



Have You Heard?

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Home Economist

HOLIDAY FOODS SERVE THEM SAFELY

Holidays may be the best time for enjoying friends and family, but they're the worst time for getting sick. Here are a few suggestions for avoiding a nasty bout of food poisoning.

**Keep hot foods hot — above 140°F and cold foods cold — below 40°F until serving.

**Don't let anything containing meat, poultry, or eggs sit on a buffet table for hours on end. Put out only what you think will be consumed in an hour or so, leaving the rest refrigerated. Never let any of these foods stand at room temperature for more than two hours.

**If you are partial to rare beef, cook it to an internal temperature of at least 145°. Before serving the pan drippings, heat them to boiling. If gravy or drippings are kept for a second meal, boil them a few minutes before serving.

**In any food preparation, but especially with foods containing meat, poultry, or eggs, keep your hands and the utensils you use scrupulously clean. Be sure to wash utensils well between uses, especially if you have used them with raw meat or poultry. The same goes for counter surfaces. Don't forget to wash, rinse and sanitize your cutting boards after preparing raw meat or poultry.

Here are some hints to help you be a better consumer when you buy your holiday foods.

—In buying any poultry for roasting, the USDA grade mark is especially important. U.S. Grade A poultry will have no skin cuts or tears that could allow the meat to dry out during roasting.

—About turkey: Self-basting turkeys have been injected with butter or oil or a combination of the two. The label will tell you.

—Whether to buy fresh or frozen poultry is strictly a matter of what fits best into your plans — how long you plan to keep it, how much storage space you have.

—Ducks and geese are holiday favorites. Buy U.S. Grade A to make sure they have no skin cuts or tears and are well filled-out and meaty. Also, remember that these birds have more natural fat than other poultry so don't be surprised if there's more fat in the roasting pan than you're used to.

—About roast beef: The designation "Prime rib" doesn't neces-

sarily mean anything unless you see the USDA grade mark that says "USDA Prime" or "U.S. Prime." If it says "USDA Prime" or "U.S. Prime" you can be sure that you have a tender, juicy piece of meat because it will have abundant marbling — tiny flecks of fat within the lean.

—Here's a chart to guide you in knowing how much holiday meats to buy:

- Servings per pound
- Turkey: 2-¼ servings per pound
- Chicken: 2 servings per pound
- Goose: 1-¾ servings per pound
- Duck: 1 serving per pound
- Rib roast: slightly less than 1 serving per pound.

Sheep To Shawl Entries Sought

HARRISBURG (Nov. 9) — Practice shearing, spinning and design work come to an end as looms are warped in preparation for the 8th annual Pennsylvania Sheep to Shawl Contest, January 11 at the 1989 Pennsylvania State Farm Show.

Entries are now being accepted for this colorful event. Twelve teams from around the state will vie for the grand champion honor, over \$800 in prizes, and the proceeds from the sale of their shawl.

The Pennsylvania Sheep to Shawl Contest, now a Wednesday night Farm Show tradition, is open to experienced Pennsylvania teams. Following the 2-1/2 hour contest, shawls will be auctioned to the crowd.

Champion shawls set new price records each year. The 1988 champion shawl was sold to Rich Brandt Farm Real Estate of Reading for \$1,250. Created in just 75 minutes, the team Wool Bags earned \$16.67 a minute for their efforts. Brandt has purchased six of the seven champion shawls since the contest began in 1981.

Following recommendations by the Sheep to Shawl Committee, the State Farm Products Show Commission has increased the 1989 premiums. The first place team will receive \$158, a travelling trophy, plaque and rosettes.

The contest will be judged by a panel of three experts according to shearing ability, spinning quality, uniqueness of design, weaving ability and team identification.

The entry deadline is December 16. To receive an entry form, send a self-addressed, stamped envelope to; SHEEP TO SHAWL, Pennsylvania State Farm Show, 2301 North Cameron Street, Harrisburg, PA 17110-9408. Or call Mary Grim at 717-787-5342 Monday through Friday between 8 a.m. and 4 p.m.

The Pennsylvania Sheep to Shawl Contest is sponsored by the Pennsylvania Sheep and Wool Growers Association in cooperation with the Pennsylvania Department of Agriculture and the Pennsylvania Farm Products Show Commission.

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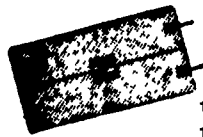
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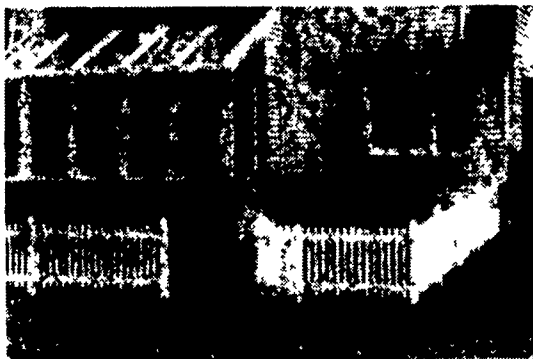
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