

Feast

(Continued from Page B8)

SCALLOPED TURKEY

- 2 cups uncooked regular rice
- 4 chicken bouillon cubes
- 1/2 cup butter
- 2 cups sliced fresh mushrooms
- 2 tablespoons chopped onion
- 6 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon marjoram, crushed
- 1/4 teaspoon pepper
- 4 cups milk
- 3 cups (12 ounces) shredded Cheddar cheese
- 1 2 1/2-ounce jar chopped pimiento, drained
- 4 cups chopped cooked turkey
- 1 cup (4 ounces) Cheddar cheese
- 6 slices white bread, crusts removed and cubed
- 1/4 cup butter, melted

Cook rice following package directions, dissolving bouillon cubes in boiling water before adding rice. Preheat oven to 375°F. Melt butter in 3-quart saucepan. Sauté mushrooms and onion; stir in flour, salt, marjoram and pepper. Remove from heat; gradually stir in milk. Bring to boil, stirring constantly. Boil and stir 1 minute. Add 3 cups cheese and pimiento; stir until cheese melts. Add turkey and rice; turn into 2 buttered 2-quart casseroles. Sprinkle with remaining 1 cup cheese. Toss bread cubes in butter; arrange around edges of casseroles. Bake 20 minutes.

SAUSAGE AND CORN BREAD STUFFING

- 2 12 to 14-ounce packages corn muffin mix
- 1 pound pork sausage meat
- 1/4 cup butter or margarine
- 4 large celery stalks, diced
- 1 large onion, chopped
- 1 small green pepper, diced
- 1 1/4 cups water (or broth)
- 1 teaspoon salt
- 1/4 teaspoon pepper

1 to 1 1/2 cups broth (to be added while cooking, if desired)

Preheat oven to 400°F. In large bowl, prepare packages of corn muffin mix together, according to the directions on the packages. Spoon batter into greased 13x9-inch baking pan. Bake 25 minutes or until toothpick inserted comes out clean; cool slightly (bread will be sticky if too hot).

Meanwhile, in a 12-inch skillet over medium heat, cook sausage meat until browned, about 20 minutes, stirring frequently to break up sausage. With slotted spoon, spoon sausage into large bowl, set aside. Add butter to drippings in skillet. Over medium heat, in hot drippings, cook celery, onion and green pepper until tender, about 15 minutes, stirring occasionally.

Crumble corn bread into bowl with sausage; stir in vegetable mixture, water, salt and pepper. Use to stuff 12 to 16 pound turkey; or spoon stuffing into 13x9-inch baking dish, cover and bake in 325°F. oven for 1 hour or until heated through. For moist stuffing, add 1 to 1 1/2 cups broth as stuffing cooks. Mix well. Makes about 12 cups stuffing.

TURKEY POTPOURRI

- 1/4 cup (1/2 stick) butter
- 2 cups (8 ounces) sliced fresh mushrooms
- 1/4 cup chopped green pepper
- 1 10 3/4-ounce can condensed cream of celery soup
- 1 1/2 cups (6 ounces) shredded Cheddar cheese
- 1/2 cup sour cream
- 2 cups chopped cooked turkey
- Hot buttered noodles

Melt butter in a large skillet; sauté mushrooms and green pepper until tender, about 5 minutes. Blend in soup, cheese and sour cream until cheese is melted. Stir in turkey. Heat over low heat to serving temperature. Serve over noodles.



Take A Walk Together

Take a walk in the country; look for wildflowers in the woods, or watch the cows munching in the fields. It almost does not matter what you do as long as you do it together. One of the hallmarks of strong families is doing things together.

Now that fall weather has finally arrived, life has returned to the countryside. So, take your family on an outing. You don't have to go far. You don't have to spend money. Just take the time to talk and listen and look together. Sharing is an important part of building your family strengths.

There is a lot to do in the country. If you have young children, help them explore nature by touching, watching, smelling and listening. Check for special parks, gamelands, and state forests to explore. You might visit a fish hatchery where you can see the full cycle of a fish's life. Streams are always fun—you can try a little fishing, wading, or rearranging the stones. To a small child, even a slight hill can be turned into an adventurous mountain climb.

No matter what your age, be sure to dress for the occasion. An afternoon in the woods is apt to be chilly.

Remember, there is something about the clear country air that

Ladies Have You Heard?

