

**Family Living
Focus**

Nancy Wiker
Lancaster Co.
Extension Agent



Chestnut Dressing

My mother makes the best dressing (some call it stuffing or filling) for the holiday bird. After 50 plus years, she has the recipe perfected. On occasion she altered the recipe; adding alien ingredients such as cornbread or dried fruit, with great protest from the rest of us. One year she decided to add roasted chestnuts, with great results.

Chestnuts found in stores are generally European in origin. They are similar to the native American Chestnut, but are resistant to the blight that killed that American trees. They should not be confused with the horse chestnut, which is closely related to the buckeye and not recommended for eating.

Harvested in the fall, the reddish brown nuts have a cream-

colored kernel covered with a thin brown skin. Choose chestnuts that are plump, heavy and firm, with glossy shells. Soft, light, nuts with dull or wrinkled shells are too old. After picking, they are generally seasoned for several days to remove excess moisture by spreading the nuts 1-2 layers deep on trays made of half-inch hardware cloth. When cured, store in a cool dry place that is inaccessible to rodents and insects.

Cook chestnuts using one of the following methods:

Roasting: With the tip of a sharp knife cut an X in the flat side of each nut. Roasting over an open fire requires a covered utensil with a long handle. Nuts will build up steam and explode even after removing from the heat. In the oven, roast the cross

cut nuts for 15-20 minutes at 425 F.

Boiling: Cut the nuts in half with a sharp knife. In a shallow pan, cover with only enough water so nuts are not completely covered. Bring to a boil, reduce heat and simmer for 15 minutes. Drain and allow to cool slightly. The kernels should come out easily. The longer they are cooked, the mealier they will become. We like to dip the cooked nuts in melted butter with salt added.

Microwave: This method requires a bit more experimentation, but can yield excellent results. Cut the nuts in half and place cut end down on a double layer of paper toweling. Start with eight medium size nuts and cook for 1-2 minutes.

Cooked chestnuts may be kept in the refrigerator in jars for several days, or in the freezer. Fresh and cooked chestnuts can be frozen, either peeled or in their shells.

No matter which preparation method you use, you must remove the outer hard shell and the thin inner brown skin. It is easier to peel chestnuts that have been cooked and are still hot.

Chestnuts are a good source of potassium and a source of vitamin C, copper, magnesium, and some B vitamins. Eaten raw or

undercooked they can cause bloating and gas.

These tasty nuts can be added to soups, salads, and stuffings. They can also be ground into flour that is added to cakes or made into flat cakes, pancakes, waffles, or bread. Chestnut puree is used to flavor ices, puddings, and pastry creams. Mont Blanc, a famous dessert, consists of a meringue base that is covered with a mound of chestnut puree topped with Chantilly cream.

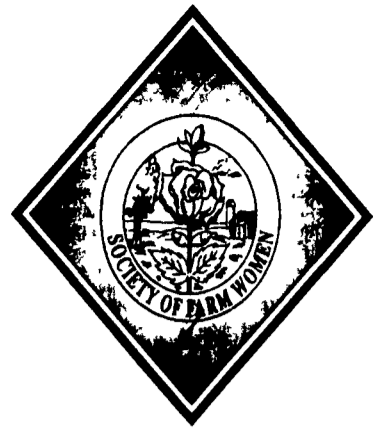
A handful of whole chestnuts makes a tasty addition to braised cabbage. In Europe chestnuts are traditionally served with game or poultry, especially during the holiday season. One pound of chestnuts yields a little more than 8 ounces (2 cups) of peeled nuts.

Ruth's Chestnut Dressing

- ½ pound chestnuts
- 4 tablespoons melted butter
- ½ cup chopped celery
- ¼ cup onion, minced
- ½ teaspoon salt
- 2 teaspoons poultry seasoning
- 1 beaten egg
- 2 cups soft bread crumbs

Prepare, peel, and chop chestnuts. Melt butter in large pan, saute chestnuts, celery, and onion. Add salt, poultry seasoning, egg and bread crumbs. Toss well.

