

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Let's Talk Turkey
Once turkey was likely to be mentioned only in its role as a mainstay of end-of-the-year holiday feasting. No more! Today, any time is a good time to talk turkey.

To perk up the menu on hot, heavy summer days, serve cool, lean turkey in sandwiches, salads, or as a hors d'oeuvre. Turkey adds a festive touch to any picnic.

And when that American taste favorite, turkey, is teamed up with that favorite form of American cookery, the barbecue, get ready for some real gastronomic fireworks.

For an easy-to-prepare, turkey connoisseur's delight, try this recipe for all-weather,

Oven-Barbecued Roast Turkey

- 1/4 cup fat or oil
 - 1-3 cup flour
 - 2 teaspoons salt
 - 2 teaspoon pepper
 - 2 turkey leg quarters, disjointed (about 1 1/2 pounds each)
 - 1-3 cup vinegar
 - 1/4 cup brown sugar, packed
 - 1/4 cup sweet pickle relish
 - 1 tablespoon Worcestershire sauce
 - 1/4 cup catsup
- Preheat oven to 400

degrees F. (hot). Heat fat in large baking pan. Mix flour, salt, and pepper; use to coat turkey. Put turkey into baking pan; turn over once to coat with fat. Bake turkey until golden brown, about 60 minutes. Remove excess fat. Mix remaining ingredients and pour over turkey. Cover, and continue to bake about 45 minutes until turkey is tender. Remove excess fat before serving. Makes six portions.

Use Safe Methods For Canning Vegetables

If you have hesitated to can vegetables because of fear of spoilage, remember the organisms blamed for spoilage are just doing what comes naturally. The real culprit is the ignorant, careless, or stubborn-not-about-to-use-modern methods person who does the canning.

The most common type of spoilage in canned vegetables is called flat-sour. The food may look right and smell right, but has an unpleasant sourish taste. It is neither fit to eat, nor poisonous. The bacteria causing flat-sour can start growing in vegetables which have stood too long between steps in gathering,

preparing, putting into jars and processing. This is particularly true of corn and other starchy vegetables. If necessary to hold vegetables several hours or overnight, they should be refrigerated.

Botulism is another widely misunderstood type of food spoilage. It is by no means confined to canned foods. It has been found in frozen, smoked, and pickled sea foods; dried, smoked, and pickled meats; pickled beets and also homemade cheese. The invisible-to-the-naked-eye spores of bacteria which cause botulism are harmless until they find their way into an airless space containing very little acid and start growing. Then they give off a deadly toxin. Unless the illness of a person who has eaten the contaminated food is promptly diagnosed and the right anti-toxin quickly obtained, the patient may not survive.

The first step in preventing botulism is to use only strictly fresh, sound vegetables. No matter how clean they may seem, wash them as if they were filthy. Then quickly prepare, put into jars and process in a steam-pressure canner for the right length of time at the right pressure for your altitude. Then your canned vegetables will be as safe as any food can be. But if you still have misgivings, turn the food into a saucepan and let it boil 15 minutes, stirring often, before tasting. Never, never, taste food of any kind to learn whether it is spoiled. If new at canning, the first thing needed is an up-to-date canning bulletin or book.

You can make the canning job easier and quicker by collecting all needed equipment, carefully inspecting every jar to make sure the top is smooth (one tiny nick or chip can prevent

Farm Women Societies

Society 6

The July 6 meeting of Farm Women Society 6 was held at the home of Mrs. John Wagner, who is the daughter of the president, Mrs. Anna Geyer. The Wagner children: Jeffrey, Janet, Joyce, and Jay led the devotions with Bible verses and songs.

The program was presented by Roy Cover, who showed beautiful slides of the Banff, Lake Louise, and Jasper areas of Canada, as well as parts of the United States, including Glacier National Park, Salt Lake City, and Bryce Canyon and King's Canyon National Parks.

After group singing of "Brighten the Corner Where You Are" and "American the Beautiful", the members responded to roll call by giving a safety tip. Reports were given of the Michigan trip by Barbara Eberly and Martha Eshelman. An auction of food items was held with Mae Gantz as auctioneer.

Hostesses were Margaret Haines, Eva Parrett, and Anna Brandt.

A Covered Dish Family

sealing), and checking instructions ahead of time. Prepare, pack, and process the food in small quantities, according to up-to-date information.

Picnic will be held at the Milton Grove Sportsman's Club on August 3 at 6:00 p.m.

Society 27

Farm Women Society 27 are planning a one day bus trip to Ocean City, N. J., on July 30th. For more information on the trip contact Sara Sherer, Manheim.

Smoked Picnic Shoulder

Smoked picnic shoulder comes from the pork shoulder and includes the arm section and part of the fore shank. The curing and smoking process gives it the characteristic color and flavor of all pork cuts handled in this way. It is best prepared by roasting (baking) or cooking in liquid.

Whipped Cream Topping

Peel and section 2 oranges. Cut each section in half. Cut 8 marshmallows into quarters. Whip 1/2 pint whipping cream until stiff. Fold in marshmallows and orange sections. Spoon into center of ginger cake mold or serve on top of squares. Yields 8 to 9 servings.

Farm Women Calendar

Saturday, July 13
Farm Women Society 2 Bake Sale at Heisey Sale

Farm Society 10 meeting 1:30 p.m. at the home of Mrs. John McGrann, 1464 New Holland Pike

Sunday, July 14
Farm Women Society 19 meeting the cottage of Mr. and Mrs. Arthur Landis in Perry County, 2 p.m.

Monday, July 15
Farm Women Society 31 trip to the shore. Leaving Mechanic Grove Church 7 a.m.

Home canning session 7 p.m. Farm & Home Center Tuesday, July 16

Ladies Day Region II of Pennsylvania Young Farmers Association 10:00 a.m. Embers Restaurant Carlisle.

Saturday, July 20
Farm Women Society 2 meeting

AGWAY



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