

Tips offered for food preservation

Home ed
Tranda Watts,
Extension
specialist



Home food preservation requires some time, but advances in food safety, science, and technology have simplified the process of preserving summer-fresh fruits and vegetables at home.

Growing interest in gardening and farmers' markets, a desire to increase the number of fruit and vegetable servings for health and to trim food costs, and the popularity of television food shows are stimulating interest in home cooking and food preservation.

Preserving food at home need not be difficult. Key rules are applicable to each of the most frequently used home methods, including canning and freezing:

- Choose fresh fruits and vegetables free of dents, bruises, insect damage and mold.
- Preserve foods as quickly as possible after harvest, preferably within 24 hours.
- Choose an up-to-date, tested recipe and follow the directions exactly. Varying ingredients in a recipe can alter the chemical balance required to preserve food safely and can compromise quality.

Following directions is critical. The acid content of recipe ingredients will dictate the methods needed to preserve foods successfully. For example, high-acid foods such as those used with fruit (jelly-making) and tomato products must be boiled in a hot water bath for a specific time to kill harmful micro-organisms or pathogens that may be present.

If using a sugar substitute, choose a recipe formulated with the substitute rather than sugar.

• Read and follow directions and safety recommendations for cookware used in home food preservation. Dial pressure gauges on a pressure canner should, for example, be checked annually. Contact your local K-State Research and Extension Office to see if they provide this service.

- Use recommended food storage containers in good condition.
- Label and date home canned or dried foods and store them in a cool, dry place, such as a pantry or closet; label and date fresh frozen foods as well. As a general rule, use within a year or less.
- Use common sense. If the seal on a canning jar has failed or a jar leaked, discard it. If food is off-color or has an unusual texture or odor, throw it out without tasting it.

Here's a true story to make you think: A 62-year-old woman dipped a finger into the liquid of home-canned carrots, which she then tasted. She was hospitalized two days later, feeling dizzy and having difficulty walking. She was still hospitalized six months later and lucky to be alive after ingesting Clostridium botulinum, one of the most deadly food-borne toxins.

Home food preservation can be safe, successful and fun, but it is important to follow directions exactly.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office.

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Auction

Auction For: Nellie B. Lawson Trust

REAL ESTATE AUCTION

Saturday, July 16 — 9:00 A.M.

AUCTION LOCATION: 710 SUN AVENUE



NEAT — ROOMY 3 BEDROOM BRICK HOME

Home has 1850 sq. ft. main floor living area with 3 bedrooms, 1 1/2 baths, kitchen, dining area, living room, family room with fireplace and utility room. Basement has 2 bedrooms, 1 bath, furnace room and large unfinished family room. Home has attached 2 car garage with storage room, fenced in back yard, underground watering system in front yard and spacious 150 ft. x 140 ft. lot.

LEGAL DESCRIPTION: A tract of land located in the SE 1/4 of the NW 1/4 of Section 35-T2s-R23 West of the 6th P.M. Norton County, Kansas; more particularly described as follows and assuming the West line of Sun Avenue in the Blickenstaff Addition to the City of Norton bears N 00 00' 00" E. Commencing at a point on the South line of Warsaw Street and the West line of Sun Avenue, Thence S 90 00' 00" West 140 feet on the South line of Warsaw Street vacated to a point; Thence S 00 00' 00" West 150 feet to a point; thence N 90 00' 00" East 140 feet to a point on West line of said Sun Avenue; Thence North 00 00' 00" East 150 feet on said West line of Sun Avenue to a point of beginning. Said tract A.K.A. Lots 1, 2, and 3; Block 11 of Leon Broquet's Addition to Norton, Norton County, Kansas. Said Tract Containing 21,000 + or - square feet.

TAXES: 2004 taxes were approximately \$1,296.00. 2005 taxes will be prorated as of day of auction.

TERMS: \$8,000 down payment day of auction. Balance to be paid upon proof of merchantable title with title insurance policy and delivery of a trustee's deed to the buyer. Final payment to be within 30 days. Title insurance cost will be shared 50% seller and 50% buyer.

POSSESSION: Day of closing.
AGENCY DISCLOSURE: McMullen Real Estate and its Agents are Representing the Seller only and will not be considered Agents for the Buyer. Bidders are urged to inspect the Real Estate and obtain any additional information they deem necessary before purchasing the Real Estate. The Buyer takes the Real Estate in its present condition "As Is", "Where Is" subject only to facts of record and without any EPA, Mechanical, Plumbing, or Termite Inspections. Announcements made day of Auction shall take precedence over any printed material.

Auctioneer's Note: Your opportunity to purchase a spacious family dream home on the east side of Norton, KS. Call McMullen Real Estate at 785-877-3299 for information and viewing of the home

McMullen Real Estate

SATURDAY, JULY 16 — 10:00 A.M.

