



# Have You Heard?

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fluffy frostings), raw vegetables and mayonnaise.

Cakes may be frozen when frosted -- just remember to unwrap before thawing, or freeze cake unfrosted. You can also freeze baked or unbaked pies. Rolls can be frozen partially baked, similar to commercial brown-and-serve products.

Large quantities of leftovers after holiday meals or parties are better stored in the freezer than the refrigerator. Freeze leftover turkey, stuffing and gravy if they will not be used within a couple of days. Use containers that will hold only as much food as you intend to serve at one time.

Label foods clearly. The label should include the name of food, freezing date and number of servings in the package. For maximum quality, use frozen leftovers within two or three months.

### REACH OUT FOR HAPPIER HOLIDAYS

Most of us approach the holiday season with anticipation and excitement, but not all. The holiday season is an especially difficult time for those who are coping

with the death of a dear friend or relative.

Happier holidays of other years can make the first year's holiday season without a loved one very difficult. Dread and depression may replace the joy of other years. If this describes someone close to you, you can help. You can reach out and show that you care.

Be available as a willing listener. Offer gifts of your time or service to show you care. A gift of food or a trip to the grocery store, a ride for someone without transportation, babysitting for someone with small children who may need

an hour or two away from home -- these are gifts that lift the spirit.

Invite lonely relatives, friends or neighbors for a meal and share your family with them. Visit for awhile. These need not be long visits. In fact, several short visits are often better. They show that you continue to remember.

If you are the one in need, in a "down mood" during the holidays, let a friend's gift of kindness touch you. Let your friends bring some holiday spirit to you. Whether you are the giver or the receiver of a gift of kindness, joy is almost certain to follow.

### TAKE FULL ADVANTAGE OF YOUR FREEZER AT HOLIDAY TIME

Put your home freezer to good use during the approaching holidays. The freezer can hold a number of regular meals, special party foods and festive dishes. The freezer can also preserve leftovers after holiday meals.

In the coming weeks, make extra quantities of casseroles and one-dish main meals as you prepare your regular meals.

Cook the food in the usual way until almost done -- it will cook more when it is thawed and reheated. Use a light touch with seasoning because some spices

become stronger during freezing.

After baking, cool the food quickly, cover and freeze at zero degrees Fahrenheit or below. Remove from container and wrap it in moisture-vapor-proof material, label and return to the freezer. With this method you will be able to use the casserole in which you froze the food while the plan-ahead meal is in your freezer. When you are ready to serve that frozen meal, just pop it back into the dish you originally froze it in.

When preparing special occasion foods for the freezer, remember that certain ingredients do not freeze well. Avoid freezing cooked egg whites (meringues and

### READERS SHARE YOUR MOST MEMORABLE CHRISTMAS

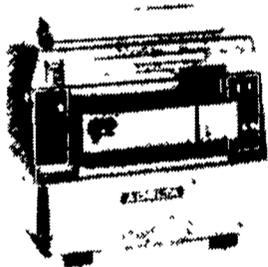
Memories are made of many things. During the Christmas season, most of us remember past Christmas's with a tinge of joy or pain. Sharing our memories can bring hope and encouragement to others.

Take time to tell us about your most memorable Christmas ever. We'll feature them in the pre-Christmas issue on December 19. But hurry, we must have your story by December 14. Send your story to Lou Ann Good, Box 366, Lititz, PA 17543.

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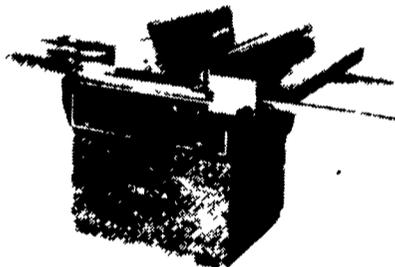
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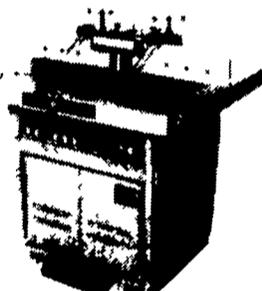
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- Newman helical carbide cutterhead
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(\$400 rebate on 24" Planer with 10 HP motor and standard 4 knife cutterhead)



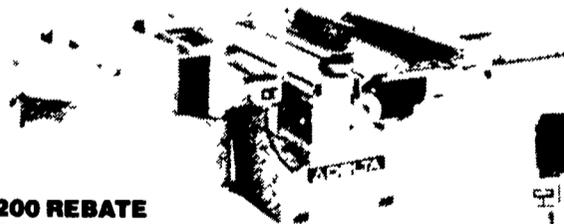
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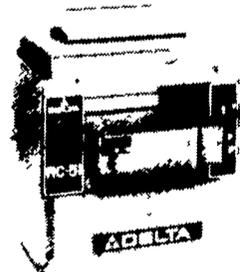
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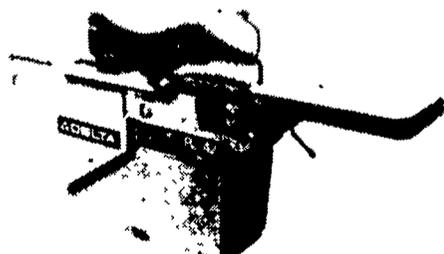
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