

Hints from... Jeanene

TEXAS A&M
AGRI LIFE
EXTENSION

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Cleaning to Control Allergies & Asthma

If you or your child have allergies or asthma, you already know that many things can bring on, or "trigger," an asthma flare or episode. Some things that trigger asthma attacks are called allergens. Some people get symptoms from only one allergen — like dust mites. For other people, more than one kind of allergen can trigger an episode.



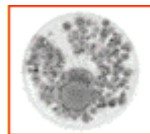
animal dander



cockroaches



dust mites



mold / mildew



pollen

Cleaning can help control these allergens

It's one of the easiest steps you can take to help reduce allergy or asthma flares (episodes).

Cleaning your home is one of the easiest steps you can take to help reduce allergy or asthma flares is to control triggers such as animal dander, cockroaches, dust mites, mold / mildew, pollen. If you don't clean, the mildew, dust and other allergens will build up, making asthma symptoms worse. Here are more tips for cleaning to control allergies in your home:

- A supportive family can make all the difference in the life of an asthmatic. Work together to get rid of triggers at home — if everyone helps out, it can be easy and fun!
- For the asthmatic person(s) in the family, assign tasks like dishwashing and cleaning up daily clutter before it becomes dusty.
- When tackling other tasks — such as dusting, sweeping, or using cleaning products that could trigger allergies/asthma — make sure that the asthmatic person is out of the room.
- Read and follow label directions on cleaning products. The label directions give the proper amount of product to use, how to use the product and any special safety advice.
- If you use spray products, spray the cleaner on a cloth or sponge first instead of on the surface.
- Clean in a "well-ventilated" area — open a door and a window or turn on an exhaust fan. Leave the room when you are done cleaning and allow the room to air out.
- Try using cleaning products that have no scent or are perfume free.
- Try different products to find the ones that work best for you.

Are you familiar with the new single-load liquid laundry packets?

They are a new laundry innovation which contains highly concentrated detergent in single pouches. If not safely stored, the packets can attract dangerous interest from young children leading to injury from ingestion or exposure to the eyes. ACI urges parents and caregivers to keep these products in a secure location out of reach and sight of young children.



How do I use this new product?

- Like all other cleaning products, keep single-load liquid laundry packets out of the reach of children and pets between every load to prevent unintended exposure.
- Add the single-load liquid laundry packets to the bottom - also known as the drum - of the washing machine, both for top-loader and high-efficiency front-loader machines, before adding clothes, for best results. Do not put this product in your machine's dispenser drawer.
- Do not cut or tear the single-load liquid laundry packets. They are designed to dissolve completely in the machine, even in cold water.
- Read the product label to determine how much product you should use.
- Do not use the single-load liquid laundry packets for washing laundry by hand or to pretreat fabric.
- If the single-load liquid laundry packets stick together, throw them away.
- Handle this product with dry hands only, and remember to close the product container completely after each use to keep out moisture. The film that encases the laundry detergent is designed to dissolve quickly, even in small amounts of water. Store this product away from water.
- Always ensure re-closable bag or container is tightly sealed after use and during storage.
- As with other laundry products, keep product in its original container with intact labels.
- Store products away from food, as you would with other laundry products.

If you think a child has been exposed to a single-load liquid laundry packets, call your local poison center at 1-800-222-1222 immediately.

www.cleaninginstitute.org

Plastic Ware in the Dishwasher

Backyard picnics, snacks at the beach or campground meals often mean using plastic dishes and cups. To make clean up easy, check that your plastic dishes and cups are dishwasher safe. Nancy Bock, Senior Vice President of Meetings & Education at the American Cleaning Institute, offers these tips for properly cleaning your plastic ware in the dishwasher.



- Place the dirtiest side of the item facing the source of the water spray.
- Don't let large items cover small items, like cups or upside-down flatware.
- Avoid stacking items together - if they are too tight, water can't get to them.
- Place plastic ware on the top rack so the force of the water won't flip them upside down.
- After you run the dishwasher, empty any water pooled on curved surfaces.
- Let the plastic ware drain, or put a fan on it, and it will dry.

What You Need to Know About Skin Cancer

(but were afraid to ask!)

