

## Ladies Have You Heard?

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Lancaster  
Home Economist



### FOOD SAFETY CRITICAL DURING HOLIDAYS

Food bacteria never take a holiday. In fact, they're just as busy during the Christmas holidays as they are on the 4th of July. Christmas is a time for cooking special foods, entertaining guests and changing from the everyday routine. Don't let this carefree atmosphere trick you into forgetting food safety precautions.

After you finish your holiday food shopping, rush your food home where you can put it in the refrigerator or freezer. Don't let the groceries sit in a warm car while you run other errands. Remember to keep hot foods hot—above 140 degrees Fahrenheit—and cold foods cold—below 40 degrees Fahrenheit—to prevent bacteria growth.

Wash your hands with soap and hot water before handling any foods. After handling raw meat, fish, poultry or eggs, wash hands, utensils and flat surface with soap and hot water before working with other foods. Remove stubborn bacteria from a cutting board by scrubbing it with soap, rinsing it in hot water and then applying chlorine bleach.

Roasting a turkey for Christmas? Cook it completely to an internal temperature of 185 degrees Fahrenheit. Never partially cook a turkey because you plan to finish cooking it later. Bacteria can survive in partially-cooked poultry and "staph" bacteria may produce toxins.

Remember to cook the turkey stuffing thoroughly, too. If you plan to stuff the turkey, cook it until a thermometer inserted into the stuffing reaches at least 165 degrees Fahrenheit. Bacteria grow rapidly in lukewarm stuffing.

Cool leftovers quickly and put them in the refrigerator. Don't hold any broth or

year, especially on your holiday dinner table.

Your first decision involves the color of apples and candles and kind of greenery you will use.

To make the ring, remove the stems of 5 to 10 apples and scoop out holes large enough for the candles you plan to use. To keep the apples from shriveling, coat them with clear lacquer.

Next, string the apples on a coathanger wire or a heavy 14-gauge wire about 36-inches long, spacing the apples evenly. Bend the wire into a circle and hold it in place by putting both ends into one apple.

To complete, use a few drops of melted candlewax to fasten the candles in place inside the apples, and cover the wire with sprigs of greenery.

gravy more than a day or two. To serve again, reheat and boil for several minutes before serving—then serve it hot.

Refrigerate cream, custard, meringue pies and other foods with custard fillings. It is dangerous to let foods of this kind stand at room temperature.

Freeze foods promptly. Don't let huge quantities of party leftovers fill your refrigerator for days. Plan in advance for ways that you can use the foods. Then freeze the rest. If in doubt about a leftover food throw it out. Food poisoning does not necessarily have a bad smell or taste. Just because food doesn't seem spoiled doesn't mean it is all right to eat.

**MAKE A HOLIDAY  
APPLE CANDLE RING**  
If you are looking for a last minute decorating idea, an apple candle ring decorated with evergreens may be one of your most interesting Christmas decorations this

At the recent annual Republican Governor's Conference in Williamsburg, Virginia, newly elected Governor of Texas William P. Clements said: "President Carter was in trouble in Texas before I got elected and he's in trouble now. I'm absolutely committed to denying him Texas in 1980." Clements is Texas first Republican governor in 105 years.

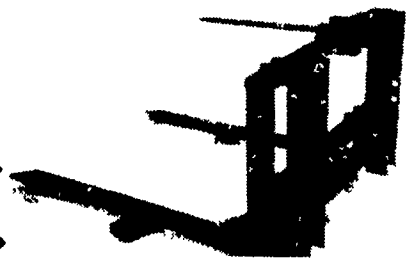
Quote of the week: President Carter said two years earlier: "This state (Texas) is one of greatness, of vision, of understandingness, and competence. You have produced great leaders."

