

# Ida's Notebook

Ida Risser



As we come to the end of 1984, we tend to look back and try to decide if it was a good year or a bad year.

I'm sure that we've all had many different experiences, but all in all most of us are richly blessed. If we're able to roll out of bed in the morning and go about our daily chores, that is a definite plus. Having a family to share with is another blessing. And, I feel that many people do not really appreciate this great country of ours and instead concentrate on what is wrong with it.

Compared to folks in some other countries, we all live in the lap of luxury. We have plenty of food and clothes and a roof over our heads. Just think of the problems that some folks had trying to get a Christmas gift for a friend who already had "everything."

Recently, I had this opportunity to go with some other deacons of our church to a Cambodian family's home. We brought not only a tree and decorations but also bags of groceries. Our church is helping to support this group of nine. The household is headed by two women. The older children are now gainfully employed and the younger children are learning English in the public schools.

They really seemed to enjoy decorating the tree and before we left they sang several songs for us in their native tongue. It certainly must be a big adjustment to tear up your roots and move to a new country. So let us all remember those that are less fortunate as we count all of the blessings that have come our way this past year.

## Spread leftovers over several meals

**HONESDALE** - Got any leftovers from your holiday meal? Why not be a really creative cook and plan an innovative recycling job on those leftovers?

Instead of using all the various leftovers for every dinner after the holiday; try using just one or two leftovers for a meal and include something "fresh". If you're going to serve the turkey again, have a vegetable or salad that you didn't have on your holiday table. When recycling the sweet potatoes or squash, serve them with another meat, like ham or sausage. It's amazing how much faster and less painfully leftovers go when you use this simple technique.

If it's turkey that's leftover, remove the meat from the bones before freezing. Divide the large slices from the small slices and freeze separately. As you pick the turkey bones, separate the pieces into amounts that you can use easily in one recipe and either freeze the packages immediately or turn the leftovers into some really special casseroles for the freezer. For best eating quality, plan to use these within a month. For longer storage try covering the turkey meat with broth or gravy. Liquid keeps air from getting to the meat and lengthens the storage life to six months.

Stuffing is one leftover you must

handle with care. It should be removed from the turkey as soon as possible after serving. Do not leave a stuffed turkey sitting out at room temperature. Put any leftover dressing into a covered container and refrigerate. Even when it's stored this way, plan to use the dressing within three days. When preparing it for another

meal, reheat just enough for that one meal, not all the stuffing you may have on hand. Cooked dressing will keep three to four weeks in the freezer. It can be reheated without thawing or you can thaw it in the refrigerator but not at room temperature. Enjoy those leftovers.

## Cooperative Extension offers series on stress and health

**NEWARK, Del.** - The Cooperative Extension Service and the Department of Public Health are offering a four-session series on stress and its relationship to health, nutrition, and lifestyle.

These programs will be held at the New Castle County Cooperative Extension Service office located in Townsend Hall during the noon hour on Thursdays, beginning Jan. 17.

The topics and presenters for each session will be: Jan. 17, "Health and Wellness" with Andrea Schwartz, health educator at the Department of Public Health; Jan. 24, "Relationship of Stress to Nutrition" with Kim Doherty,

nutritionist with the Department of Public Health; Jan. 31, "Stresses of Daily Living" with Debbie Amsden, home economist at the Cooperative Extension Service; and Feb. 7, "Stresses Between Work and Family" with Mary Alice Morris, home economist at the Cooperative Extension Service.

These programs are free and open to all without regard to race, color, sex, handicap, age or national origin. To register for any or all of these programs call the Cooperative Extension Service at 451-1239. Bring a lunch and beverages will be provided.

## Meet the new MF 3500 Series

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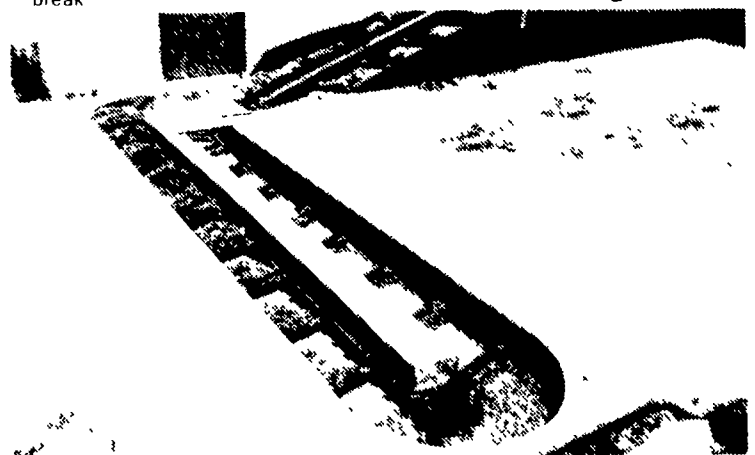
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