



## Ladies Have You Heard?

By Doris Thomas

Lancaster Extension  
Home Economist

### Good Things To Know About Mushrooms

There's good news for those who are on restricted diets: mushrooms will probably fit right in on the acceptable foods list. For example, if you are on a reducing diet, mushrooms will give a meaty chewiness to dishes, yet contain only 127 calories per pound. If you have been told to cut back on sodium, mushrooms not only ring in at a mere 68 milligrams per pound, but their taste is so satisfying that added salt seems unnecessary. Furthermore, mushrooms are considered to be a good source of potassium.

Here are some low-calorie and low-sodium suggestions using mushrooms: Steam sliced or chopped mushrooms in a small amount of water and serve over baked fish and chicken or vegetables. For variety, add

chopped tomato, onion or green pepper.

Bake whole or halved mushrooms in 400 degree F. oven for 30 minutes in a tightly-sealed foil packet or covered casserole. Season with onion and garlic powders or lemon juice and chopped parsley if you like.

Slowly cook together in a covered saucepan equal parts of mushrooms, chopped tomatoes and sliced zucchini in a small amount of water until tender. Bake or simmer browned chicken parts with sliced mushrooms in equal parts of white wine and water with a touch of lemon juice. Use about one pound fresh mushrooms to three pounds of chicken parts.

### Outdoor Furniture Lasts Longer With Care

Soap and water and a once-over with the garden hose will keep most outdoor furniture clean. A

little extra care for materials such as redwood, aluminum, and plastic will preserve that like-new look for years.

Redwood furniture can be cleaned by a gentle hosing to remove loose soil or washed with warm water and detergent to remove food stains and stubborn soil. Soft drink stains can be removed from redwood with a weak solution of laundry bleach. Rinse well.

Smooth all redwood surfaces with steel wool at the beginning or end of the outdoor season and apply a protective coat of penetrating sealer. Don't use a surface coating such as varnish or shellac.

Aluminum will turn gray with age and exposure to the elements. The gray, aged look of aluminum lawn furniture can be removed and the surface brightened with very fine steel wool. An aluminum jelly cleaner also may be used on aged aluminum, but should not be applied to new or anodized aluminum. An annual application of automobile paste wax will protect aluminum surfaces.

Auto paste wax also can be used to preserve finishes on hardwood in outdoor swings, benches, seats, and other furniture. Exterior enamels on outdoor hardwood furniture can be cleaned with warm water and detergent. If the old natural finish becomes cracked

and flaky, it should be removed with paint and varnish remover. Once the surface is smoothed with sandpaper, a new coat of marine or exterior type finish can be applied.

Warm water scrubbing with long bristled brushes will keep clean the woven seat webbing of outdoor

furniture. Because vinyl material in outdoor furniture may be stained permanently by some suntan lotions, it should be protected with towels or other covers. Replacement webbing material is available at many outdoor furnishing stores.



### Berks Society 7

Ten members of Berks Society 7 listened to Sam Perotti speak on safety in the home at the home of Dottie Stricker, Robesonia.

Farm City Week will be observed on August 30, on Penn

Street in Reading. Rain date will be August 31.

The society's next meeting will be on July 25 at 7 p.m. at Kauffman's Bar-B-Que Ranch in Rehrersburg.

### Berks Society 9

Berks Society 9 recently held their July meeting at the home of Karen Schreier, R2 Douglassville.

Jean Beck, Virginville, gave a demonstration on country stores, prior to a short business meeting.

A yard sale will be held at the Douglassville Shopping Center on August 11, with the rain date set for August 18.

The next meeting will be the group's annual family picnic on July 22 at the Daniel Boone Homestead.

### Pomona Grange No. 71

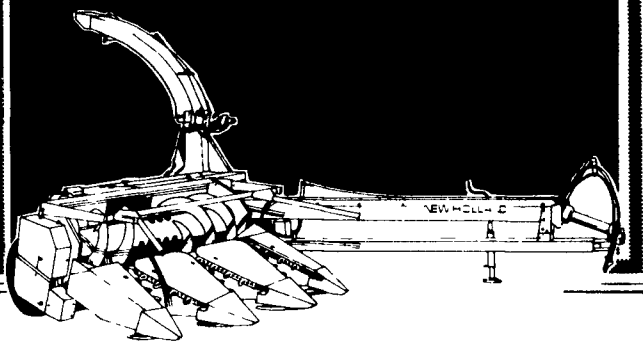
Lancaster Pomona Grange No. 71 held their picnic at Huffnagle Park, Quarryville, on Saturday, July 14.

