

On being a farm wife - And other hazards

Joyce Bupp



ice removed from the hood so it wouldn't crash into the windshield headed down the highway, and the wipers safely swept from side to side.

Funny, I've used that scraper only twice this winter, both times on that airport parking lot. And on the day before leaving home that first time, I'd gone to the car for my ice scraper always kept under the seat. It wasn't there.

See, it's also my tool of choice for scraping away the layer of sil-

age dust that builds up periodically on the outside of some of the dairy barn windows. I'd gone looking for the scraper on that day in late January to clean a row of barn windows. And the ice scraper lay on a shelf in the barn office, right where I'd left it nearly a year ago while planning to do more windows later. So much for being carefully prepared for winter driving.

But why? On the very afternoon that I most needed to discover that my ice scraper was not in the car, why was I moved to undertake the disliked, messy cleaning job — done at best once a year — that would direct me to where it really was?

I know what I believe. And it gives me goose bumps every time I think about it.

Be prepared.

Good advice for Boy Scouts, Good advice for anyone. Especially good advice if you must travel in the unpredictable weather of this first quarter of 1994.

Looking over the situation at hand, how glad I was to have heeded that advice. My three-inch-high-heeled dress shoes were not going to be much protection in the six inches of heavy, wet snow covering the airport's parking lot. But just three stretching, chilly steps should put me at the car door.

And on the other side of the locked door waited a pair of calf-high boots. A heavy winter jacket. Sweatpants, gloves, earmuffs. In the car's trunk was a shovel and salt.

The door and lock were only wet, the heavy snow barely crusted with a seal of ice. The key slid in easily and the door swung open. Within a few minutes, more adequately booted and bundled up, I had cleaned the heavy wet snow from windows, hood, and headlights and thankfully headed home.

Easier than the few weeks before, when a similar time and place scene had played out. But

colder temperatures and a reversal of precipitation patterns had then sealed the car with a solid coating of ice covered with several inches of fluffy snow.

While the lock wasn't frozen, the door was. It took repeated frim yanks to break the door's icy seal, hoping something didn't break in the process. Finally, again booted and bundled, I'd hunted the one tool that would help dig through the ice crust and snow cover while the car's heating system began to warm the interior.

The ice scraper fished from under the front seat is a heavy-duty one, with a curved shape for a better scraping angle and a wide five-inch blade edge. I began carefully chipping away at the snow, frozen mess enveloping my little car, remembering a news article on the recent epidemic of broken windshields from overzealous, ice-scraping efforts.

That ice scraper was my lone tool and security blanket for the task. By the time most of the thick layer of snow lay on the pavement below the car, the inside heating was beginning to slightly loosen the undercoating of ice. After some 20 minutes of scraping and heating, the windows were clear,

Don't Let Fast Food Devour Your Diet

CREAMERY (Montgomery Co.) — Did you know that about 40 percent of all American food dollars spent on eating away from home go to fast-food restaurants? The speed and convenience offered by these inexpensive eateries are tempting to lots of families with children involved in after school activities. With the restaurant industry increasingly catering to health-conscious consumers, an occasional fast-food meal need no longer blow an otherwise healthful diet out of the water.

You can still order a high calorie, high-fat, high-sodium meal, but some new menu items are offering more healthful choices. Baked potatoes, prepackaged salads and salad bars, skim milk, low-fat yogurt, broiled chicken, and low-fat meat choices now provide some flexibility in quick dining.

Penn State Cooperative Extension agent, Annette Goodling, reminds us that most of the fat and calories in fast foods come from the sauces, toppings, and dressings. For example, a quarter-pound ground beef patty with American cheese and mayonnaise, along with mustard, lettuce, tomato, and onion on a bun, contains 510 calories and 30 grams of fat

making this product 53% fat. The new dietary guidelines suggest we aim for 35% fat making the above sandwich a poor choice. The same hamburger minus the ounce of cheese and without the 1 table-spoon of mayonnaise has 310 calories and about 10 grams of fat providing 29% fat. (Keeping it within the 35% guideline.) To keep the fat and calories down choose:

