



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

How to Store Herbs and Spices
Dried herbs and spices aren't like fine wine or a fine mind — they do not improve with age. So, if your kitchen cupboards have sheltered certain seasonings for some years, don't expect them to add much zip to your food.

New-purchased dried herbs and ground spices have a shelf life of about six months; most whole spices, one to two years — though whole cloves, whole nutmeg and cinnamon sticks keep their quality longer. When aroma and taste fade noticeably, it's time to replace your seasonings. These days that is costly.

So, store herbs and spices in airtight containers away from warm areas because heat may cause flavor to fade fastest. Keep them in a dry place away from sunlight, and away from the heat that a range top, oven or refrigerator gives off. Store dishes and ovenware, not seasonings, on shelves above a range top.

Maybe you can share a new box of spice with a friend or neighbor, then seal each half in an airtight container and keep in the refrigerator. Another way to save is to grow your own herbs. You can use a clay pot on the windowsill.

Like spices, coffee and tea also need special care. Ground and instant coffee keep well for several weeks once opened — longer if

stored in the refrigerator. Keep coffee tightly covered and measure with a dry spoon.

Store tea in airtight containers also away from sunlight and heat. Tea bags will keep well for 18 months; loose tea two years; instant tea, three years.

Some Fat in the Diet Essential to Health

From all the talk about disease and fats, you may be wondering if you should give up eating fat entirely.

Fat is part of all foods — even fruits and vegetables — so you would have a hard time. The same is true of different types of fats, polyunsaturates for instance. All fats — liquid or solid, animal or vegetable — contain both saturated and unsaturated types of fats.

It's hard for anyone to conclude on their own that one type of fat is more healthful or unhealthful than another. Some studies seem to show that eating too much saturated fat (animal products are rich sources) may be related to heart disease, and some studies seem to show that eating too much of processed vegetable oils, margarines, and shortenings may

be harmful under other circumstances.

This suggests that you should not stress any one source of fat in your diet. Vary the fats among oils, margarines, milk products, eggs, meats, fish, nuts and seeds. There is a place for variety in every diet.

Do not expect a particular form of fat to protect you from chronic disease. It's the total amount of fat rather than the type of fat that's significant in the diet.

Many Americans of all ages eat more fats than they need. Some fats, however, are necessary to the body's general health. They are the most concentrated sources of food energy to the body. They carry vitamins A, D, E and K through the body and also help the body to absorb them. Without certain essential fatty acids in the diet, the body develops specific skin diseases.

Fats alone are not responsible for people being overweight. Extra calories from any food can contribute to overweight. People who need to lose weight should limit foods not only high in fats, but also those high in sugar and alcohol.

And they should find some form of regular exercise they can easily maintain, even if it's walking a few blocks every day.



A & J Fencing
All kinds of fence.
Specializing in high-tensile fence.
We also do post driving

Please Write To:
261 Wolf Rock Rd.
Paradise, PA 17562
Leave Message At
717-442-4784

CONTACT US

For

**SUPER GROUND DRIVE
TANK - SPREADERS
PIT - ELEVATORS**

COMPACT ROTO BEATERS

**WISCONSIN & ALLIS
CHALMER POWER UNITS**

**HAND-O-MATIC BUNK
FEEDERS**

**COMBINATION MOWER
AND CRIMPER UNITS**

455 AND 456 MOWERS

NEW IDEA CRUSHERS

**NOW AVAILABLE
Crimping Rolls To Fit
Your New Idea Crusher
Speeds drying time approx. 1/2 day.**

SMUCKER
WELDING & MANUFACTURING
2110 Rockvale Road
Lanc., PA 17602

New Holland 4-H Baby Beef

Members of the New Holland 4-H Baby Beef Club held a reorganizational meeting recently at Creek Hill Motors.

Officers for the coming year are: president, Jodie Weaver; vice president, Nicki High; secretary, Kristen Chupp; treasurer, Fred Weaver; news reporter, Jessica

Hertzog; song and game leaders, Jennifer Shellenberger and Jonathan Myer.

On Feb. 16 the steers will be tagged and weighed at the members' homes.

The next meeting will be held Feb. 17 at Creek Hill Motors.

Seafood Recipes

(Continued from Page B6)

FISH WITH ALMONDS

1 package frozen fish fillets
1/4 cup milk
1/2 cup flour seasoned with 1/2 teaspoon salt and 1/4 teaspoon pepper
1/4 cup chopped almonds
2 tablespoons lemon juice
1 tablespoon oil
2 tablespoons margarine

Separate fillets; dip in milk, then in seasoned flour. Pan fry in 1 tablespoon of oil and 1 tablespoon of margarine. Cook about 3 to 5 minutes on each side or until golden brown. Take out of frying pan and keep warm.

