



Ladies Have You Heard?

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PREPARE FOOD SAFELY

Has anyone in your family ever gotten sick or "had problems" from something you prepared for a meal? Food-related illnesses are largely a result of carelessness or lack of knowledge about proper food preparation and storage. The preparer must take precautions to insure safety. Here's some advice.

• Potential health problems are related to the handling of raw meat, especially poultry. Take care not to handle raw meat in conjunction with other foods, because this could cross-contaminate them. Also, make

sure that unprotected cuts on hands and fingers do not come in contact with raw meat. The cut could become a source of staphylococcal contamination in meat.

• In spite of popular belief and frequent energy saving tips, leftovers, including cooked meat, should not be left out to cool before storing in the refrigerator. Food left at room temperature for a long time provides a great environment for bacterial growth. Cool hot foods quickly by setting the container in ice water before refrigerating.

• Leftover meat and stuffing should be stored separately. When

stored together and become contaminated by bacteria growing on the surface of the meat. Besides stuffing, other foods that support the growth of dangerous bacteria include puddings; custard pies; salads made of meat, eggs, or vegetables; cheese pies or quiches; meat pies; pizzas and lasagna.

• A food preparer should also know that refrigeration does not stop the growth of bacteria in foods and that freezing does not kill them. Refrigerator temperatures of 40°F. or lower will slow the growth of bacteria, but not stop it. Temperatures above 40°F. will aid the growth of bacteria.

Canned foods that have rust on the can, are bulging, or don't appear to be normal are good candidates for unsafe food. If a can is opened, do not taste the food to see if it is safe to eat. Test it by checking its appearance and smell.

ALTER FOR A NEW LOOK

Spring is a lovely time of year but it can also be an expensive one. No matter how carefully you've planned, someone in the family is bound to have changed sizes or

needs. Not all of last year's clothes are going to do for this year. However, before you go shopping for clothes or fabrics, evaluate what you have on hand.

Altering what you no longer use may give your clothes a new look and a new life.

Begin your evaluation with a fitting. Try on the garment and look closely at its fit and remodeling possibilities. Think about the types of clothing you need and the look you want to achieve. Here are some questions to consider before trying to turn a sow's ear into a silk purse!

• Does the garment fit well in the governing areas — the shoulders, neck, and chest. Altering the fit in these areas is often difficult and may change the fit and look of the entire piece.

• Are you really capable of making necessary changes? Before you begin, evaluate your sewing skills and remember, you don't usually have to tear the

entire garment apart to achieve what you want.

• Will old construction lines show? Look closely at the original construction lines before you decide on altering the garment. Some items are marked with puncture marks to direct original sewing and are unsightly if exposed. Some fabrics are permanently scarred by stitching and pressing lines.

• Nubby surfaced fabrics such as tweeds and boucble can often be steamed or "roughed up" with an old toothbrush to close or disguise original stitching lines.

• Smooth mid to light weight fabrics with substantial amounts of man-made fabrics are difficult to alter because they scar easily and original lines will show.

Is the garment usable? If you can't use it, someone else can. Pass them along to family, neighbors, or friends or donate them to your local community clothing bank.

Strawberry Queen sought

MUNCY — The Strawberry Growers' Association is now seeking applicants for the 1985 Strawberry Queen.

In 1983 Gov. Dick Thornburgh designated the Muncy area as the strawberry capital of Pennsylvania. Last year, Karen Bird of Muncy was selected to reign as queen, representing the strawberry growers at the state farm show in Harrisburg.

The 1985 pageant will be conducted at Lycoming Mall on June 9 at 2 p.m. The pageant will kick off strawberry activities week, which culminates in Muncy on June 16 at 2 p.m. with the queen's coronation in the gardens of the historical society.

The Strawberry Growers hope this pageant will develop to the level of other state commodity queen pageants such as the dairy princess and the apple queen.

Applicants for 1985 Strawberry Queen should be 16 to 21 years of age and must be willing to promote strawberries in Pennsylvania.

Applications are available from Ralph Styer, treasurer, R3, Box 143, Muncy, Pa., 17756.

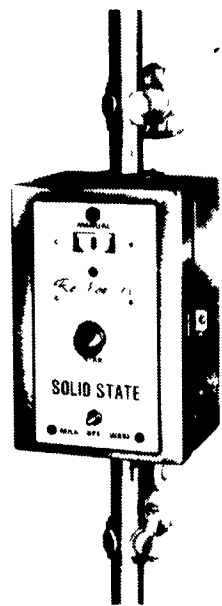
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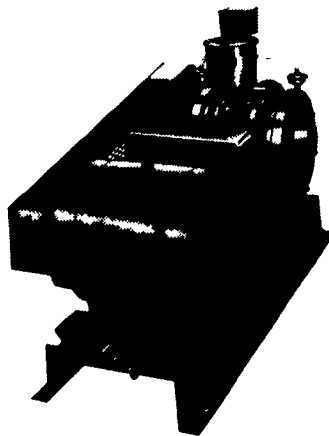
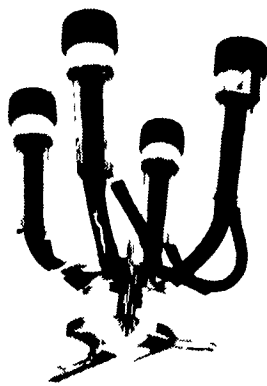
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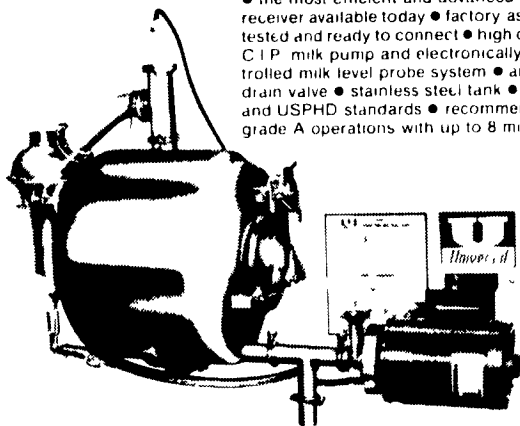


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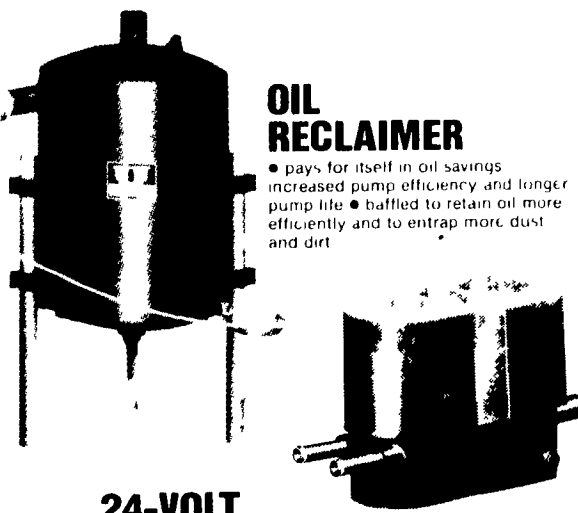
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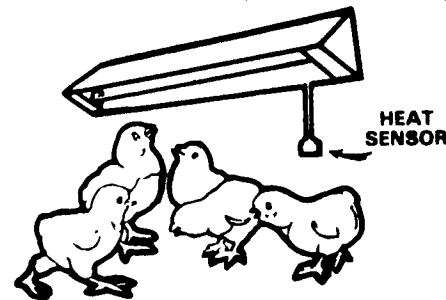
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