



Ladies Have You Heard?

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CANNING METHODS NOT RECOMMENDED AND WHY

You wouldn't slosh gasoline on the wood in your fireplace just because it would be a faster way to start a fire, would you? Well, you shouldn't use unsafe canning methods just because they're faster either. Many unsafe methods of canning have surfaced over time and should be avoided. Open kettle canning is unsafe.

Open kettle canning means food is cooked in an open kettle until it is adequately heat-processed. Then it is packed into sterile jars and sealed without additional processing. This method of canning is not recommended because transferring the food from the open kettle to a sterile jar can expose it to additional microorganisms and recontaminate the food. Also, the heat processing in the open kettle

Ice Cream Day

(Continued from Page B18)

Churn-freeze. After freezing, transfer ice cream to a plastic freezer container. Ripen in freezer at least 3 hours before serving.

BUTTER PECAN SUNDAE ROLL

4 egg whites
1/2 cup sugar
4 egg yolks
1/4 cup sugar
1/2 teaspoon vanilla extract
1/2 teaspoon rum extract
2/3 cup sifted cake flour
1 teaspoon baking powder
1/4 teaspoon salt
2 pints butter pecan ice cream, softened
Raspberry sauce
Preheat oven to 350°F. Line a jelly roll pan with waxed paper;

butter the paper. Beat egg whites in large mixing bowl until soft peaks form; gradually add 1/2 cup sugar and beat until stiff peaks form. Combine egg yolks, 1/4 cup sugar, vanilla and rum extract in small mixing bowl; beat until thick and lemon-colored. Fold yolks into whites. Sift together flour, baking powder and salt; fold into egg mixture. Spread evenly in pan. Bake 10-12 minutes or until done. Immediately loosen sides and turn out onto towel sprinkled with confectioners' sugar. Remove waxed paper. Starting at narrow end, roll towel and cake together; cool on wire rack. When cool, unroll; remove towel and spread with ice cream. Reroll and freeze several hours or overnight. Serve with Raspberry Sauce

does not always kill all the microorganisms that could cause spoilage.

Steam canning, in spite of research done in the past ten years, is not a safe canning method either. Steam canners that are marketed today do not allow for venting of steam. Instead of pure, saturated steam or boiling water, steam canners use a mixture of air and steam which is not deadly to microorganisms and which will not sterilize your canned food properly.

Oven canning in any oven — conventional or microwave — is unsafe. The balance of internal and external pressure in an oven cannot be maintained as in a canner. Glass jars may break or explode from this uneven pressure and result in the loss of food or injury if it occurs while opening the oven. An oven also does not distribute heat evenly, resulting in some jars not being heated enough for sterilization. Jar lids also don't seal well in the dry heat of an oven.

Automatic dishwasher canning is also unsafe. Dishwashers were made to wash dishes, not process food. The temperature of water in a dishwasher is usually about 130-160°F, not nearly hot enough to process canned food.

Aspirin canning is another unsafe method. Aspirin is not a preservative and doesn't contain enough acid to change the acidity of any food. It cannot replace or even reduce the need for heat

processing of canned foods.

Cold pack is not a canning method, but the terminology could cause some problems if used literally. When cold or raw foods are packed into jars, you must also process the full jars in boiling water or in a pressure canner for the recommended times to sterilize the food.

The only two recommended methods of processing food are boiling-water and pressure-processing canning. The method you use depends on the type of food you're processing. Use a pressure canner for canning meats and vegetables, other than tomatoes and pickled beets. Use a boiling water bath for canning fruits, tomatoes and all pickled foods.

For specific instructions on canning home foods safely, contact the Cooperative Extension Service office in your county.

DRESS FOR SUMMER

Garment design, fabric content and construction, color and accessories can all affect how comfortable you are in the summer heat.

Your first consideration in selecting summer clothes should be choosing a garment that allows heat to escape. To be more comfortable select clothing that is loose fitting since fabrics that cling to the body are not as cool and comfortable because air cannot circulate.

Consider garments with large necks, armholes and legs, unlined

garments, pants that do not require a belt, straight legged pants, and sleeveless or short sleeve garments. Look for shirts and blouses that can be worn outside of skirts and pants.

Fabric construction is another important consideration. Hold the fabric up to the light; if you can see through it, it will feel cool. Lightweight fabrics are more comfortable than heavy ones and smooth textures are cooler than rough ones. Shiny fabrics reflect the sun rays better than dull ones, making them cooler.

The more absorbent the fiber, the cooler you'll be. Choose cotton, linen, silk and rayon for summer wear.

Read the garment label to find out about special finishes. Soil-release finishes increase absorbency; stain and wrinkle resistant finishes decrease it.

Color choice is also important. White or light colors reflect the sun's rays; black and other dark colors absorb them.

For your inner garments, choose those made of 100 percent cotton or at least part cotton.

Summer accessories should include an open straw hat, sandals and open shoes, small, light jewelry and narrow belts.

The final consideration should be the cleanliness of the garment. Clean clothing is cooler than dirty clothing because body oils and dirt coat the fibers and fill up air spaces, preventing ventilation.

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July 17, 1984 6 PM Weigh In - 7 PM Pull
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| 5800 lb. Super Stock | \$150.00 | \$12.00 |
| 6500 lb. Super Stock | \$100.00 | |
| | \$ 80.00 | |
| | \$ 60.00 | |
| | \$ 40.00 | |
| 5800 Modified | \$175.00 | \$15.00 |
| 6500 | \$100 | |
| | \$ 80 | |
| | \$ 60 | |
| | \$ 40 | |

TRACTORS AND SEMI TRUCKS

July 18, 1984 6PM Weigh in 7 PM Pull
Rain Date July 19th Same Time

| CLASS | TRACTORS PREMIUMS | ENTRY FEE |
|---|----------------------|-----------|
| 5200 lb. | \$300 | \$15.00 |
| 7200 lb. Open Class | \$150 | |
| 9500 lb. | \$100 | |
| | \$ 75 | |
| | \$ 50 | |
| | <u>Semi Trucks</u> | |
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