Yields enough stuffing to accompany a 7-8 pound bird. Bake covered in a casserole dish at 350 F until it reaches an internal temperature of 165F.



York Society 26

York County Farm Women #26 celebrated Farm Women's Day in October with a tour of "Haines Shoe House" in York.

After the tour the group had lunch and held the monthly meeting at Rutter's Restaurant on Mt. Zion Road.

Vice president Jan Sechler conducted the business meeting. Ten members were present.

The Christmas banquet will be held at the Lewisberry Grange Hall.

Nine members will attend the County Convention.

Donations were made to York County 4-H Club, York Rescue Mission, New Life for Girls, Crop Walk, and Diabetes Association. Elizabeth Moody won the door prize.

Why Do Leaves Change Color

Summer's green leaves have been replaced by bright autumn colors like red, orange, gold, and brown. These color changes are caused by three things: leaf pigment, length of night, and the weather

There are three types of pigments. The first, chlorophyll, gives leaves their green color. Chlorophyll is needed for photosynthesis-the process that helps plants use sunlight to make sugar for food.

Carotenoids, a second type of pigment, produce the yellow, orange, and brown colors in things like corn, carrots, and daffodils.

Anthocyanins give color to cranberries, red apples, blueberries, strawberries and more. Both chlorophyll and carotenoids are present in the leaf cells throughout the growing season. Anthocyanins are made in the autumn because of bright light and excess plant sugars in the leaf cells.

Leaves are also affected by the increasing length of night. As darkness times lengthen, biochemical processes begin to change the leaves. The weather is the third factor-especially temperature and moisture.

The brightest color displays are usually in years with a succession of sunny days and cool, crisp nights.

**UNCLAIMED FREIGHT
CO. LIQUIDATION SALES INC.**

"If You Can't Find It Here, You Won't Find It!"

3-SIDED ENTERTAINMENT CENTER
Fits 36" TV
Reg. Ret \$799.95
Our Price \$969.95
CLOSE OUT \$289.95
\$50 OFF w/COUPON

RECLINER SPECIAL
Reg Ret \$389.95
Our Price \$129.95
CLOSEOUT \$89.04

Futon Closeout
• In Black & White
• Comes w/ 8" Futon Mattress
Reg Retail \$639.95
Cash Price \$259.95
Only \$139.95

WORKING DRAWER 3 PC. END TABLE SET-
Your Choice Light/Dark Pine
Thick wood Set
Reg. Ret. \$1,200.95
Our Price \$609.95
Cash Price \$589.95
(Under Wholesale)
CLOSE OUT \$259.95

7 PC. DINING ROOM SET
Oak Table w/6 Double Back Press Side Chairs
Reg Ret \$1999.95
FACTORY SPECIAL \$599.95

EXCEPTIONAL SECTIONAL
Close Out Reg Retail \$1,689.95
Our Price \$659.95
\$599.95
\$50 OFF w/COUPON

SECTIONAL SLEEPER
Loveseat
Center Console
Side by Side
Recliners Sofa
w/Hide a Bed
Factory Liquidation
Reg. Ret. \$2,589.95
Our Cash Price \$1,289.95
Factory Special \$949.98

DINING ROOM SET
Oak Table - 4 Side Chairs
Reg Retail \$1,400.00
Our Price \$549.95
Close Out \$369.95

ENTERTAINMENT TOWER
Black on Oak
Fits 27" TV
Reg Ret \$599.95
Our Price \$379.95
Cash Price \$329.95
CLOSE OUT \$199.95

4 DRAWER CHEST
Pine Finish and Brass Hardware
Reg. Ret. \$149.95
OUR CASH PRICE \$69.95
FACTORY SPECIAL \$39.04

GLIDER ROCKER
Available in Blue Beige Green
Reg Ret. \$159.95
Cash Price \$129.95
Special \$79.04