Prepared by: Laura Strawn, MA, RN and Jennifer Janssen, MEd

Skin cancer is the most common cancer, but is easily preventable and treatable if discovered early.

Am I at risk for skin cancer?

- ◆ If you live in Texas, the answer is almost certainly “Yes!” Texans have a one in three chance of developing skin cancer.

Why should I worry about skin cancer? My parents and grandparents had never heard of it.

- ◆ Skin cancer rates are rising every decade. Scientists think one reason for this is a change in the earth’s atmosphere that allows more Ultraviolet (UV) radiation through. Also, we don’t wear clothes that cover most of our bodies like our parents and grandparents did.

What causes skin cancer?

- ◆ Sunlight contains Ultraviolet-A (UV-A) and Ultraviolet-B (UV-B) light bands. UV-B light is strongest at midday and causes sunburn. UV-A is present more consistently all day. It causes tanning, thickening and wrinkling of the skin, cataracts of the eyes, and can depress the immune system. Both UV-A and UV-B can cause skin cancer.

What about indoor tanning?

- ◆ Many tanning parlors advertise that their beds are “safe.” However, scientists now believe that the UV-A light used in tanning beds actually penetrates the skin to cause damage at a deeper level than UV-B light. The bottom line is that anything that causes the skin to tan or burn is actually damaging the skin and placing you at increased risk of skin cancer someday.



What can I do about skin cancer?

- ◆ Use sunscreen with a SPF of at least 15.
- ◆ Reapply sunscreen regularly about every two hours and after swimming or strenuous activity.

Doing Laundry - The Safe Way

The American Cleaning Institute® is dedicated to creating better living through the safe and effective use of cleaning products. For a healthy and safe laundry routine, follow these guidelines each and every day.

Store laundry products safely.

- Keep laundry products out of the reach of children and pets.
- Remember to keep products in their original container with the original label intact and immediately put them away in a secure location after use.

Children are usually curious and explore all the new things they find around a household. Take care to keep laundry products out of reach of young children.

Pay attention during use.

- Read and follow all recommended instructions on the laundry product label prior to use. Be sure to pay particularly close attention to all 'Caution', 'Danger' or similar statements.
- Never combine laundry detergents with ammonia or other household cleaning agents because some chemical mixtures may release irritating gases.
- Remember to clean up any spills, and immediately wash your hands and any items used to dispense or measure products.
- Choose to do laundry in the absence of young children so that you can give it your full attention without distractions.

Always close the laundry detergent container, box, bottle or pouch immediately after each use. Make it a habit to put laundry products away when you have finished using them.

Dispose of products properly.

- To protect children, pets and garbage handlers, remember to rinse and re-cap the bottle before throwing away or recycling.
- Never use empty detergent containers for storage of any other materials, especially for anything intended for human consumption.

Teach young children that laundry products and their containers are not toys.

Know what to do.

- Laundry product labels contain first aid information and are a valuable resource for consumers.
- Familiarize yourself with product labels and know where the safety information is located on the label. Know what to do before unintended exposure happens.
- Keep the Poison Control Center phone number (1-800-222-1222) available at all times.

To ensure the safety of you and your family, cleaning product manufacturers work in close partnership with the Poison Control Centers to share information about products on a routine basis.



Kep single-load liquid laundry packets out of the reach of children

Educate your family and friends about the safe use and storage of these new laundry products

You serve a key role in laundry safety



Spotlight on Spring Cleaning

If you think spring cleaning is just something your grandmother used to do and that it's a thing of the past - think again! A good spring cleaning reaps many rewards, says Nancy Bock, Vice President of Education at The Soap and Detergent Association.

Besides the fact that it's just aesthetically pleasing and more relaxing to live in a clean home than a dirty one, getting rid of the clutter and grime can make your home a healthier place to live. This is important for everyone, but particularly essential in a home where there are small children or elderly residents. According to the Asthma and Allergy Foundation of America, one in four Americans suffers from asthma or allergies. A clean home is an important way to keep dust, pollen, pet dander and other allergens that trigger allergies and asthma under control. Even the act of cleaning can be good for your health. It is, after all, exercise - which is good for your body and is effective as a stress reliever. A clean home is also economically smart. Caring for your home and the possessions in it is a good way to protect your investments. Once again, grandma's generation got it right!



