BEST BUYS:

Make the plans for Christmas cooking

By VIRGINIA McLUCKIE
food economist

Most families have plans for Christmas dinner that include traditional foods which are in the markets in liberal supply. Everybody looks forward to the holidays with plenty of good food, hospitality and sharing with others.

It is not too early to shop this week for most of the foods you can store without refrigeration. Any canned or dried items, bottled beverages and staples should be purchased early. It is important that you estimate the storage space in the refrigerator and freezer when you shop for the holiday.

Just make certain there will be room for perishables to be kept at proper cold temperature to avoid spoilage. After the first Christmas meal you will probably need even more refrigeration for left overs than you realize. Plan to present the remains of the festive meal in a new way, so there is not a repeat of the holiday menu for the next several days.

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If you want to serve turkey make your selection early to get the size you want. Allow it to thaw in the refrigerator which may take two to four days. In your food safety practices, be sure to get the cooked meat back into the refrigerator as soon as the Christmas meal is over.

Ham is very popular for the holidays. Be sure to read the label to see if you are purchasing a fully cooked or regular smoked ham. Even if it is cured meat, ham is perishable. Prices will be different according to the amount of servicing or processing done on the ham. Your choice may be a portion, half, whole ham with bone in, semi-boneless or boneless.

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Roast beef is becoming increasingly popular as a holiday meat choice. A rib roast is the most elegant of roasts but there is a high bone and fat waste factor to consider. A sirloin roast or an eye of round will yield more servings per pound than rib roast. However, these two suggested roasts may need thin slicing because they are less tender. Cold sliced meats, beef, ham or turkey make excellent buffet servings for entertaining.

As you plan your holiday menu and for follow up meals the variety of vegetable and fruit selections may be made from fresh canned or frozen offerings. Unlimited choices to suit your family's liking is possible. During the holidays give your vegetables a festive garnish. Thrifty seasonal fresh items include sweet potatoes, white potatoes, dry onions; carrots, cabbage, grapefruit, oranges, tangelos or tangerines, Bosc and D'Anjou pears, apples and bananas.

Oysters always add a festive note to Christmas menus. For Christmas eve or Christmas day supper a light meal, less rich yet tasty, oyster stew is suggested. This is a tradition which many families enjoy as much as oyster stuffing served with roasted turkey or chicken.

Oyster Stew is made with one pint oysters, four tablespoons butter, one quart milk, one and one-half teaspoons salt, one-eighth teaspoon pepper, and Paprika.

Melt butter, add drained oysters, and cook 3 minutes, or until edges curl. Add milk, salt, and pepper, and bring almost to boiling point. Serve at once. Garnish with paprika. Serves 6.

Venereal cases higher

The incidence of gonorrhea and syphilis is higher this year than last year.

According to the weekly statistical report ending December 9, 1971 by the Venereal Division, the number of syphilis cases reported last year totaled 233 while this year's up-to-date is 387.

The report states the number of gonorrhea cases this year is 10,337 and that of last year was 10,689. Some of the cases go unrecorded.

An official of the division has told the AFRO the diseases have reached an epidemic proportion. He added that the diseases are mainly found among the youth aged 16 to 24 since they are more sexually inclined.

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Light Housekeeping

By LULA MACKAY

Homemaking as our grandmothers, and yes, even our mothers knew it is drastically changing.

With the many time-savers and conveniences available today, housewives are finding the need to explore new careers or new life-styles, in order to lead a self-fulfilling life.

For those of you who find yourselves with spare time on your hands while waiting for your husband and children to return home from work and school, the University of Maryland Conferences and Institutes Division will sponsor a series of workshops and counseling for women. Look for such conferences in your area.

Three identical workshops will be held for women who wish to reenter the job market in fields formerly reserved for men or for those who wish to return to the college campus or technical school to continue their education.

The workshops will each run for three days. The first will be held in western Maryland, Feb. 26 and March 4 and 11. The second will be located in the Baltimore area, April 13, 14 and 21; and the third in central Maryland May 5, 6, and 13.

Be Kind to Your Feet: Proper footwear and care are important when shopping if you are to see the holidays through with a smile, not a scowl.

Step into leather footwear when preparing to start off on those important stop-and-shop rounds of gift buying. A low to mid-heel height is best, suggests Leather Industries of America.

There are styles to fit every personality. There are from ties to buckled types to slip-ons in both shoes and boots.

Many outdoor-type boots are designed with shearling lining to keep you shiver-free. An extra measure of easy care is supplied by leather boots which sport special stain-resistant finishes.

Don't forfeit chances for a merry Christmas by mistreating your feet. Be good to them while shopping with comfortable leather shoes — and you won't have to pay the piper, or the podiatrist, by Christmas Eve.

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Beauty tip: If you are plagued by dry skin — the most common skin problem— you know how difficult it is to keep looking your glowing best during the harsh, cold winter days ahead.

Just five minutes a day could save you a whole battery of skin conditioners and moisteners to rid yourself of that dry skin.

Dry skin, which exists in the old and the young, in men and in women, is easy to cope with because the problem is a simple one of moisturizing and protecting.

Every night cleanse your skin in baby oil. Apply the oil to cheeks and forehead. Gently rotating on the skin, then tissue off. Watch, away comes, grime and makeup. Baby oil reaches gently, but deeply into the skin to cleanse and soften, but leaves your skin deliciously moist and smooth.

Try an all-over application of baby lotion just before bedtime. It will work deeply to help end skin dryness.

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Light on Calories: As the feasting and toasting season draws nigh, more dark and yet more dark grow the woes of the dieter.

Be of good cheer! Taylor reminds us of four cheerful dinner wines that are produced WITHOUT sugar: Claret, Burgundy, Rhine Wine and Rose' Wine. The first to have 24 calories per ounce, while the Rhine Wine and Rose' count at a mere 23 calories an ounce.

So, calory counters, here's to you!

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Spiced Holiday Wine: ½ cup sugar, ½ cup water, 6 whole cloves, one stick cinnamon, ½ cup pineapple juice, ½ cup orange juice, 2 tablespoons lemon juice, Peels of one lemon and ½ orange, one can (46 oz.) apple red Hawaiian Punch, two to three Angostura Bitters, one bottle (5th) red dinner wine.

Majestic Hotel funds sought over weekend

The Provident Community Mental Health Advisory Board (P.C.M.H.A.B.) and the Pennsylvania Avenue-Lafayette Market Association (P.A.L.M.A.) launched the "Community Solicitation Phase" of a $50,000 Rehabilitation Fund-Raising campaign on Saturday.

The project is aimed toward raising funds to rehabilitate the old Majestic Hotel located on the corners of McMechen and McCulloh Sts. for use as a base of operations for the Provident Community Mental Health Center and for use as a community center.

Douglas Miles, publicity chairman, stated that the approach is being used "to give the entire community an opportunity to contribute to this worthwhile venture".

Over 150 authorized volunteer workers canvassed the downtown area, other shopping districts, and places of public amusement to secure funds from the general public to support this worth while project.

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Now that you know you can't lose on the turkey, here's something else that's important:
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