



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

No Time To Cook

If you are like most busy people, you may feel there are not enough hours in the day to get your work done, run your household, and still cook nutritious meals.

With the following tips, you and your family can enjoy healthy, delicious, varied meals with a minimum of fuss.

Where do you begin? Shop smart, purchasing nutritious foods that cook quickly. Enlist the aid of all your kitchen "helpers" that make traditionally time-consuming jobs go faster. Then get creative!

Time is a precious commodity, but a little preliminary planning will save time in the kitchen. You can save time on meal preparation and grocery shopping if you plan your menus and keep a ready reference of quick recipes. It may seem daunting to sit down and determine what you will have to eat for the week, but it is worth the effort.

Use the weekly ads to help plan your menus around featured meat, seafood, and poultry items and seasonal foods. Planning ahead allows you to make only one or two trips to the grocery store each week, which saves a considerable

amount of time and money.

After you have planned your menus, make a written shopping list. Make your list according to the layout of the store to save time, and buy fewer impulse items. Don't forget to take the shopping list with you when you go to the supermarket.

To make your shopping trip smoother, try not to go at peak hours when you will be rushed into unwise selections by impatient shoppers. By shopping early in the morning or later at night you will avoid waiting in long, slow lines.

Bring your kitchen up to speed by making sure you have the equipment and foods staples on hand for quick cooking. Designate a place for each piece of kitchen equipment, so you can reach for it automatically, almost without thinking.

The three main work areas in an efficient kitchen are within the triangle formed by the refrigerator, range and sink. Stock each area with the equipment most used at that work station and you will immediately begin to save time and extra steps in the kitchen.

Also, take time to streamline your kitchen and get rid of the clutter of equipment you are not

using or at least get it out of the mainstream of everyday kitchen tools.

Sharpen your culinary skills. Learn the basic cookery methods and techniques and use them to reduce both preparation and cooking time. Also be sure to thoroughly read your recipes before you start to cook.

Look for meat cuts that can be cooked quickly. Learn which cuts can be broiled or panbroiled, or use in quick stir-fry dishes. Suggested beef cuts are ground beef, rib or rib eye, sirloin, tenderloin, top loin, flank, eye round, and top round steaks.

Use quick-cooking methods, such as broiling, panbroiling, sauteing, microwaving, steaming or stir-frying.

Broil potatoes or other vegetables on the same broiler pan with meat or poultry for a quick vegetable side dish and easier cleanup.

Make individual meat loaves rather than one large loaf. And to save more time, cook them in the microwave.

Practice complementary cooking. Use the microwave for one recipe or part of the preparation and the range top for another. Soon you will discover other time saving techniques on your own.

Three types of rice are grown in the U.S. Long grain rice is 4 to 5 times long as it is wide. When cooked, the grains remain separate and are light and fluffy. Medium is plump in shape but not round. When cooked the grains are more moist and tender. Short grain rice is almost round in shape and tends to cling together when cooked.



Farm Women Societies

Berks Society 6

The Berks County Society of Farm Women, Group #6, had a Halloween social for their October meeting in the home of Anne Luft, Boyertown. Richard Schlegel, judged the costumes. A prize was awarded to the ugliest, prettiest, and the most original. Eight members answered the roll call question, "Do Trick or Treaters" usually stop at your house?

Eleven members enjoyed the breakfast at the Tri Star Restaurant to celebrate Farm Womens Day on October 14.

The Farm City Banquet will

Lancaster Society 9

Eight members of Farm Women, Group 9, met in the home of Hope Steppler. After the Bible reading, Lord's Prayer, and flag salute, Tippy Oxenford reported a balance of \$132.14. She also collected dues from each member.

The November meeting will be at Tippy's house, for a Thanksgiving craft. It was decided that our Christmas party would be December 4 (first choice) at 7:30, or Dec. 11 (second choice).

For Ways and Means, Kim showed a money-raising calendar received from Co. Board. The group agreed to do a February calendar.

Kim brought a request from

be November 5, at the Riveredge Restaurant.

Bingo night, for the residents at the Berks Heim Annex will be November 12.

