



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

SUMMER SQUASH ARE GOOD BUYS

Summer squash, once considered as a one-season vegetable, is now available in different varieties year round. During the summer and early fall, the largest supply of squash appears as yellow summer squash, zucchini, cocozelle, and white patty pan or scallop.

Squash - relatives of pumpkins, gourds, cucumbers, muskmelons, and watermelons - add flavor, texture, and variety to summer menus.

White bush scallop is shaped like a disc, has scalloped edges, and is a greenish white. By the time it's a pure white, the squash is too mature for good eating. The scallop is sometimes called patty pan.

Italian zucchini and cocozelle are cylinder-shaped and fairly straight. In the markets, cocozelle

has more pronounced white stripes and is a little larger than zucchini. Both are dark green with light green stripes. These are often sold individually. Even if these squash are large they will be tender because they're fast growers.

Yellow summer squash is shaped like a bowling pin and may be either straight-neck or crook-neck. It should be a delicate or light yellow. If deep yellow, it is too mature and likely to be tough.

All summer squash are fast growing. It takes only four to six days for a tender squash to develop. Summer squash must be picked before the skins and seeds toughen because you don't remove the seeds or peel them when you eat summer squash. That's one difference between the summer and winter varieties.

Because you eat the seeds and rind of summer squash, select ones with tender skin of good color.

Squash should be heavy for its size and free from bruises. Small to medium sizes are most desirable.

When you prepare squash, cut it in thin slices or cubes. Squash contains a lot of water, so add just a small amount of water to the pan. Cook about 5 to 10 minutes or until tender. Season with salt, butter or margarine, and pepper. Check herb charts for a new spice to add, or experiment with the wealth for recipes for this versatile vegetable.

If you would like new ideas for preparing zucchini, send a self-addressed envelope to the Lancaster County Extension Office, 1383 Arcadia Road, Lancaster, PA. 17601, and ask for a free copy of Zucchini Recipes.

CHOOSING A GOOD MELON

What's the best way to choose a melon? Should you poke it, squeeze it or shake it? Any one of these methods can lead you to a sweet, juicy melon - or a tough, sour fruit.

There are no absolute formulas for choosing a good melon. But here are some helpful hints to increase your chances of success in buying cantaloupes.

Cantaloupes have three signs of full maturity:

- the stem should be gone, leaving a smooth, symmetrical, shallow basin called a "full slip."
- If all or part of the stem base remains or the scar is jagged or torn, the melon is not fully mature.

- the netting or veining should be thick, coarse, and corky and should stand out boldly over the surface.

- the ground color visible beneath the netting should have changed from green to yellowish-buff, yellowish gray or a pale yellow.

But remember, just because you found a mature cantaloupe doesn't mean you found a ripe one. A cantaloupe can be mature but no ripe

Look for signs of ripeness too, including a yellowish cast to the rind, a pleasant odor when you sniff it and a blossom end that yields slightly when you apply light thumb pressure to it.

Most cantaloupes in stores are ripe, but have not reached their best eating stage. Keep them for two to four days at room temperature to allow time to ripen completely. Then put them in the refrigerator to chill before serving.

Cumberland Co. plans

4-H Swine Roundup and Sale

CARLISLE — The 1984 Cumberland County 4-H Swine Roundup and Sale will be held on Tuesday, August 21, at the Carlisle Livestock Market. The Show will start at 9:30 a.m. and the Sale at 6:30 p.m.

Members will be judged on fitting and showmanship, and a champion will be selected in each age category. A grand and reserve champion market hog will also be selected. Approximately 85 hogs will be sold at auction that evening.

There are 43 members in the Central Penn 4-H Swine Club. These young 4-H'ers are "learning

by doing". They gain practical experience in animal husbandry, business and economics, and also develop socially.

Anyone can buy an animal. This is an excellent opportunity to fill your freezer with quality pork. Come out to the Carlisle Livestock Market and support the Cumberland County 4-H Swine Roundup.

For more information contact Laura Watts at the Cumberland County Extension Office, 1100 Claremont Road, Carlisle, Pa. 17013. Phone - 249-7220 or 697-0371 Ext. 246.

UNCLAIMED FREIGHT CO. & LIQUIDATION SALES, INC.