Before you begin cleaning...

- **Inventory your cleaning supplies.**

The basics should include an all-purpose spray cleaner (for small, washable areas), an all-purpose powder or liquid cleaner (for large washable surfaces like floors and walls), an abrasive cleanser (to remove heavy amounts of soil in small areas), a nonabrasive cleanser (for gentle cleaning on easily scratched surfaces, including porcelain sinks and ceramic tile), chlorine bleach (an effective disinfectant, particularly where mold and mildew are present), glass cleaner, furniture dusting product (such as a spray and a clean cloth, or a microfiber cloth, mitt or duster) and toilet bowl cleaner. You may also need to add cleaners specific to your surfaces, such as metal polishes and granite cleaners, or your personal preferences, such as wipes and special-purpose sprays.

- **Make a clean-safe plan.**

As you are taking inventory, analyze where your cleaning supplies are stored. If there are pets or small children in the household, be sure they are stored in a locked cabinet, out of reach of little explorers. Schedule cleaning during "down" time such as nap time or when small children are in school or on a play date.

- **Clear the clutter.**

Recycle old catalogs and magazines. A good rule of thumb is to keep catalogs no longer than a week, magazines no longer than three months. As you recycle, note what you haven't got around to reading and consider canceling these subscriptions. Create a place to deposit mail that needs to be attended to. Put clothes and small items away in drawers, cabinets and closets.

- **Analyze and remove the big stuff.**

If your area rugs haven't been professionally cleaned in awhile, now is the time to send them out. Are your washable curtains due for a laundering? How about comforters, blankets, bed skirts, slipcovers and shower curtains? Removing these things from the room and starting them on their cleaning journey will make it easier to tackle the rest of the space and it will be easier to see what needs to be done.

- **Vacuum.**

Move the furniture and send the dust bunnies packing. Then put the vacuum to work on the rest of the room: draperies, upholstered furniture, lampshades, the tops of picture frames, mirrors and windows, edges of moldings, etc.

- **Step back and observe.**

Do the walls need to be washed, wiped or vacuumed? What about the light fixtures? The window treatments? Did vigorous vacuuming clean the carpet or is some deep-cleaning required? If you've done most of your cleaning at night, wait until you see the room in the daylight before you declare it clean!

Stain Removal Guide

For those times when you just don't know what to do to remove a stubborn stain!

Stain	Treatment
<u>Adhesive tape, chewing gum, rubber cement</u>	<ol style="list-style-type: none"> 1. Apply ice or cold water to harden surface; scrape with a dull knife. 2. Saturate with prewash stain remover or cleaning fluid.
<u>Baby formula</u>	<ol style="list-style-type: none"> 1. Pretreat or soak stains using a product containing enzymes. 2. Soak for at least 30 minutes or several hours for aged stains 3. Launder.
<u>Beverages (coffee, tea, soft drinks, wine, alcoholic beverages)</u>	<ol style="list-style-type: none"> 1. Sponge or soak stain in cool water. 2. Pretreat with prewash stain remover, liquid laundry detergent, liquid detergent booster or paste of powder laundry product and water. 3. Launder using sodium hypochlorite bleach, if safe for fabric, or oxygen bleach. <p>NOTE: Older stains may respond to pretreating or soaking in a product containing enzymes, then laundering.</p>
<u>Blood</u>	<p><i>Fresh Stains</i> Soak in cold water (do not use hot water as it will set blood stains). Launder.</p> <p><i>Dried Stains</i> Pretreat or soak in warm water with a product containing enzymes. Launder.</p> <p>NOTE: If stain remains, rewash using a bleach safe for fabric.</p>
<u>Bodily fluids</u>	<ol style="list-style-type: none"> 1. Pretreat or soak in a product containing enzymes. 2. Launder using sodium hypochlorite bleach, if safe for fabric, or oxygen bleach.
<u>Brown or yellow discoloration from iron, rust, manganese</u>	<p>Use a rust remover recommended for fabrics; launder.</p> <p>NOTE: Do not use a sodium hypochlorite bleach to remove rust stains because it may intensify discoloration</p>
<u>Candle wax</u>	<ol style="list-style-type: none"> 1. Scrape off surface wax with a dull knife. 2. Place stain between clean paper towels and press with a warm iron. Replace paper towels frequently to absorb more wax and to avoid transferring stains. 3. Place stain facedown on clean paper towels. Sponge remaining stain with prewash stain remover or cleaning fluid; blot with paper towels. Let dry. 4. Launder. <p>NOTE: If any color remains, rewash using sodium hypochlorite</p>

