

### Try Turkey More Often

One Thanksgiving a year is not nearly often enough to serve a beautifully browned roast turkey and stuffing. This is especially true when the turkey is purchased frozen and already stuffed with a well-seasoned bread stuffing. The turkey goes from wrapper to roaster and into the oven in a matter of minutes.

Perhaps you have never thought of turkey and stuffing as a convenience food. That is because you are thinking in terms of chopping the celery and onions or cutting up the bread cubes yourself. That is why it is good news to homemakers to find frozen stuffed turkeys are now available year-around. These turkeys carry a well-known brand name and the stuffing is based on an off-requested favorite from the Martha Logan Test Kitchens.

Directions on the frozen stuffed turkey wrapper are given for both open pan and covered pan roasting. Since most homemakers buy the turkey one day and roast it the next, time schedules are for

frozen turkeys that have been stored in the refrigerator overnight or up to 18 hours before roasting. If longer storage at home is planned, the frozen stuffed turkey should be stored in the freezer at zero degree F. After brushing the turkey with melted butter and topping lightly with a tent of foil or covering with the roaster lid, depending upon the roasting method selected, the turkey is ready for the oven.

While the turkey is a-roasting, there is time for a bit of show-off "saucery" to delight family or friends. What could be more elegant than a Delicate White Grape Sauce? The fresh yellow color comes from egg yolks blended into the smooth sauce. Halved white grapes enhance this delicacy which is spooned lavishly over the slices of light or dark meat and stuffing.

**DELICATE WHITE GRAPE SAUCE**  
Yield: 2 cups  
2 chicken bouillon cubes  
1/2 cups water

With National School Lunch Week Oct. 13-19, attention is drawn to the school food services throughout the nation that have benefited millions of children at all school age levels.

This year's keynote is "Nutritionally Strong - Mentally Alert."

The Food Distribution Division of the United States Department of Agricultural Marketing Service

2 tablespoons butter  
2 tablespoons flour  
1/2 teaspoon lemon juice  
2 egg yolks  
Pepper  
1/2 cup halved seedless grapes

Dissolve bouillon cubes in boiling water. Melt butter in a saucepan. Blend in the flour. Add the bouillon and lemon juice while stirring. Remove from the heat. Stir a little of the hot mixture into the egg yolks. Beat egg yolks into hot mixture. Season with pepper. Add grapes. Serve hot with roast turkey and stuffing.

### School Lunch Program Good

supervises this important program at the national level, and establishes the high standards maintained by every school receiving school lunch assistance.

Klamath County schools are no exception. Children attending classes in the elementary schools and the high schools have access to the program.

State educational agencies are responsible for administering the program in the states, while direct management of the lunch rooms is assumed by local school systems. In each participating school the lunch program is operated on a non-profit basis. Lunches are served free or at reduced prices to children who cannot afford the full price.

Lunches are planned according

to a Type A pattern, including protein-rich foods, fruits or vegetables, bread, butter or margarine and milk.

The program cost approximately \$960 million last year. Children paid more than half this amount themselves. In addition, local school lunch operations received \$109 million in cash assistance and \$175 million worth of foods donated by the federal government. The total value of all foods used in the program exceeds \$600 million annually, nearly four-fifths of which is bought by the schools in their own local markets.

By safeguarding the health and well-being of today's children who will become tomorrow's citizens, the school lunch program