Three Great Stores

STORE HOURS:
Mon thru Fri
9 a.m. to 9 p.m.
Saturday 9 a.m. to 5 p.m.
CLOSED SUNDAYS

LANCASTER
3019 Hempland Rd
Lancaster, PA
717-397-6241

YORK
4585 West Market St
York, PA
717-792-3502

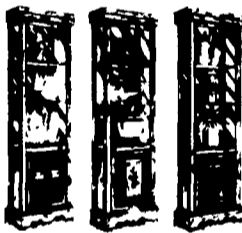
CARLISLE
1880 Harrisburg Pike
Carlisle, PA
717-249-5718
(Carlisle Pike)



(Almost Identical)
FULL SIZE, NO BULL!
6 PC. PINE GROUP
With Party Ottoman in Antron
Nylon

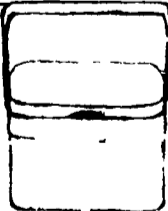
Same Suite
in Herculon
\$279.95

Reg. Retail Price **\$1099.95**
OUR CASH PRICE **\$300⁰⁰**



180 - CURIOS
6 Styles to choose from
3 styles as shown, other 3 are
hexagonal shape
all pieces 19x42x72
Liquidating for mfg.

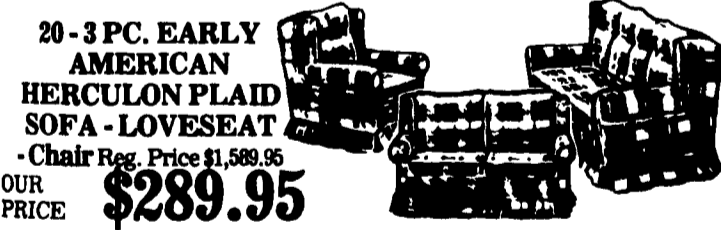
Reg. Retail Price \$349.95
OUR CASH PRICE **\$139⁹⁵**



**6-PACK
THERMO
COOLERS**
with Lid Tray
Reg. Retail
Price \$12.99 - \$13.99

OUR CASH PRICE **\$6.00**

**THESE DEALS ARE
UNBELIEVABLE...
DON'T MISS THIS
OPPORTUNITY... WE
GUARANTEE
YOU'LL BE
SATISFIED... BEST
BUYS YOU WILL
EVER RUN INTO!**

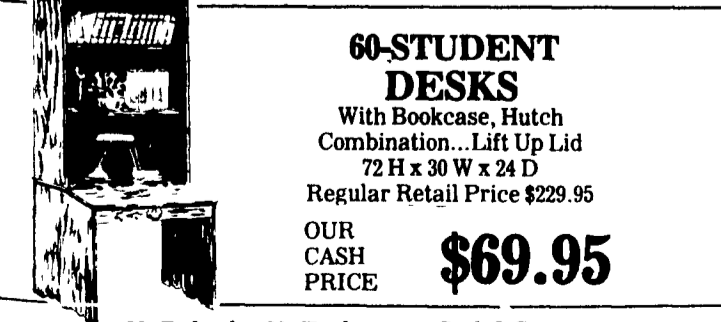


**20 - 3 PC. EARLY
AMERICAN
HERCULON PLAID
SOFA - LOVESEAT**
- Chair Reg. Price \$1,589.95
OUR PRICE **\$289.95**

25 - SAME SUIT IN ANTRON NYLON - 3 PC.
Reg. Price \$1,829.95... OUR CASH PRICE **\$345.00**
JUST SOFA & CHAIR Herculon \$200.00 Nylon \$295.00



**50 - PINE
TABLES**
With 4 Chairs
Reg. Retail Price \$329.95
OUR CASH PRICE **\$109⁹⁵**



**60-STUDENT
DESKS**
With Bookcase, Hutch
Combination... Lift Up Lid
72 H x 30 W x 24 D
Regular Retail Price \$229.95
OUR CASH PRICE **\$69.95**

No Refunds...No Exchanges...Cash & Carry
MASTERCARD... VISA... CHOICE...FINANCING CAN BE
ARRANGED
NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS

These Prices Can Not Be Beat Anywhere Because No One Else Can Buy The Way We Purchase Merchandise... We Have Vast Quantities of Everything