Stain	Treatment
<u>Chocolate</u>	<ol style="list-style-type: none"> 1. Pretreat or prewash in warm water with a product containing enzymes. Or, treat with a prewash stain remover. 2. Launder. <p>NOTE: If stain remains, rewash using a bleach safe for fabric.</p>
<u>Collar, cuff soil</u>	<ol style="list-style-type: none"> 1. Pretreat with prewash stain remover, liquid laundry detergent or paste of powder detergent and water. 2. Launder.
<u>Cosmetics</u>	<ol style="list-style-type: none"> 1. Pretreat with prewash stain remover, liquid laundry detergent, paste of powder detergent or laundry additive and water. Or, rub with bar soap. 2. Launder.
<u>Crayon</u>	<p><i>For a Few Spots:</i></p> <ol style="list-style-type: none"> 1. Treat the same as candle wax or dampen the stain and rub with bar soap, 2. Launder using hottest water safe for fabric. <p><i>For a Whole Load of Clothes:</i></p> <ol style="list-style-type: none"> 1. Wash with hot water using a laundry soap and 1 cup (212 g) baking soda. <p>NOTE: If color remains, launder using sodium hypochlorite bleach, if safe for fabric. Otherwise, pretreat or soak in a product containing enzymes or an oxygen bleach using hottest water safe for fabric, then launder.</p>
<u>Dairy products</u>	<ol style="list-style-type: none"> 1. Pretreat or soak stains using a product containing enzymes. 2. Soak for at least 30 minutes or several hours for aged stains. 3. Launder.
<u>Deodorants, antiperspirants</u>	<p><i>Light Stains:</i></p> <ol style="list-style-type: none"> 1. Pretreat with liquid laundry detergent. Launder. <p><i>Heavy Stains:</i></p> <ol style="list-style-type: none"> 1. Pretreat with prewash stain remover. Allow to stand for 5 to 10 minutes. 2. Launder using an oxygen bleach.
<u>Dye transfer</u>	<ol style="list-style-type: none"> 1. Attempt restoration of white fabrics that have picked up color from other fabrics by using a packaged color remover, following label directions. 2. Launder. <p>NOTE: If dye remains, launder again using sodium hypochlorite bleach, if safe for fabric. For non-colorfast fabrics, soak in oxygen bleach, then launder.</p> <p>NOTE: This type of stain may be prevented if proper sorting and laundering procedures are followed.</p>
<u>Egg</u>	<ol style="list-style-type: none"> 1. Pretreat or soak stains using a product containing enzymes. 2. Soak for at least 30 minutes or several hours for aged stains. 3. Launder.

