

# Cook-Out

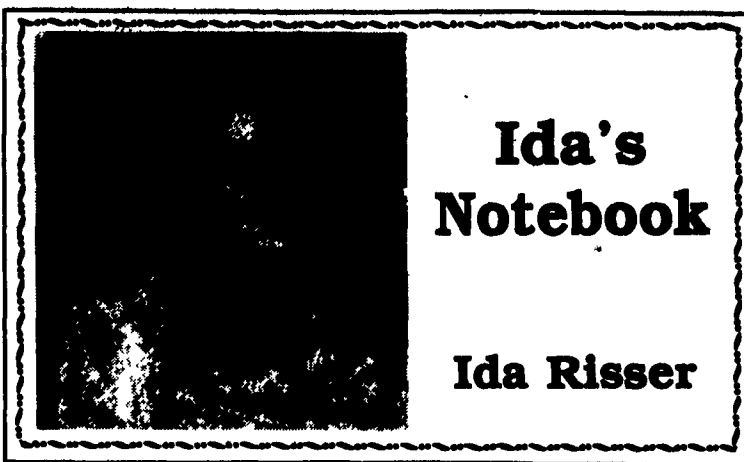
(Continued from Page B8)

butter. Add onion, green peppers, mushrooms and garlic. Cook until tender. Add tomatoes and thyme. Cook 5 minutes. Cut 14-inch lengths of heavy-duty aluminum foil. Sprinkle salt and pepper on each fish fillet. Place one piece of fish on greased center of each piece of foil. Spoon equal amounts of sauce over each fillet. Fold edges of foil up over center and make a secure-double fold. Fold ends over in a double fold. Place on the grill and cook for 30 minutes.

N.J. Dept. of Ag.

**VINEGAR-FLAVORED GRILLED CHICKEN**  
 4 broiler-fryer chicken quarters  
 ½ cup white wine vinegar  
 ½ cup water  
 3 tablespoons butter  
 2 tablespoons Worcestershire sauce  
 2 tablespoons garlic salt  
 1 tablespoon coarsely ground pepper

In small saucepan, place vinegar, water, butter, Worcestershire sauce, salt and pepper; bring to a boil. Brush sauce on chicken. Place chicken on prepared grill, skin side up, about 8 inches from heat. Cook, turning and basting liberally with sauce every 5 to 10 minutes, about 60 to 70 minutes or until fork can be inserted in chicken with ease. Makes 4 servings.  
 National Broiler Council



## Ida's Notebook

Ida Risser

Soon we hope to harvest some of the crops that we have been working on this spring. The peas and strawberries are ready to be picked and frozen. Of course, we'll eat a lot of them fresh from the garden.

When I'm outside planting bulbs, I see and hear a tiny Jenny Wren as it works to build a nest in the birdhouse. Another bird has moved into the bluebird house but I cannot give it a name. Although, it looks like the Vireo pictured in my birdbook.

Many of my neighbors, who take walks past our home, have commented on my iris bed with 100 plants that I transplanted last August. Not all of them bloomed

this year but I'm hoping that next year will be a full display of their beauty.

I have just marked some 50 photos that I took with my camera. Half of these will be sent to our children. Many years ago my aunt and grandfather shared the price of my first small box camera. It cost two or three dollars if I remember correctly. Since then I've had two or three other more expensive ones.

My camel-back trunk is full of family pictures from many generations. Most of them are marked and I've been able to share some negatives with people who were publishing historical books. One book gave a two page spread to a picture of my father's 1923 Overland car and our family on a trip to Maryland for fish. It was a custom to get our year's supply of fish on Ascension Day.

It seems that in the 1800s pictures were often taken of the homestead with family members standing in the foreground. These are quite interesting!

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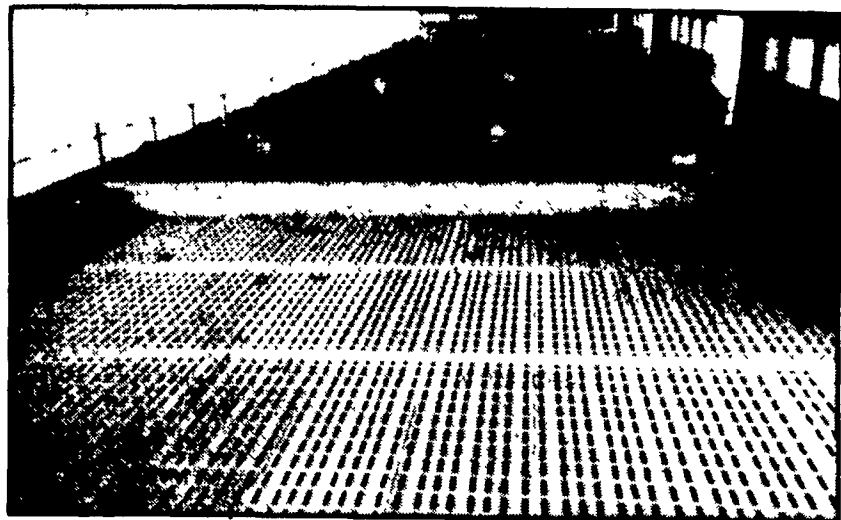


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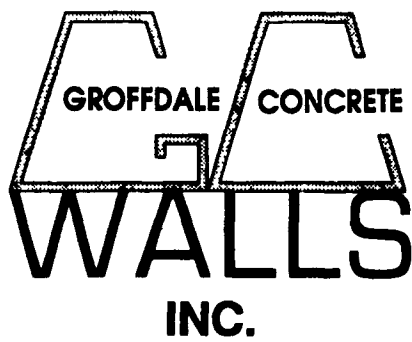
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### Rollover Protective Structure Information Available

By now you know that of all farm accidents, tractor rollovers are the single greatest cause of death. Half of those deaths could have been prevented if the tractor had been equipped with a rollover protective structure, or ROPS.

Agricultural safety experts agree that no matter how careful or experienced an operator may be, nothing can protect him or her from death in a rollover tractor accident better than a properly designed and installed ROPS and a seatbelt.

Federal and industry standards ensure that all new tractors sold in the United States have a ROPS, but of the 4.5 million tractors currently in use, only 1.3 million are equipped with the life saving structures.

A safe ROPS cannot simply be rigged in the farm shop. Your life is worth much more than the

money or time you might save by cutting corners on such an essential piece of protection. Are you still operating an unsafe tractor because you just can't find the information you need on the availability of a ROPS for your equipment?

To help farmers find that information, the Wisconsin Rural Health Research Center has published an updated version of the *Guide to Tractor Roll Bars and Other Rollover Protective Structures*. The directory offers a comprehensive listing of ROPS and tractor manufacturers, ordering procedures, ROPS types available for specific tractor makes and models and suggested prices.

To get a copy of the guide, contact The Wisconsin Rural Health Research Center, 1000 North Oak Avenue, Marshfield, WI 54449-5790.

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