

Thanksgiving Turkey Tips Given



This is how it works, explains State Highway Patrolman Tom Cook, right, as he demonstrates a breathalyzer machine to Criminal Justice student Melvin Thompson during a recent workshop at Vance-Granville Community College. The Criminal Justice Technology Department and the State Highway Patrol sponsored the demonstration.

By EMILY BALLINGER
Home Extension Agent

The holiday season is upon us and brings with it a lot of entertaining and special meals. With these meals consideration should be given to safety in cooking and storing meats. Since turkey is so often the meat choice for holiday meals, this article is specifically to preparing and cooking turkey.

We know that food poisoning is caused by eating foods which contain large numbers of certain bacteria, or heat resistant toxic substances produced by some of these bacteria.

You may recognize the names - staph, salmonella and perfringens - these are the most common food poisoning bacteria. The symptoms they produce often look like the 24-hour flu.

The keys to preventing these bacteria from making food unsafe are: to prevent adding bacteria to food by having clean hands, person and utensils for food preparation; keep food out of the temperature zone where bacteria grow well.

The danger zone is from 65-120 degrees F. Refrigeration below 40 degrees F. and freezing will stop bacteria from growing. Heating food above 165 degrees F. will kill bacteria. Room temperature and very low oven temperatures are in the rapid growth range and it only takes two-three hours for food to become unsafe if the food contained the poisoning bacteria.

Bacteria are a natural part of our environment and may be present on the meat when purchased or put there by contact with unwashed hands or utensils during preparation. Bacteria grow well in meat and meat juices so special care must be taken before, during and after preparation. Although this article discusses turkey, the same things apply to other meats, fish and poultry.

As a general guideline of the amount of turkey to buy: one pound of turkey yields one-two servings.

First of all the turkey should never be left at room temperature where bacteria grow rapidly. A fresh turkey should be refrigerated until

it's time to stuff and cook it. Frozen turkey should be thawed in the refrigerator. Remember that freezing doesn't kill bacteria, they only stop growing. Once the turkey warms to room temperature, they'll grow again. So as the outer portions of the turkey thaw, if bacteria are there, they'll begin growing even while central portions are still thawing. To thaw in the refrigerator just leave the turkey in its plastic wrapper. A four to 12 pound turkey takes one-two days; 12-20 pounds, two-three days; 20-24 pounds, three-four days.

If you must thaw the turkey more quickly, leave it in its original wrapper and immerse it in cold water. Be sure to change the water often. If you buy a commercially stuffed frozen turkey, do not thaw it before cooking. Follow the manufacturer's directions.

A turkey should be stuffed just before cooking. A stuffed raw turkey is a perfect place for bacteria to grow. You'll need 1/2 cup of the stuffing of your choice per pound of turkey. Be sure

to fill the body cavities loosely, as this will allow quicker heating in the oven and any bacteria that might be present will be killed quickly. Finish trussing the bird and cook immediately. The recommended cooking temperature is 325 degrees F. which is best for quality and safety. Allow about 25 minutes per pound cooking time for a stuffed turkey and about 20 minutes per pound for an unstuffed one.

It should be cooked completely at one time. Partial cooking one day and finishing the next is unsafe. The bird is done when a meat thermometer in the thigh reads 185 degrees F.; the stuffing should reach at least 165 degrees F.

There are some other cooking temperatures that are dangerous because they don't cook quickly enough to kill bacteria. For example, putting a turkey in a 450 degree F. oven and then turning the oven off to allow slow cooking for a long time. Another would be to cook a stuffed turkey at 200 degrees F.

As soon as possible after

servicing your meal, refrigerate the leftovers. Remove the stuffing from the turkey and store it separately in the refrigerator. If it were left in the turkey it would take too long to cool and could become unsafe if any bacteria were there. Gravy is also a good place for bacteria growth and should be quickly refrigerated. Remember that bacteria might have survived cooking or entered the food during serving time, and if left at room temperature would be unsafe after two-three hours.

It's a good idea to freeze any leftovers that you don't expect to use within a few days. After several days of in and out of the refrigerator the food loses eating quality and has greater chance of causing illness.

If you would like additional information on cooking poultry, you may get a copy of the bulletin "Poultry In Family Meals" from the Home Economics Extension Agents Office in the Warren County Agriculture Building, Warrenton. Telephone 257-3997 or 257-3640.

Board Elects Balance

(Continued from page 1)
mentary School, Balance has demonstrated an active interest in the educational affairs of this community as well as in the state.

During the late Sixties, Balance worked with the youth division of the NAACP to speed integration in the Warren County and North Carolina schools.

His law firm also represented the case of Turner vs. the Warren County Board of Education about 12 years ago in which plaintiff Ernest Turner charged the board with failure to properly integrate the schools.

