

## Think Fast, Think Eggs

PARK RIDGE, Ill. — New Think Fast. Think Eggs. Print ads, coming this summer, will feature the same three mouthwatering egg dishes as the television spots, and will use each of the commercials' opening questions as headlines.

Copy like "Crack, beat, slice and flip" will let consumers know that

"with just a few ingredients it's easy to make a portabella mushroom and tomato omelet," or any other egg dish, for your family's dinner.

The print ads will be run in popular women's magazines to begin in late summer and continue through October.

## Applications For Master Gardener Program Accepted

DAUPHIN (Dauphin Co.) — Penn State Cooperative Extension in Dauphin County is now accepting applications from Dauphin County gardeners for the next Master Gardener Training Program.

An information session to acquaint applicants to the Volunteer Master Gardener Program will be conducted on Tuesday, June 24, from 7 p.m.-9 p.m., at the Dauphin County Agriculture and Natural Resources Center, 1451 Peters Mountain Road, Dauphin.

The deadline for applications is Thursday, July 3. Screening and in-

terviews are planned for Thursday, July 10. Call the extension office after Tuesday, June 24, to sign up for an interview and screening time.

To be eligible for the program, individuals need only to want to be a volunteer and have a genuine interest in gardening, and want to share their knowledge and experience with others.

For additional information or to receive an application packet, Dauphin County gardeners should call the Dauphin County Extension Office at (717) 921-8803 between the hours of 8 a.m. and 5 p.m.

## Towanda Gardening Events Planned

TOWANDA (Bradford Co.) — Master Gardeners from Penn State Cooperative Extension in Bradford County hold monthly workshops on gardening topics in the Demonstration Garden, 701 S. Fourth St., Towanda. Pre-register by calling 265-2896.

These workshops are part of a series of gardening classes that will be presented by Bradford County Master Gardeners this year. The following is a schedule of upcoming classes:

- June 17 Houseplants 6:30 p.m. (Master Gardeners will have house plants to share with participants).
- July 15 Water Gardening 6:30 p.m.
- Sept. 16 Drying Flowers and Herbs 6:30 p.m.
- Oct. 18 Lawn Care 10 a.m.
- The annual open house in the Demonstration Garden is August 1 from 6 p.m.-8 p.m.

## Well Preserved



### Remaking Jams and Jellies

What should you do if you make a batch of jam or jelly that does not set?

The options are to create a different use for the syrupy spread or to remake the jelly. Before remaking any jelly or jam, let it set for several days to see if the product thickens as it rests. Jelling sometimes takes time.

Marmalades may take up to a week to set. Directions for remaking jams and jellies depend upon the method used to make the spread and the type of pectin in the product. Cooked jelly without added pectin that is runny probably wasn't cooked long enough to reach the jelling point or lacked adequate acid in the fruit.

To fix this problem, pour the thin jelly into a large saucepan, add 1 1/2 teaspoons lemon juice per cup of jelly and heat the jelly to boiling. Continue to boil rapidly until the jelling point is reached.

Use a thermometer to check that the mixture has reached 120F or use the sheeting test where two drops of jelly fall off the spoon together in "sheets".

Avoid over cooking this type of jelly or you may end up with an extremely firm, tough mixture that resembles candy more than a spread. Some general guidelines apply to remaking a spread using added pectin.

Remake a trail batch using one cup of jelly or jam first. After making the trail batch, wait 24 hours to see if it sets. Store any open pouches of liquid pectin in the refrigerator until you do the whole batch. Don't store opened liquid pectin beyond the remake time. Do not remake more than 8 cups at one time.

The following directions come from the National Center for Home Food Preservation. To remake a cooked jelly made with powdered pectin, for each cup of jelly or jam, measure two tablespoon

sugar, one tablespoon water and 1 1/2 teaspoons of powdered pectin. Mix the pectin and water and bring to a boil, stirring constantly. Add jelly or jam and sugar. Stir thoroughly. Bring to a full rolling boil over high heat, stirring constantly. Boil mixture hard to 1/2 minute.

Remove from heat, skim, and pour into hot, sterilized containers. Seal and process again in a boiling water bath for 5 minutes. To remake a cooked jelly or jam with liquid pectin, for each cup of jelly or jam, measure three tablespoons sugar, 1 1/2 teaspoons lemon juice and 1 1/2 teaspoons of liquid fruit pectin.

Place jelly or jam in a saucepot and bring to a boil, stirring constantly. At once add sugar, lemon juice and liquid pectin. Bring to a full rolling boil, stirring constantly, and boil hard for 1 minute. Remove from heat, skim, and pour into hot, sterilized containers and process 5 minutes in a boiling water bath.

To remake an uncooked jelly or jam with liquid pectin, mix the jelly or jam and for each cup of jelly add three tablespoons sugar, and 1 1/2 teaspoons lemon juice. Stir well for about three minutes until sugar is dissolved. Add 1 1/2 teaspoons liquid pectin per cup of jelly or jam and stir about three minutes or until well blended. Pour into clean containers. Cover with tight lids. Let stand in the refrigerator until set and then store in the refrigerator or freezer.

To remake uncooked jelly or jam with powdered pectin, mix jelly or jam and two tablespoons sugar for each cup of jelly or jam. Stir well until dissolved (about 3 minutes). Measure 1 tablespoon water and 1 1/2 teaspoons powdered pectin for each cup of jelly or jam. Place in a small saucepan and place over low heat, stirring, until the powdered pectin is dissolved. Add to the sugar and fruit mixture and

stir until thoroughly blended (about 2-3 minutes). Pour into clean containers and cover with tight lids. Let stand in the refrigerator until set; then store in the refrigerator or freezer.

According to the University of Wisconsin, no-cook freezer jams can also be made firmer by cooking them. Bring the soft jelly to a full, rolling boil and boil hard, stirring constantly, for one minute. Remove from heat. Skim off foam. Pour into containers. Let stand at room temperature overnight to cool. Store in the freezer.

No product should be a total loss. If, after trying the test remake, you still are not satisfied with the product or if you just don't want to take the time and effort for a remake, find ways to use the thin jelly as a glaze or syrup. Besides their obvious use on pancakes or waffles, their fruit flavor is a wonderful substitute for sugar in oatmeal or other hot cereals. Use as a sweetener in slushies or milk shakes.

Syrupy orange or peach jellies will make your ice tea very gourmet. Try them as a glaze for fruits, desserts, or petit fours. Drizzle some thin blueberry jam over strawberry shortcake topped with whipped topping for a patriotic dessert. Citrus flavors, peach, pear, or apple work well in glazed carrots or sweet potatoes.

If you have food preservation questions, a home economist is available to answer questions on Wednesdays 10:00 a.m.-1:00 p.m., call (717) 394-6851 or write Penn State Cooperative Extension, Lancaster County, 1383 Arcadia Rd., Rm.1, Lancaster, PA, 17601.

## Do You Suffer From Fibromyalgia?



When I was introduced to New Image I was 50 pounds over weight and suffered from fibromyalgia I was so depressed and in pain the majority of the time I was taking steroids and four other medications, one of which made me so 'groggy' I could hardly get out of bed and another gave me ulcers. I began taking New Image secretly because I thought my family would make fun of me. After a month I discovered I had lost eight pounds and seven inches. Wow! Then it dawned on me I was feeling better, the depression and pain were gone in two months I was off all medications. "I feel SUPERIFIC!" Now two years later I have lost 43 pounds and 30 inches. Thank you New Image for giving me a new life again. Judy Swift - Mt. Washington KY

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