

Notes To Dad

by

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Last evening our youngest son, 5, opened the front door and called out for Dad. Russell and I were in the kitchen talking, regrouping after a busy work day. Again he yelled so I answered. No response from him. Again he yelled for Dad and with more determination I yelled back, "What do you want?"

No response.

Suddenly he appeared in the kitchen looking right past me to Russell and asked him, "Are you ready?"

Apparently some deal to play outside had been struck between the two of them, and I was not included.

During the past year with our five- and six-year old sons, I've come to realize my role in the family. I'm the mom and will never be the dad.

It's a wonderful experience to see the children so infatuated with their father. I know I sure was infatuated with that same guy 25 years ago when we met in high school!

As a mom, I have recognized the importance of Russell's role and allow it to flourish, keeping my nose out when necessary and allowing him to be just what he is in all his glory, a loving father.

If you're the father of a young child, you know the importance and joys of physical contact with your child. Russell enjoys all the open signs of affection the boys bestow upon him. As he can already see; the amounts of hugs, kisses and curling up a his lap will change as the children continue to grow and develop into fine young men.

Gee, that makes me stop and think. When they are fine young men, that means I'll be a fine older lady with a nice older man by my side.

There will be lots of ground to cover before that point, but for now our children see Daddy as the greatest. What a thrill to help Daddy do whatever he is doing outside.

When we were childless, we used to laugh when we'd see chil-

GEORGETOWN, Del. — There's no end to the ways chicken can be prepared. Although it could be served every day of the year without repeating the same dish twice, there are a few basic cooking methods which should be mastered before any cook begins to experiment with new and creative ideas.

Roast Chicken — Sprinkle body cavity and outside of one whole broiler-fryer chicken with ½ teaspoon salt and ¼ teaspoon pepper. Hook wing tips under back of chicken. On rack, in a shallow baking pan, place chicken, breast side up. Roast in 375° F. oven about 1 hour or until internal temperature reaches 180° F. Let stand 10 minutes before carving.

Fried Chicken — In a plastic bag, mix together ½ cup flour, ½ teaspoon salt, ½ teaspoon papri-

ka, and ¼ teaspoon pepper. Add 1 cup-up chicken, a few pieces at a time. Shake to coat. Place chicken on a rack to dry, 15 minutes. In large frypan, place ¼ cup cooking oil and heat to medium-high temperature. Add chicken, skin side down, and cook, uncovered, about 10 minutes, turning to brown on all sides. Reduce heat to medium-low; cover, and cook about 20 to 25 minutes or until chicken is fork tender. Drain on paper towels.

Oven Fried Chicken — In small frypan, place ¼ cup margarine and melt over medium heat. In shallow dish, place ½ cup dry breadcrumbs; stir in ½ teaspoon salt and ¼ teaspoon pepper. Using 1 cut-up chicken, dip chicken, one piece at a time, in margarine, turning to coat. Place chicken in breadcrumb mixture, turning to coat. On lightly greased baking sheet,

place chicken in single layer. Bake in 375° F. oven about 50 minutes or until chicken is brown and fork tender.

Broiled Chicken — Using 2 broiler-fryer chicken halves, 4 quarters or an equivalent of parts, place chicken on broiler pan. Lightly brush chicken with cooking oil; sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Turn chicken skin side down. Set oven temperature at broil or 450° F. Arrange broiler pan about 8-inches from heat source. Broil 20 to 25 minutes. Turn chicken; broil about 15 minutes longer or until fork tender.

Grilled Chicken — On prepared grill with rack about 8-inches from heat source, place chicken halves, quarters, or parts. Grill, turning frequently, about 1 to 1½ hours or until fork tender. Bottled or homemade barbecue sauce may be brushed on the chicken during the last 15 to 20 minutes of grilling time.

Simmered Chicken — (For recipes calling for "cooked chicken") — In a deep saucepan, place 1 chicken, whole or cut-up. Add 2 cups water; 1 small onion, sliced; 3 celery tops; ½ teaspoon salt; and ¼ teaspoon pepper. Cover and simmer about 45 minutes or until chicken is fork tender. Remove chicken from pan and cool; reserve broth for later use, if desired.

Microwave Chicken — In shallow microwave dish, arrange 1 cut-up chicken (skin removed) in single layer with meatier parts toward outside of dish. Brush chicken with 1 tablespoon melted butter or margarine. Cover with wax paper and microwave at high 18 to 20 minutes (or about 6 minutes per pound), rotating dish one-half turn after 9 minutes. Sprinkle with ½ teaspoon seasoned salt and let stand, covered, 5 to 10 minutes.

At our house, you should hear the squabbles when Dad occasionally announces it's so and so's turn to go to work with him for a few hours. He'll admit it's the office candy machine the boys love about his office job, but they also realize that Daddy works to support his family.

Russell will tell you it's hard to explain to the children what he does for a living since they are at the stage where they believe a construction job is the best. It's Uncle Gary, who in their minds, has the ultimate job as a mason contractor. What other job allows you to play in a really big pile of sand, drive a big truck, and back hoe, and be outside all day!

Dad take a minute and pat your self on the back. Your role as a father plays such an important part in the lives of your children. Many times we take this for granted until a father figure is not present on a regular basis in a child's life.

It's all those little things about life that are learned from you a Dad. Let's take time this week to slow our thoughts and busy lives a bit, to step back and take notice of all those wonderful small things in the father-child relationship and its importance to your family.

Mom if you're reading this, remember when the kids call for Dad, it's best to respond, "Just a minute I'll get him for you!"

A father's work is important.

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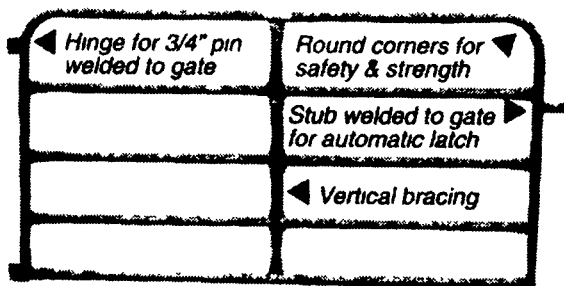
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Basic Chicken Cookery

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Separate meat from bones; discard bones and skin. Cut chicken into bite-size pieces. A 3½ pound chicken will yield about 3 cups diced, cooked chicken and 2 to 2½ cups broth.

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