

## For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

### The Versatile Frying Chicken . . .

You can prepare a frying chicken in the greatest variety of ways of any type chicken you buy. This chicken, or broiler-fryer as it is sometimes called, is a young bird. Because it is young, it is good fried, broiled, roasted, barbecued or even stewed if you wish.

The older birds, stewing chicken or hen are more tender if you cook by moist heat — steaming or stewing.

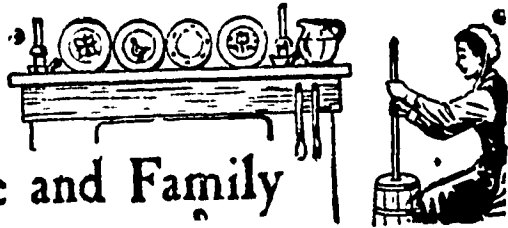
The broiler-fryer is about 10 weeks old and weighs less than 4 pounds. "Stewing chicken" "hen" or "fowl" is an older, less tender bird.

Broiler-fryers, as all poultry, are perishable. The flavor deteriorates if the bird is held under poor storage conditions or for too long a time.

A chilled, fresh bird is best should be used within one month.

if used right away. However, you can keep it in your refrigerator a day or two — if you store in the coldest section. To store properly, unwrap and discard the store wrapping paper and cardboard tray. Rewrap the bird loosely, in foil or moisture-proof paper.

Fresh birds can be frozen with good quality up to one year. But cooked chicken slices or pieces covered with broth or gravy shouldn't be frozen longer than six months. Slices without gravy should be used within one month. Cooked chicken dishes should be used within six months after freezing, while frozen fried chicken ought to be used within four months. Frozen sandwiches of poultry meat



SPENCE

es about 2 cups sauce.)  
Cut chickens in halves or quarters. Season with salt and pepper. Place on cool broiler pan, skin side down. Brush with sauce. Broil 4 to 5 inches from source of heat; turn chicken frequently, basting each time with additional sauce. When chicken is evenly browned and tender (about 30 minutes), remove to hot serving platter and garnish with chopped parsley, serve with lemon wedges and remaining sauce. 4 servings.

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#### CHICKEN POLYNESIAN

6 chicken breasts (halved)  
1 cup sour cream OR 1 cup buttermilk, cultured  
2 teaspoons salt  
1 garlic clove, cut in pieces  
1/4 cup flour  
1 to 3 tablespoons fat or oil, as needed  
1/4 cup water  
1/4 cup chopped onion  
1 tablespoon flour  
1/4 teaspoon ginger  
1 whole clove (spice)  
1 1/2 teaspoons curry powder  
2 tablespoons almonds, chopped or slivered, toasted OR 2 tablespoons shredded coconut

Marinade chicken in sour cream or buttermilk combined with salt and garlic for 1 hour. Drain chicken, reserve liquid. Roll chicken pieces in 1/4 cup flour. Brown in hot fat about 10 minutes. Add water, cover, and cook slowly until chicken is tender — about 1 hour. Add onion and cook until tender. Skim off any excess fat. Remove garlic from sour cream or buttermilk. Blend 1 tablespoon flour and spices with sour cream or buttermilk. Add slowly to chicken mixture. Stir constantly until thickened. Remove whole clove. Serve chicken topped with sauce and garnish with almonds or coconut.

MENU SUGGESTION: Serve with rice, minted peas, and a pineapple salad. Have fruit for dessert.

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#### COUNTRY GRAVY CHICKEN

1 cup flour  
5 teaspoons salt  
1/2 teaspoon pepper  
3 large chicken breasts, halved  
1/4 cup (1/2 stick) butter  
1 tablespoon flour  
1 cup milk  
1 clove garlic, diced, OR 1/4 teaspoon garlic powder  
1/2 teaspoon salt  
2 tablespoons chopped parsley  
1/2 teaspoon rosemary  
1/4 cup chopped green onions  
1/2 cup diced celery  
1 can (4 ounces) sliced mushrooms, drained

Mix flour, salt and pepper in a paper bag. Shake chicken pieces, one at a time, in bag to coat thoroughly. Brown chicken in melted butter in large skillet. Arrange chicken pieces in 2-quart shallow casserole. Blend in 1 tablespoon flour with the fat remaining in the skillet to form a smooth paste. Remove from heat. Add milk, garlic and salt, stir until blended. Return to heat and cook, stirring constantly, until mixture reaches simmering point. Set aside. Sprinkle the parsley, rosemary, onion, celery and mushrooms evenly over the chicken in the casserole. Top with prepared gravy and bake in a preheated 350 degree oven for 45 minutes. Serves 6.

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#### HOT CHICKEN SANDWICH

6 slices whole wheat bread, toasted  
1/2 to 1/4 pound sliced, cooked chicken  
1 recipe chicken sauce  
2 to 3 large tomatoes, yielding 6 slices

4 bacon slices, cut in thirds and partly cooked  
6 stuffed olives, sliced  
Place toast slices in a shallow utensil that can be put under the broiler. Cover with cooked sliced chicken. Pour hot sauce over the sandwiches. Arrange tomato slices on top of sandwiches. Top with sliced bacon and olives. Broil until sandwiches are hot and bacon is crisp.

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#### \*CHICKEN SAUCE

1 to 3 tablespoons butter or fat  
3 tablespoons flour  
1/4 teaspoon salt  
1 1/2 cups chicken broth OR mixture of 1 1/2 cups milk, whole or skim and 3 chicken-flavored bouillon cubes.

Melt fat over low heat; blend in flour and salt. Heat and stir until bubbly. Add broth or milk and bouillon cubes slowly, stirring constantly. Cook over low heat, stirring constantly, until thickened. NOTE: Chicken fat adds extra flavor. Yields 1 1/2 cups sauce.

VARIATION: Mushroom sauce — Sauté 1/2 cup sliced fresh or canned mushrooms in the fat before adding the flour. Use milk instead of chicken broth.

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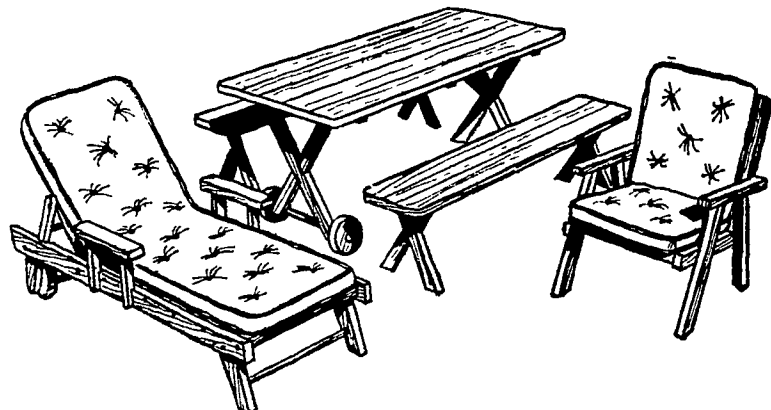
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