The November 17 meeting, will be a cookie exchange at the home of Sallie Hauseman, Boyertown. Members are asked to bring cookies and the recipe to the meeting.

The Christmas party will be at the Stagecoach Stop Restaurant, December 4. A gift exchange will take place.

Berks-Heim for clothing needed for very heavy residents. Farm Women cookbooks are still being sold. New county officers are Fern Phillipi, president, Wendy Lingle, vice president, Marie Goettle, secretary.

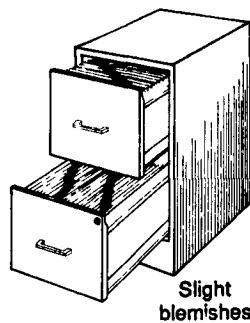
New officers for society 9 are Kim Casner president, Karen Schriener vice president, Winnie Hayik secretary, Joan Hafer treasurer. As there were no opposing candidates, the slate will be installed in January.

Halloween safety tips were read and discussed, and the meeting was adjourned for Halloween wreath making and refreshments.

UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES INC.

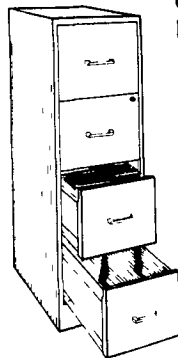
METAL FILE CABINETS

- Accommodates Legal or Letter Size
- In Black, Sand, Almond, Gray or Pewter



2 DRAWERS
Reg. Ret. \$149.95

OUR CASH PRICE \$46.95



4 DRAWERS
Reg. Ret. \$229.95

OUR CASH PRICE \$73.95

KIDS METAL LOCKER

- In Blue, White or Red
- 11" x 12" x 48"



Reg. Ret. \$119.95

OUR CASH PRICE \$38.95

Slight blemishes

2 PIECE CONTEMPORARY

Wide wood accents from arm to floor on both pieces.

Reg. Ret. \$1989.95

Sofa and loveseat
OUR CASH PRICE

\$399.88



CLIP THIS VALUABLE COUPON

Pine finish 5 PIECE BEDROOM

This unique bedroom group includes a door chest, door dresser, deck mirror, headboard and nightstand.

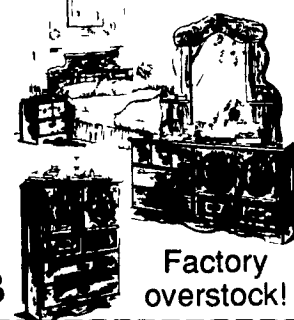
Reg. Ret. \$1289.95

OUR CASH PRICE \$429.95

WITH COUPON

\$399.88

(WHILE SUPPLIES LAST)



Factory overstock!

CLIP THIS VALUABLE COUPON

Manufacturer's overstock!

EARLY AMERICAN SUITE

Sofa, Chair and loveseat
Reg. Ret. \$1899.95

WITH COUPON

OUR CASH PRICE \$699.95

(WHILE SUPPLIES LAST)



MATTRESS & FOUNDATION

Single....Reg. Ret. \$189.95	OUR CASH PRICE	\$ 79.95
Double ..Reg. Ret. \$289.95	OUR CASH PRICE	\$ 99.95
Queen ...Reg. Ret. \$529.95	OUR CASH PRICE	\$119.95
King.....Reg. Ret. \$609.95	OUR CASH PRICE	\$209.95

HUNDREDS OF OTHER ITEMS!

OPEN TO THE PUBLIC

All our furniture is brand new merchandise. Not used. Not traded in.



STORE HOURS:

Monday Thru Friday 9-9
Saturday 9-9 (Lancaster & York)
9-5 (Carlisle & Chambersburg)
Sunday 10-5 (Lancaster & York)
Noon-5 (Carlisle & Chambersburg)

No Refunds No Exchanges Cash & Carry
FINANCING AVAILABLE
No Out-Of-State Checks Accepted
Out-Of-State Credit Cards Accepted
For purchase with a check, bring proper ID and a major credit card.
Not responsible for typographical errors

Quality furniture and a whole lot more ... for a whole lot less.