

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Be Prepared For Unexpected Holiday Guests

Holidays are a time for getting together with family and friends. Part of the pleasure in welcoming company into your home is in offering them something special for refreshment.

You can prepare festive and economical refreshments in minutes in a relaxed atmosphere when you plan ahead. To avoid rushing about when company drops in, follow these holiday entertaining tips.

The key is to stock up with economical foods to serve at various times of the day when you might expect company to drop in.

For mid-morning or afternoon guests, choose holiday bread or coffee cake with a hot beverage. Prepare gingerbread men or fruit cake ahead of time ready to serve with coffee, spiced tea or hot cocoa.

For late afternoon guests, serve a fruit juice cocktail with cereal tidbits or crackers, raw vegetables

and cheese dip, as an appetizer without interfering with appetites for dinner.

To add sparkle to fruit drinks, instead of water, use sparkling water or ginger ale to reconstitute frozen juices. Use well-chilled sparkling drinks and reconstitute just before serving. Add a dash of lemon juice and serve over ice. Plan to freeze any leftover punch in ice cube trays to use later as flavored ice cubes.

For evening refreshments, serve fruit, crackers and cheese. Another possibility would be a fruit compote made with a variety of colorful fresh and frozen fruits. Top with lime or raspberry sherbet if you wish.

For a buffet, serve economical casseroles, fondues, salads and sandwiches. Make sure you plan ahead to keep food fresh and safe. Give special attention to protein foods such as seafood, poultry, cooked meats, stuffings, cheeses, dips, casseroles, cream pies, puddings, egg salad and cold cuts. These foods should not remain at room temperature for more than two hours.

**Recycle Wool Garments**  
Have you got some clothes tucked away in your closet that you never wear but can't bear to throw away? If the fabric's in good condition, why not recycle it?

Good wool fabric can be reused successfully. New wool fabric is expensive, so instead of discarding wool garments look at them for make-over possibilities. Some garments need only minor changes or refitting. Others you can rip apart completely and recut in a more up-to-date style.

Many of today's fashions lend themselves to make-over possibilities. Use of contrasting fabric will suggest many ideas. Enlarge a dress that is too snug by using bands of contrasting color at sides or at center front. This gives a slenderizing line, too. Yokes of contrasting fabric give an opportunity for changing neckline style and fit.

If you combine two fabrics, try to keep the weight and texture as nearly alike as possible. For adding length or changing a waistline size, insert bands or rib knit at the waistline. Repeat this ribbing at neckline and cuff of long sleeves. Make a dress top which buttons at center front into a jacket by using rib knit at the waistline.

The layered look offers lots

of possibilities, too. The three-quarter length sleeve looks a bit outdated, so make it into a short sleeve and add a long sleeve of rib knit in contrasting color. Repeat this rib knit at neckline of dress to give the effect of a sweater underneath. If the dress is a shirtwaist style and large enough, simply wear a blouse or sweater underneath.

Adding or replacing a belt is a simple matter. Narrow belts are gaining preference over wider ones these days. Belting a beltless dress shortens it so you may have to lengthen the hem.

If you are ripping the dress completely apart to reuse the fabric, clean the wool first either by dry cleaning or washing. A good wool fabric can be washed if you're very careful and aren't concerned about shrinkage loss. To wash, rip pieces apart first and soak with a cool water soap. Do not rub, wring or agitate. Squeeze water gently from fabric, and rinse in cool water. Place wool in a towel and squeeze out excess water. Spread the pieces out and dry on a flat surface. Do not dry with heat as this causes excessive shrinkage and harshness. Press wool with a steam iron while it is still slightly damp.

Pattern books will give you lots of ideas you can adapt to the fabric you have. It's a great satisfaction to be able to make over an unused garment and put it back into service again. It just might become your favorite outfit.

## Try Roast Duck-Goose

Roast goose and roast duck have been associated with the holidays in Great Britain, Australia, and New Zealand for centuries, but both are just as traditional for Christmas in the United States.

Our Christmas customs are like a patchwork quilt—a variety of diverse practices joined to make a festive season. This means that there is a tradition for almost anything you want to serve for the holidays.

It happens that duck and goose not only are traditional but are also easier to find here during the holidays.

And, even if you have never bought goose or duck before, there is no need to be apprehensive. You can be sure of getting top quality poultry by using U.S. Department of Agriculture grades as a buying guide. Ducks or geese carrying the USDA Grade A mark are the best. These birds are fully fleshed with a good layer of fat and an attractive appearance.

Ducks generally come on the market when they are seven or eight weeks old, and at this age are labeled "broiler or fryer duckling" or "young duckling." Geese are also usually marketed young since weight gained after the first 11 weeks is mostly fat. Both young ducks and geese have tender meat and delicate flavor and are

great for broiling, frying, barbecuing, or roasting.

Both also have all dark meat and a larger proportion of fat than chickens and turkeys. When buying duckling and young goose, allow at least one-half pound per 3-ounce serving.

Roasting time for ducks weighing 4 to 6 pounds is about 2 to 3 hours at 325 degrees Fahrenheit. Geese from 6 to 8 pounds take 3 to 3½ hours at the same temperature, and larger ones, 8 to 12 pounds, require about 3½ to 4½ hours. These times are for whole stuffed birds - unstuffed ones will take slightly less time.

Since cooking times are only approximate, use a meat thermometer to check doneness. Internal meat temperature should reach 180 to 185 degrees F.—stuffing at least 165 degrees F.

Cut-up duck or goose also makes a tasty meal. Small cut-up duck can be fried, broiled, or barbecued, and small cut-up geese braise well.

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