminated with pesticides, your health depends on proper laundry techniques.

Some pesticides are more toxic than others. The label lets you know. Labels with the word "danger" or "poison" indicate products that are highly poisonous; clothing contaminated with these chemicals should be handled carefully. Clothing that is completely saturated with highly toxic pesticides should be discarded.

Pesticides with labels that read "warning" are moderately toxic. Slightly toxic pesticides have "caution" on the label. Clothing completely saturated with moderately or slightly toxic pesticides can often be salvaged by thorough laundering.

Knowing how toxic a pesticide is will indicate how hazardous the contaminated clothing will be to handle, but not how difficult it will be to clean. That depends on the formulation of the pesticide. For example, laundering easily removes 2,4-D amine because it's water soluble. However, 2,4-D ester is much more difficult to remove.

Wash contaminated clothing separately. Otherwise it could contaminate the rest of the load,

says Philip W. Tipping, assistant Extension entomologist at the University of Delaware.

Prerinsing helps remove some residues. This can be done in several ways: presoaking in a suitable container, prerinsing with agitation in an automatic washing machine, or hosing down garments outdoors. Prerinsing is especially effective for removing wettable powder formulations of pesticides.

Multiple washings are often necessary to clean clothes contaminated with concentrated pesticides. Always wear rubber gloves when handling such garments. A single washing is usually sufficient for clothing contaminated with diluted pesticides.

Hot water is most effective — the

hotter the better; cold water is usually inadequate.

Clothing that is contaminated daily should be washed daily. Residue that accumulates on a garment is harder to remove.

Pesticides can carry over to subsequent laundry loads because of residues in the machine. To prevent this, run the washing machine empty, using hot water, detergent and the machine settings and cycles appropriate for washing contaminated clothing.

Finally, line dry garments to prevent dryer contamination. Exposure to sunlight will also break down residues still present on the garment.

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