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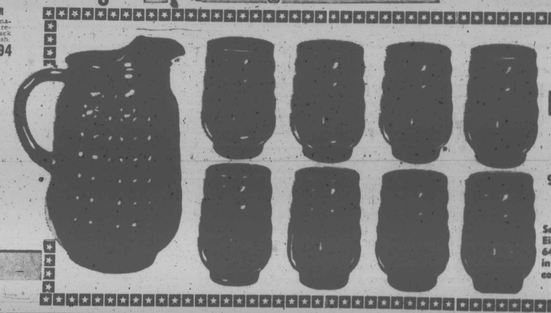

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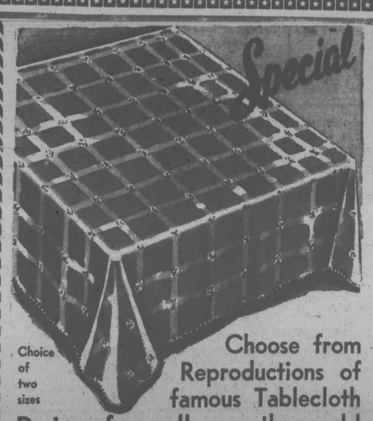

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BEST BUYS

Turkey in top supply for coming holidays

By VIRGINIA L. McLUCKIE
Food Economist

With the big Thanksgiving holiday and the traditional feasting just a week away it is non to early for making plans and doing some food shopping says, Virginia L. McLuckie, Food Economist, Baltimore Office, Department of Markets, University of Maryland.

Tradition tags turkey as the feature at Thanksgiving dinner. The marketing of turkeys which 20 years ago was seasonal for holidays and largely fresh turkey has changed. Today approximately 80 percent of the output of turkey is marketed frozen.

The crop of birds produced this year is between 93 and 94 million birds which is around one million more than last year. The weather this year appears to have been much more ideal for raising turkeys than 1962. Birds matured more quickly this year and were heavier at an earlier age. This means more young tender birds for consumption.

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FROZEN TURKEY storage holdings are larger than last year at this time. All sizes of birds are in good supply. When selecting a frozen turkey look for a bird that has good color, plump, free of freezer burn and free of skin blemishes and pin feathers.

The bird should be plump, broad and thick through the breast and short in body length to indicate a large proportion of flesh to bone.

Frozen turkeys should be thawed before cooking. The best place is in the refrigerator. Leave the original moisture proof wrappers on while thawing so the skin and outside flesh remains moist.

A large bird takes 2 to 3 days and a small bird 1 to 2 days to traw in the refrigerator. Allow ¾ pound per serving of ready - to - cook weight when purchasing turkey.

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AT THE produce counter the best buys are spinach, cauliflower, yellow onions and sweet potatoes. These are seasonal vegetables that will make good eating at meals whether it is everyday tablefare or a feast. Onions of the best quality are firm and dry with crisp yellow skins that adhear smoothly.

Use onions for seasoning, as a vegetable stuffed and baked, boiled or sauted. Sweet potatoes are low in cost per serving and high in food value. Sevre sweet potatoes often during the Maryland Sweet Potato Week. Spinach, the most popular green leafy vegetable is available in bulk or film packages from Maryland farms. Cauliflower the queen of the cabbage family offers variety to meals served plain with butter or a tasty sauce.

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FRUITS ON the best buy list are apples, Emperor Grapes, small Florida oranges and bananas. Emperor grapes are the varity in most abundance this time of the year. The deep red color and sweet flavor adds to fruit cups salads and desserts as well as being a good out of hand fruit.

Eat an apple every day, at home, at work or at play is a good slogan to follow. Bananas are low in cost particularly when special sales are featured. Small Florida oranges are currently the best citrus value.

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EASTERN SHORE sweet potato pie is made with three cups mashed sweet potatoes, one cup milk and one cup cream or two cup milk and 2 tablespoon butter, four eggs, two and one-fourth cup sugar, two teaspoon lemon extract, one and one-half teaspoon vanilla extract, and one - fourth teaspoon baking powder.

Combine sweet potatoes milk, eggs, and sugar. Beat at high speed with mixer. Add flavorings. Mix baking powder with 1 tablespoon milk and add to the potato mixture. Bake (375 degree F.) one hour. Makes two 9-inch pies.

Eggs Stuffed

2 chicken livers
½ teaspoon onion juice
2 tablespoons fat
4 hardcooked eggs
1 teaspoon chopped parsley
Salt and pepper
Worcestershire sauce to taste
¼ cup grated cheese

Clean livers, chop fine and sprinkle with onion juice; fry in fat. Cut eggs into halves; remove yolks and rub through sieve, add parsley, salt, pepper and Worcestershire sauce to taste, then mix with chicken livers.

