



## Human Resource Programs

The "Heart" of the Forest Service • Building a Better Tomorrow

- ♥ IF YOU ARE 16 to 21, JOB CORPS is a place to complete your high school education and learn a vocation...
- ♥ IF YOU ARE 55 or older, the SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM provides training and part-time employment for low income seniors...
- ♥ IF YOU ARE any age and interested in VOLUNTEER opportunities both indoors and outdoors with the Forest Service...

You may obtain further information about any of these programs by calling the:

USDA Forest Service  
Human Resource Programs  
326-3354



### COUPON COOKBOOK CORNER

Marion Joyce



#### KEEPING FOOD SAFE

When you buy food that has signs that it has not been packaged or stored carefully you may be asking for trouble. Not only will this food not hold up properly and you will have to throw it out, but you could also be inviting food poisoning resulting in illness, or even death. The following guidelines can help save you from problems. Plan ahead when you shop to be sure you have enough refrigerator and freezer space for the fish, meat, and poultry you're buying. Buy food in undamaged containers and packages. Don't buy anything in bulging or damaged cans, or jars. Paper and plastic packages shouldn't have tears, leaks, or stains. Shop for meat and poultry last. Have them wrapped separately. Keep them from touching or dripping on other foods. Get food into your home refrigerator as quickly as possible. Buy frozen products only if they're frozen solid. Buy eggs and products labeled "keep refrigerated" only if they are stored in a refrigerator case at the grocery. Observe expiration dates, "fresh-until", "sell-by", or "use-by" dates on products. Choose canned food only in seamless cans or cans with welded seams, which do not use lead, not in cans with soldered seams. Welded seams are neat, and the metal around them is shiny. Don't store acidic foods, such as tomatoes or citrus juices, in cans after they have been opened. If there is lead in the solder, the acid and oxygen help it to dissolve and leach into food. Canned goods should be stored below 85°.

Keep your refrigerator and freezer cold enough to store food safely, below 40°F for your refrigerator, below 0° for your freezer. Date packages you save and place them in front of the freezer for early use. Fresh poultry will only keep one to two days in your refrigerator, and fresh meat three days. Chopped meat and fish should be used within one day. Most leftovers will keep about three days. But carefully check smell and textures, since food conditions, temperature and climate conditions vary. To prevent salmonella, always cook eggs and egg-rich foods until the yolk is set, not runny and the white is firm.

Call the USDA Meat and Poultry Hotline at 1-800-535-4555 for specific help about what foods can be kept, and what to throw out.

#### ROAST TARRAGON CHICKEN

1 3-pound broiler-fryer chicken      2 tbs. butter or margarine  
2 tbs. lemon juice                      1 1/2 tsp. dried tarragon, crushed

Preheat oven to 375°F. Brush chicken with lemon juice inside and out. Rub with 1/2 tsp. salt. Place breast side up, on a rack in a shallow roasting pan. Melt butter. Stir in tarragon. Brush over chicken. Roast, uncovered for 1 1/4 to 1 1/2 hours or till done and juice run clear-not redish. Baste occasionally with drippings. Serves 6

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