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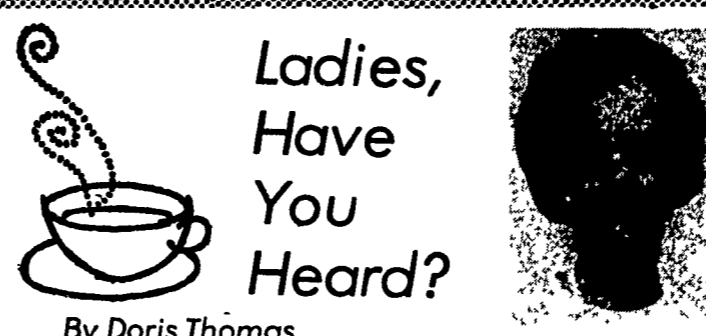
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**ATHEY
PAINTS**



*Ladies,
Have
You
Heard?*

By Doris Thomas,
Extension Home Economist



**Use Chicken For
Economical Meal**

Take a wish upon a wishbone.— who knows, your wish may come true. Whether or not it does, you will have at least had the satisfaction of a good chicken dinner, and a relatively reasonably priced meal at that.

Here are some tips on caring for your chicken to assure the best chicken dinner yet:

Chicken, like all poultry, is perishable, so care and cleanliness are a must in preparation, cooking and serving. Keep frozen chicken hard-frozen until time to thaw, and cook it promptly after thawing. Use fresh-chilled poultry within two days. Completely cook the chicken at one time. Never partially cook, then store, and finish cooking at a later date.

If you have any leftover cooked

chicken separate the broth, stuffing, and gravy, cover them and refrigerate. Use within a day or two, or freeze them for longer storage.

Looking for a new way to serve chicken? Try this recipe for:

Herb Roast Chicken

- 1 whole broiler-fryer chicken
- 1/2 teaspoon salt
- 1 stalk celery
- 1 small onion, stuck with 2 cloves
- 1 sprig parsley
- 1 tablespoon softened butter or margarine
- 1 teaspoon basil, rosemary, tarragon or thyme
- 1-4 pound white grapes, halved

To Prepare: Sprinkle cavity with salt; place celery, onion and parsley inside. Hook wing tip into back to hold neck skin, truss chicken. Blend butter and herbs. Brush over chicken. Place on rack in small roasting pan. Bake

in a moderate oven (375 degrees.) 30 minutes per pound; add grapes during last 10 minutes

Food Buying Tip

Here's your weekly food buying tip from the U.S. Department of Agriculture's Agricultural Marketing Service:

If you want a gourmet touch in a fruit or vegetable salad, you only have to include an avocado and you've achieved it. This fine fruit available all year, is grown in California and Florida. It varies greatly in shape, size and color, depending on type and variety — two general types and a number of varieties of each are grown.

Most avocados tend to be pear shaped but some are almost spherical. The most commonly available weigh under one-half pound. Some have a rough or leathery textured skin, others, a smooth skin. Most frequently the skin color is some shade of green, but some turn maroon, brown, or purple-black as the fruit ripens.

Avocados are ready to eat when properly ripened — becoming slightly soft. When buying for immediate use, look for slightly soft fruit that yields to a gentle pressure on the skin. For use in a few days, select firm fruits that do not yield to the squeeze test and let them ripen at room temperature for three to five days.

Dark sunken spots in irregular patches or cracked or broken surfaces are signs of decay.

When preparing avocados, you can avoid the brownish color of the flesh when exposed to air, by placing it immediately after peeling in lemon juice until you're ready to use it.

**PAYING TOO MUCH FOR
LIFE INSURANCE?**

"A Shoppers Guide To Term Life Insurance", by Herbert S. Denenberg, Pennsylvania Insurance Commissioner recently published the following quote: "It Pays To Shop For Term Life Insurance - It's Cost Varies By As Much As 140 percent For Substantially The Same Coverage".

"BE A GOOD STEWARD OF YOUR MONEY"

Ask us which companies the shoppers guide lists as having the lowest rates.

Call or write Bob Hossler

R.D. 1, Manheim 665-3713

THE DOLLARS YOU SAVE MAY BE YOUR OWN

My Neighbors



"Good heavens — how do you keep it all dusted?"

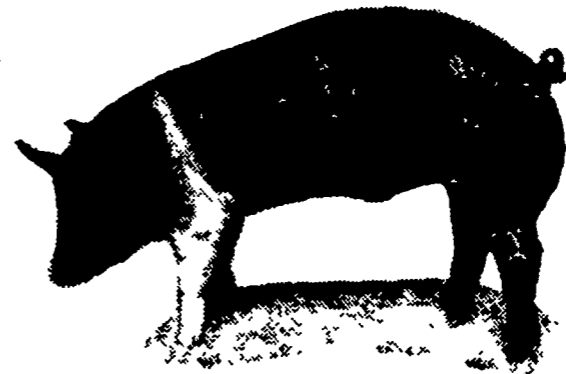
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