

Perry County Holds Coronation



Keith Martin, president of Perry Co. Holstein Club, crowns Mary Innerst at the Dairy Princess Coronation.

ICKESBURG (Perry Co.) — On March 6, Perry County crowned a new dairy princess for 1990-91. Mary Innerst, daughter of Mr. and Mrs. Jacob Innerst, of Ickesburg, will be representing Perry County. Mary's coronation was held at the annual Perry County Holstein banquet, at Messiah Lutheran Church, Ellittsburg.

After a roast beef dinner and short business meeting, Mary was introduced by Patti McLaughlin. Mary gave a speech about herself and what she enjoyed doing with her spare time. She is currently employed by the State Department of Human Services. She is active in her church, Saville Brethren in Christ, Ickesburg. After answering a pop question, Keith Martin, president of the Holstein club, crowned Mary and presented her with a spray of roses.

Jenny Hummel and Sarah Dum will be assisting Mary over the next year as Dairy Ambassadors. Jenny, daughter of Mr. and Mrs. Frank Hummel, Duncannon, is 16 and a junior at Susquenita High School. Sarah, daughter of Mr. and Mrs. Thomas Dum III, Landisburg, is 16 and a sophomore at West Perry High School.

The evening ended with a dairy bowl competition. The reigning National Junior Dairy Bowl team champions, Jenny Hummel, Marel Raub, Colleen Kretzing, and Liza Haas, were challenged by four local farmers. They were Ray McMillen, (captain), Ken Benner, Keith Martin, and Brenda Hummel. The junior team won the competition by a margin of 189 to 175.

Anyone wishing to have Mary, Jenny, or Sarah attend a function, should contact Patti McLaughlin at 582-4847.

By Doris W. Thomas
Extension Agent -
Family Living

Should You Use Commercially Prepared Baby Food Or Make Your Own?

Quality, purity, freshness, safety, convenience, cost are all factors that need to be taken into consideration when you choose between home-prepared or commercially-prepared baby foods. The choice is not always clear-cut. For example, home prepared is not necessarily cheaper, nor is commercially prepared less fresh.

Consumer confidence in the baby food industry has eroded over the past several years, following reports of dilution of apple juice, contamination by non-food products and the growing concerns over pesticides. The emergence of several baby food companies producing a limited selection of "pesticide-free" products -- at double the cost -- adds to parental confusion over the safety of prepared products from the traditional baby food companies. Yet changing life styles, reliance on convenience products and the early return of mothers into the work force may override many parents' concerns.

A recent research study conducted in a middle-income Canadian city determined that most



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

mothers were using both commercial and home-prepared foods. The mothers choose the commercial food primarily for convenience. The study revealed that, although vegetables were cheaper to prepare than to buy, meats and meat with vegetable dishes were actually more expensive to prepare. If the preparer's time, equipment, and fuel expenses are included in calculating cost, about one-half of all homemade products would be more expensive than the commercial ones.

Better quality and lower costs were reasons cited for home preparation of baby food. However, many parents tended to add salt and other condiments to home-prepared foods. These ingredients

are no longer added to commercial products. In addition, home preparation was not always done following appropriate guidelines and techniques. This suggests that, unless careful procedures are followed, home-prepared baby foods may be subject to contamination by bacteria.

Before you make your decision about whether to make your own baby food or buy commercially prepared baby food, you need to consider not only the amount of time you have to prepare your own baby food, but also how much you know about food safety! Perhaps it may not only be cheaper to buy commercially prepared baby food -- it may also be a safer source of food for your baby.

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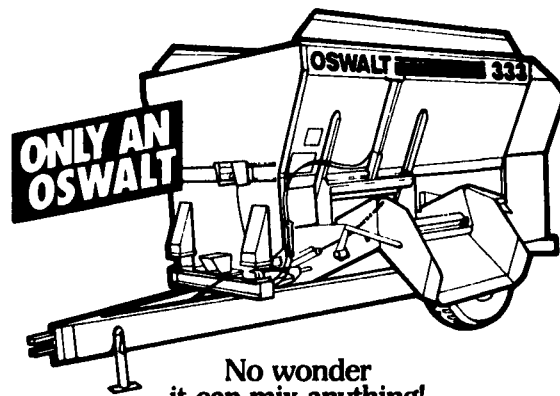
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