



Ladies Have You Heard?

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Home Economist

How To Choose A Good Cantalope

When choosing cantalopes, most people poke, squeeze, and shake to determine which melons are the ripe ones. The final result of this process can be a sweet, juicy melon or a rough, sour fruit. There is no absolute formula for choosing a good melon.

I want to share the following helpful hints which will increase your chances of success in buying good cantaloupes.

Cantaloupes have three major signs of full maturity: 1) 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 matured. 2) The netting or veining should be thick, coarse, and corky, and should stand out boldly over the surface. 3) The ground color between the netting should have changed from green to yellowish-buff, yellowish-grey, or pale yellow.

Those are signs of maturity. However, a cantalope might be mature, yet not ripe. You have to look for the signs of ripeness too. A ripe cantalope will have a yellowish cast to the rind, and a pleasant odor when you sniff it. When you apply light thumb pressure to the blossom end, the melon should yield slightly.

You may find that all cantalopes are quite firm when freshly displayed in the store. While some may be ripe, most have not yet reached their best eating stage. Hold them for two to four days at room temperature to allow them to ripen.

The Essential Ingredient

Eggs are a staple food, indispensable in the planning and preparing of family meals. They can be served in so many ways and are the basic ingredient in so many kinds of foods, and they are more than likely to appear in some form

at every meal.

High in protein, they are economical and on hot summer days they can be the basis of light, easy to prepare meals.

Now is an excellent time to try eggs in old and new ways because, according to marketing specialists with the U.S. Department of Agriculture, they will be in plentiful supply throughout July.

To be sure of getting quality eggs, buy graded eggs at a market that keeps them refrigerated. The USDA grade mark gives assurance that the eggs were of a specific quality at the time of grading. Assuming proper handling after the time of grading, there should be little loss in quality. The grades range from B to AA; these are marks of quality, not safety, as all of these eggs pass inspection for wholesomeness before reaching your store.

When cooking eggs, lower them gently into boiling water; simmer until done. Cooking time depends on how you want to eat them - soft, medium, or hard. Have ready a bowl of ice-cold water and gently lower the cooked eggs into it for a few minutes after cooking; this stops the cooking process and assures you that the eggs will be exactly at the degree of doneness that you prefer.

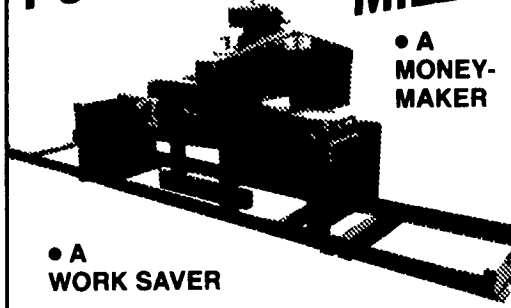
Hard cooked eggs are perfect additions to many summer main-dish meals. For example, when making a spinach salad, add chopped hard boiled eggs to spinach, raw mushrooms, and bacon bits. Or, try that favorite from the south of France, salade nicoise. Combine hard cooked eggs, sliced lengthwise, with tuna fish, anchovies, black olives, sliced tomatoes, onion rings, and your favorite salad greens. A simple oil and vinegar dressing, perhaps perked up with chopped capers, completes the meal. Serve with hot, crusty French bread, butter, a good white wine, and fresh fruit for dessert.



Seven Carroll County 4-H'ers were named state champions in their project areas and will receive a trip to National 4-H Congress in Chicago this November. They are from left, Cris Stonesifer, dairy project; Michelle Myers, agriculture; Beth Basler, bicycle; Kris Eckard, achievement; Steve Eaves, plant and soil science; Tracey Jennette, dog care and training; and Kelly Binko, crafts.

See This Sawmill In Operation
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at the R.J. Lee Exhibit

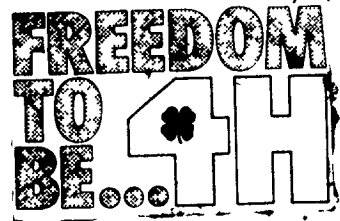
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Adams Co. Youth receives scholarship



Marie O'Brien, Gettysburg, recently received a \$250 scholarship check from Cindy Smith, chairman of the Extension family living advisory committee. Marie will be a sophomore at Immaculata College where she is studying dietetics. The scholarship fund is supported by Adams County homemakers groups.



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