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## Festive chicken dishes

(Continued from Page 51)

Remove skillet cover, arrange chicken and onions to side and add parsley and mushrooms, cap side down. Continue to cook, adjusting heat to medium low, until chicken is done (about 20 minutes). Sprinkle with garlic salt and pepper. Serve hot with drippings from pan poured over chicken. Makes four to six servings.

snow peas (defrosted in refrigerator)  
1/2 cup walnut pieces  
1/4 cup chicken broth

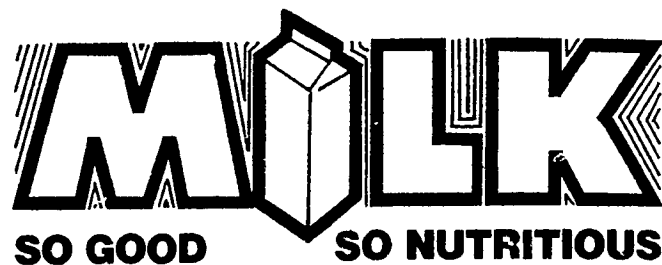
Slice chicken breasts into small thin pieces. Mix together salt, sherry and cornstarch. Pour mixture over chicken and coat well; allow to marinate for 10 minutes. In large fry pan heat oil with minced garlic

over high heat. Add chicken and stir-fry for 3 to 4 minutes. Add vegetables and snow peas and continue to stir-fry for one minute.

Add walnut pieces and chicken broth; reduce heat slightly, cover and cook for two minutes more. Serve on Chinese noodles or rice. Makes four to six servings.

### STIR-FRIED CHICKEN WITH WALNUTS

- 3 broiler-fryer chicken breasts, boned
- 1 teaspoon salt
- 2 tablespoons sherry
- 1 tablespoon cornstarch
- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 1 cup canned Oriental vegetables, drained
- 1 package (7 oz.) frozen



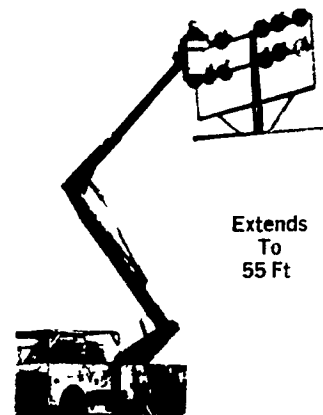
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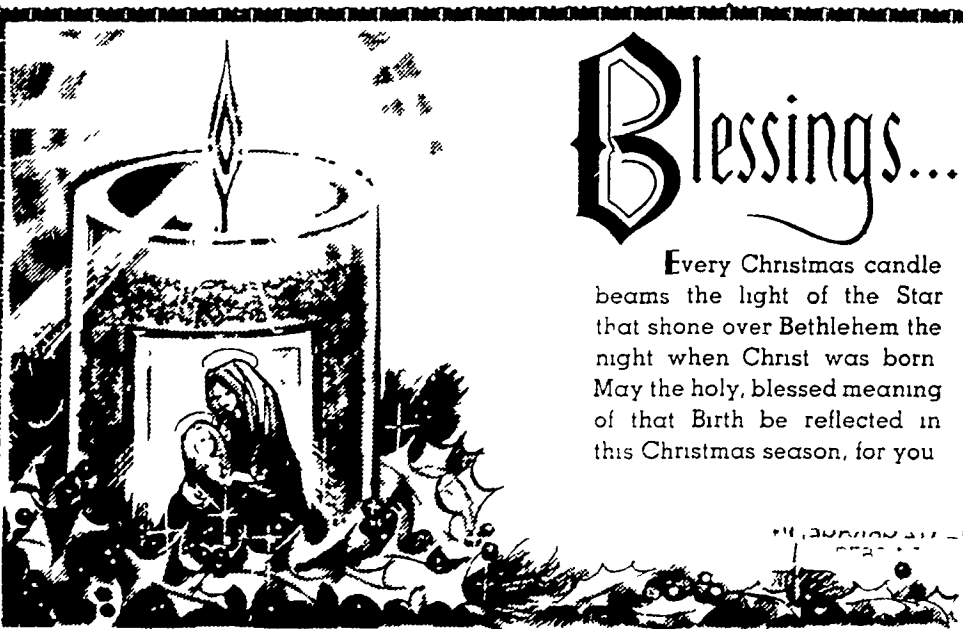
Christmas  
Joy



Each gift of love to our neighbors is a gift of peace to the world. Let us join in the happy spirit of the holiday to share its warmth and wonder.

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# Blessings...

Every Christmas candle beams the light of the Star that shone over Bethlehem the night when Christ was born. May the holy, blessed meaning of that Birth be reflected in this Christmas season, for you

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