

Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

To be on the safe side, keep perishable food and especially thawed, frozen foods below 40° F to prevent bacterial growth and potential food spoilage or food-borne illness.

Selecting Quality Produce

"Stop, Look, and Listen" is good advice for little folks learning to venture across the street and it's equally good advice for consumers learning to select top quality fruit and vegetables.

"Stop" at a farmer's market, roadside stand or produce counter displaying abundant supplies of home-grown produce and then look at individual items to tell quality or listen to the sounds they make.

"Listen" is the key word when choosing green or yellow snap beans; in fact, snap one to be sure. Fresh looking beans of good quality will be crisp and tender and

will snap loud enough to be heard when broken between the fingers. Notice, too, that the name is snap beans . . . not string beans. Today's green and yellow beans have no string because plant breeders have now developed stringless bean varieties.

"Look" is the key word when choosing most other fresh fruits and vegetables. When choosing peaches, appearance is the best clue to quality. Pinching for ripeness only causes damage. Look at the background color to judge ripeness. Most mid- and late-season peaches should have a golden yellow cast under the red blush. Your best bet is to pass up peaches with a green shade beneath a red blush.

Green is the right color when choosing peppers. Look for peppers with a medium to dark green color, a glossy sheen, relatively heavy weight for the size, with firm sides. Incidentally, these red peppers you sometimes see now in the store are just fully matured green peppers and peppers are sweet, not hot.

The Cooperative Extension Service is an affirmative action, equal opportunity educational institution

Sewing expert to give seminar at Farm and Home Center

LANCASTER — Marjorie Arch Burns, one of the nation's outstanding authorities on home sewing and fashions, will present a one-day seminar in the auditorium of the Farm and Home Center, 1383 Arcadia Road, Lancaster on Tuesday, August 21, from 9 a.m. to 3:30 p.m.

In her presentation, Burns will provide an update on fashion and sewing trends, details currently being used by noted designers, accessories to add your wardrobe so it looks new, plus many ideas and secrets for simple and successful sewing of all types of garments. She will also give a special presentation of the world's best and most professional time-saving techniques she knows.

The seminar is sponsored by the Lancaster County Cooperative Extension Service, which is an affirmative action, equal opportunity educational institution. Fee for the seminar is \$15 and includes lunch. To register send your check, made payable to the Agricultural Extension Service, to Doris W. Thomas, Extension Home Economist, 1383 Arcadia Road, Lancaster, PA 17601.



Marjorie Arch Burns

Marjorie Arch Burns is independent. She does not represent any company in the sewing industry; therefore, she is free to express her own benefits about what is best on the market today. With her wealth of experience as an educator, speaker, author, and sewing expert she is truly the number one authority on sewing in America today.

Safety Of Accidentally Thawed Food

If your freezer stops, accidentally thawed meats, poultry, fish, vegetables, and mixed dishes should be your first concern. These foods have a far greater risk of causing food-borne illness when accidentally thawed than do fruits and baked goods.

Two factors — temperature of the product and how long it has been thawing — are important in determining whether accidentally thawed meat, fish and poultry are safe to eat. Food that registers 40° F or below is generally considered safe. If the food contains ice crystals it is probably safe for cooking or refreezing. But don't expect the food to possess the quality it had before thawing. If you do refreeze the food try to use it fairly soon.

If the food has an off-odor before or during cooking, spoilage has probably set in. Spoilage bacteria can grow at a temperature of 40° F, but the rate of growth is low. It is when foods are at a temperature above 40° F, for a few hours that the risk of poisoning sets in. Some bacteria double in number every 15 to 30 minutes in warmer temperatures.

The two types of bacteria responsible for most food-borne illness are Salmonellae and Staphylococcus aureus. Salmonellae can be destroyed by cooking food to an internal temperature at 165° F. However, toxins or poisons produced by Staphylococcus aureus are not destroyed by heat.

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.

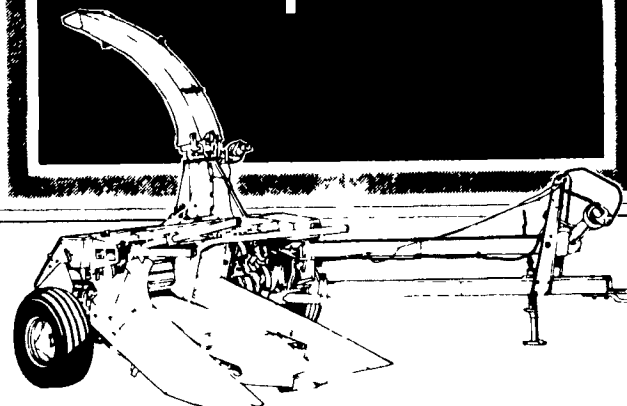
The optional METALERT™ electronic detector reduces harvester damage and can cut down on hardware disease. The "892" is available with 12-knife or 8-knife cutterhead. Exclusive underbeveled knives never need rebeveling and make knife sharpening fast and easy. Flip-up feedroll makes shearbar adjustment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

CUSTOM MADE FEED BINS FOR FARMS — FEED MILLS



- Made of 13 gauge Steel
- All welded seams
- Gravity Flow or Auger

Free Estimates

Also - Steel Roof Trusses for Buildings - Portable Hog Buildings - Bucket Elevators - Grain Augers - Distributors - Flow Pipes & Accessories

We Sell, Service & Install
Ph: 215-944-7808
STOLTZFUS WELDING SHOP

Owner - Samuel P. Stoltzfus
RD 1011, Dryville Rd.
Fleetwood, PA 19522

SEE THEM
AT



PARTS ★ SALES ★ SERVICE

KEHLER BROS.

SINCE **TRACTOR CO.** 1921

717-949-6501

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

Rt. 419 Between Schaefferstown & Cornwall, Lebanon County