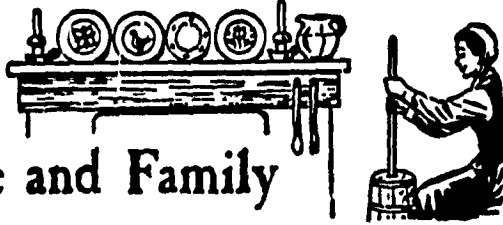


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

TURKEY TALK



SPENCE

A 4½ pound whole leg — drumstick and thigh — from a large turkey is enough for 6 good servings and some smaller pieces for other uses. Turkey legs often frozen in pairs, are available in most market areas but not necessarily in every market. They are a thrifty choice for a good, high quality protein food.

Braising is an excellent way to cook turkey legs and drumsticks for a tender product. It's easier to get deep browning of the legs if they are defrosted, but they may be cooked from the frozen state, either braised or stewed.

Defrosted turkey legs take about 2¼ hours to braise; if cooked without defrosting, allow a little more time. Rub flour seasoned

with salt and pepper into the skin and brown the legs in hot fat. Add a little water, cover and cook over low heat on top of the range or in the oven at 325 degrees until the joint moves easily. Cook 2¼ to 3 hours, for frozen or thawed legs. Turkey leg may be sliced and served hot or cold, cut into chunks and used in salads, casseroles and stews.

in foil, double wrapping if fire is very hot. Place on rack, 3 to 6 inches from heat. Grill one hour or more, until fork-tender, turning occasionally. When turkey is tender, remove from foil and brush with Gala Barbecue Sauce. Grill 15 to 20 minutes longer, turning and brushing frequently.

GALA BARBECUE SAUCE

- 1 can (8 oz.) tomato sauce with tomato bits
- ¼ cup molasses
- ½ cup lemon juice
- ¼ teaspoon salt
- ¼ teaspoon Tabasco
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried leaf marjoram
- 1 tablespoon chopped chives, frozen or freeze-dried

- ### BARBECUED TURKEY DRUMSTICKS
- 6 turkey drumsticks (about 1 pound each)
 - Salt and pepper
 - Butter

Place each turkey leg on a piece of heavy-duty aluminum foil. Sprinkle with salt and pepper and dot with butter. Wrap

Combine ingredients; mix well. Refrigerate overnight to blend flavors. Makes 1½ cups.

NOTE: Sauce may be used on hamburgers or frankfurters. Place meat on grill; brush with sauce. Cook, turning occasionally, until desired degree of doneness, basting frequently.

SUMMER HOLIDAY BARBECUE SAUCE

- ¼ cup molasses
- ¼ cup prepared mustard
- ¼ cup cider vinegar
- 1 cup catsup
- 1 teaspoon dried leaf tarragon

Blend together molasses and mustard; stir in vinegar. Add catsup and tarragon; mix well. Brush on chicken or turkey during last 15 to 20 minutes cooking time, and on hamburgers and frankfurters during all of cooking time. Makes 1¼ cups.

TURKEY-AVOCADO-RICE SALAD

- 4 teaspoons lemon juice
- 1½ cups diced avocado
- 1 cup cooked, diced turkey
- 1 cup cooked rice
- ½ cup finely chopped celery
- ½ teaspoon finely chopped green onion
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 teaspoon salt

Pour lemon juice over avocado. Combine remaining ingredients. Mix well. Add avocado and toss lightly. Chill. Serve on crisp lettuce. About 180 calories per serving. 6 servings.

The recipe for Turkey Harlequin makes 24 servings of ½ cup each. One recipe may be divided to make 6 meals with 4 servings each, or 4 meals of 6

The Pork Chop Is Better

U.S. consumers want leaner pork and they are getting it. Farmers' and meat-packers' efforts are paying off. Over the past 7 years, lard yield per hog has gone down nearly 20 percent.

And USDA now reports that carcass grades have meanwhile shown a substantial increase in the proportion of higher grade hogs slaughtered.

An estimated 49 percent of the barrows and gilts slaughtered in federally inspected plants

from April 1967 to March 1968 graded No. 1 — or lean in relation to length and weight.

This represents a big improvement over the past few years. In a comparable 12-month period in 1960-61, for example, a similar study found that only one-third of the hogs ranked in the top grade.

The typical barrow or gilt pork carcass is about one-third of an inch longer now compared with 7 years ago. Generally, the longer hog is leaner.

Fat hogs grade No. 3, at the other end of the scale. Their number in 1967-68 dropped to 12 percent, down from 25 percent of the total only 7 years ago.

The proportion of No. 2 hogs held about steady at 35 percent. Medium and cull grades totaled less than 3 percent in both studies.

These preliminary figures come from an Economic Research Service study made with Consumer and Marketing Service assistance and not yet published in its entirety.

Carcass grades for the study were obtained for 57,000 hogs, close to one in a thousand of total slaughter. A USDA hog grader sampled and graded 121 full-day hog kills in 56 hog slaughtering plants throughout the United States — a sample chosen to represent all hogs in all regions and seasons.

Official standards for barrow and gilt grades were revised effective April 1, 1968. The revised grades reflect more accurately the improved values of the U.S. pig crop, and are more comparable with grading systems used by some large packers to help producers guide shifts in production.

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