During a business meeting at the picnic, the group adopted a resolution asking for legislation that would make air bags an option rather than a requirement on all 1987 automobiles.

They adopted a resolution asking that the Grange fight any attempts to delete the Packers and Stockyards Act as it relates to poultry and requested that the anti-trust laws be closely monitored to protect family poultry farmers from a monopoly being formed by any group or company on broiler production.

## MAKE YOUR BEST DEALS FOR FALL HARVEST NOW!

### Heavyweight.



The Model 892 is a big-capacity pull-type forage harvester. The "892" can be used with tractors up to 175 horsepower.

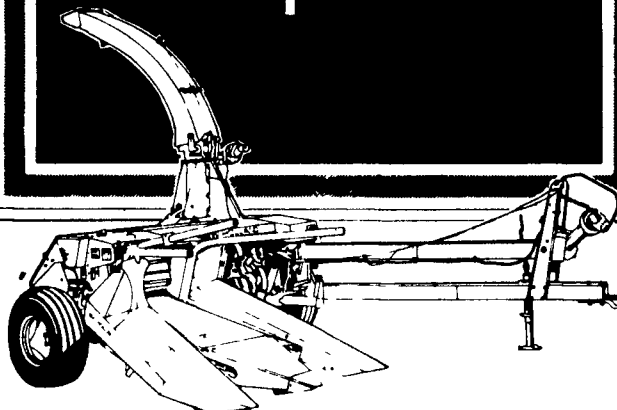
The optional METALERT™ electronic detector reduces harvester damage and can cut down on hardware disease. The "892" is available with 12-knife or 8-knife cutterhead. Exclusive underbeveled knives never need rebeveling and make knife sharpening fast and easy. Flip-up feedroll makes shearbar adjustment easy.

There's a big choice of crop heads, including the exclusive interchangeable 3-row crop head/windrow pickup, 2-row low-profile crop head, conventional windrow pickup, sickle-bar and ear-corn snapping heads. Under-knife baffles increase capacity.

Like all Sperry New Holland machines, the "892" is backed by a service and parts system that's second to none.

**EXTRA \$800 OFF**

### Heavy duty from hitch to spout.



The Model 782 is built for heavy-duty performance. The 12-knife cutterhead chops uniformly, without a recutter screen. But for special crops and conditions, recutter screens are available. Check these outstanding features: Exclusive underbeveled knives eliminate the need for rebeveling. Flip-up feedroll makes shearbar adjustment easy. Choice of 540- or 1,000-rpm driveline. You have a big choice of cropheads, including one- and two-row, low-profile cropheads, windrow pickup, sicklebar and one-row, ear-corn snapping head.

Now Available With METALERT™ Electronic Metal Detector.

**EXTRA \$700 OFF**

PARTS ★ SALES ★ SERVICE

SEE THEM  
AT



# KELLER BROS.

SINCE **TRACTOR CO.** 1921

717-949-6501

NEW TOLL FREE NO. 1-800-822-2152

Rt. 419 Between Schaefferstown & Cornwall, Lebanon County



**GOLDEN BARREL**

**PRODUCTS**

**Household Molasses, Syrup  
And Edible Oil**

- ★ BAKING MOLASSES
- ★ BARBADOS MOLASSES
- ★ BLACK STRAP MOLASSES
- ★ PANCAKE SYRUP
- ★ CORN SYRUP
- ★ SORGHUM SYRUP
- ★ TABLE SYRUP
- ★ HONEY
- ★ COCONUT OIL
- ★ CORN OIL
- ★ SOYBEAN OIL
- ★ PEANUT OIL
- ★ SHOO-FLY PIE MIX

If your local store does not have it,  
contact:

**GOOD FOOD INC.**

(Food Division Of Zook Molasses Co.)

West Main St., Box 160

Honey Brook, PA 19344

Phone: 215-273-3776 or 717-393-3987

Call toll free in PA: 800-862-7464