Refill whites with mixture, sprinkle with grated cheese and bake in hot oven (400 degrees) until cheese melts. Serve with toast and tomato sauce. Serves 4

From Mildred's Kitchen

By MILDRED BROOKS

Wouldn't you love to breeze through the preparation of your Thanksgiving Dinner? Lucky, we aren't the pioneer women of the Pilgrim Fathers Today, the traditional dinner can be a proud culinary achievement with just a little planning. Here's an attractive menu that should win acclaim and be easy on the nerves:

CONSOMME AND CRACKERS
Roast Turkey with Favorite Dressing
Green Peas Gourmet*
Cauliflower Santa Rosa*
Cranberry Souffle Salad*
Hot Buttered Rolls
Pumpkin Pie in Nutty Crust*
Beverages
*Recipes given

Most homemakers have their own way of preparing turkey—so that it really talks back. For an interesting flavor, Turkey can be basted with a mixture of broth and white wine. Or, the liquid in the Dressing could be wine, also—ooh-la-la-la.

Vegetables can be the bugaboo of any dinner—especially when served the same old way. Since the wine-bottle is opened, why not glamourize the vegetables for your Thanksgiving Feast with this delicious beverage? (afraid of getting tipsy—the alcohol disappears in cooking.) Incidentally, white wines are an elegant addition to this festive meal.

GREEN PEAS GOURMET
2 cups shelled fresh peas (about 2 lbs.)
1 cup thinly sliced celery
1 teaspoon seasoned salt
1 cup chicken broth
¼ cup white dinner wine (Sauterne)
3 tablespoons margarine
pepper to taste
2 to 3 teaspoons cornstarch, optional

Combine peas, celery, salt and broth in saucepan. Cover and cook gently until peas are tender. Stir in wine, margarine, pepper and additional salt to taste. Thicken liquid with cornstarch mixed with a little water, if desired. Serve in sauce dishes with richly flavored sauce. Serves 5 to 6.

CAULIFLOWER SANTA ROSA
1 large head cauliflower
¼ cup margarine
¼ cup flour
1 cup rich milk
½ cup white dinner wine
½ cup water
½ cup blanched almonds
salt and pepper
¼ cup grated cheese (Cheddar)

Trim and wash cauliflower; separate into flowerets. Drop into boiling water with salt; cook 10 to 15 min. or until tender when pierced with a fork. Meanwhile, prepare sauce. Melt margarine and stir in flour. Add milk, wine and water; cook stirring constantly; until mixture is thickened and smooth. Add almonds, salt and pepper. Drain cauliflower carefully; place in greased baking dish. Pour over sauce and sprinkle with grated cheese. Bake at 375 degrees F. for 20 min. Serves 5 or 6.

There's hardly a Thanksgiving Dinner without cranberries. This time, do it up differently—in a salad that can be prepared long before the mad-rush:

CRANBERRY SOUFFLE SALAD

Dissolve one 3 oz. package cherry gelatin in 1 cup hot water. Add 2 teaspoons lemon juice, 3 oz. cream cheese softened, 1/8 teaspoon salt and ¼ cup salad dressing and blend thoroughly on electric mixer. Chill until mixture begins to thicken. Whip until one 1 lb. can whole cranberry sauce, ½ cup minced celery, ¼ cup toasted slivered almonds and ½ cup drained crushed pineapple. Pour into large or individual salad molds, Chill until set.

For dessert, let's have Pumpkin Pie — like Mother used to make. If you go for the modern touch, add a bit of brandy.

PUMPKIN PIE IN NUTTY CRUST
1 cup sugar
1½ teaspoons cinnamon
½ teaspoon cloves, allspice, nutmeg, ginger each
½ teaspoon salt
2 eggs, beaten
1 tall can evaporated milk (Carnation)
¼ cup Brandy, if desire
Pastry for 9-inch 1-crust Pie

Add a few tablespoons ground nuts to pastry mixture. Line pan with pastry, fluting rim. Blend sugar, spices and salt in mixing bowl. Add eggs, Brandy, pumpkin and milk. Pour into unbaked pie-shell. Bake at 425 degrees F. 15 min.; reduce heat to 350 and bake 40 min. Cool. Top with Whipped Cream.

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Sweetbreads

Creamed sweetbreads have long been a favorite for breakfast or luncheon menues.

This recipe for four or five servings is an especially tasty one.

The sauce, the main part of the recipe is made with three tablespoons butter; three tablespoons flour, three-forth cup milk, four tablespoons sherry, salt to taste and three-fourth cup of cream.

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USE SIX sweetbreads. Boil them in water to which the juice from a half lemon and a half teaspoon of salt have been added.

When cold, cut into cubes.

To make the sauce, melt butter in a saucepan, add flour and cook slowly until bubbly but not brown. Add milk, cream and salt, stirring constantly and cook until thickened. Add sherry. Combine sauce with sweetbreads and serve hot.

Lemon Muffins

Lemon Muffins will be a welcome hot bread to serve at your holiday table this Thanksgiving. Their tart, not-too-sweet flavor is a pleasant accent for traditional turkey and its accompaniments.

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Made with enriched, self-rising flour and corn meal, these muffins are quick-to-fix since baking powder and salt are measured in for you in recipe-right amounts. And they are finished off with a delicious glaze made of powdered sugar, lemon juice and dash nutmeg.

