

**Family Living
Focus**

by
Alletta Schadler
Lebanon Co. Extension



Did you overestimate your family's like for a specific food? Maybe you will want to freeze less of that food this year and more of that food that was used up first. Figure how many times a week and how many weeks in a year you want to serve this food when you decide how much to freeze.

For Canning:

- Check the canning shelves to see how much and what types of foods remain. These foods should also have been labeled. Canned goods should be used within the year of canning. Longer storage will cause the foods to lose color, change texture and lose some nutrients. Cool dark storage shelves keep food in better shape than shelves located in a brightly lighted warm places. If you have jams and jellies left over, give them away or eat jelly like crazy before you do new supplies.

From time to time, extension agents are asked about using home canned foods that are many years old. We recommend using them up within a year or two at the most. If you have food on your shelf that is five or more years old, start the new century by clearing off the old stock!

Check Your Equipment

For the freezer:

- Defrost before adding new

food. Frost steals space, in the freezer but more important, it insulates the food from the cold in the walls and freezer coils, making the freezer less efficient. If you have a frost free freezer tidy up and get rid of old food.

- Check the condition of the packages. If you have food packages that have holes or tears in the wrapping you will have freezer burn. Freezer burn dries out the food making it taste like stewed cardboard. Maybe you didn't use freezer weight foil or plastic bags so that when the frozen food slid around in the freezer, it was easily torn. Invest in the proper weight freezer wrapping to guard your larger investment in food and electricity. Do not reuse plastic bags in the freezer because they may have pin holes. Use them for general storage in the refrigerator or elsewhere. If the packages are filled with lots of ice crystals, that is usually an indication that the bag or box was too big for the amount of food in the bag and you didn't squeeze out as much air as possible. Try to do a better job of filling the package and excluding air this year.

- Check your freezer temperature with a thermometer. It should be at least 0°F or colder to freezer foods quickly and form tiny ice crystals.

For Canning:

- Check the condition of your pressure canner. Is the gasket still flexible or is it hard and stiff and cracked. Hunt down a replacement now before you need it. If you have a dial gauge canner, have the gauge tested for accuracy

at your local extension office. Replacement gauges can be purchased where canning supplies are sold. Pressure canners with a weighted gauge do not need to be tested.

If you see a used canner for sale at a yard or garage sale or at auctions, realize that you can replace gaskets, gauges and weights. Do check on the condition of the metal. If the aluminum is badly pitted inside and at the sealing surface, pass it by.

- Check your supply of lids. Most recent lids have a date printed on the top. Try to use lids up within a year or two. The sealing compound on old lids may lose elasticity, causing seal failure. Using old lids is "penny-wise and pound-foolish." Not all brands of lids have dates, by the way, so mark them when you buy them. I do not think undated lids are a bargain at an auction because you have no idea how old they are.

Do not over plan to reuse lids. A fine point for those of you who are planning to enter your efforts in a fair: Judges tend to not award prizes to canned goods that have lids dated a couple of years earlier! This is 1999. As a judge I will accept 1998 lids but will not pick earlier lids.

- Get ready for Y2K by eliminating old unsafe methods of canning such as oven canning, open kettle canning and waterbath canning of vegetables and meat.

Contact your local Extension office for information or classes in how to do it safely. Just because you have never become ill from your improperly canned foods does not make them safe!

Get Ready For Food Preservation Season

Food preservation season is almost upon us. Some of you early birds may already have frozen rhubarb or asparagus. As you prepare for this preservation season there are a few things you should think about to improve your outcomes.

What Is Leftover From Last Year?

In the freezer:

- Check the types of food that are still remaining. Hopefully, you will have dated everything in the freezer to be able to tell when you froze the food. It should be your goal to use foods within the year you froze them. When food is in the freezer longer than a year the quality of the items will slowly

deteriorate. Foods containing fat may develop off flavors as the fat becomes somewhat rancid. Vegetables, fruits, beef and poultry keep very well in a zero degree freezer for a year.

- Can you tell what's left over? Some foods in transparent wrapping are pretty easy to identify, others are not. "Mystery Boxes" that are unidentified as to contents and date are a waste of freezer space — can also be an adventure. I know of one person who added a tub of what she thought was turkey stock to a soup, only to discover it was the leftover Apricot Sours from New Year's Eve! If you have unidentified packages, take the pledge to do better this year!

- Why are the foods leftover?

UNCLANTED FREIGHT CO. LIQUIDATION SALES INC.