Stain	Treatment
<u>Fabric softener</u>	<ol style="list-style-type: none"> 1. Dampen the stain and rub with bar soap. 2. Rinse out, then launder.
<u>Fruit, juices</u>	<ol style="list-style-type: none"> 1. Wash with bleach safe for fabric.
<u>Grass</u>	<ol style="list-style-type: none"> 1. Pretreat or soak in a product containing enzymes. <p>NOTE: If stain persists, launder using sodium hypochlorite bleach, if safe for fabric, or oxygen bleach.</p>
<u>Grease, oil</u>	<p><i>Light Stains:</i></p> <ol style="list-style-type: none"> 1. Pretreat with prewash stain remover, liquid laundry detergent or liquid detergent booster. 2. Launder using hottest water safe for fabric. <p><i>Heavy Stains:</i></p> <ol style="list-style-type: none"> 1. Place stain facedown on clean paper towels. Apply cleaning fluid to back of stain. 2. Replace paper towels under stain frequently. 3. Let dry, rinse. Launder using hottest water safe for fabric.
<u>Ink</u>	<p>NOTE: Some inks in each of the following categories – ballpoint, felt tip, liquid- may be impossible to remove, Laundering may set some types of ink. Try pretreating using one of the following methods:</p> <p><i>Prewash Stain Remover:</i></p> <ol style="list-style-type: none"> 1. Pretreat using a prewash stain remover. Launder. <p><i>Denatured Alcohol or Cleaning Fluid:</i></p> <ol style="list-style-type: none"> 1. Sponge the area around the stain with the alcohol or cleaning fluid before applying it directly on the stain. 2. Place stain facedown on clean paper towels. Apply alcohol or cleaning fluid to back of stain. Replace paper towels frequently. 3. Rinse thoroughly. Launder. <p><i>Alternate Method for Denatured Alcohol or Cleaning Fluid:</i></p> <ol style="list-style-type: none"> 1. Place stain over mouth of a jar or glass; hold fabric taut. 2. Drip the alcohol or cleaning fluid through the stain so ink will drop into the container as it is being removed.
<u>Mildew</u>	<p>NOTE: Badly mildewed fabrics may be damaged beyond repair.</p> <ol style="list-style-type: none"> 1. Launder stained items using a bleach safe for fabric and hottest water recommended for fabric.
<u>Mud</u>	<ol style="list-style-type: none"> 1. When dry, brush off as much mud as possible. <p><i>Light Stains:</i></p> <ol style="list-style-type: none"> 2. Pretreat with a paste of powder detergent and water, liquid laundry detergent or a liquid detergent booster. Launder. <p><i>Heavy Stains:</i></p> <ol style="list-style-type: none"> 1. Pretreat or presoak with a laundry detergent or a product containing enzymes. Launder.
<u>Mustard</u>	<ol style="list-style-type: none"> 1. Pretreat with prewash stain remover. 2. Launder using sodium hypochlorite bleach, if safe for fabric, or oxygen bleach.

Stain	Treatment
<u>Nail polish</u>	<p>NOTE: Nail polish may be impossible to remove.</p> <ol style="list-style-type: none"> 1. Try nail polish remover but do not use on acetate or triacetate fabrics. 2. Place stain facedown on clean paper towels. Apply nail polish remover to back of stain. Replace paper towels frequently. 3. Repeat until stain disappears, if it does. 4. Rinse and launder.
<u>Paint</u>	<p><i>Water-based Paint:</i></p> <ol style="list-style-type: none"> 1. Rinse fabric in warm water while stains are still wet. 2. Launder. <p>NOTE: Once paint is dry, it cannot be removed.</p> <p><i>Oil-based Paint and Varnish:</i></p> <ol style="list-style-type: none"> 1. Use the same solvent the label on the can advises for a thinner. 2. If not available, use turpentine. 3. Rinse. 4. Pretreat with prewash stain remover, bar soap or laundry detergent.
<u>Perfume</u>	<ol style="list-style-type: none"> 1. Pretreat with prewash stain remover or liquid laundry detergent. 2. Launder.
<u>Perspiration</u>	<ol style="list-style-type: none"> 1. Use a prewash stain remover or rub with bar soap. <p>NOTE: If perspiration has changed the color of the fabric, apply ammonia to fresh stains or white vinegar to old stains; rinse.</p> <ol style="list-style-type: none"> 2. Launder using hottest water safe for fabric. <p>NOTE: Stubborn stains may respond to washing in a product containing enzymes or oxygen bleach in hottest water safe for fabric.</p>
<u>Pine resin</u>	<ol style="list-style-type: none"> 1. Sponge the stained area with a dry-cleaning solvent; let it air-dry. 2. Soak the stain in a solution of one cup of liquid laundry detergent and a few drops of ammonia (Caution: Never mix chlorine bleach and ammonia - the resulting fumes are hazardous) for at least 30 minutes. 3. Launder using liquid laundry detergent.
<u>Scorch</u>	<p>NOTE: Badly scorched fabrics may be damaged beyond repair.</p> <ol style="list-style-type: none"> 1. Launder using sodium hypochlorite bleach, if safe for fabric. Or, soak in oxygen bleach and hot water, then launder.
<u>Shoe polish</u>	<p><i>Liquid Shoe Polish:</i></p> <ol style="list-style-type: none"> 1. Pretreat with a paste of powder detergent and water. 2. Launder. <p><i>Paste Shoe Polish:</i></p> <ol style="list-style-type: none"> 1. Scrape residue from fabric with a dull knife. 2. Pretreat with a prewash stain remover or cleaning fluid; rinse. 3. Rub detergent into dampened area. 4. Launder using a bleach safe for fabric.

