

Holiday style

SPECIAL TO THE POST

The holiday season is a time to be a little more daring with clothes, hair and make-up. It's party time all around! "We've gone through a pretty chaotic year," says Clairol Master Stylist Ingrinette Pope, whose work has been seen on a number of music videos and at the Soul Train Awards. "I think the holidays will be a little more subdued this year, but we're still going to celebrate and we still want to look our best when we do."

Rather than the usual bright red outfits and sequined tops, Ingrinette predicts more sophisticated, streamlined looks for the season. "I think party clothing and accessories will go one of two ways. Either that little black dress, which this year could be brown or plum,



paired with one elegant gemstone brooch or classic pearls. Or a chic geometric or Gucci-inspired print worn with no jewelry at all. Makeup for either look is subtle, earthy, smoky."

Hair color will once again be the ultimate accessory.

"Because you might want to change your hair color more than once during the season or you want to go bright and blazing for just a few days use a temporary or semi-permanent haircolor that is especially gentle and can be used immediately

after relaxing or on natural hair," continues Ingrinette. "For those opting for an elegant

look, a Wine Brown or Cedar from the Beautiful Collection will deliver rich tones and leave hair silky, soft and shiny without ammonia or peroxide. And since you'll probably want to try different hairstyles for different occasions, relax your hair at the start of the holiday season with a no lye, conditioning relaxer like Gentle Treatment, which ensures better straightening and long-lasting body and shine."

"Try one look, try both, or mix them up," concludes Ingrinette.

"Which ever look you choose, remember that the holidays are a time to celebrate, have fun and look beautiful!"

HOLIDAY SHOPPING



PHOTO/WADE NASH

Shoppers at Eden Haute Accessories on Central Avenue got a jump on the busiest shopping day of the year Friday evening. Tonia Lewis, owner of the boutique, opened her doors to show off her sparkling baubles. The day after Thanksgiving is normally one of the busiest shopping days of the year.

Turkey, trimmings, minus all the bacteria

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said David Kamen, chef instructor at the Culinary Institute of America. "The idea is to ensure people's safety. Salmonella dies at 165 degrees, so that extra 15 degrees we're throwing on top of there, one has to ask why."

Kamen said the internal temperature of a whole turkey will continue to rise—"carryover" cooking—after it comes out of the oven.

There are ways to roast a turkey so it is safe as well as succulent, he said.

Before cooking, try soaking the turkey in brine, which adds moisture to the bird and helps it withstand high temperatures. Recipes for brine range from simple water and salt to mixtures with apple cider or molasses. Soaking recommendations vary from hours to days.

If you are cooking to 180 degrees, buy a brine-pumping syringe and inject the brine into the thicker parts of the breast before cooking. Then remember to baste it with turkey fat or melted butter. Kamen also likes to lay strips of bacon across the breast.

Danley's solution to the problem is to break the legs apart from the bird and cook them separately.

And about that stuffing: The government isn't crazy about people cooking it inside the bird. If you do, Raymond said, measure its temperature separately from the turkey and make sure it reaches 165 degrees.

Food poisoning is a serious illness that can kill people. It makes 76 million people sick each year, according to the federal Centers for Disease Control and Prevention. Of those, 325,000 are hospitalized and 5,000—nearly 14 per day—die.

Caused by bacteria such as E. coli, salmonella, listeria and campylobacter, food poisoning can cause nausea, vomiting, diarrhea and fever.

On the Net:
Food Safety and Inspection Service: <http://www.fsis.usda.gov/>

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