ENJOY YOUR LUNCH, Mrs. Bernice Montague seems to be saying to Mel Draper and Elaine Jennings, youngsters among those eligible to receive the Model Cities Free Lunch at the program at 925 Fulton Ave.

Turkey high on summer meats list

By VIRGINIA McLUCKIE, Food Economist

July is summer Turkey time.

Tender meated turkey is a delight to serve at all summertime occasions, picnics and cookouts, buffets and smorgasbords, company dinners and informal family meals.

Abundant supplies of whole frozen turkeys, turkey parts and other turkey products are substantially higher than in the same month last year. June 1st stocks of whole frozen turkeys totaled 87 million pounds.

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The modern turkey, so improved over the years, is literally a new bird. It comes both smaller and larger than its ancestors. It is also meatier and more tender, plumper and more compact, and has a larger proportion of breast meat. Make the most of the versatility of turkey by featuring it in "mile-high" sandwiches, piping hot soups, crisp and fresh salads, quick-to-fix cold plates and tasty casseroles, stews and pot pies.

If you choose a turkey to roast select a bird larger than required for the first meal. Plan to have meat left over. Summer sandwiches made from turkey are tasty treats. Tuck them into picnic bound, food laden baskets. Prepare them as canapes for party and snack trays. A generous turkey sandwich may serve as a main dish for lunch or suppertime.

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Outdoor chefs who have motorized spits may want to roast a whole turkey over charcoal. Small turkeys cooked on a turning spit come off tender and juicy as those roasted indoors in an oven. A whole 6 to 12 pound bird will require about 15 pounds of charcoal to roast it until done on a spit. The fire needs to be continuously hot.

After piercing the bird with the spit and securing the prongs in the body, tie it securely with heavy white cord to keep it compact and turning as it cooks. Tie a piece of aluminum foil over the breast to prevent it getting too brown. The foil should be removed after an hour of cooking.

When the turkey is done, richly browned, place it on a carving board and remove spit, ultie or cut cord, let it cool and it is ready for serving. Grilled turkey has a delightful smoky flavor which is somewhat of a change for summer turkey meat.

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Do not hesitate to freeze turkey meat for later use if you have zero degrees storage. Cooked turkey has a storage life of one month in the freezer. Pack the meat in meal size portions for convenience.

Other poultry items that are on the best buy list are broiler-fryer chickens and eggs. The supply of both items is large and price tags are very attractive. Plan to use eggs in summer meals as deviled eggs or to garnish salads. Grade AA or A eggs are recommended grades for top quality.

Plentiful supplies of canned cranberry sauce and cranberry juice are available. The tart flavor enhances poultry meats and adds color for attractive platters.

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At the produce counter the best seasonal buys are new cabbage, snap beans, cucumbers and summer squash from Maryland farms. New white potatoes are a good buy and recommended for potato salad because they hold their shape when boiled. Fruit suggestions are watermelon, blueberries, plums and peaches.

Recipe for this week is for Turkey creole.

Turkey creole is made with 2 cups turkey broth, 2 cups (No. 2 can) tomatoes, ¼ cup chopped green pepper, ½ cup chopped onion, ½ cup chopped celery, 1 teaspoon salt, 1 teaspoon sugar, 1 small tip bay leaf, 2-3 cup uncooked rice, and 2 cups diced cooked turkey.

Combine all ingredients in saucepan. Bring to vigorous boil. Lower heat, cover and simmer until the rice is tender and most of the liquid is absorbed — about 20 minutes. If necessary, uncover and cook several minutes longer to dry off rice. Remove the bay leaf. Six servings.

Economy meals for good eating

It's a ruby-blend of tarty cooling refreshment and delightfully sweet, fruity flavor.

It's cranberry juice, and right now it's on the U.S. Department of Agriculture's Plentiful Foods List. USDA's Consumer and Marketing Service names the juice, along with its first cousin, cranberry sauce, as abundant items which may be specially priced at your market.

Since turkey is also plentiful, you can evoke the spirit of Thanksgiving in the midst of summer.

But cranberry juice has its own special summertime use, quite apart from Thanksgiving and turkey roasts. Its tingly fresh taste is perfect for tall, ice-cold fruit combination beverages.

Try three fruit punch. Mix cranberry, pineapple, and apple juices, and top with scoops of vanilla ice cream or ice milk. What a great hot-weather cooler!

Or how about Cranberry Lemon Twirl? Barely blend lemon sherbet scoops into cranberry juice for a scrumptious, perk-up snack.

Or freeze cranberry juice in your ice-cube tray. These special cubes look magnificent atop party punches or floating in tall glasses filled with fruit ades.

For a foamy, milk-rich refresher, beat together cranberry juice, instant nonfat dry milk, and a little sugar. This mixture can also be frozen to eat with a spoon.

Of course, if you're not feeling particularly imaginative, just plain cranberry juice "on the rocks" is always welcome, always refreshing.

Here's a menu for a summer day's good eating, using cranberry juice and other abundant and moderately-priced foods:

BREAKFAST
Orange Juice
Scrambled Eggs
Roll with Margarine or Butter
Milk
Coffee or Tea

LUNCH
Sliced Turkey Sandwich
Cole Slaw
Cranberry Watermelon

Supper
DINNER
Salmon Steaks
Carrots and Peas
French Fries
Fresh Plums
Milk
Coffee or Tea

Cranberry Watermelon Sipper recommended by New England cranberry growers, is a colorful, luscious fruit drink combining two current plentifuls . . . cranberry juice and watermelon.

Six cups diced seeded watermelon, four cups (1 qt.) cranberry juice, one cup orange juice, one-fourth cup lime juice and Superfine sugar

To prepare, place watermelon, 1 cup at a time in the blender. Cover and whirl at top speed for 30 seconds until melon is liquified. Repeat process until all melon is used. Strain watermelon. Combine watermelon juice, cranberry juice, orange juice and lime juice. Add sugar to taste. Pour into tall glasses over ice. Suggested garnish: watermelon cubes. Serves 8 (If a blender is not available, press watermelon through sieve.)

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Dried Beef LANCASTER BRAND SLICED 4-oz pkg 65c
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