



## Have You Heard?

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### Pointers On Pots And Pans

Today's cookware comes in a variety of shapes, sizes, colors, and finishes, and is made from many types of metal and combinations of materials. Expected usages should play a large role in the selection of a type of cookware. Here is a list of some of today's most popular types, for both the range top and the oven.

**Cooktop:**  
Aluminum: Spreads heat quickly and evenly. Best for frying, braising and pot roasts. Comes in many weights, but a medium to heavy weight generally gives the best performance.

**Cast Iron:** Slow to change temperature and holds heat. It is a very durable metal, but is subject to discoloring. Good for browning, frying and stewing.

**Copper (Tin-Lined):** Quick to change temperature and holds heat. Great for gourmet cooking, wine sauces and egg cookery. Tin lining can wear thin with use. Cookware must be re-tinned to avoid poisonous reaction between the heated copper pan and the food.

**Glass Ceramic:** Slow to change temperature. Best for long, low heat cooking with a liquid.

**Porcelain Enamel:** Porcelain enamel over steel is long lasting, stain and scratch resistant. How well it heats depends upon the type of steel used. Best for cooking soups and other types of liquids.

**Stainless Steel:** Usually combined with other metals such as aluminum, copper and carbon steel. Other materials make the cookware heat more quickly, while the stainless steel makes it durable. Best for frying, sauces, soups, vegetables and egg cookery.

### Oven Cookware

**Aluminum:** Absorbs heat faster than glass or steel and conducts heat well. Gives delicate browning and tender crusts. Best for cakes, muffins, quick breads, cookies and roasting.

**Ovenproof glass/pottery:** Absorbs and holds heat well, so oven temperatures should be lowered 25 degrees F. Gives a deep, crusty brown top. Best for casseroles.

**Teflon dull or darkened cookware:** Absorbs heat quicker than shiny cookware. Lower oven temperature 25 degrees F. except for pastry. Good for pies and other foods baked in pastry shells.

### SOUR MILK FOR USE IN BAKING

Do you know that pasteurized milk will not sour because the kind of bacteria necessary are not present. Instead all pasteurized dairy products become putrid and should be thrown away. Any bac-

teria present would be contaminants and may include those which might cause food poisoning. In addition, the food made from spoiled pasteurized milk will probably have the putrid taste from the milk. For the best quality and flavor of fluid milk buy and use milk before the 10-day open date expires. This applies to whole, lowfat, skim, chocolate and cream products.

When a recipe calls for sour milk, use buttermilk, or replace two tablespoons of good milk with two tablespoons of lemon juice or vinegar. The term sour milk should have been deleted from recipes a generation or more ago. Replace it with buttermilk whenever possible. Unless otherwise stated, buttermilk will contain less than 0.5% milkfat.



"Mommy, where does milk come from?"

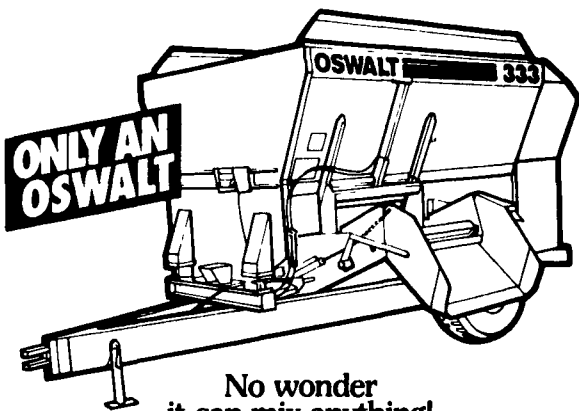
Now every city kid has the chance to learn at an early age what any country kid could tell him or her -- it comes from milk cows!

Jubilee is the new dairy cow at the Philadelphia Children's Zoo. She is a gift to the zoo from Dairy Council, Inc., Southampton, PA. Atlantic Dairy Cooperative and Pennwell Farms.

It was a special occasion when Jubilee was shown off to the people who gave her to the zoo. Meeting the new milk cow are: (left to right) Jan B. Stanton, Executive Director, Dairy Council, Inc.; Robert B. McSparran, President of the Board, Dairy Council, Inc. and Atlantic Dairy Cooperative; and Penrose Hallowell, Pennwell Farms.

The Philadelphia Children's Zoo has scheduled milking demonstrations on a regular basis for all of its younger patrons. According to officials, this is one of the zoo's most popular events.

## THIS NEW OSWALT 333 IS ONE MEAN MIXER!



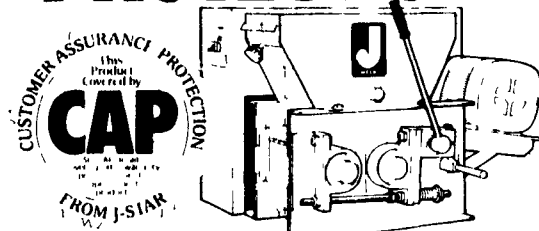
No wonder it can mix anything!

The new Oswalt 333 RuffageMaster features four augers, J-STAR electronic scale system and a high capacity 40-inch discharge conveyor. Tuff-glide lining resists acid and moisture and improves mixing efficiency through lower friction and self-lubrication. No other mixer is as tough and capable. Let us show you what a RuffageMaster can do for you. See us for details soon.

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