

Lemons stretch budgets and lighten meals

Lemons have many uses besides squeezing them for lemonade, says Greta C. Vairo, Extension home economist with the Penn State Extension Service. Use them all year 'round to flavor your food and your drinks.

Have you ever thought of squeezing lemons over parts of your dinner? A teaspoon of lemon juice can easily replace that expensive, calorieridden sauce on meats and vegetables. In other countries, lemon wedges are often served with the main dish; we restrict them to fish.

It's time to branch out and try something new. Lemons add a special zest and flavor lift to

almost any dish — and almost no calories or sodium. Lemons will give you a bonus; each one supplies about 30 milligrams of Vitamin C — that's one half of your U.S. recommended daily allowance.

Lemons are plentiful in most markets and supermarkets this time of year. Here's advice from Penn State on how to buy and get the best use from lemons:

— Keep in the refrigerator in a plastic bag for as long as 6 weeks and at room temperature for about a week to 10 days.

— A lemon yields more juice when left at room temperature and rolled on the counter before squeezing.

— When you need the juice of only 1/2 lemon, store the 1/2, wrapped in plastic, refrigerated.

— Lemon juice freezes well. Keep some handy by freezing measured amounts — 1 or 2 tablespoons — as individual lemon ice cubes. Store cubes in a plastic bag, thaw, as needed.

— Added grated peel to sauces, dressings, or whenever you need extra zip. Grate before you squeeze. Lemon peel also freezes well.

— Lemon-butter brings new sparkle to vegetables; mix the juice of one-half lemon with one quarter cup of butter. Some prefer just the lemon juice.

Freeze seafood properly

LANCASTER — Blast freezers and carbon dioxide tunnels aren't standard equipment in American homes. So the home freezer may be called on to freeze those 15 pounds of flounder you brought home from your last fishing trip. The key to good home-frozen fish, like the key to good commercially frozen fish, is to start with a fresh fish that has been properly handled from the minute it was taken off the line.

According to Greta C. Vairo, Extension Home Economist with the Penn State Extension Service,

fish to be frozen, should first be coated with a glaze to guard against freezer burn and oxidation. Freezer burn changes the texture of the fish, and oxidation, the interaction of oxygen with fish fats, can cause bad odors and flavors.

To prepare the glaze: - Measure ¼ cup of lemon juice into a pint container. Fill the rest of the container with water. - Dissolve one packet of unflavored gelatin in ½ cup of the lemon juice-water mixture. - Heat the remaining liquid to boiling. - Stir the dissolved gelatin mixture into the boiling liquid. - Cool the mixture to room temperature.

Dip the fish into the glaze and drain it for several seconds. (The glaze will be enough for about a dozen medium-size filets.)

Wrap the fish in a saran-type wrap, label and date the package and place it in the coldest part of your freezer. Freeze seafood in small portions so it will freeze faster with less deterioration.

Lean fish such as flounder, snapper and trout can be safely stored in the freezer three to six months. Fatty fish such as bluefish, mackerel and mullet should not be stored for more than three months. Shrimp are best frozen in their shells in strong plastic bags. Scallops should be shucked and frozen in air-tight containers. Clams and oysters are best frozen in their shells, which makes for easy shucking and no loss of juices; but they can be shucked and frozen in air-tight containers too.

When thawing frozen fish or shellfish, never leave it at room temperature. Seafood is best thawed by placing it under cold running water for 15 to 20 minutes.