- Football...Regular Retail price \$18.95... Our Cash price **\$6.00**
- 150 - All Leather Baseball Gloves...
Reg. Retail Price \$32.95... Our Cash Price **\$18.00**
- 1000 - Name Brand Basketballs - Nylon...
Reg. Retail Price \$24.95... Our Cash Price **\$11.00**
- Thermo Mugs... For Coffee and Cold Drinks...4 Per Pack...
Reg. Price \$7.00-\$8.00... Our Cash Price **\$2.50**
- Thermo Blankets For Beach or Stadium, Winter or Summer...
Reversible...Reg. Price \$9.88... Our Cash Price **\$2.00**
- Texas Instruments Calculators... Pocket...
Reg. Retail price \$13.96... Our Cash Price **\$5.00**
- St. Mary Bedspreads...Reg. Retail Price \$24.95... Our Cash Price **\$5.00**
- 100 - Victorian Brass Hall Trees...
Reg. Retail Price \$99.95... Our Cash Price **\$25.00**
- 30 - Cocktail Table w/2 End Tables...
Reg. Retail Price \$139.95... Our Cash Price **\$49.95**
- Bedroom Suites...5 Pc. w/Nitestand...
Reg. Price \$649.95... Our Cash Price **\$269.95-\$329.95**
- 4 Drawer Chests...Reg. Retail Price \$129.95... Our Cash Price **\$49.95**
- 5 Drawer Chests... Reg. Retail Price \$159.95... Our Cash Price **\$65.00**
- Bookcase...Walnut...Maple...Reg. Retail Price \$139.95... Our Cash Price **\$45.00**
- Silver Plated Trays...Reg. Retail Price \$14.95... Our Cash Price **\$2.50**
- Bathroom Scales...Reg. Retail price \$12.95... Our Cash Price **\$4.75**
- Gym Bags...Reg. Retail Price \$6.95... Our Cash Price **\$2.00**
- Lingerie Chests...Reg. Retail Price \$159.95... Our Cash Price **\$54.95**
- Student Desks... Pedestal Type...
Reg. Retail Price \$169.95... Our Cash Price **\$69.95**
- 65 - Touch-Matic Lamps...Brass...Reg. Price \$129.95... Cash Price **\$39.95**
- 40 - 19" TV's...Color... Reg. \$509.95... Cash Price **\$219.95**
- 28 - 13" TV's...Color...Reg. Price \$389.95... Cash Price **\$190.00**
- 25 - 13" TV's...Color...Remote...Reg. price \$469.95... Cash Price **\$279.95**

- MATTRESS & FOUNDATION SETS...QUILTED 2 1/2 COIL...FULL WARRANTY**
- 21 - Singles...Reg. Price \$279.95... Cash Price **\$79.95** Set
 - 50 - Doubles...Reg. Price \$359.90... Cash Price **\$99.95** Set
 - 15 - Queens...Reg. Price \$459.95... Cash Price **\$129.95** Set
 - 24 - 6 Gun Cabinets...Reg. price \$329.95... Cash Price **\$129.95**
 - 37 - 10 Gun Cabinets...Reg. Price \$369.95... Cash Price **\$159.95**
 - 15 - Single Mattress & Foundation...Foam...
Reg. Price \$149.00... Cash Price **\$49.00** Set
 - 15 - Full Size Mattress & Found...Foam...
Reg. Price \$169.00... Cash Price **\$59.00** Set
 - 12 - Sofa...Chair... Loveseat...Early American...
Reg. Price \$1489.95... Cash Price **\$269.00**
 - 10 - Sofa...Chair...Early American & Traditional...
Reg. Price \$1029.95... Cash Price **\$189.00**
 - 75 - 2x4 Bunk Beds Complete With Mattress...
Reg. Price \$309.95... Cash Price **\$139.95**
 - 50 - 19" Color TV's...Portable...Remote...Reg. Price \$589.95... Cash price **\$299.95**
 - 600 - Recliners...All Styles...Colors...Fabrics/500 - Desks / 100 - Bentwood Hall
Trees/Metal Kitchen Cabinets
- LARGE ASSORTMENT OF ALL KINDS OF FURNITURE ON THE FLOOR NOW
- WE BOUGHT CLOSE-OUT ON SOFT LUGGAGE**
- 1700 - Pieces In Stock...Samsonite Mini-Tote & Garment Bag Set
Reg. Retail price \$139.95... Our Cash Price **\$39.00**
 - Carry On Bag...Reg. Price \$75.00... Our Cash Price **\$19.95**
 - 100 - Oak Quilt Racks... Reg. Retail \$79.95... Our Cash price **\$19.95**
 - 50 - Square Victorian Plant Stands...
Green Marble Top...Close-out... Our Cash Price **\$19.95**
 - 40 - Pedestal Plant Stands...Green Marble Top...Close-out Our Cash Price **\$9.95**