

Perry County Chooses Dairy Princess



A new Dairy Princess was crowned for Perry County on June 8. Marel Raub, daughter of Mr. and Mrs. Keith Raub of Duncannon, will be promoting the dairy industry over the next year, and will represent Perry County at the State Pageant in September. Emily Dum, right, Dairy Ambassador, and Abby Dum, Little Dairy Miss, will be assisting Marel at local promotions. Anyone wishing to have Marel speak at a function, please contact Brenda Hollister at (814) 834-4578 (day) or (814) 834-3298 (eve).

Handling Home-Canned Foods

EBENSBURG (Dauphin Co.) — If you think that a jar of home canned food may be spoiled it is important to follow some basic rules to assure the safety of your family and pets, according to Kathryn J. Hostetler, Penn State Cooperative Extension agent in Cambria County.

Never taste food from a jar that is unsealed or when food shows any signs of spoilage, even if the seal is unbroken. You can more easily detect some types of spoilage in jars that are stored without their screw bands because the lid will eventually become loose. Growth of spoilage bacteria and yeast produce gas that pressurizes the food, swells the lid and breaks the seal. As you select a jar for use examine the lid for tightness and vacuum.

Next, while holding the jar upright at eye level, rotate the jar and examine its outside surface for streaks of dried food originating at the top of the jar. Look at the contents for rising air bubbles and unnatural color. While opening the jar, smell for unnatural odors and look for spurting liquid and cotton-like mold growth on top of the food surface and underside of the lid.

Carefully discard any jar of spoiled food to prevent possible illness to you, your family and pets. Before discarding, detoxify spoiled low-acid food by removing the jar lid and placing the jar, its contents, the loose lid in hot water and add enough water to cover the jar. Boil all the items for 30 minutes. Cool and then discard jar contents in the garbage or flush it down the toilet.

If you need up-to-date canning information and recipes, call your county extension office for the following "Let's Preserve Fact Sheets": Apples - Berries - Cher-

ries - Jelly, Jam, Spreads - Peaches, Apricots, Nectarines - Pears - Peppers - Pickles - Sauerkraut - Snap Beans - Strawberries - Sweet Corn - Tomatoes.

Jazz Up Summer

(Continued from Page B6)

CUCUMBER DRESSING
8-ounces plain yogurt
½ cup seeded finely chopped cucumber
½ cup buttermilk
1 teaspoon minced onion
¼ teaspoon salt
¼ teaspoon dried dill weed
¼ teaspoon pepper
1 clove garlic, crushed
Combine all ingredients thoroughly and refrigerate for at least 2 hours. Shake before serving over mixed greens.

CREAMY CURRY VEGETABLE DIP
1 cup mayonnaise
1 package dry buttermilk-style salad dressing mix
1 cup sour cream
2 tablespoons pineapple juice, optional
Curry, to taste
Blend together all ingredients. Refrigerate two hours before serving to allow flavors to blend. Serve with crisp, fresh vegetables such as cucumber, zucchini, broccoli, cauliflower, carrots, mushroom caps, and radishes.
Vary this dip by using 1 tablespoon prepared mustard, ¼ teaspoon garlic powder, and 3 tablespoons grated Parmesan cheese in place of curry.

CREAMY DILL DRESSING
1 tablespoon fresh lemon juice
1 teaspoon grated onion
1 teaspoon salt
¼ teaspoon sugar
¼ teaspoon dill weed
¼ teaspoon pepper
1 cup dairy sour cream
Combine lemon juice, onion, salt, sugar, dill weed, and pepper. Fold in sour cream. Chill. Serve over tossed greens.

ZESTY SHRIMP PASTA SALAD
6-ounces uncooked pasta
9-ounces cooked, peeled, and deveined medium shrimp
1 cup quartered cherry tomatoes
½ -pound Mozzarella cheese, cut into ½ -inch cubes
¾ -ounce pitted black olives
¾ cup green bell pepper strips
¾ cup nonfat plain yogurt
3 tablespoons Dijon-style mustard
2 tablespoons chopped chives
1 teaspoon lemon juice
Pinch cayenne, to taste
Cook pasta according to package directions; drain well. Toss with shrimp, tomatoes, mozzarella, olives, and bell peppers. In small bowl, combine yogurt, mustard chives, lemon juice and cayenne. Pour over pasta mixture; toss gently to combine. Refrigerate, covered, at least 2 hours to allow flavors to blend.

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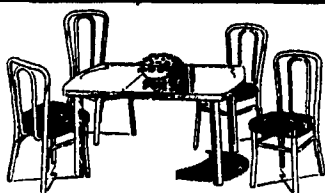
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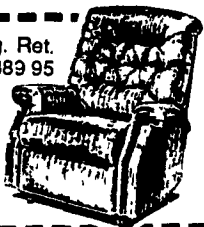
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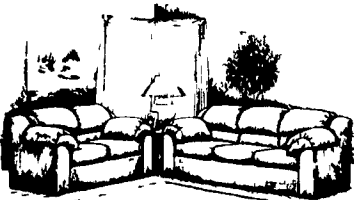
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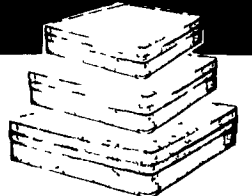
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