



## Ladies, Have You Heard?

By Doris Thomas,  
Extension Home Economist



Doris Thomas

### Spanish Olives Give Leftovers a New Look

An expensive roast is truly a luxury if it goes for only one dinner. But if you use the leftovers for a second main dish you divide the cost per meal in half. As little as 2 cups of leftover meat or poultry, for instance, can serve from four to six or even eight people.

In addition, cooking leftovers allows you to be creative. Besides cooked meat and poultry you can use other leftovers, such as gravy, broth, rice macaroni and vegetables, saving you time as well as money.

The trick is to add interesting flavor touches, create textural contrast and make the dishes as colorful and attractive as possible. And that's where you'll find tangy Spanish Pimiento-stuffed olives a big help. They have a pleasing crunch and sprightly red and green color and they combine well with a host of other foods. They also keep well so they can always be on the shelf ready to perk up your leftovers.

In a manner of speaking, delicious leftover dishes become a matter of simple arithmetic: they multiply your menu choices, divide the cost of your main courses, add creativity and imagination to your meals and subtract time and effort from your kitchen chores.

Here are a couple of olive-flavored dishes that will help you think positively about leftovers. One uses cooked ham, the other turkey

### Calypto Rice

(Makes 8 servings)

- 1/4 cup unsalted butter or margarine
- 2 1/2 cups (about 1 pound) diced ham
- 1 cup diced green pepper
- 1/2 chopped celery
- 1/4 cup minced onion
- 3/4 cup sliced pimiento-stuffed olives
- 1/2 teaspoon saffron stamens

(optional)

- 2 2-3 cups water
- 2 2-3 cups pre-cooked rice

Heat 2 tablespoons of butter in skillet. Add ham, green pepper, celery and onion; cook over medium heat 5 minutes, stirring occasionally. Mix in olives and saffron. Add water and bring to boil. Remove from heat; stir in rice. Cover; let stand 5 minutes. Stir in remaining butter. Serve hot as main course.

If desired, 1 pound of Spanish or Italian sausage may be substituted. To prepare: Place sausage in skillet, cover with water and boil 5 minutes. Drain off liquid and brown sausage slowly on all sides about 30 minutes. Slice.

### Turkey and Rice

#### Casserole

(Makes about 6 main dish servings)

- 2 cups diced cooked turkey
- 2 cups instant rice (uncooked)
- 1/2 cup sliced pimiento-stuffed olives
- 2 cans (16 ounces each) stewed tomatoes
- 1/2 teaspoon basil leaves crushed
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 cup grated Cheddar cheese

In large bowl, combine all ingredients except cheese. Pour into greased 8 x 10-inch baking dish. Sprinkle cheese over top. Bake in 350 oven for 20-30 minutes, or until rice is tender.

### Freeze Food Gifts

You may receive a Christmas present or two of food that may be difficult to keep fresh until your family can eat it. If so, your freezer can help solve your problem.

Be sure to re-wrap fresh breads and rolls in aluminum foil or clear plastic wrap, or slip them into a polyethylene bag for freezing. Wrap fruit cake tightly or keep it in a can and freeze it. It will keep indefinitely.

Package nuts in moisture-vapor proof freezer wrap or keep

## Farm Women

(Continued From Page 21)

her book, "Food for Fellowship." The next meeting will be held January 16, 1973, when the Society will visit the Yoke and Tether Yarn Shoppe in Miller-ville.

## Society 26

Society of Farm Women 26 held its buffet supper and family Christmas party recently at Landisville Fire Hall. Devotions were led by Mr. and Mrs. Harry E. Hershey Jr.

Mrs. Robert Summy, out-going president, received a special gift from the group.

The next meeting of the Society will be held January 25. Hostess for the event will be Mrs. Homer Geib, Manheim RD1. Each member is asked to bring eight to ten slides from a trip they have taken for the January program.

## Society 29

Farm Women Society 29 members met Monday evening at the home of Mrs. Dale Hiestand, Bainbridge, with Mrs. Gerald Ruhl serving as cohostess. Singing of Christmas carols and exchanging of gifts were highlights of the evening.

Mrs. Elvin Brennehan and Mrs. Gerald Erb were selected as delegates to the State Convention in Harrisburg on January 9.

Retiring president Mrs. Dale Hiestand presented the gavel to the incoming president, Mrs. Richard Garber.

The next meeting will be held at 7:30 p.m. January 15 in the home of Mrs. Gerald Erb.

in a metal can. Salted nuts will keep in the freezer about six months—unsalted nuts from 9 to 12 months.

Cheese will keep for a while in the refrigerator, but molds after a time. Freezing will preserve it for six months or longer. But the texture may change somewhat after freezing. When you are ready to use frozen cheese, thaw it in its wrapper in the refrigerator. Once it's thawed, let it stand at room temperature an hour before serving.

Hams, other smoked and processed meats like sausage, smoked turkey and smoked fish, are all perishable and you should treat them like fresh meat. Refrigerate them immediately and use as soon as possible. If you can't use them within a short period of time, freezing will preserve them but the flavor will be lost.

With proper storage you can enjoy Christmas gifts of food longer after the holidays.

## Society 31

Farm Women Society 31 met Monday night at the home of Mrs. James Kreider. Highlight of the evening was a candlelight ceremony installing the new officers and the addition of two new members, Mrs. Mel Brandt and Mrs. Ben Wenger.

Following the reading of a Christmas poem by Mrs. Donald Trimble, carols were sung by the group. Devotions were led by Mrs. Robert Kauffman.

A short business meeting was held by the outgoing president, Mrs. Paul Trimble.

Games were played and Secret Sisters were revealed.

The next meeting will be held January 15 at the home of Mrs. Donald Trimble.

Store photographic negatives by pasting a large envelope, the size of the album, on the back cover, put the negs into small envelopes with dates and subject identification, and slip into

## Fix-It Tip

When an electrical appliance fails to work, the first thing to do is check the cord and electrical connections. Check the outlet with a neon test light or a lamp that works when plugged into another outlet.

The cord may have a break or a hidden short. If it is old, replacing it is wiser than repairing it.

An inexpensive ohmmeter will pay for itself over the years. It is used to check continuity in electrical items. Generally, one prong is placed on one end of a cord and the other prong on the other end; the needle will zoom to the end of the scale on the meter if the cord has no breaks. The needle will not move when there is a break in the wire.

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## FEED LETTER

### It Ain't Getting Any Cheaper!

Unfortunately feed costs are up and looks like they may stay there for a while. So if we can't lick them, guess we might as well look for some other way.


It's been known for sometime that cows can use urea to make protein, only thing is urea causes all kinds of problems, don't it? Not so say the boys in white, at least not if urea is used as a protein substitute rather than an excuse for a low price tag. By using urea, a feed maker don't need to use as much of the high price stuff to get the protein he wants. Thing is though, twenty pounds of urea takes the place of a hundred pounds of soybean meal. Now here's the tricky part, folks. What do you suppose they use to fill in the eighty pound hole?

KINDA MAKES A BODY WONDER,  
DON'T IT?



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