Light Housekeeping

By MARIE MURPHY PHILLIPS COOKE

Flavorful chicken has long been a bargain in good eating. Now it is more popular than ever, because it's available in convenient sizes — chilled or frozen — the year 'round. This week, chicken is not only available but plentiful, according to the U.S. Department of Agriculture, and should supply all demand at economical prices.

And speaking of economical prices, whole chicken is usually a better buy than chicken pieces; such as legs or breasts, when you consider the amount of cooked meat the piece provide.

However, when whole fryers are $.39 a pound, pieces are equally good buys at the following prices: Breast halves, $.55; thighs, $.52; drumsticks, $.48 and wings, $.31. When prices are lower than those shown here for any of the pieces, they are better buys than whole chicken at $.39 a pound. If these prices are higher, it means that pieces are not as good buys as the whole chicken.

Ready-to-cook chilled chicken requires little preparation before cooking. Remove any remaining pinfeathers. Wash chicken (and giblets if you use them) in cold water. Drain well to prevent spattering if chicken is to be cooked in fat or browned.

If poultry is to be broiled or roasted in pieces, split it down the back and cut into halves through the breastbone. Cut off wingtips. Chicken is easier to fry if cut in serving-size pieces.

Here's a recipe for an unusual entree, BAKED CHICKEN SALAD WITH ALMONDS:

Two cups diced cooked chicken, one and one-half cups diced celery, one-quarter cup toasted slivered almonds, two tablespoons lemon juice, about one-half cup salad dressing, one cup grated cheddar cheese, one cup crushed cracker crumbs or potato chips; Salt and pepper, to taste.

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TO PREPARE: Combine chicken, celery, almonds, lemon juice, and salad dressing. Toss lightly to blend ingredients. Check seasoning, add salt and pepper as needed. Pour into casserole and top with cracker crumbs or potato chips and cheese. Bake in a moderate over (350 — 375 degrees F.) for 35 minutes or until heated through and 6 servings.

Do it the easy way:

To remove white rings from a wet glass on a table top, rub with a cloth dipped in dense soap or detergent suds — more lather than water. Rub until the ring disappears. Then rinse, wipe dry, and reapply wax or polish.

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Considering carpet for the entryway? Select one made of tough, durable fiber that resists wear and tear and can be scrubbed.

A cellulose sponge attached to a long or short handle will keep hands from being marred by hot suds and rinse water.

Try using an inexpensive paint brush to spot cotton work clothes, play clothes, towels and whatever with a soap or detergent paste before washing. Heavy spots may need additional scrubbing with a soft brush, but never scrub permanent press fabrics. Even soft bristles may rough up the surface of no-iron blends. Just gently rub in suds with fingers before laundering.

Put sugar in a coffee pot no longer in use. Then pour the sugar into bowl when needed.

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The quickest way to effect savings in clothing purchases? Buy with cash. You avoid revolving credit plans with their accompanying interest rates. Also, you help prevent

(Continued on Page C-25)

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A&P GRADE 'A' Orange Juice 6-oz. can 18¢ 12-oz. can 35¢

MEAT Roman Lasagna 12-oz. pkg. 59¢

-Light Housekeeping

(Continued from Page C-24)

overspending on impulse items.

Home-Canning

Since this is the season when fresh fruits and vegetables are plentiful and housewives are busy making preparations to preserve a supply for future use, certain precautions should be taken to assure a safe and wholesome home-canned product.

The safest procedure, is to can all foods under pressure in a cooker designed for that purpose. Botulism organisms are naturally present on many fruits and vegetables.

While these organisms are harmless in their natural state, the spores or seeds produce a deadly poison in certain preserved foods in the absence of air or oxygen. Such toxin-producing spores cannot be killed by normal boiling or cooking procedures.

Temperatures of 240 degrees or more are required to inactivate the spores and prevent the production of the dangerous toxin in the home-canned food which may cause death even if consumed in minute quantities. Such temperatures can be obtained easily in a pressure cooker.

The cold-pack method of canning, which at one time was quite popular particularly in the preserving of the so called acid-type foods, is no longer recommended by the City Health Department principally because of the difficulty of distinguishing acid foods from nonacid foods. For example, tomatoes which are commonly considered an acid food have been implicated in outbreaks of botulism.

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After the food has been canned and stored, a further safety measure should be taken by boiling the home-canned food five minutes or more with constant stirring immediately before serving left-over home-canned foods before eating.

Watch out for used merchandise

Consumers should be especially careful when shopping for used or second-hand merchandise and to be sure that they fully understand the extent of the warranties on such items.

Attorney General Francis Burch told the AFRO that the 1972 session of the General Assembly did enact legislation requiring anyone offering to sell repossessed, reconditioned, rebuilt or second-hand merchandise to clearly identify it as such unless the circumstances of the sale otherwise make the condition of the goods clear.

"Even though retail stores are complying with the new law, many consumers are still complaining because they failed to understand the limited nature of the guarantees and warranties the stores offer on these items," Mr. Burch said.

He noted that the Consumer Protection Division of the Attorney General's Office has been receiving from 10 to 15 complaints each day against used and rebuilt appliance stores.

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"In many of these cases, we are unable to help because the stores have followed the law and the buyer's warranty does not extend to service for the appliance, he added.

He concluded that "before entering into a contract to buy any used or reconditioned items, particularly major appliances such as refrigerators or televisions where one might expect to need service, one should carefully review the purchase of a used refrigerator with no service warranty is the store's attitude as soon as that appliance stops working."

Be sure every detail of the warranty the store offers. The only thing that gets cold after

USDA says:

It costs no more to buy spaghetti, macaroni, and noodles in packages marked "enriched" which are more nutritious and usually cost no more than unenriched ones, according to U.S. Department of Agriculture family economists.

It costs a little more to buy parboiled or enriched rice but it is more nutritious than white milled rice, according to USDA. It costs a little more to buy ground beef and beef short ribs per pond — but ground beef will give almost twice as many servings as short ribs.

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