The court ruled in favor of Turner and the case has remained inactive, although within the court's jurisdiction, since.

The case has more recently been dismissed, Balance said.

Balance has maintained other educational affiliations through membership in the Mariam Boyd PTA in which he served as president last year; as a trustee at Elizabeth City State University; and as a member of the North Carolina Alumni and

Friends, a supportive group for the predominantly black schools in the University of North Carolina system.

In commenting about his new association to the board of education, Balance said he believes the board to be "a good one. They are working together on problems. I think they can resolve most matters before they get to the legal stage."

Balance also stated his belief that the consolidated school will occupy the board for some time. As board attorney, he does not see any legal problems "waiting in the wings."

Continuing, he said, "I think the consolidated school can do so much for the students. I think a lot of people who do not support it now will support the school in the future."

Of his own responsibilities, as board attorney Balance said "I think it's going to be an experience that I am going to enjoy. I frequently attended board of education meetings before, just out of interest, so I am basically familiar with their proceedings."

Industry Team

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selection of a guest speaker.

In Warren County, such an approach has not been developed previously as the incidence of industrial prospects was too low to warrant an industrial development team, Hayes said.

However, in more recent months, the county's industrial possibilities have been on the upswing; subsequently, the formation of a skilled development team seemed a logical and necessary step.

Letters initially distributed to interested persons gained a good response, thereby reflecting adequate interest, Hayes continued. Those who attended the first training session went through a screening process in which realistic questions,

as directed by scrutinizing clients, were asked. Areas of personal expertise and weakness were subsequently disclosed, indicating which areas needed most work.

Hayes said all nine members of the Warren County Industrial Development Commission would be similarly trained to provide back-up support in the event members of the regular development team were absent.

Quote A Claim

Some weeks after receiving a \$10,000 check for the loss of her jewelry, a woman informed her insurance company that she had found the missing items. In a postscript, she added nonchalantly: "I didn't think it would be fair to keep both the jewels and the money, so I sent the \$10,000 to my favorite charity."

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Assembly this year.

According to the revisions, persons aged 65 or more and disabled persons with an income of \$9,000 or less will be eligible for the \$7,500 personal property and real estate tax exclusion in 1978.

This action raised the maximum income level from \$7,500 and the maximum property valuation from \$5,000.

In addition, personal property may now be included with real estate in determining property values and subsequent taxes.

The liberalized limits will expand the ranks of those eligible for exclusion, presenting another factor that the board must consider when drawing up its budget next year, Mrs. Haynes indicated.

The number of persons this represents could not be determined by the tax supervisor. However, under the lesser limits of 1977, the property tax exemption rights accounted for \$3,042,055 excluded from the county's tax base.

Compounding the matter further is the additional privilege granted to eligible persons in the elderly or disabled category to list their taxes and apply for the exclusion at any time during the year.

Other tax listings must be made from Jan. 1-31 each year.

Mrs. Haynes warned that the unscheduled listings could again affect the board's budget summation and tax base.

A third item which the tax supervisor brought to the commissioners' attention involved the percentage method of listing household personal property which many counties now use.

Mrs. Haynes said the method is based on valuing household property at a certain per cent of the value of the house, eliminating itemized property listings.

Both methods must be offered to a property owner who lists taxes in the county office. Itemized listings could be subject to individual appraisals by the local or state office rather than by the owner.

Although the tax listing season is approaching too quickly for the board to adopt the more equitable percentage method, Mrs. Haynes suggested members consider the tax system for future use.

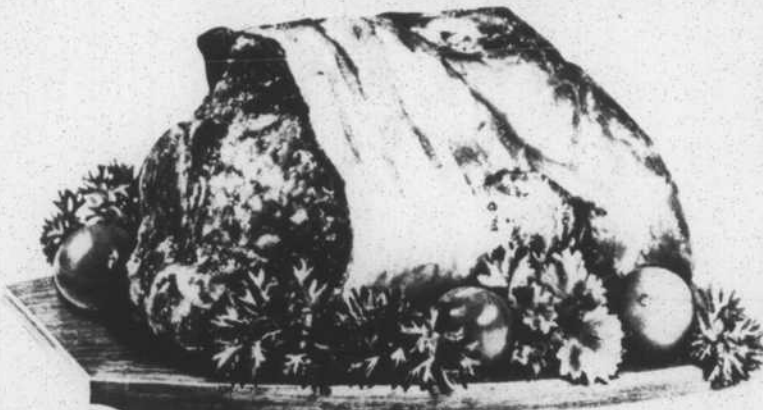
Accepted

Raymond Jeffrey Andrews of Warrenton has been accepted for admission to Campbell College and will be entering as a freshman when its fall term opens on August 21, 1978.

Andrews will be a graduate of Warren Academy School and is the son of Mr. and Mrs. John Andrews.

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