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Feeding the Family

By ZOLA VINCENT Food Editor

Abundance of Turkey • Truly we live in a land of plenty. Our state is so rich in natural resources of poultry and egg farms, truck gardens, orchards, vineyards, livestock ranges and water ways that we should never cease to give thanks. Not only do we have an abundance of nature's best but we find it fresher in our markets, easier on our purses, strings than do home makers in other parts of the country. Give thanks for the turkey and poultrymen and work in it. Neighbors more reason to be thankful too by planning ahead, deciding on the size of the bird and the goodies to go with it, then shopping early in the week, early in the day. Turkey for All • There is a size and a type of turkey available locally for every family and for every purpose. Turkeys range in size from four pounds to 28 pounds. They are fresh, unstuffed, and frozen, ready-to-stuff or already stuffed.

Roasting Directions • A good stuffing has pleasing texture - moist or crumbly. It is well-seasoned with no one flavor predominating. Lightness is important. The stuffing should be spooned into the cavity - not packed in a separate pan, basting it with pan drippings or broth from the giblets. Stuffing should be adequate for stuffing 12 to 18 pound turkey or smaller turkey with some panned stuffing. For small turkeys, leave the basic recipe as given. For larger turkeys, add 1/2 cup of stuffing for each additional pound.

Here's the recipe for Spicy Pecan Stuffing. It makes six to eight servings. Recipe for spicy pecan stuffing is given below.

1 cup butter, margarine, shortening or salad oil

1 cup diced onion

1 quart diced celery

4 quarts small bread cubes, firmly packed

1 tablespoon salt

1/2 teaspoon pepper

2 teaspoons poultry seasoning

1 1/2 to 2 cups broth, milk or water

*Bread for stuffing should be two to four days old. A 1/2 pound loaf will make four quarts of stuffing. Cook onion and celery in desired fat over low heat until tender. Add onion, celery and fat. Blend. Pour the broth gradually over surface, stirring lightly. Add poultry seasoning as desired. Stuffing for 12 to 18 pound turkey.

Prune Stuffing. Remove pits from one-half to one pound prunes which have been cooked or soaked. Cut prunes into three or four pieces; add to bread with seasonings. Drain prune juice as part of all of the liquid.

Sausage Stuffing. One fat in above listing. Reduce poultry seasoning to one teaspoon. Cook one pound of sausage meat slowly in browned grease, breaking into small pieces with a fork as it cooks. Add onion and celery and continue cooking until onion is transparent. Proceed as above. Use the sausage fat in the stuffing.

Apple Stuffing. Add two cups chopped apples to the prunes or sausage stuffing.

Chestnut Stuffing. Add two cups boiled chestnuts to stuffing before adding liquid. To prepare chestnuts: place one pound raw chestnuts (in shells) in cold water to cover. Bring to boil, reduce heat and simmer for 15 minutes; drain. Peel and chop chestnuts and chop coarsely.

Oyster Stuffing. Cook one to two pint oysters in their oyster liquid until edge curls. Add to bread with seasonings. In other parts of the country, include oyster liquor as part of the liquid in stuffing. Chop oysters if they are large. Coriander Stuffing. Reduce bread to two quarts. Add two quarts of crumbled cornbread or cornmeal muffins. Giblet Stuffing. Brown chopped, cooked turkey giblets in the fat before adding onion and celery.

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Egg Stuffing. Add three or four well-beaten eggs to bread mixture.

Parsley Stuffing. Add one-half cup finely chopped parsley to bread with seasoning.

Yams Likely to Go. Yams likely to go into the wrapped giblets and neck from body and neck cavities. Recommended practice for thawing is to leave turkey in original moisture-proof wrapping in refrigerator for factor thawing, leave bird at room temperature about nine hours for birds under 12 pounds, 12 to 18 hours for heavier birds.

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Melmac DINNERWARE

45 Piece Set

★ Service for eight

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AT PAY LESS **\$6.88**

3.80 DYNACHROME

35 mm—20 Exposures. Processing Included

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4.60 FOTOCOLOR

8mm Roll Load. Processing Included

1.99

1.25 KODAGOLOR

120—620—127 Size **99¢**

KODAK 120—620 2 for **87c**

ALL-WEATHER—BLACK & WHITE

Hand Mixer With Stainless Steel Blades Reg. 2.49 **\$1.99**

VINYL FLOWERS Beautiful and realistic with long stems **98¢** Dozen AT PAY LESS

SKCO 7-PIECE KITCHEN TOOL SETS All stainless steel with nylon handles **8.97**

SHOP PAY LESS for BIGGER SAVINGS!

