

# Extension specialist gives tips on game cooking

Who gets the prized catch when the hunter returns from the fields and woods? The cook, of course.

Whether the catch be a 2,000-pound moose, a 500-pound elk, or a two-pound pheasant, it's the cook's responsibility to keep it safe for

eating. A little extra care can go a long way toward preventing food poisoning, advises Molly Saul, Oregon State University Extension Home Economist.

Salmonellosis is the poisoning most likely to develop from improperly handled wild

game, says Mrs. Saul. Salmonellosis resembles flu in its symptoms—headache, vomiting, cramps, nausea, fever and diarrhea. The symptoms usually occur between 12 and 36 hours after eating contaminated food and last from two to seven days. It is seldom

fatal, but can be extremely dangerous for infants or older people.

Bacteria grow best between 40 and 140 degrees Fahrenheit. So the faster the game is chilled or cooked, the better the chance of avoiding spoilage.

Assume the hunter took preliminary sanitary steps before presenting his catch to the cook. He killed the game quickly and cleanly, washed and chilled it properly and got it home as soon as possible. If you're the cook, you can guard against further danger

of bacterial contamination by taking these precautions in the care and handling of wild game:

First, be sure your kitchen, hands, cutting board, knife and other utensils are as clean as possible while you prepare the game for storing or

cooking. Thoroughly wash hands and kitchenware again between handling raw and cooked meat. Use plenty of soap and water.

After thoroughly cleaning the game, treat it just as you would any meat or poultry from the supermarket. Wrap

meat loosely for later use and store quickly in the refrigerator. For storing longer than one or two days, wrap it securely in airtight freezer bags or foil and store immediately in the freezer (below zero degree F.)

Once meat is thawed, cook it right away, and cook it thoroughly, cautions the OSU home economist. Wild game has a greater chance of bacterial contamination than meat bought at the market because of conditions in the field.

Chilling and freezing stop the growth of harmful bacteria only temporarily. It takes exposure to at least 155 degrees F. all the way through the meat to kill the common strains of Salmonella that might be present. This makes thorough cooking doubly important when handling wild game.

Serve the meat as soon as it is cooked. If it is to be eaten hot, keep it hot—above 140 degrees F. If it's cold keep it cold—below 40 degrees F. Don't leave cooked meat out at room temperature for more than two hours. Refrigerate leftovers as soon as possible. Remove all stuffing and store meat, stuffing and gravy in separate, covered airtight containers. Meat from wild birds, as with domesticated poultry, should be removed from the bone before you put it away. Use leftovers kept in the refrigerator within one or two days. Freeze any intended for later use.

Proper handling of food at home-cooking, storing and serving—is the best protection against foodborne illness, reminds Mrs. Saul. So keep food as safe as possible by following recommended precautions.

## Workshops

slated for farm lobbying

Agricultural interest groups in Oregon have three opportunities in November to improve their ability to work with the state legislative processes, according to Harold Kerr, County Extension Agent.

Three one-day workshops, organized and sponsored by the Oregon State University Extension Service, are scheduled to help agricultural and other community leaders become more effective in influencing legislation.

The sessions are scheduled for Nov. 14 in Pendleton, Nov. 15 in Lake Oswego, and Nov. 16 in Eugene. Enrollment is limited to the first 50 who register for each workshop.

Information and registration forms are available at OSU Extension offices in all Oregon counties.

"We chose people to be on the workshop program on the basis of their experience in working with the state legislative process," said Fred Hagelestein, assistant director of Extension. "They represent a variety of interests and purposes." Various Oregon legislators will explain how state government and the legislature are organized to carry out their roles. In addition, they will discuss how to testify effectively at public hearings.

Representatives from commodity and farm organizations will examine the problems and opportunities they face in dealing with the legislature. A number of lobbyists will discuss their roles in the legislative process.

Newspaper, radio and television journalists will explain how interest groups can best gain access to the media.

And OSU Extension specialists will explore ways to communicate with legislators and discuss the role of information in decision-making.

## SAVINGS 7 DAYS A WEEK

### Frozen Food Sale

WESTERN FAMILY

## ORANGE JUICE

16-OZ. SIZE

88¢



WESTERN FAMILY

**FROZEN VEGETABLES** Peas, Cut Corn or Mixed Veg., 20-oz. Size

55¢

WESTERN FAMILY

**FRENCH FRIES** Regular or Crinkle Cut, 32-oz. Size

69¢

FROZEN

**EGGO WAFFLES** 11-oz. Size

59¢

WESTERN FAMILY

**CHOPPED BROCCOLI** 10-oz. Size

3 for 99¢

WESTERN FAMILY

**CAULIFLOWER** 10-oz. Size

49¢

VAN DE KAMP

**FISH KABOBS** 16-oz. Size

\$1.59

WESTERN FAMILY

**APPLE PIE** Regular or Dutch Apple, 26-oz. Size

99¢



## WESTERN FAMILY MEAT PIES

BEEF, CHICKEN or TURKEY, 8-OZ.

488¢

FOR



**BUMBLE BEE CHUNK LIGHT TUNA**

OIL OR WATER PACK, 6.5-OZ.

63¢



**WESTERN FAMILY WHIPPED TOPPING**

9-OZ. SIZE

39¢



**COLD POWER LAUNDRY DETERGENT**

POWDER, 49-OZ.

99¢

### BAKERY TREATS

## GIANT PULLMAN BREAD

SHUR-FRESH, WHITE or WHEAT, 30-OZ. LOAF

53¢

## BUTTER & EGG BREAD

SHUR-FRESH, GREAT FOR SANDWICHES or TOAST, 22½-OZ. LOAF

53¢

## SHUR-FRESH DONUTS

2-IN. PUMPKIN, CHOCOLATE, PLAIN, POWDERED, CRUNCH or APPLESAUCE, PKG. OF 12

\$1.29 EA.

### EXTRA VALUES



## CANNED POP

PEPSI, DIET PEPSI, or MOUNTAIN DEW, 12-OZ. CANS, 6-PACK

\$1.39

- PEACHES Lady Eberta Freestone, Slices or Halves, 29-oz. Size 65¢
- FRUIT COCKTAIL Del Monte, 17-oz. Size 49¢
- TOMATO JUICE Hunt's, 46-oz. Size 63¢
- RICE KRISPIES Kellogg's, 13-oz. Size 89¢
- BISQUICK 80-oz. Size \$1.47
- PEANUT BUTTER Jif Creamy or Crunchy, 28-oz. \$1.79
- CHOW MEIN Chun King Pork, Beef, Chicken or Shrimp, 42-oz. \$1.59
- PORK 'N' BEANS Van Camp, 21-oz. 43¢
- FLAKED COFFEE Folger's, 28-oz. \$4.39
- COFFEE Folger's Instant, 5-oz. \$2.99 10-oz. \$4.29
- MARGARINE Fleischmann's Corn Oil, 1-lb. Pkg. 89¢
- FACIAL TISSUE Coronet, Studio, 200-Ct. 55¢

### THRIFTWAY FRESH PRODUCE



**FRESH GREEN CABBAGE**

15¢ LB.

## GOLDEN RIPE BANANAS

GREAT FOR SCHOOL LUNCHES OR BETWEEN MEAL SNACKS, FLAVORFUL

6 \$1 LBS.

**FRESH CRANBERRIES**

1-LB. BAG 49¢ EA.

- FLORIDA TANGELOS lb. 29¢
- BAKING SQUASH lb. 9¢
- CLIP TOP CARROTS LB. 19¢
- AVOCADOS ea. 39¢