Furniture and Appliances:

- | | | |
|--------------------------------|--------------------------|-------------------------|
| 54" Oak Round Table | Oak Chairs | Oak Dresser with Mirror |
| Oak Writing Desk | Oak 4-Drawer Dresser | Oak Book Shelves |
| Duncan Phyfe Table and Chairs | Oak Rocker | Child's Rocker |
| Wood Buffet | Dinette Table and Chairs | (2) Dressers |
| 4-Piece Bedroom Set, Full Size | | Kenmore Dryer |
| 3-Piece Bedroom Set, Full Size | | Wood Book Shelves |
| Smaller Wood Tables | Single Bed | Card Table & Chairs |
| Round Wood Lamp Tables | | Iron Baby Bed |
| La-Z-Boy Love Seat Couch | Recliners | Swivel Rockers |
| Metal Kitchen Cupboards | G.E. Refrigerator | Maytag Washer |
| Sharp Microwave | Microwave Cart | Zenith 25" TV |
| Youth Bed | Metal Beds | Child's Chair |
| Coffee Tables | End Tables | Table Lamps |
| | | Hanging Lamps |

Household - Tools - Yard:

- | | | |
|-----------------------------------------------|--------------------------|------------------------------|
| Corning Ware (Many NIB) | Glasses Sets | Dish Sets |
| Snapper 5 HP SP Rear Bag, Electric Star Mower | Limb Trimmers | |
| Tupperware | Rubbermaid Items | MTD 5 HP Tiller |
| Bird Bath | | |
| Cooking Pans | Cake Pans | Hack Saws |
| Hand Saws | | |
| Lawn Chairs | Pyrex Pie Pans | Pyrex Casserole Dishes |
| Hammers | Pliers | Pyrex Mixing Bowls |
| Pyrex Measuring Cups | | |
| Wood Planes | Fence Stretchers | Sheets/Blankets/Pillow Cases |
| Pressure Cookers | Pressure Canners | |
| Pitch Forks | Shovels | Canning Jars |
| Canning Supplies | | |
| Hoes/Rakes | Towels | Wash Cloths |
| Tea Towels | | |
| 50-Cup Coffee Maker | Oster Blender | Cookie Cutters |
| Canister Sets | Cutting Boards | Ribbons Bows |
| New Blankets | | |
| Christmas Decorations | Christmas Wrapping Paper | |
| New Bath Towel Sets | New Table Cloths | New and Used Games |



Oak 4-Drawer Dresser w/Mirror



China Hutch

ANTIQUES AND COLLECTIBLES:

- | | |
|--------------------------------------------------------|---------------------------------------|
| Green Depression Refrigerator Dish Set | Green Depression Plates and Bowls |
| Pink Depression Cookie Jar (No Lid) | 2 Gallon and 4 Gallon Red Wing Crocks |
| Pink Depression Pitcher, Juicer, Creamer and Sugar | (2) #40 Daisy Butter Churns |
| Sheffield "Elegance" China | Ecko "Golden Autumn" China |
| Heisey Glass Pitcher | |
| Creative "Island Rose" China | Tea Pots |
| Queen Anne "Signature Collection" China | |
| Toothpick Holders | Carnival Glass Nappy |
| Colbalt Cup | Libby Glasses |
| Salt & Peppers | |
| Imperial Creamer and Sugar | (4) Crock Bowls |
| Jewelry Boxes | 1 & 2 Gallon Crocks |
| Federal Stemmed Wear with Silver Band | Hager Vases |
| Eagle Stemmed Wine Glasses | |
| Milk Bottles | Cream Bottles |
| Alladin Lunch Box | Avon Jewelry |
| Wash Boards | |
| Pull-Out Valentine | Iris Pattern Candle Holders |
| (3) Kerosene Lanterns | |
| Sad Irons | Enamel Pans, Plates and Cups |
| Cast Iron Boiler/Cast Iron Skillets | |
| Camel Back Trunks | Wood Kraut Cutter |
| Avon Bottles | 3, 5, and 8 Gallon Cream Cans |
| Corn Grater | Nail Kegs |
| Fruit Baskets | Costume Jewelry |
| Pedal Sharpening Stone | |
| Iron Handled Cultivator | White Mountain Ice Cream Freezer |
| Coast King Bike | |
| Western Flyer Girls Bike | Kid's Wagon |
| Tonka Metal Toys | Gabrielle Doll in Box |
| Carom Boards | Croquet Set |
| Lee Mercantile Co. Wood Box | Oak Picture Frames |
| Copy of Antonius Stradivarius Violin (Made in Germany) | Ornate Picture Frames |
| Homer Laughlin "Georgian" Plates | McGuffey's Fifth Reader |
| Metal Colored Glasses | |
| 1952 Norton County Map | Old Photo Albums |
| Oak Framed Beveled Mirror | |
| Roseville "Foxglove" Vase | Handmade Quilts and Comforters |
| Wood Rocking Horse | |
| Several Older School Books & Story Books | Puzzles |
| Comic Books | 12 & 25 Centers |



(2) Ingraham Kitchen Clocks



No. 9 Gallons Wood Butter Churn

AUCTIONEER'S NOTE: Not a complete listing by any means!! Most items were packed at listing time!! Many neat, unusual, and usable items on the Auction! Enjoy the 16th of July with McMullen & Wyatt Auctions and see what else we find!!

TERMS: CASH DAY OF AUCTION. NOTHING REMOVED UNTIL SETTLED FOR. ANNOUNCEMENTS MADE DAY OF SALE TAKE PRECEDENCE OVER PRINTED MATERIAL. NOT RESPONSIBLE FOR ACCIDENTS OR ITEMS AFTER SOLD. LUNCH STAND BY SENIOR CITIZENS

AUCTION FOR: NELLIE B. LAWSON TRUST

McMULLEN AND WYATT AUCTIONS

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Donald McMullen — Broker/Auctioneer — 785-877-2028 • Robert Wyatt — Auctioneer/Salesperson — 785-877-2731

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For more information contact Linda Terrell, 877-5219