

## Compost Shows How To Recycle Leaves In Backyard

**CREAMERY** (Montgomery Co.) — If you're looking for a way to recycle the leaves in your yard, now's the time to visit one of Montgomery County's compost demonstration parks. Each compost park shows working examples of compost bins you can make or buy. Signs next to the demonstration bins explain how to build the bins and a mailbox holds information on bin construction plus a brochure on the how-to's of composting.

Other compost parks are located at the following sites: 1) New Hanover Township Building, Route 663 just north of Swamp Road in New Hanover; 2) Perkiomen Valley Watershed Association headquarters at Route 73 and Haldeman Road, across from Pennypacker Mills Park, Schwenksville. Two additional parks are planned for 1995.

## Milk-Fat Fractions Could Add Up

**UNIVERSITY** (Centre Co.) — An all-natural technology for processing milk fat could put more puff in pastries, better bites in ice-cream bars and improve the shelf life of chocolate bars without chemical additives, says a researcher in Penn State's College of Agricultural Sciences.

"Milk fat is a byproduct of the dairy industry," says Paul Dimick, professor of food science. "When a dairy manufactures skim milk and 1 percent or 2 percent milk, the milk fat is removed and the dairy has limited outlets for its use."

Dimick explains most dairies manufacture butter and cream with milk fat, but even that process doesn't use up the excess supply. Currently, milk fat has not been widely used as an ingredient in large-scale food manufacturing because it has been associated with high calories. However, there is a way to use smaller quantities of milk fat while still providing a pleasurable flavor, consistency and appearance.

Dimick says a process called dry fractionation can separate desirable elements in milk fat to enhance specific aspects of a food

product. The key to fractionation is that milk fat can be separated into two fractions with different properties. Dry fractionation begins when milk fat is melted and then slowly cooled. The harder fats crystallize during cooling and are subsequently filtered out — making two fractions that retain the naturalness and flavor of milk fat while improving the fraction's use as a food ingredient.

"The fractionation process is very clean, very economical and uses no solvents or chemicals," Dimick says. "It's a very simple technology that has been around since the early '60s."

"In Europe, the dairy industry has been using fractionation since the mid-70s," Dimick says. "Different milk fat fractions can be used in a variety of food products to improve appearance or flavor without sacrificing natural ingredients or flavor."

Dimick and Gregory Ziegler, associate professor of food science, have tested high levels of milk fat fractions in milk chocolate and found that the fractions perform well and enhance flavor without softening the chocolate.

In milk chocolate, fractions

can be used to lessen amounts of cocoa fat (which is twice as expensive as milk fat).

Dimick points out that the soft fraction can be separated at least three times, giving food manufacturers a wide range of milk fat fractions to use in recipes.

Milk fat has a general melting point of 91 degrees Fahrenheit. By fractionating, manufacturers can produce milk fat fractions with melting points as low as 41 degrees or as high as 113 degrees. Each of these fractions can be used in food production applications that currently use nondairy ingredients.

For example, puff pastries and croissants use 50 to 200 dough layers. To keep each layer separate, fat acts as a lubricant during baking. Regular milk fat tends to become absorbed in the dough, which often causes uneven rise or lift in bakery products. However,

milk fat fractions eliminate that problem, Dimick says.

Milk fat fractions also give dark chocolate a longer shelf life by making the ingredients more stable over time. Chocolate-covered ice cream bars are usually not made of real chocolate, Dimick says, because chocolate tends to break off in large sheets when bitten. Some ice-cream companies may use other fats, such as coconut oil, to give the coatings the proper texture. By using milk fat fractions, companies can use real chocolate.

Dimick points out that milk fat fractions also can make refrigerated butter more spreadable, extend the shelf life of butter cookies and make cakes taste better.

In addition, the machines used to fractionate milk fat can be added to a manufacturing line without a massive outlay of capital.

