

ALL PROCEEDS FOR UPKEEP & IMPROVEMENTS TO VETERANS COMMUNITY CENTER HALL

According to nutritionist Marilyn Haggard, recent U.S. Department of Agriculture research shows that the safety of home canning is compromised when the canner is inexperienced after canning. "This can compromise the safety of home canned tomatoes, especially if they are overripe when canned or if the lower-acid varieties are used," she says. "The pH of the lemon juice to tomatoes, the acid level will be high enough that home canners can safely use a water bath for tomatoes, rather than having to use a pressure canner."

One tablespoon of bottled lemon juice per pint or two tablespoons per quart should be added to the tomatoes. Bottled lemon juice is recommended because it is uniform pH.

Jerri L. Clipson of Eagle Lake, Sellsas P. Coble Rock Island, Cynthia M. Hanak, Mary E. Laine and Heather M. Voelkel, all of Columbus, Robin S. Meyer of Ames, and Amy L. Hays of Ames and Rhonda M. Miller, both of Weimar, were among the 1,649 students who 1986 spring semester grades earned them places on the All-American Southwest Texas State University.

To qualify for the academic honor listing, an undergraduate student must have earned a grade point average of 3.0 or better in the semester while taking at least 12 semester hours of course work.

green background color and is quite firm or hard, it will not ripen, and should be avoided.

While a red color, or blush, on the peach looks pretty, be sure the background color is yellow or at least creamy. If a peach has a deep reddish brown color and is slightly soft with no bruises, it can be used immediately, but not held for long periods of time.

A medium sized peach has about 38 calories, and is an excellent source of fiber. A peach is Vitamin A, calcium, and potassium.

Whether you prefer blueberries or peaches, the Texas Summer fruits are a tasty addition to any plate. **Fruit 'n Berry Salad** is

Homemade Peach Ice Cream

1/2 C sugar	
4 C peeled, sliced Texas peaches	
6 eggs	
1 C sugar	
1 (13 oz.) can evaporated milk	
1 (14oz.) can sweetened condensed milk	

1. Put whipping cream
1 T. vanilla
1 Homogenized milk

Sprinkle sugar on peaches and cover. Best eggs well. Add sugar, canned milk and whipping cream and vanilla. Pour into freezer container. Finish filling container with milk. Freeze. Makes 1 gallon.

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The Act provides that the farm poundage quota established for a farm in the 1986 through 1990 marketing years shall be reduced to the extent that the farm poundage quota is effective only for the crop year in which it is made.

Committee in Columbus.)