



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

needed, so less vitamin loss occurs.

Vitamins are destroyed by air, light, and heat, so the shorter the cooking time with less intense heat, the more vitamins are retained. Some research reports indicate that more Vitamin C is retained in broccoli, tomatoes, cabbage, and more thiamine and riboflavin remained in meat when those foods are cooked in a microwave oven.

The lack of the browning reaction means less lysine (the amino acid which combines with a sugar molecule and produces the brown colors) has been tied up and protein quality may be slightly higher. This factor is eliminated when a browning pan is used.

Although microwave cooking doesn't add to the nutritional quality of a particular food, it can help that food retain its optimal

nutrient potential.

Ice Cream Should Be Hard When You Buy It

When you buy ice cream at the store, it should be hard and you should keep it that way. Here are some tips for handling ice cream or frozen desserts.

When you buy ice cream at the store, make sure that it is hard. Products stored at 0°F or below, as required, will be solid and not spongy. You will not be able to depress the sides of the container.

Buy frozen foods at the store just before going to the checkout counter. Pack frozen foods together in a double bag. Go directly home and place frozen foods in your home freezer immediately.

When you serve ice cream, use a scoop which you have heated in warm water. Do not let ice cream set on the kitchen shelf to soften. After dishing out servings, return the ice cream and container to the freezer.

Manufacturers of ice cream and other frozen dairy desserts keep the products at about minus 40°F. This prevents ice crystal formation and assures a smooth texture. At these temperatures, ice cream will have good quality and texture for more than a year. It is a matter of safety and wholesomeness. Keep your freezer at 0°F or colder, if you plan to keep any frozen dairy desserts for longer than two weeks.

Nutrients, Calories and The Microwave

Cooking with microwaves probably won't significantly increase the nutrient content of your meals, but it may reduce calories.

By substituting water for butter or shortening in food preparation, you can cut down on the calories.

The nutritional value of foods cooked with microwaves is changed in other ways. If you cook vegetables in a lot of water and discard that water after cooking, you are throwing out vitamins and minerals which have leaked out of the vegetable. With the microwave, little or no water is

FULL 3-YEAR WARRANTY PLUS FREE MAINTENANCE FOR 3 YEARS!



THAT'S FORD TRACTOR CARE ON THE NEW FORD TW SERIES TRACTORS!

Buy a new TW-5, TW-15, TW-25 or TW-35 tractor, and Ford will pay virtually all the costs of repairs and maintenance for three full years, or 2,500 hours of operation, whichever comes first.

If anything should go wrong with your new TW Series tractor during that period, we'll fix it—Free! And we'll give you all the oil, lubricants and filters needed for recommended maintenance intervals. Plus belts, hoses and other maintenance items, too. About all you buy is fuel!

That's Ford Tractor Care! Stop in today for information on exactly what you won't be paying for during the next three years with a new TW Series tractor.

Just Received....

NEW TW25II 4 WHEEL DRIVE WITH CAB

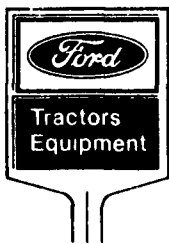
Stop By For A Demonstration

FORD WINTER PROGRAMS ARE UNBEATABLE

KELLER BROS.

SINCE TRACTOR CO. 1921

Rt. 419 between Schaefferstown and Cornwall, Lebanon County, Lebanon, PA 17042
717-949-6501 OR TOLL-FREE 1-800-822-2152



SPECIALS

- FORD TW15 4WD CALL FOR PRICE
- FORD 7710 2WD w/Loader, 700 Hrs. CASH.... \$17,500

GARDEN SPOT PROMOTIONS

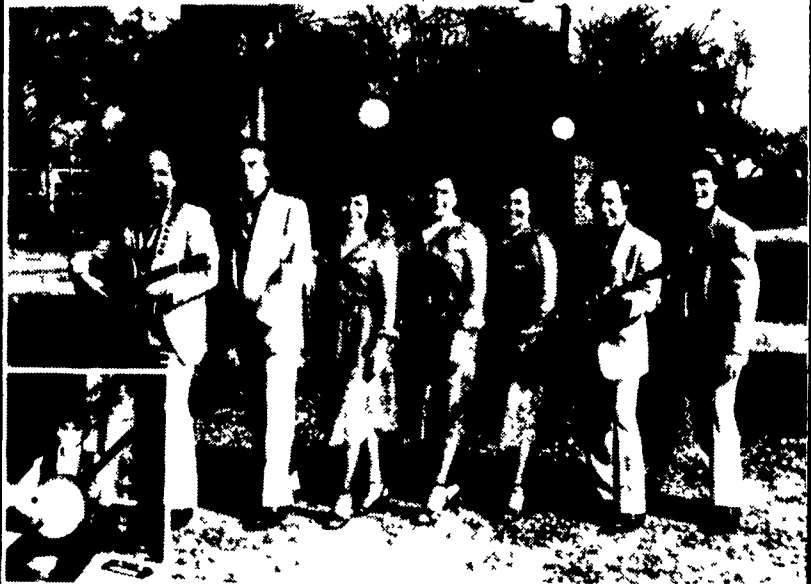


SATURDAY, FEBRUARY 1st - 7:30 P.M.

LEBANON SENIOR HIGH SCHOOL
1000 South Eight St., Lebanon, PA

★ FEATURING ★

The First Family of Bluegrass Gospel Music
THE LEWIS FAMILY
Lincolnton, Georgia



SUNNYSIDE
Limerick, Pa.

CENTURIONS QT.
Lebanon, Pa.

TICKETS: Adults \$7.00 - 12 & Under Free
Tickets Sold At Door - Doors Open 5 P.M.
Advance Tickets Phone 717-665-3200

COMING SOON

- FEBRUARY 8th. Ephrata Jr. High School
Singing Americans - The McKameys Brotherhood
- FEBRUARY 15th - Souderton Senior High School
Masters V - Eastmen Qt.
- FEBRUARY 22nd - Ephrata Jr. High School
Heaven Bound - Donny Seabold & Co.
Kintzel Brothers
- MARCH 1st - Manheim Central Sr. High School
Wendy Bagwell * Sunlighters
Palmetto State Qt. - Dalton Gáng

GARDEN SPOT PROMOTIONS

P.O. Box 531, Ephrata, PA 17522
Phone 717-665-2317