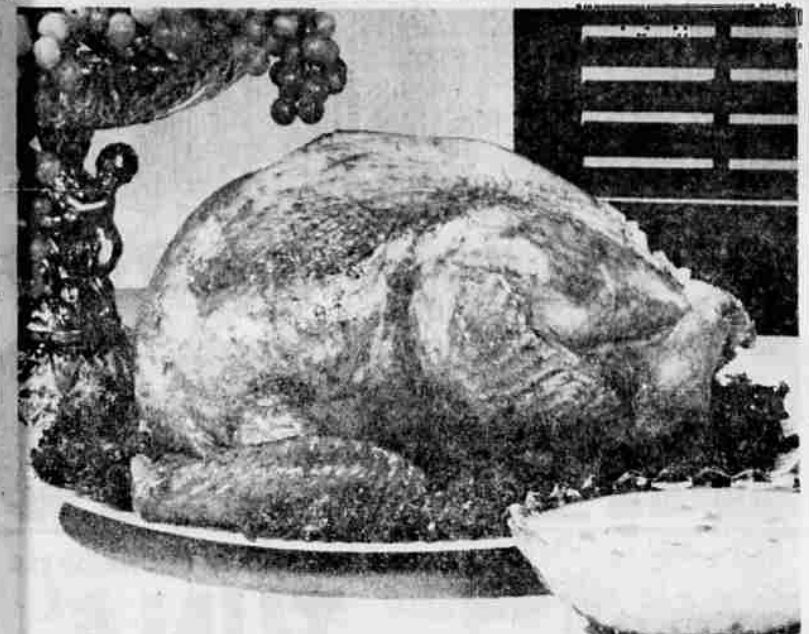
serves the nation as a solid and secure investment in its future. This program also helps to expand markets for America's abundant farm products.

Store leftover egg whites up to 10 days by putting them in a tightly covered container in the refrigerator.

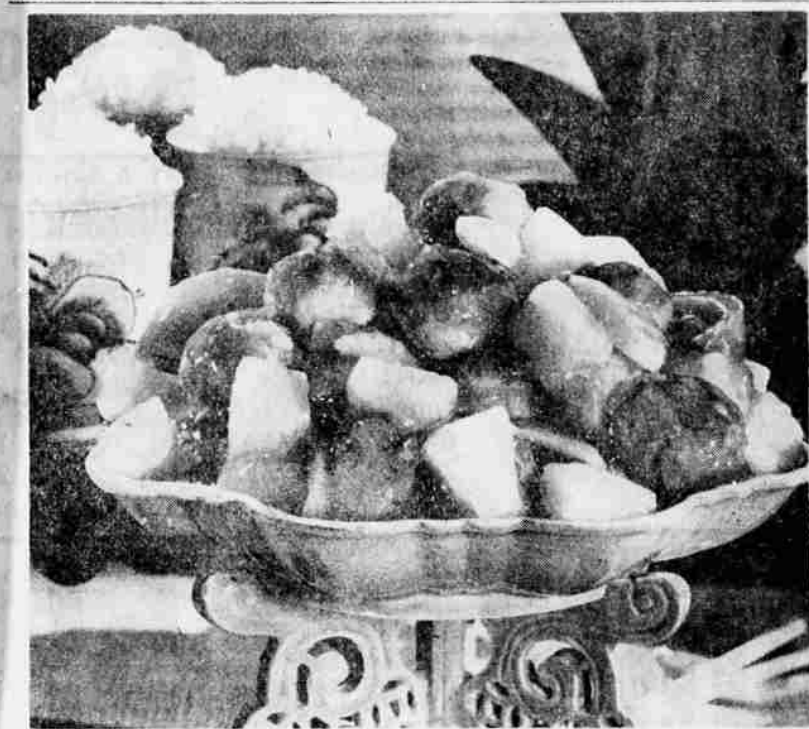
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**NEW TRICK WITH TURKEY** — Frozen, stuffed turkeys now on the market cut down preparation time and are as delicious as with your favorite family dressing.



**EXOTIC FOOD** — There is a hint of the South Seas in this Pineapple Fish Entree made with water chestnuts, macadamia nuts and preserved ginger, plus golden chunks of canned pineapple.

### Pineapple-Fish Sweet-Sour Entree

Handsomeness golden chunks of canned pineapple and intriguing fish balls are the flavorful duo in this saucy sweet sour entree. Exotic Far Eastern flavors highlight this most gourmet of company dinners. It is sensational for hors d'oeuvres, too, resplendently elegant in a chafing dish.