Stain	Treatment
<u>Tar</u>	<ol style="list-style-type: none"> 1. Scrape residue from fabric. 2. Place stain facedown on paper towels. Sponge with cleaning fluid. Replace paper towels frequently to absorb more tar and to avoid transferring stains.
<u>Tobacco</u>	<ol style="list-style-type: none"> 1. Dampen stain and rub with bar soap; rinse. 2. Pretreat or soak in a product containing enzymes. 3. Launder. <p>NOTE: If stain remains, launder again using a bleach safe for fab-</p>
<u>Typewriter correction fluid</u>	<ol style="list-style-type: none"> 1. Let stain dry thoroughly, then gently brush excess off with a clothes brush. 2. Send to professional drycleaner and mention the type of stain.

Plastic Food Containers

Clean or Toss?

If your plastic food container can't hold its shape in hot water or the microwave, then you may need to toss (or recycle) it. This is true of most containers that are meant to transport food such as takeout containers, and those that you purchase food products in, such as yogurt containers. These types of containers are designed for a one time use only.

If the container is a keeper, make sure it is clean for the next use.

Wash

- Remove any leftover food and rinse in hot water
- Wipe extra grease with a sponge or paper towel
- Wash in the sink with dish soap and warm water or put it in the dishwasher top rack
- You may want to add a plastic booster (put it where you would add a rinse aid)
- Dry your container using a kitchen towel or the low-heat cycle on the dishwasher

Remove Stains

- You may need to take extra steps to remove remaining stains
- Put on the kitchen counter and leave in the direct sun for a few hours
- Soak containers using a mild bleach solution of 2 teaspoons of bleach per gallon of water, drain and dry thoroughly before use
- For containers that stink, try baking soda and water scrub (1 teaspoon of baking soda with one cup of water) or you can also try undiluted vinegar
- Be sure to wash the container after any of these stain removal steps
- If the stain won't budge, throw the container away!

Avoid Future Stains

You can prevent stains before they happen by spraying the inside of the container with an unflavored cooking spray. If you are not using the container for cooking, you can line the container with foil or plastic wrap. Tomato stains are stubborn so refrain from microwaving tomato sauce in plastic containers.



Picnics & parties



Pizza Scones

Ingredients:

2 cups flour	1 stick cold butter, cut into small pieces
1/2 cup fine cornmeal	1/2 cup diced sun-dried tomatoes
1 tablespoon baking powder	1 cup shredded mozzarella cheese
1 teaspoon basil	1/3 cup finely chopped pepperoni
1/2 teaspoon oregano	2 large eggs
1/4 teaspoon salt	3/4 cup buttermilk



Directions:

- * Preheat oven to 375 degrees.
- * In a large bowl, mix the flour, cornmeal, baking powder, basil, oregano and salt. Cut in the butter until the mixture resembles coarse crumbs (like a biscuit mix).
- * Place the diced sun-dried tomatoes in a medium-size bowl and cover them with boiling water and let stand for 30 seconds, then drain and stir in the cheese and pepperoni.
- * In a small bowl, whisk together the eggs and buttermilk, then add them and the tomato mixture to the dry ingredients. Stir until the mixture forms a sticky dough.
- * Turn out the dough onto a lightly floured surface. Gently knead the dough until it holds together, about five times.
- * Roll out dough and use a biscuit cutter to cut circles or a knife to cut triangles. Place them on a lightly greased baking sheet about 1 inch apart and bake until golden brown, about 15 to 20 minutes. Serve warm or at room temperature.