IMPORTED TOFFEE Assorted Tasty Flavors In 1.69 Value Gift Can **98¢**

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MONOPOLY GAME 4.00 **2.39** AT PAY LESS

ADORABLE DRINK'N WET BABY DOLL • ALL WASHABLE • MOVABLE ARMS & LEGS • 18-INCH LIFE SIZE BABY REG. 7.50 **5.97**

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4.60 FOTOCOLOR 8mm Roll Load. Processing Included **1.99**

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FAMOUS Polaroid "800" Land CAMERA KIT

PLUS FREE 39.95 POLAROID ELECTRIC EYE SHUTTER

• Makes Pictures on the spot just a moment after you snap the shutter.

• Slim-line case made of top grain cowhide fitted for the camera, wink light, film and accessories.

• 1 teaspoon whole cloves

• 1 3/4-inch stick cinnamon

• 2 tablespoons vinegar

• 1 teaspoon fresh lemon juice

• Drain syrup from peaches into saucepan. Add cloves, cinnamon and vinegar and boil 15 to 15 minutes. Add peaches and cook gently five minutes longer. Allow to stand several hours or overnight. Strain off syrup. Add lemon juice and vinegar to freezing tray. Place in freezing compartment with control set at lowest temperature. Freeze until barely firm.

• Turn out into chilled bowl blend cubes. Add onion, celery and fat. Blend. Pour the broth gradually over surface, stirring lightly. Add poultry seasoning as desired. Stuffing for 12 to 18 pound turkey.

• Spicy Pecan Stuffing. Remove pits from one-half to one pound prunes which have been cooked or soaked. Cut prunes into three or four pieces; add to bread with seasonings. Drain prune juice as part of all of the liquid.

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• Apple Stuffing. Add two cups chopped apples to the prunes or sausage stuffing.

ROAST AND BROIL RACK • ADJUSTABLE • ELIMINATES BASTING 1.49 Value **97c**

BRASS TONGA TORCHES 5.98 Value **4.77** PAIR WITH POLES

REGENT ROTO BROIL DeLuxe Automatic Infra-Red Rotisserie, Barbecues, Roasts, Broils, Toasts, Bolls, Fries and Grills. 49.95 Value **29.77**

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FOLDING TABLE REG. 6.55 **4.99**

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FIBREGLASS TRAY TABLES Set of 4 Reg. 19.95 **12.77**

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BRACH'S CHERRY CHOCOLATES **49¢**

Cordial Creamy Centers

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Strontium-90 Found To Change Slightly In Soil Absorption

By DELOS SMITH UPI Science Editor

New York—(AP)—The new word on the "strontium-90" does change in soil and in plants, according to a study by a team of scientists from the University of Chicago and the University of Wisconsin.

The study, which was published in the journal "Science" last week, shows that strontium-90 is absorbed by plants in a way that is different from what was previously thought.

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Meteorites Might Create Diamonds On Earth Arrival

Washington (Science Service)—Diamonds may be formed by the impact of meteorites when they hit the earth and not, as is now thought, be already formed before the meteorite hits the earth, according to a study by a team of scientists from the University of Chicago and the University of Wisconsin.

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Two Crescent City Men Detained for Attempted Murder

Crescent City, Calif.—(AP)—Two Crescent City men are being held on charges of attempted murder after four motorists reported they were shot at by snipers Tuesday night.

One of the motorists, Irwin L. Anderson, 41, of Crescent City, suffered a face wound. Another, bullet narrowly missed the head of Henry Probasco, Brookings, Ore., who was sitting in his husband's car, holding a fragment of wood.

Del Norte county authorities arrested James E. Cooper and George W. Enick, both 24, Wednesday after telephone tip implicated them in the incident. Two rifles and a handgun were found in a car belonging to one of the men.

Sheriff's officers said the snipers hit a heavy underbrush three miles north of here shortly after sundown Tuesday. Anderson, the side door of a building, was driven by Mary Peacock, blowing out a tire.

Cooper and Enick were taken to the hospital after being shot in the chest and arm. They were taken to the hospital after being shot in the chest and arm.

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1 1/2 to 2 cups broth, milk or water

*Bread for stuffing should be two to four days old. A 1/2 pound loaf will make four quarts of stuffing. Cook onion and celery in desired fat over low heat until tender. Add onion, celery and fat. Blend. Pour the broth gradually over surface, stirring lightly. Add poultry seasoning as desired. Stuffing for 12 to 18 pound turkey.

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