

GOOD NUTRITION IS SUBJECT OF WHITE HOUSE CONFERENCE

Adequate nutrition is every individual's business. And because a balanced diet is so important for the welfare of adults and proper growth in children a White House Conference is scheduled for early December.

Broad focus of the conference is to see that ways and means are available so that rich and poor alike can be adequately nourished from this nation's food supply, according to June Wilke, Extension home economist, Chester County.

Participants at the conference will include representatives from women's groups, medical and health professions, food processors and marketers, retailers, scientists, educators, and consumers from all economic levels. Every facet of food and human nutrition will be discussed in setting up recommendations.

This group is concerned with outlining actions for voluntary organizations to follow in carrying out conference suggestions, says Miss Wilke.

Is Your Thanksgiving Dinner Safe?

With Thanksgiving rapidly approaching, millions of American housewives will be buying and preparing turkeys.

A good way to save time on Thanksgiving Day, says Mrs. Judith Pheil, food and nutrition specialist, University of Maryland, is to buy a commercially stuffed frozen turkey. Don't, she continues, for sanitary reasons, buy a bird, and then stuff and freeze it.

Commercially frozen stuffed turkeys are produced under rigid sanitary conditions, says Mrs. Pheil. The size of the turkey is limited and both turkeys and stuffing are kept at the low temperatures at which they are handled.

A mechanically mixed precooked stuffing in controlled amounts is mechanically stuffed into the body cavity and the turkeys are frozen at -30°F or lower. This quick process under

sanitary conditions and under constant laboratory control results in stuffed poultry of extremely low bacterial count.

The directions on the packages, Mrs. Pheil continues, specify cooking times long enough for the bird and the stuffing to reach a temperature of 165°F, which is sufficient to destroy any microorganisms that might be harmful, thereby making the turkey safe to consume.

Freezing stuffed poultry at home, she continues, is not recommended because the rapid handling and freezing necessary for a safe product cannot be assured under home conditions.

When poultry and stuffing are held at temperatures from 50 to 120°F, microorganisms associated with food poisoning may multiply and produce toxins. Even a bird taken directly from the refrigerator may reach room temperature while it is being prepared for freezing, and the stuffing is likely to be still warm.

At 0°, says Mrs. Pheil, the temperature of most home freezers, the freezing process is so slow that portions of the bird and the stuffing may remain in the danger zone too long, especially if the bird is a large one.

If you want to buy an unstuffed turkey, she continues, freeze it, and then stuff it just before cooking.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Know Your Tuna

Solid pack means solid filets which may be used whole or broken into pieces of any size for hot or cold dishes.

Albacore is the species which produce white meat tuna. It has a delicate flavor and is packed in large, perfect pieces.

Chunk style is tuna that's broken into bite size pieces for casseroles, skillet dishes and salads.

Grated or flaked tuna is a short cut to economical mixtures for sandwiches, dips and salads.

Beware Of Sharpshooters

You are a sitting duck for sharpshooters if you are intrigued with

Getting a lot for a little. Specials that appear to be "just for you" "Deals" where you must decide right now. These are some of the special appeals

which swindlers use to appeal to your prejudice and self esteem. To avoid being a sitting duck study these rules and follow them.

Read and understand the content before signing any document, and keep a copy.

Refuse to deal with strange's. Get the facts before you make a decision.

Refuse to be pushed into any deal or into spending money.

Investigate before you contribute to unknown charities.

Space Age Nutrition

Space age nutrition for our Apollo astronauts may be handy for campers and other consumers in the near future. USDA scientists have developed fruit tablets from orange or grape fruit crystals. These lightweight tablets are tasty, nutritious, and inexpensive. Eight tablets equal one orange in nutritional value, or about half a grapefruit.



THOMAS

Buying Baking Potatoes

Almost everyone enjoys a good baked potato topped with butter or sour cream.

To find good baking potatoes look for ones that are smooth skinned, well-shaped, firm and free from blemishes and decay.

Both the variety and the area where the potatoes are grown are important factors affecting their baking quality.

Oven Temperatures

Slow — 250 to 325 degrees F. (Continued on Page 35)

AGWAY

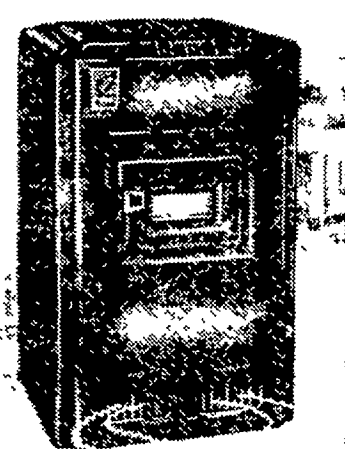
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Hunting Permitted At Erie National Wildlife Refuge

Contrary to what might be expected, hunting is permitted on the Erie National Wildlife Refuge in Crawford County, according to the Bureau of Sport Fisheries and Wildlife.

Migratory birds, small game, unprotected species and deer may be hunted on the refuge in accordance with all applicable state and federal regulations. Areas where various species may be hunted are shown on maps available at refuge headquarters, Guy Mills.

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