## Deer Hunters Should Know Safety Precautions

**UNIVERSITY PARK** (Centre Co.) — Those taking someone deer hunting for the first time this November should make sure he or she understands some important safety rules.

Earle Robbins, a Penn State Extension agent in Tioga County, is urging parents and guardians who must accompany youth into the field to hunt deer to ensure that those youth are fully aware of the capabilities of the firearm being used, and how to use it safely.

Further, no one, young adult or adult, should consider taking to the field to hunt without understanding fully the instrument they possess.

Robbins — who is also a Pa. Game Commission volunteer, a hunting and trapping education instructor and a state 4-H shooting sports coordinator for Penn State Extension — said that safe handling practices must be developed before live ammunition is used, and those practices should be developed through the guidance of a knowing adult.

"Young people handling firearms need to develop some important habits," Robbins said. "We can instill these habits by instructing them — and more importantly, by setting an example."

According to Robbins:

- Make sure firearms are in good working order, and barrels and chambers are free from obstructions. Guns must be sighted in properly and have the proper size ammunition.

- Familiarity with the area to be hunted is also important for safety reasons, in addition to being important to hunting success. A hunter must know what is beyond a target before shouldering a firearm to shoot at a deer. "Walk through the hunting grounds before deer season starts. When you know the area, you can keep livestock and buildings out of the line of fire," Robbins said.

- Make sure every member of a hunting group wears a combined minimum of 250 square inches of hunter orange on the head, chest and back.

- Assume every firearm is loaded. "When you pick up a gun, the first thing you should do is check it for ammunition (not by pulling the trigger, but by pointing the barrel in a safe direction and opening the action to visually inspect the chamber)," Robbins said. "When you pass a firearm to someone else, leave the action open so that there is no chance of it firing."

- Unload guns and leave the actions open when you are transporting them to and from the hunting area.

- Always keep track of where a gun is pointed, and keep the finger off the trigger until it's time to fire at the target. Never aim a gun at anything not intended to be shot.

- Know the location of all the members of a hunting party. "Before separating, discuss where each hunter will be standing on watch and who will be walking through the woods," Robbins said.

- Don't shoot until absolutely sure of the target. Shooting at sound or an undefined shape is invited tragedy. "During (antlered-only) deer season, this also means making sure whether the deer is a (legal) buck or doe," Robbins said.

- Unload any gun before climbing trees, scaling fences and logs, or jumping over ditches.

- If a deer has been shot and is dead, and the hunter is preparing to dress it out, the gun should be unloaded immediately. Don't let the excitement of the moment overrule responsible judgement.

- Never engage in any type of horseplay with a gun. They are not toys.

Youngsters can learn more about hunter safety and shooting sports in programs available at schools and through the 4-H program.

About 100,000 youth in 33 states are enrolled in 4-H archery, air pistol, air rifle, .22 cal. rifle, black powder and shotgun sports.

In Pennsylvania, about 1,715 boys and 496 girls participate in 4-H shooting activities. "Along with safe hunting, youngsters learn good sportsmanship and self-discipline," Robbins said.

For more information about 4-H shooting sports programs, contact a local Penn State Extension office.

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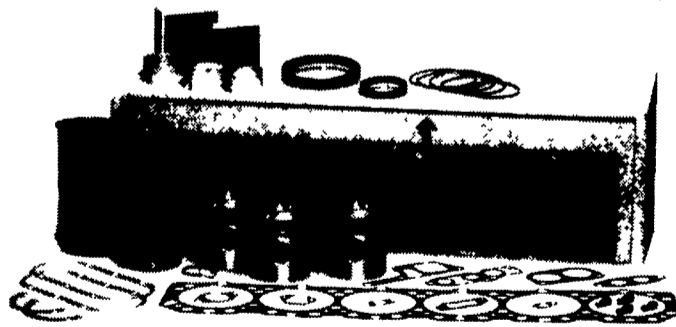
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