CORNER NOOK OAK
#2
Reg. Retail \$1,169.95
Cash Price \$499.95
Special Price \$309.95

WOOD & BLACK IRON FASHION BED
Your Choice - Full, Queen, King Sold Way Under
#2 Wholesale!
Closeout Price **\$129.95**

FULLY UPHOLSTERED LOFA SOFA #2
Folds Down To Jack Knife Sofa Bed, Several Colors To Choose From
Reg. Retail \$799.95
Our Price \$379.95
Special \$349.95

RAM'S HORN SOFA & LOVESEAT SET
#2
Available in Blue & Brown
Reg. Retail \$1,995.95
Closeout Price \$599.95

GLIDER ROCKER
Available in Blue, Beige, Green
Reg. Retail \$149.95
Cash Price \$129.88
With Coupon **\$89.04**

WASHINGTON 150A RECLINER
#2
Reg. Price \$749.95
Cash Price **\$299.95**
Closeout **\$249.88**

TWIN/DOUBLE FUTON BUNK BED
Trailer Load • Dealer Refusal with 8" Futon Mattress Red - Black - White
#2
Reg. Ret \$898.95
Reg. Low Price \$329.95
SALE PRICE \$279.95

DUAL RECLINING SOFA
Selection of Covers
#2
Reg. Retail \$1289.95
Closeout Price \$409.95

5 PIECE DINETTE SET CLOSEOUT
30"X60" Solid Oak Table
Reg. Price \$889.95
OUR PRICE **\$249.95**
Available in Green/Natural and White/Natural
#2

4 DRAWER CHEST
Pine Finish and Brass Hardware
#2
Reg. Ret \$149.95
OUR CASH PRICE \$99.95
WITH COUPON **\$39.04**

FLASHLIGHT - BLACK
Reg. Retail \$11.00
Closeout Price **\$3.00**
w/ Batteries
#2

5-PIECE DINETTE CLOSEOUT
Almond/Brass • Glass Top • 30"X60" Table
Reg. Retail \$469.95
Our Low Price **\$139.95**
#2

SECTIONAL SLEEPER
Loveseat, Center Console, Side by Side Recliners, Sofa w/Hide-A-Bed Factory Liquidation
#2
Reg. Retail \$2589.95
Our Cash Price \$1289.95
Special \$949.95

OPEN SUNDAYS
SERTA MATTRESS & BOXSPRING
SINGLE Reg. Ret \$399.95 OUR CASH PRICE **\$149.95**
DOUBLE Reg. Ret \$499.95 OUR CASH PRICE **\$189.95**
QUEEN Reg. Ret \$699.95 OUR CASH PRICE **\$249.95**
KING Reg. Ret \$1129.95 OUR CASH PRICE **\$299.95**
BELCO MATTRESS & FOUNDATION
Warranty of one full year
Reg. Retail Our Cash Price Special
Single \$299.95 \$159.95 **\$109.95**
Double \$399.95 \$189.95 **\$139.95**
Queen \$499.95 \$239.95 **\$189.95**
PRICES INCLUDE BOTH PIECES

SOUTH SHORE BEDROOM SET
Night Stand, Tripple Dresser, Mirror, Door Chest And Headboard
#2
Available in Blue or Green
Sold Way Under Wholesale!
Closeout Price \$549.95

BIG SELECTION OF WOOD & METAL BUNK BEDS
HUNDREDS OF OTHER ITEMS!
3019 Hempland Road, Lancaster 397-6241
We are a four store chain not affiliated with any other stores
Stores in LANCASTER • YORK • CARLISLE, PA • ELKTON, MD
STORE HOURS Mon-Fri 9-9 Sat 9-9 Lancaster Store Open Sundays
No Refunds No Exchanges No Cash Carry
For purchases with a check, bring drivers license and phone numbers
FINANCING AVAILABLE

METAL FUTON
White/Green/Black with 8" Futon Mattress
#2
Reg. Retail \$639.95
Cash Price **\$259.95**
With Coupon **\$139.95**

MILK

Where's your mustache?™



FISHER'S PAINTING & FISHER'S PAINT OUTLET STORE

QUALITY PAINTS @ REASONABLE PRICES
■ ALL TYPES OF INTERIOR & EXTERIOR PAINTING

■ SANDBLASTING N ROOF COATING

■ RESTORATION & WATERPROOFING ON STONE & BRICK BUILDINGS

HOUSES - BARNs - FENCES - FACTORIES - ETC.
Specialists In Sand Blasting/Spray Painting Farm Buildings, Feed Mills, Roofs, Tanks, Etc. With Aerial Equipment

WE NOW REPAIR SPRAY GUNS AND PUMPS

4056A Newport Rd., Kinzers, PA 17535 717-768-3239
On Rt. 772 Across From Pequea Valley School

Brush, Roll Or Spray - We'll Do It Either Way
For Jobs Large Or Small - Our Men Will Do It All

DON'T START THE NEXT CANNING SEASON WITHOUT



The Canning Funnel
That Fits The Jar. . . .

LIFETIME GUARANTEE

Stable • Indestructible • Stores Easily

Self Venting • No Spills or Burns • Lasts A Lifetime

Call 888-256-3844

For A Free Brochure

or

Visit Our Web Site At:

www.CrescentInd.com/products

Manufactured by: Crescent Industries, New Freedom PA