Ida's Notebook Ida Risser

August is the last chance for many families to take a vacation this year. Many people head for the seashore while others go to the mountains.

This year our son and his children from Georgia visited us for several days. It seems that the children are anxious to play on the farm and even ran there before breakfast. Later on they got a bicycle to cover the onehalf mile distance.

On the farm they have cousins to play with and lots of animals. The younger girl is a lover of cats and so she carried a small one around a lot It was a job to keep enough ice cubes on hand for all of their drinks. You would think that I did not feed them as the boy could be seen eating honey bread anytime of the day or night. As he is now 12 years old, I gave him a choice of one of my braided rugs He chose a larger one made out of an old blue wool coat with red wool added for contrast

We've been eating watermelons and cantaloupes quite often The garden on the farm has sandy soil and is fine for melons. During the Agnes flood in 1972, it was covered with six feet of water and when it receded there were mounds of sand everywhere. At one time a nearby field was used to grow melons for the neighborhood

This year I raised a watermelon with a bright yellow skin and red flesh. There are also dark green round ones and oblong green striped ones. It is nice to have enough to share them with another family. In the early 1900s when my father-inlaw worked his way to the west coast, he had a job camping in a melon field to protect it from marauders at night. We have a picture of him and his tent

New Sweetner To Hit Grocery Shelves

TUNKHANNOCK (Lycoming Co.) — The Food and Drug Administration recently approved sucralose, a new sweetener that is 600 times sweeter than sucrose (table sugar). Even though the sweetener is made from sucrose, it doesn't provide any calories and won't increase a person's blood sugar The process in which sucrose is converted to sucralose results in a sweetener that is not absorbed into the blood stream

The white crystalline powder will be available in tabletop jackets very soon and will be found as an ingredient in prepared foods within a few months Some of these prepared foods include baked goods, nonalcoholic beverages, chewing gum, frostings, gelatins, fruits and water ices, puddings and fillings, processed fruits and fruit juices

Johnson & Johnson, the manufacturer of sucralose, has been working on approval of this high-intensity sweetener for over 11 years More than 110 studies in humans and animals, including studies with vulnerable groups like pregnant women and children, have found no adverse reactions. While you see warning labels on many of the other sweeteners you won't see any on sucralose, since no adverse effects have been found

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