Add remaining margarine to pan. Add almonds. Saute until golden. Add lemon juice. Pour over fish and serve. Makes 4 servings.

TUNA FISH SAUCE

2 teaspoons salad or olive oil
1 medium onion, finely chopped
1 1/2-ounce can tuna fish, drained
3/4 cup chicken broth (can be made with bouillon cubes)
6 ounces cream cheese
2 teaspoons paprika
Salt to taste

Put the oil into small skillet over medium heat, add the onion and cook, stirring occasionally, until it is just translucent and starting to turn gold. Add 1/2 cup of chicken broth. Stir well and simmer for 15 minutes. Allow mixture to cool and puree with a fork or a blender, until smooth.

Soften cream cheese and work in the paprika. Add the tuna sauce. When all has been added, start stirring in the rest of the broth. Salt to taste. Makes 2 1/2 cups.

Note: Try this sauce over cooked noodles or rice. Also good on cooked broccoli, cauliflower or cabbage.

**Flexibility
and strength
you need to see
to believe**

New MEGAFLEX M T Hydraulic Hose

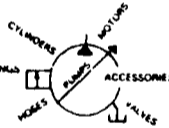
Watch For February Hose Specials



**BEILER
HYDRAULICS**



Box 255A, R.D. #1, N. Shirk Rd. New Holland, PA 17557
(717) 354-6066



How to get your money's worth

It's true, you get what you pay for. Maybe that's why we're the #1 insurer of farm owners in Pennsylvania. Call your local agent today, and get your money's worth.



Old Guard
MUTUAL INSURANCE COMPANY
2929 Litz Pike,
Lancaster, PA 17604
717-569-5361

ALLEN B. CHUBB
Lykens
PA 17048
(717) 453-7245

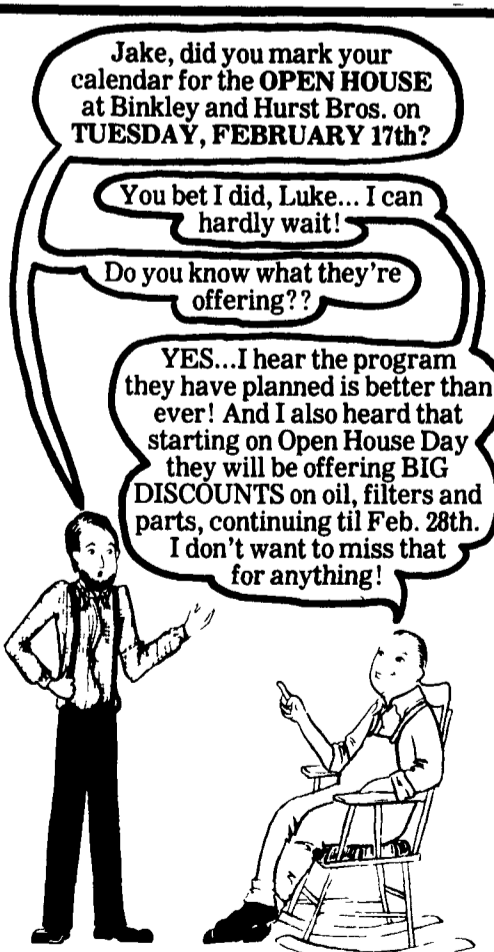
DANNER'S INC.
401 Abbottstown Street
East Berlin, PA 17316
(717) 259-7122

JOHN J. COLLINS
INS. AGENCY
262 Iron Street
Bloomsburg, PA 17815
(717) 784-7378

DASHER ASSOCIATES, INC.
T/A BOWMAN'S
INSURANCE AGENCY
Box 47, Palmyra, PA 17078
(717) 838-5464

ASHLEY
WOOD & COAL STOVES
NEW & USED FURNITURE
FISHER'S FURNITURE, INC.

Bart, Pennsylvania 17503
Rt. 896 at Georgetown - 6 Miles
South of Strasburg
Hours: Mon. Thru Thurs.; 8-5; Fri. 8-8; Sat. 8-12



Jake, did you mark your calendar for the OPEN HOUSE at Binkley and Hurst Bros. on TUESDAY, FEBRUARY 17th?

You bet I did, Luke... I can hardly wait!

Do you know what they're offering??

YES...I hear the program they have planned is better than ever! And I also heard that starting on Open House Day they will be offering BIG DISCOUNTS on oil, filters and parts, continuing til Feb. 28th. I don't want to miss that for anything!

BINKLEY HURST BROS. INC.
133 Rothsville Station Rd
Litzitz, PA 17543
Located 1/2 mile North of Strasburg
(717) 626-4705
Hours: Mon. - Fri. 7 AM - 5 PM
Sat. 8 AM - 12 PM
Sun. Closed (Toll Free)