Harrod named Hunterdon's Equestrian the Year

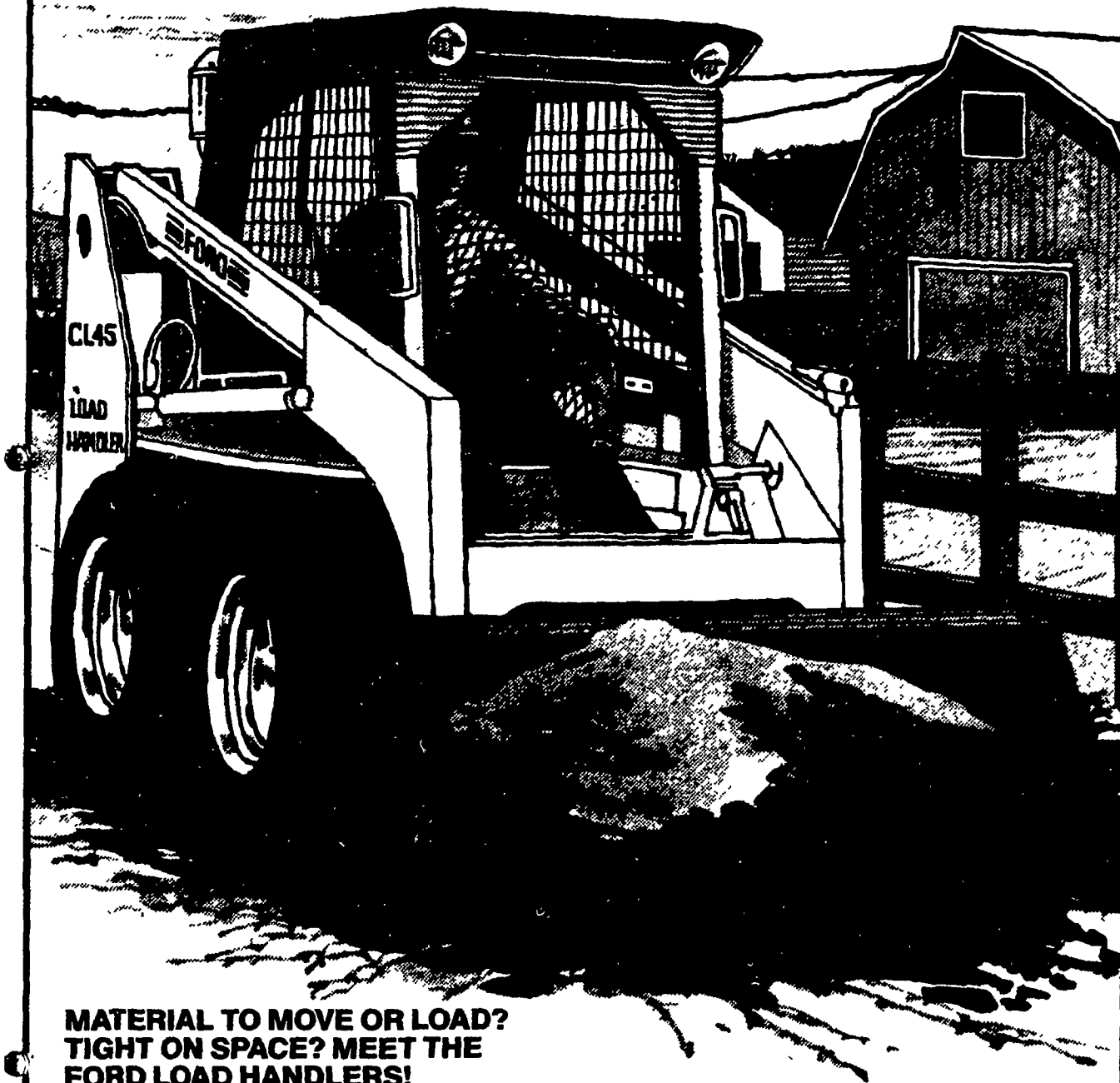
FLEMINGTON, N.J. — Elizabeth Harrod recently competed in the State 4-H Equestrian of the Year Contest at Cook College.

The 16-year-old Milford resident is Hunterdon's 1983 Equestrian of the Year. When the competition was complete, Liz was recognized as the 2nd runner up. Kim Sockwell of Cumberland County was selected as New Jersey's Equestrian of the Year.

Miss Harrod has been a member of the Tally-Ho 4-H Horse Club for four years. She currently serves as president of the county 4-H Horse Council. The Horse Council recently worked on improving facilities at the Round Valley Youth Center for their major service project. Under Liz's leadership, the council was able to earn a Senator Bill Bradley Community Development Award.

Her equestrian skills and knowledge are evident throughout the county and state. She has been an active member of the Horse Bowl and Horse Judging Teams and a participant in the State 4-H Horse Show. Each team has consistently placed well year after year in their respective divisions with many contributions from Liz. Individually, she has managed to place in the top 10 in county, state and national contests and shows. In 1981, she received a pewter bowl for having the best demonstration in her division at the State 4-H Public Presentation Contest.

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