www.familyfun.go.com



DIRT CAKE

- 1 clean plastic bucket & shovel
- 1 lb. Oreo cookies
- 2 pkgs. vanilla pudding
- 1 (8 oz.) pkg. cream cheese, softened
- Cool Whip



Crush cookies with rolling pin. Mix pudding according to directions on box. Add softened cream cheese and mix until well blended. You can stir gently in the cookie crumbs; or layer pudding, cookie crumbs, pudding, cookie crumbs... Put in bucket (clean works best) (or 9 x 13 inch pan). Keep refrigerated until ready to serve. Fun dessert for parties or picnics. You could also use as centerpiece with a shovel and plastic flowers. When dinner is over, just start serving dirt. It can be a surprise or shock to others when they're not aware of it. Add gummy worms for added fun. Enjoy!

PICNIC

Fried Chicken

Ingredients:

2 (3 lb.) broilers, cut into pieces
1 1/2 c. unsifted flour
1 1/2 tsp. salt
2 tsp. thyme leaves
2 tsp. paprika
1 egg
1/3 c. milk
2 tbsp. lemon juice
Vegetable oil



Directions:

Wash but do not dry the chicken. Combine flour, salt, thyme, and paprika, in a shallow dish. Beat the egg and combine with milk and lemon juice in another shallow dish; mix well.

Roll the chicken in the flour; dip in the egg mixture and then roll again in the flour. Set aside on waxed paper for at least 30 minutes so that the coating will dry; roll in flour again if the coating has remained moist.

Pour vegetable oil about 1/2 inch deep in a very large skillet and heat to 375 degrees. Cook chicken pieces, skin side down, until golden brown on one side, usually 5-10 minutes. Then turn and brown the other side. Reduce heat; cover the skillet and cook for 25 additional minutes or until thoroughly done. Drain on absorbent paper before eating or packing for the picnic.

Picnic Pasta Salad Italiano

Ingredients:

1/2 (16 oz.) box med. macaroni shells
1/2 (16 oz.) box pasta ruffles
1/2 (16 oz.) box tri-color rotini pasta (spinach, tomato, etc.)
4 oz. pepperoni, sliced thin and cut into strips
8 oz. shredded Mozzarella cheese
4 scallions, thinly sliced
1 c. sliced black olives
2 sm. zucchini, cut into cubes and blanched
3 Italian tomatoes, seeds removed, diced
2 carrots, shredded
2/3 c. grated Parmesan cheese
1 (16 oz.) bottle Wishbone olive oil classics Italian dressing

Directions:

Cook pastas according to package instructions. Drain, rinse and allow to cool. Reserve Mozzarella, Parmesan and Italian dressing. Toss all other ingredients in large salad bowl. Add 8 oz. of Italian dressing and toss. Refrigerate 6 hours or overnight.

Just before serving (or leaving for the picnic!), add the Mozzarella, Parmesan and remaining 8 oz. Italian dressing. Toss thoroughly and enjoy!



Fresh Cherry Cobbler

"This is a delicious cherry cobbler made with fresh cherries instead of canned. It may take a little longer to make because you need to pit the cherries, but it is well worth it when you taste the finished product."

Ingredients:

1/2 cup butter	2 cups pitted sour cherries
1 cup all-purpose flour	3/4 cup white sugar
1 cup white sugar	1 tablespoon all-purpose flour
1 teaspoon baking powder	
1 cup milk	

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Place the butter in a 9x13 inch baking dish, and place in the oven to melt while the oven is preheating. Remove as soon as butter has melted, about 5 minutes.

In a medium bowl, stir together 1 cup of flour, 1 cup of sugar, and baking powder. Mix in the milk until well blended, then pour the batter into the pan over the butter. Do not stir.

Rinse out the bowl from the batter, and dry. Place cherries into the bowl, and toss with the remaining 3/4 cup of sugar and 1 tablespoon of flour. Distribute the cherry mixture evenly over the batter. Do not stir.



Bake for 50 to 60 minutes in the preheated oven, until golden brown. A toothpick inserted into the cobbler should come out clean.



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TEEA CLUBS

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