



## Have You Heard?

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Home Economist

### EATING ON THE ROAD

Summertime finds many people on the road traveling by car, motorhome or bicycle on trips that range from an afternoon to a couple of months. Traveling is a way of life for some people and well-deserved vacation for others.

Where and what to eat are repeated questions on such trips. Time, money, nutrition and eating enjoyment are factors that find their way into the answers.

If you are traveling with hungry children, the safest alternative is to take your own food. There is nothing more distressing than to be 100 miles from nowhere with a wailing, hungry child on your hands.

But improperly stored food could result in an unwanted vacation souvenir—foodborne illness.

Packing and storing food with food safety in mind can prevent this vacation disaster, and is not that difficult. Just remember the Five Rules of Traveling with Food.

1. Plan Ahead. A well-stocked cooler is a must. Have plenty of ice or frozen gel-packs on hand before you start packing.

What to take? Some foods do not require refrigeration—peanut butter and jelly and some cheeses, for example. Perishable foods, like meat, poultry, eggs and fish do, so if you are taking summer salads, making sandwiches on the road or brining food to cook over the course of your vacation, plan

to keep them on ice in your cooler throughout the trip.

2. Pack Safely. Pack perishables directly from the refrigerator to the cooler. You can take frozen food directly from the freezer to the cooler. It will thaw during the trip, extending its safety and shelf-life.

A full cooler will maintain its cold temperature longer than one that is only partially filled. Pack remaining space with more ice or fruit and non-perishable foods.

Securely overwrap or bag foods that may drip or leak, particularly raw meat, poultry or fish.

Put the cooler in the passenger section of the car instead of in the hot trunk.

3. Preserve the cold temperature of the food by replenishing the ice as soon as it starts melting.

4. Pitch any foods that warm above refrigerator temperature (40 degrees F.). Food poisoning bacteria grow rapidly at warm temperatures. At the end of the day, if the ice has melted and the food feels warm, discard any perishable foods.

5. Protect your family from disease-causing bacteria by keeping hands and utensils clean. If soap and water will not be available, pack some moist towelettes. Bag and set aside dishes and utensils to wash with hot soapy water when you reach your destination.

Offering a small snack every hour or two will prevent boredom during long car trips. Offer a



SUN Area Dairy Princess Michelle Dugan with Alternates Becky Dugan and Michele Renninger will promote the dairy industry in Snyder, Union, Northumberland, and Montour counties.

## SUN Area Dairy Princess Represents Four Counties

WATSONTOWN (Northumberland Co.) — Michelle Dugan of Northumberland County is the new SUN AREA DAIRY PRINCESS. SUN AREA includes Snyder, Union, Northumberland, and Montour counties.

Michelle is the daughter of George and Barbara Dugan of Watsonstown. She received her crown from Francine Martz, Dalmatia. The two alternate princesses are Becky Dugan, daughter of George and Barbara Dugan; and Michele Renninger, daughter of

Walter and Diane Renninger, McClure, Snyder County.

The SUN Area Dairy Princess Pageant was held Saturday evening June 27, at the Susquehanna Valley Mall, Selingsgrove, at 7:30 p.m.

The Boscov Store in Susquehanna Valley Mall sponsored Dairy Days along with the help of the SUN Area Dairy Promotion Committee.

Dairy week began June 22, with displays about the dairy industry; good nutrition, healthy eating; 4-H clubs and Farm Credit Assoc. Mark Wehr's Dairy Equipment, Mifflinburg, provided gates to make pens for the animals in the petting area outside the Boscov Store. There were six breeds of dairy calves, Ayrshire, Brown Swiss, Guernsey, Holstein, Jersey and Milking Shorthorn. Area 4-H clubs brought their animals. These animals were a contrast to the "Turkey Hill" giant cow nearby.

Friday evening, June 26, Turkey Hill Dairies, provided ice cream to build a giant sundae on the mall stage outside the Boscov Store. The 7-foot-tall sundae had 138 gallons ice cream, covered by cho-

colate, nuts and strawberries. The Sun Area promotion committee dipped and served the free ice cream sundaes to the crowd. More than 2,000 sundaes were served.