The brightly flavored sauce is a blend of canned pineapple, wine, vinegar and soy sauce. Fresh green and red vegetables lend inviting colorful accents. Make the sauce at the last minute so none of the fresh flavor is lost. Boneless fresh or frozen fish is ground with other favorite Polynesian foods—water chestnuts, macadamia nuts and preserved ginger. Shape the crunchy mixture into balls and fry until a crisp golden brown.

**SWEET SOUR PINEAPPLE FISH BALLS**  
1 pound fresh or frozen sole or halibut

1 (5-ounce) can water chestnuts  
2/3 cup macadamia nuts or almonds  
1 tablespoon finely chopped preserved ginger  
2 tablespoons soy sauce  
2 tablespoons cornstarch  
2/3 cup peanut oil  
Sweet Sour Pineapple Sauce

Note: Canned salmon or tuna may be used instead of frozen sole or halibut.

Chop finely or grind fish, drained water chestnuts and nuts using fine blade of grinder. Combine with ginger, soy sauce and cornstarch. Press mixture firmly into small balls about 1-inch diameter. Heat oil in large skillet. Fry balls slowly to rich golden brown, turning gently to cook and brown on all sides. Drain on absorbent paper. Add to hot Sweet Sour Pineapple Sauce. Makes 6 servings.

**SWEET SOUR PINEAPPLE SAUCE**  
1 (13 1/2 ounce) can pineapple chunks  
Water  
1/2 cup vinegar  
1 tablespoon soy sauce  
1/2 cup sugar  
2 tablespoons cornstarch  
1/3 cup sauterne  
1/2 cup thinly sliced celery  
1/2 cup thinly sliced green onion  
1 large tomato, cut in small wedges

Drain syrup from pineapple into measuring cup. Add enough water to make 1 cup liquid. Combine with vinegar and soy sauce; heat to boiling. Blend sugar, cornstarch and sauterne. Stir into hot liquid. Cook and stir until sauce thickens and clears. Add celery, onion and pineapple chunks. Heat gently a few minutes. Add tomato wedges and keep warm until ready to combine with fish balls. Be careful vegetables do not overcook.

### Cow Belles Corner

BY MRS. TED HYDE

This is the time of the "deer slayers and for their squaws" to bone up on how to prepare venison, so maybe we could take time out from beef for a few tips from our Indian friends on the subject. Proper skimming and cooling are important to the final results. Remember, too, that the gamey flavor is concentrated in the fat. Also deer fat hardens easily and has a tendency to cling to the roof of the mouth when eaten, so trim off as much fat as possible.

Standard methods for cooking beef apply also to venison. Moist heat cooking—steaming, pot roasting—is recommended for cooking older animals and the less tender cuts. Broiling, trying and oven roasting are suitable for steaks and leg roasts from the younger animals. Venison is basically a dry meat to begin with, and since you are probably removing what natural fat there is, you need to add other fats during cooking. For instance if you have any of the meat ground for deerburgers, have the butcher

add beef suet or other fats to it for juicier, more flavorful results. From an Indian friend, here is a delicious way of preparing venison steaks: Heat skillet with about 1/4 inch of bacon or other soft grease. Rinse the steaks in warm water, dip them in flour which has been "greased" with pepper and garlic salt, and fry. After turning once, cover and turn heat down. Cook about 20 minutes or until done to your taste.

You may not want to take to the woods to try this as described, but it can no doubt be adapted to the backyard barbecue. This is for the sides of ribs. Build a fire from dry willow sticks, skewer the ribs on a green stick and hold or prop it over the fire on forked limbs and cook about 20 minutes. If you do this on your rotisserie, it might be worth adding some willow sticks to your beignets for flavor.

Venison steaks cooked this way are also delicious. Cook as you used to cook hot dogs, on a stick.

(Continued on 3-F)

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