By Doris Thomas

Lancaster Extension Home Economist

makes people hungry. So take some food—something simple like crackers or an apple. If you have a field guide or can borrow one from your library, it is always fun to look up birds, rocks and wildflowers on the spot. You and your family will be sharing a discovery.

When you get home, talk about what you have done, where you have been, and remember the little things that happened. You will be building a pattern of enjoying each other. Enjoying your family is one of the secrets of keeping it strong.

Make Your Own Dressing

Salads make up an important part of many meals. Raw vegetables, lettuce and other greens are low in calories, but many weight- and waist- watchers often slip up when they add the dressing.

If you want to save on calories and at the same time have a fresh-tasting topping for vegetables and fruit salads or a dressing for meat, egg and pasta salads, try making your own dressings using sour cream and your favorite seasonings or a packaged dry mix. Sour cream contains only 26 calories per tablespoon compared with mayonnaise at 101, bottled Thousand Island at 80, bottled French at 66 and mayonnaise-style "salad dressing" at 65. For those on more stringent kinds of weight-

reduction diets, making dressing with sour half-and-half or yogurt can cut food energy intake even further.

Yogurt and cottage cheese can form the protein portion of light and easy meals and snacks. Compared with other main-dish protein foods, they cut calories while maintaining protein quality. For example, four ounces of creamed cottage cheese, which has 4.2 percent milkfat content, provides about the same amount of protein as two ounces of cooked, lean ground beef or two hard cooked eggs. This amount of cottage cheese contains 117 calories, ground beef, 122 and eggs, 164.

Learn to make Cabbage Patch type dolls

YORK—You don't have to disappoint your daughter or granddaughter if you can't get the original doll. Give her one you have created yourself in a class being sponsored by the Penn State Extension Service.

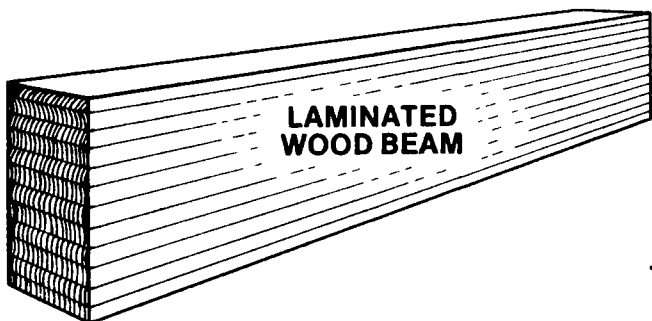
It will be held Nov. 19, 26 and Dec. 3, 10 from 9:30-11:30 a.m. at the Adams Electric Bldg. on Rt. 616 near York New Salem.

You will learn about selecting doll fabrics, making hair, painting eyes, and sculpting face, fingers and other life-life features.

The fee is \$8 plus supplies. Advance registration is required. Call the York County Extension Service at 757-9657.



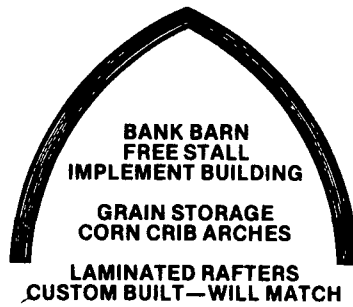
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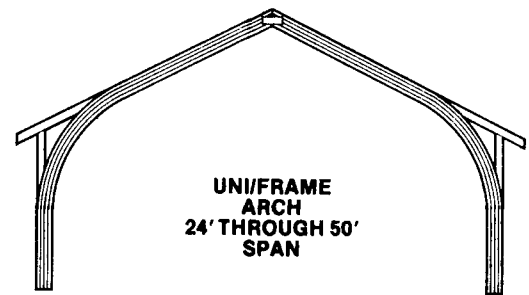
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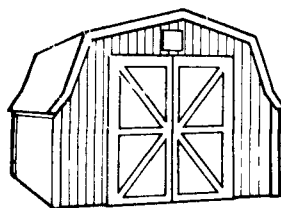
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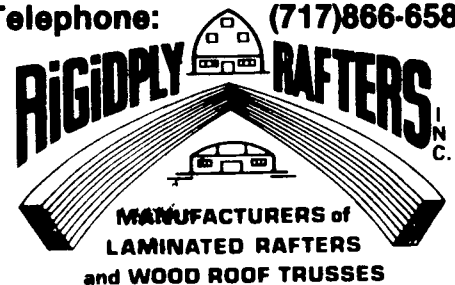
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