Saturday, June 27, began with the Snyder County Holstein Club serving milk punch to consumers. The SUN Area dairy promotion committee had Tee shirts, cookbooks, and other related items for sale. Between 11 a.m. and 3 p.m. a dairy puppet show was held on the mall stage by the Clinton County Promotion Comm.

At 7:30 p.m., The Sun Area Dairy Princess Pageant began with Todd Steward, from radio station WILQ Williamsport, serving as the master of ceremonies. Jane Hawn, public relations director of Boscov's narrated the fashion show. The reigning princess, Francine Martz, and the contestants served as models for the fashion show. All fashions were provided by the Boscov Store.

William Sheaffer was honored for his many years of service to the Sun Area dairy promotion committee. Karen Auker, Drums, provided the music for the evening.

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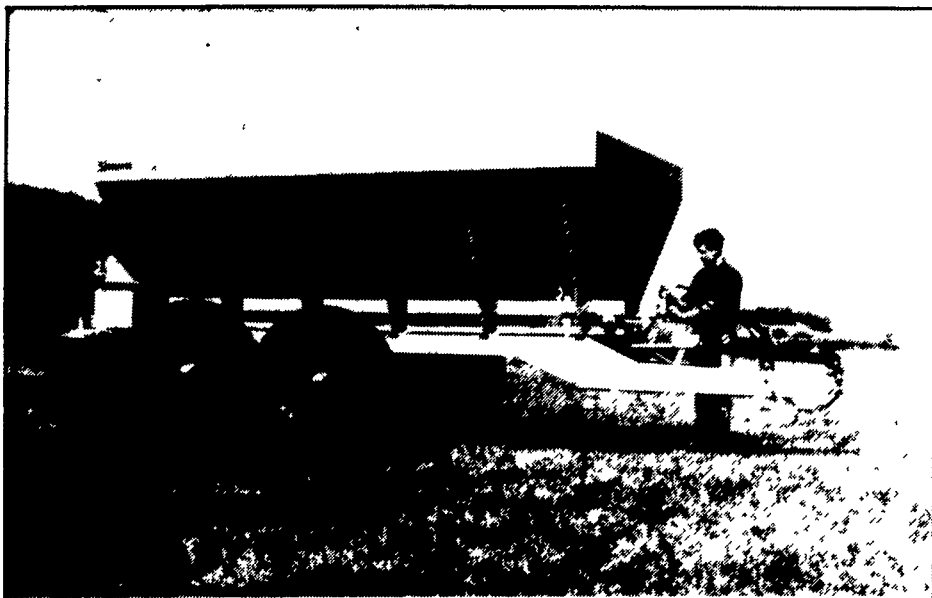
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## CHELATION THERAPY

**THIS MAY BE YOUR ANSWER TO:** Heart Problems, High Blood Pressure, Poor Circulation, Arthritis, Diabetes, Leg Cramps, Numbness, Tingling, Cold Hands And Feet & Atherosclerosis.

Dear Golden Pride/Rawleigh:

In September of 1985, I had back surgery to correct a lower back problem from an injury that happened in 1970. Six months after the operation, I woke up one morning with extreme lower back pain. I went to the doctor and was sent to a specialist who told me I had rheumatoid arthritis and it would gradually get worse. In September of 1990, I started taking Combination 23. I took six in the morning and six at night for five days, then cut back to four in the morning and four at night. After five days, the pain was gone. Now I take three in the morning and three in the evening, and I am still getting great results.

Steve Spicer

Dear Golden Pride/Rawleigh:

On June 25 at Shipshewana Flea Market we met Ben and he explained Golden Pride/Rawleigh to us. He told us to try Formulas #1, #2 and Combination #23 for arthritis. We decided to give it a try since I had allergic reactions to all the medicines doctors gave me and they would no longer prescribe any more medicine. We are very pleased now as I can walk a mile or more without the cane or crutches when before I could only go a short distance. I would advise anyone with arthritis to give it a try. It has done a lot of good for me.

Paul Wortinger

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