

# Workshops Teach

(Continued from Page B3)

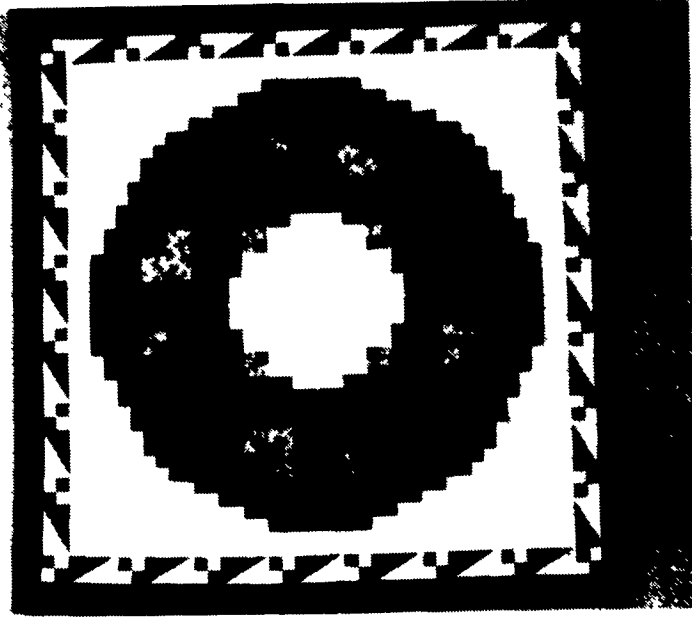
The only requirement is that you know how to thread your serger. Some of the things you will learn are threading, tension adjustments, handling corners, securing the ends, flatlocking and rolled hemming techniques. Some decorative threads and uses will be covered. You are welcome to attend if you do not own a serger but are thinking about buying one and unsure about what to look for. **Class Limit: 8. Instructor: Mary Alice Fyock. Cost: \$12.00.** Workshop #17- 7:00 - 10:00 p.m. on November 11; Workshop #20- 9:00 a.m. - 12:00 noon on November 12.

**• Serging Ahead** - A hands-on class where you learn to use your serger in creative ways. This class focuses on ways to use your machine to make items for your home, wardrobe and for gift-giving. Discover what threads work well, how to make piping, do lettuce leafing, apply elastic, etc. There will be samples to inspire and to copy. You must have a basic understanding of your serger and know how to thread it and make

simple tension adjustments. **Class Limit: 8. Instructor: Mary Alice Fyock. Cost: \$12.00.** Workshop #19- 7:00 - 10:00 p.m. on November 11; Workshop #20- 9:00 a.m. - 12:00 noon on November 12.

**• Family Strengths Managing Stress At Home And On-The-Job** - Is the stress of maintaining a job and family responsibilities wearing you down? Is stress affecting your body as well as your ability to get things done? Can you do something about stress at home and at work so that you can better enjoy the quality of your life?

If you answered "yes" to any of these questions, this workshop is for you! Cooperative Extension Agent Debra Naumann will help you to recognize your personal stressors at home and on-the-job and will explore with you several ways that you can reduce the stress of your busy lifestyle. By understanding how stress affects you and taking action to reduce stress, you can look forward to leading a happier, healthier life! **Instructor: Debra Naumann. Cost: Free.**



Create this 36-inch log cabin Christmas wreath wallhanging. Donna Lucid-Nachwostach teaches you to use an olfa mat and cutter for quick-cutting methods to go along with quick piecing techniques. A machine-quilting design plan is included along with suggestions for traditional quilting designs. Participants should have some quilt piecing experience. Register for Workshop #1 to be held October 12, from 7 to 9 p.m.; October 26, from 6:30 to 9:30 p.m., and November 2, from 6:30 to 10 p.m. Cost is \$34.

# Chicken Cooking Deadline Near

WASHINGTON, D.C. — The deadline for entering the 40th National Chicken Cooking Contest is approaching.

All chicken recipes to compete for the \$25,000 first prize must be postmarked no later than October 15.

Fifty-one finalists — one from each state and the District of Columbia — will each receive an expense-paid trip to take part in the Cookoff next May in Richmond, Virginia. In addition to the top prize awarded the chicken cooking champion, four other finalists will share another \$11,000 in prizes.

It's easy to enter. Just write name, address and telephone number on the front of each recipe submitted. Mail before October 15 to: Chicken Contest, Box 28158 Central Station, Washington, DC 20005.

That chicken dish you're serving your family tonight could be a winner. Or one you save for special occasions. It should serve four

Workshop #21- 7:00 - 9:00 p.m. on October 13.

**• Finding "Quality Time" For Your Family** - Are you disappointed when family "quality time" is sabotaged by rushed schedules, unexpected events, disappointing moments or expectations for family fun that could never be met? You are not alone! This workshop will address ways for you to find more time for your family and will explore your perceptions of what "quality" family time means to you. Ideas for family time activities will also be shared. We will see that the "perfect" family moments are often disguised in the simplest dress! **Instructor: Debra Naumann. Cost: Free.** Workshop #22- 7:00 - 9:00 p.m. on November 17.

to eight people and must be original (not previously published in the same or substantially the same form).

Recipes will be judged on four basic points — taste, appearance, simplicity and appeal. Finalists will be announced in January.

Winning recipes will be included in a new edition of *The Chicken Cookbook*, which will be introduced at the Cookoff. To receive a copy of the cookbook with recipes from the 39th Contest and other delicious ways to serve chicken, send \$1.75 (check or money order; not cash) to: Chicken Cookbook, Department NBC, Box 307, Coventry, CT 06238.

What makes a chicken recipe a winner? In the 39th National Chicken Cooking Contest held last year in Little Rock, AR, judges had a difficult time selecting the five best recipes from among the 51 finalists. Each of these was already a winner, chosen the best from each of the 50 states and the District of Columbia.

Here's a recipe that wasn't among the five top money-winners at the Cookoff but one that scored high with judges. Try it and then enter your favorite chicken recipe in the 40th National Chicken Cooking Contest. Deadline for entries is October 15.

## LEMON PARSLEY STUFFED CHICKEN

1 whole broiler-fryer chicken  
¼ teaspoon salt

1 tablespoon vegetable oil  
½ cup butter  
2 cups sliced mushrooms  
2 tablespoons chopped green onion tops  
¼ cup sherry  
1 large lemon; ½ juiced, ½ sliced

Lemon Parsley Stuffing: recipe follows.

Rub chicken cavity with salt. Spoon Lemon Parsley Stuffing loosely into cavity. In shallow roasting pan, place chicken, breast-side up and wing tips twisted under chicken. Brush chicken thoroughly with oil. Roast, uncovered, in 375°F. oven about 1½ hours, basting occasionally with pan drippings. In small frypan, mix butter with ¼ cup pan drippings and heat over medium heat until butter melts. Add mushrooms and onion; saute until soft. Stir in sherry and cook until mixture bubbles. Add 2 tablespoons lemon juice and the lemon slices. To serve, place chicken on platter and pour sauce over chicken.

**Lemon Parsley Stuffing:** In large bowl, place ¼ cups herb-seasoned bread cubes. Sprinkle with 1 tablespoon fresh lemon juice and 1 teaspoon freshly grated lemon rind. Toss lightly and let sit 15 minutes. Add 1 cup finely chopped celery, 2 cups chopped green onion tops, 2½ tablespoons melted butter, 2 tablespoons chopped parsley and ¼ teaspoon salt. Toss to mix thoroughly.



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