- * pizza with vegetable toppings such as mushrooms and green peppers instead of pizza with pepperoni, sausage, or extra cheese
- * broiled burgers or chicken on a whole-wheat bun instead of super-sized double burgers, fried chicken, or fried fish
- * lettuce and tomatoes instead of tartar sauce, mayonnaise, or specialty sauces
- * lowfat or skim milk instead of shakes and soft drinks
- * lightly buttered English muffins instead of Danish pastries or pie
- * plain baked potato with small amount of margarine instead of

"twice-baked" or topped with cheese, sour cream, or bacon bits

* vegetable salad with low-fat dressing instead of vegetables mixed with croutons, cheese, nuts, and bacon bits topped with full-fat dressings

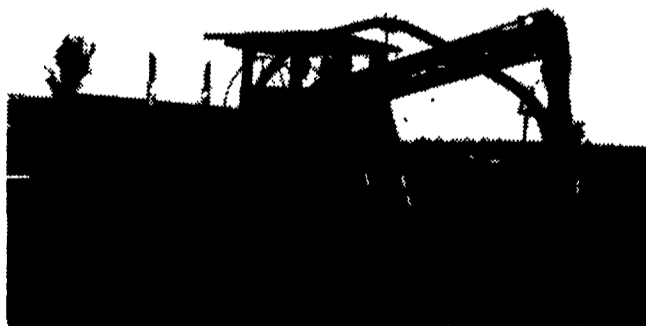
Checking the nutritional information charts or pamphlets now available at many fast-food restaurants can be a real eye-opener. Use the fat, calorie, and sodium tables to make sure you're getting what you think you are, especially if you eat at fast-food restaurants frequently.

Often people pick chicken and fish sandwiches thinking they're more healthy than a hamburger, but if they're deep fried and served with tartar sauce or mayonnaise, they can have significantly more calories and fat than a plain ground beef patty. But what if you just can't resist the taste of all that fast food? Go ahead and order a double cheeseburger with fries, but split one order between two people. If you're still hungry, fill up on a low-fat frozen yogurt for dessert.



Farm Drainage... the best investment a farmer can make...WHY?

- Increased Crop Yields
- Longer Growing Season
- Improved Plant Quality
- Higher Fertilizer Efficiency



We are fully equipped and specialize in **SOIL CONSERVATION** and **LAND IMPROVEMENT WORK**

- We install **PONDS**
- New Pond Construction
 - Reconstruction of Existing Ponds
 - Seal Leaking Ponds

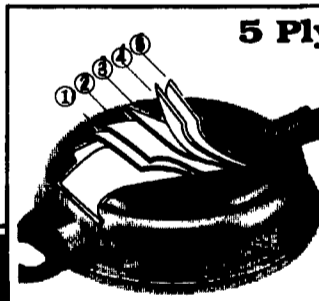
DISCOUNT for Jobs Scheduled before March 15

• FREE ESTIMATES •

COCALICO EQUIPMENT CO.
 Farm Drainage & Excavating
 323 Reinholds Rd. Denver, PA 17517
 (717) 336-3808 (717) 738-3794

Choose Healthier Cooking The Minimum Moisture Way With...

Maxam[®]
Stainless Steel Cookware



5 Ply Construction

- ① 304 Surgical Stainless Steel.
- ② Aluminum Alloy: bonding agent, heat transfer.
- ③ Pure Aluminum: fast, even heat distribution.
- ④ Aluminum Alloy: bonding agent, heat transfer.
- ⑤ Surgical Stainless Steel: durable, beautiful, easy to clean.



High Quality 304 Surgical Stainless Steel
 5 Ply Waterless Cookware With Steam Control Valve For Healthier, Tastier Meals



- Health Benefits From Minimum Moisture Cooking
- Food Tastes Better And Is More Nourishing
- A Set For Every Kitchen
- Lifetime Warranty
- Open Stock

Join The Growing List Of Satisfied Maxam Stainless Steel Cookware Users!

For Full Color Brochure Or Use Of Magic Kitchen Video Call 717-922-1502 Or Write To: John Showalter



Country Lane
 Box 101
 Laurelton, PA 17835