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FOR LEMON MUFFINS use one and one-half cups sifted Enriched Washington Self-Rising Flour, one-half cup Enriched Washington Self-Rising Corn Meal, grated rind of one lemon, one tablespoon sugar; two eggs, three-fourth cup milk, one-fourth cup liquid shortening.

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THE GLAZE requires one-third cup powdered sugar, two teaspoons lemon juice, and dash of nutmeg.

Mix together the flour, corn meal, sugar and lemon rind. Beat together the eggs, milk and liquid shortening. Add liquid to dry ingredients and stir until just blended. Fill lightly greased muffin cups two-thirds full. Bake at 425 degrees F. 12 minutes. Blend together the ingredients for the glaze.

Remove partially done muffins from the oven and top each with some of the glaze. Return to the oven for 5 minutes or until brown.

Makes one dozen.

Spinach balls

Prepare mashed potatoes as though they were to be served for a meal. Cook, drain and season spinach with butter, salt and pepper.

Take small portions of spinach and cover with potatoes while still hot. Place in refrigerator for several hours or until firm.

Dip in egg and cracker crumbs and fry in deep fat. They should be about the size of small oranges. The amount used depends upon the number of people to be served.

Consomme Vegetable

A good salad is an addition to any meal, and among salads, vegetable is queen.

For a salad to enhance a holiday meal, try Consomme Vegetable Salad.

CONSOMME VEGETABLE is made with one cup coarsely shredded carrots one cup cooked thinly sliced green beans, one cup cooked peas, one cup cooked sliced or shredded beets, two cans jellied beef or Madrilene consomme, four or five tomatoes and two or three hard-cooked eggs.

Oil a large glass casserole or mold. Line the bottom with egg slices. Mix the cooked vegetables and the raw carrots together and put on top of the tomato-and-egg sliced.

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POUR THE consomme over all. Put in the refrigerator, until set or overnight.

When ready to serve, unmold as you would a gelatin mold and garnish with salad greens and anything else you like. Serve with mayonnaise.

Be sure to check the consomme can label to see that gelatin has been added. The consomme should be at room temperature so it pours over the vegetable.

Warren's Southern

For a delightful and special meal, serve Warren's Southern Kambalaya with a mixed green salad, tinted apples and French bread.

The Jambalaya requires three dozen large oysters, one and a half pounds of diced ham, two pounds of shrimp (deveined), three cups diced chicken or turkey, two cups long grain rice, eight cups chicken or turkey stock.

One chopped bell pepper, two cloves garlic, one large onion, two bay leaves, chopped, two cups chopped celery, salt, pepper, parsley.

Fry onions, celery, bell pepper, garlic in fat until brown. Add ham, turkey, oysters, shrimp. Cook 20 minutes. Add turkey stock. Add rice, cover and cook 40 minutes.

Do not stir.

This serves 12 to 14 persons.

Chops with Oyster Stuffing

Have butcher slit a pocket in six pork chops large enough to hold stuffing.

Season with salt and pepper heavy frying pan. Be sure meat is thoroughly cooked.

Place stuffing in pocket of chops and fasten with toothpicks. Before serving, cover and slowly heat in heavy frying pan.

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THE STUFFING is made with one cup grated bread crumbs or three slices bread soaked in milk, one pint of oysters, one medium sized onion, minced, one-half teaspoon thyme, two cloves garlic, peeled and finely chopped; two tablespoons butter, salt and pepper to taste and one cup minced celery.

Drop drained oysters in boiling water and allow to remain boiling until oysters curl (about five minutes). Drain and cool. Then cut in small pieces.

Heat butter in skillet and saute onions and celery until lightly browned. Add garlic, adding more butter if necessary. Add all remaining ingredients (oysters, bread and seasonings). Simmer over low heat until well mixed and ingredients are well heated.

SAUCY HAM SLICE

one 1-lb. slice Ham
1 tablespoon brown sugar
1 tablespoon butter or margarine
One jar Musselman's Apple Sauce
1 tablespoon brown sugar
¼ teaspoon ground cloves

Brown ham in sugar and butter. Turn ham over. Mix together remaining ingredients and pour around ham. Cool about 20 min. Serves 4.

PORK CHOPS HAWAIIAN

Season 4 lean Pork Chops ½-inch thick. In a 10-inch skillet, brown chops slowly in hot shortening. Drain off drippings. Mix together a jar of Musselman's Apple Sauce (about 1 lb.) ½ cup undrained crushed pineapple and ¼ teaspoon nutmeg. Pour over chops. Cook over low heat for 30 min.

FIESTA FLUFF

1 cup whipping cream
1 jar MUSSELMAN'S Apple Sauce (1 lb.)
¼ teaspoon cinnamon

Whip cream, add powdered sugar and beat until stiff. In 4 to 6 dessert (parfait) dishes alternate layers of apple sauce mixed with cinnamon and whipped cream. Chill well.

DESIGNER PATTERN

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