BLACK & CHROME 5 PIECE DINETTE
-30x46 Table
Reg Ret \$399.95 Our Price \$229.95
CLOSE OUT \$109.88

BEDROOM SET
(Bleached Oak) Plus Chest
With Jewelry Case Top
Reg. Ret. \$2,239.95
Our Price \$945.95
Closeout \$899.95
Headboard Wall Unit

CORNER NOOK
Oak Verneer Table
Trestle & Corner Bench w/Storage
Reg. Ret \$1,169.95
Our Price \$499.95
Cash Price \$499.95
CLOSE-OUT \$309.95

TWIN/DOUBLE FUTON BUNK
in Black Red White w/8 Futon Mattress
Reg. Ret. \$898.95
SPECIAL \$279.95

STYLISH SOFA TABLE
w/Working Drawer
Light or Dark Pine
Reg Ret \$479.95
Our Price \$299.95
Cash Price \$249.95
CLOSE OUT \$149.95

MARBLE & GLASS COCKTAIL TABLE
w/Dual Swivel Tops
Reg Ret \$409.95
Our Price \$299.95
Cash Price \$249.95
CLOSE OUT \$129.95

DEALER REFUSED SLEIGH BED
"Dark Cherry Finish" Queen Only
Reg. Ret. \$699.95
Our Price \$449.95
Close Out \$169.95
You Save!
(Includes Rails)

OPEN SUNDAYS
SERTA MATTRESS & BOXSPRING
SINGLE Reg Ret \$609.95 OUR CASH PRICE \$149.95
DOUBLE Reg Ret \$749.95 OUR CASH PRICE \$189.95
QUEEN Reg Ret \$889.95 OUR CASH PRICE \$249.95
KING Reg Ret \$1129.95 OUR CASH PRICE \$299.95
BELCO MATTRESS & FOUNDATION
Warranty of one full year
Reg Retail Our Cash Price Special
Single \$289.95 \$159.95 \$109.95
Double \$389.95 \$189.95 \$139.95
Queen \$499.95 \$239.95 \$189.95
PRICES INCLUDE BOTH PIECES

FIVE PIECE DINETTE
36x60 Table
Table & Four Chairs - Natural, White/Natural, Green/Natural
Reg. Ret. \$1,029.95
Cash Price \$469.95
HOT Special \$249.88

3019 Hempland Road, Lancaster 397-6241
Stores in LANCASTER • YORK • CARLISLE (Closed Sun.)
STORE HOURS: Mon -Fri 9-9 • Sat. 9-6, Sunday 12 to 5 PM

• No Refunds
• No Exchanges For purchases with a check bring drivers license and phone numbers
• Cash & Carry FINANCING AVAILABLE

MILLER DIESEL, INC.

FUEL INJECTION & TURBO SPECIALIST
MEMBER ADS ASSOCIATION OF DIESEL SPECIALISTS
6030 JONESTOWN ROAD, HARRISBURG, PA 17112
(717) 545-5931 • 1 (800) 296-5931
Since 1957

Specializing in:
FARMING & AGRICULTURAL
Factory Authorized Diesel Fuel Injection
Sales, Service & Parts

Miller Diesel, Inc. offers:

- Diesel Fuel Injection Pumps, Injectors, Turbochargers
- Factory Trained & Authorized for complete services on Stanadyne (Roosa Master), Lucas CAV, Simms, Robert Bosch, Ambac (American Bosch), etc
- Instant Exchange or Rebuild (Fast Turn Around Time)
- Feed Pumps (John Deere & Most All Applications)
- Quality Workmanship, Experience, Troubleshooting
- Free Pick Up & Delivery (100 mile radius of Hbg) Daily UPS Shipping

• NEW CUSTOMER •
10% DISCOUNT Up To \$50.00 On Rebuilt or Exchange Injection Pumps.
Expires 12/31/00

MILLER DIESEL, INC.

WE WANT TO BE YOUR FUEL INJECTION SPECIALIST