

Lifestyles



A question of breeding

Willy McPhaul discovered something a little strange when he planted seeds an acorn squash that he grew last year. What he found was that two different varieties of squash grew from seeds taken from a single pod of last year's harvest. The two different squash from a single parent are just beside McPhaul's right hand. Obviously, the Acorn squash, a winter variety, is a hybrid, or a cross between some other varieties. What might have happened is that some of the seeds produced inside the squash were throwbacks to one of the original parent breeds. When everyone else's gardens were dying out for the year, McPhaul planted again and now, thanks to the prolonged "Indian Summer" he has fresh vegetables.

'Turkey Day' nearing, preparations needed

- To prepare and cook the turkey:
- Remove plastic bag -- remove neck and giblets from cavities --rinse turkey and wipe dry. Cook neck and giblets for broth for flavoring dressing and for giblet gravy.
- Follow favorite dressing recipe for stuffing the turkey, or bake stuffing on the side. A turkey should be loosely stuffed. Allow ¼ cup stuffing per pound oven-ready weight. Unstuffed turkeys require about ½ hour less roasting time. If not stuffed, rub salt generously in cavities and, if desired, insert a few pieces of celery, carrots, onions, and parsley for added flavor.
- Fasten down legs either by tying or tucking under skin band. Neck skin should be skewered to back and wings twisted akimbo.
- To roast place turkey breast-up on rack in shallow roasting pan. Brush with butter, margarine,

or cooking oil if desired. If a roast-meat thermometer is used, insert into the thick part of thigh. Bulb must not touch bone. Roast in preheated 325° oven. When the thermometer registers 180-185° F., the turkey is done.

A "tent" of foil placed loosely over turkey will eliminate need of basting, although turkey may be basted if desired. Remove foil last half hour for final browning.

If turkey is not too heavy for convenient handling, it can be roasted breast-down (using V rack) for the first half of roasting time. Insert thermometer after turkey is turned breast-side-up. The breast-down method results in juicier white meat.

- Turkey is done when roast-meat thermometer registers 180-185° F. Thick part of drumstick feels soft when pressed with thumb

On the Front Burner

Alice Pettitt
Home Economics Agent



and fore-finger. Drumstick and thigh move easily.

Roasting Timetable for fresh or thawed turkey

Roast in preheated 325° oven allowing 20 to 30 minutes per pound or until thermometer registers 180° to 185°. Stuffing temperature should reach 165°.

Weight (Pounds)	Unstuffed (Hours)	Stuffed (Hours)
6 to 8	2 ¼ to 3 ¼	3 to 3 ½
8 to 12	3 to 4	3 ½ to 4 ½
12 to 16	3 ½ to 4 ½	4 ½ to 5 ½
16 to 20	4 to 5	5 ½ to 6 ½
20 to 24	4 ½ to 5 ½	6 ½ to 7
24 to 28	5 to 6 ½	7 to 8 ½

Good gravy
Any homemaker can make

smooth, rich, brown gravy when roasting a turkey, simply by following these directions: When turkey is done, pour drippings from roasting pan into a bowl, leaving all the brown particles in the pan. Let fat rise to top of drippings and skim off into measuring cup. Measure back into roasting pan amount of fat needed for gravy. (Meat juice under fat should be used as part of liquid). Set roasting pan with fat over low heat. Blend in flour and cook until bubbly, stirring constantly. Brown fat and flour mixture slightly, if desired. Remove pan from heat, add liquid gradually, stirring until smooth. Return to heat and cook, stirring until mixture is thick. Be sure to scrape brown particles from bottom of pan while cooking. Simmer gently a few minutes, season to taste, and serve hot.

Turkey gravy
2 cups gravy (8 servings) - 4
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Energy robbers lurk in nooks and crannies

When we think of energy robbers in the house, most of us think of attics, walls, windows and doors. But there are some other nooks and crannies that can nickel and dime your utility bills to death.

For instance there might be a window fan or air conditioning unit that's too cumbersome to remove. Since it's possible for warm air to escape through the openings, you may need to seal them and make sure the area is well insulated.

Also check that exhaust fans, vent dampers and fireplace dampers form a tight seal when closed. Think about insulating surfaces that connect heated and unheated areas of the house. Examples might include attic doors and hatches, or a door that leads to an unheated basement.

Other surfaces that might benefit from insulation are crawl spaces located under heated rooms and ductwork.

Choosing Kerosene

If you have a kerosene heater in your house, keep this in mind. These heaters are better designed than they used to be, but the number of heater-related fires seems to be going up. The reason -- misuse of the heater or the fuel.

Since there are so many grades of kerosene on the market, you'll want to use the proper one. The most suitable grade for a kerosene heater is I-K, a low sulfur kerosene. Before you use it, be sure to check the color of the fuel. It should be water-clear. If the kerosene is yellow, it's either contaminated or of inferior quality.

Never, never put gasoline, diesel fuel or jet fuel in a kerosene portable heater. Even the smallest amount of a fuel other than kerosene could cause contamination and a safety problem.

Glass doors

Once the fire dies down, your fireplace can rob your house of precious heat. A fireplace with an open damper -- and no roaring fire in it -- draws warm air from the

Extension News

Willie Featherstone Jr.
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room and takes that air right up the chimney. Your furnace keeps running -- and your fuel bills keep climbing.

To prevent this waste of energy, install glass doors in the fireplace opening. But be sure those doors are made of heat tempered glass and that they fit tightly.

Leave the doors open while the fire burns. Then when the fire dies down, close the doors. When you get up the next morning, and find the fire has completely gone out, close the damper and the glass doors. That way you may find yourself saving energy and money as well.

Reduce debt with trees

Farmers deeply in debt to one of the government lending agencies may be able to reduce this debt with tree farming.

The Agricultural Program Adjustment Act of 1984 passed in April (1984) gives the Secretary of Agriculture authority to reamortize loans for farmers that agree to plant "marginal lands" in trees.

Heat safely with wood

Before firing up the wood stove, be sure to carefully inspect the system. Remove creosote deposits from all surfaces, check the fuelbox for cracks, inspect all electrical wiring, replace rusted or weakened stove pipes, and be certain the wood heater is a safe distance from combustible walls and floors.

Remember that dry wood is more efficient and produces less creosote.

Using smaller fires which burn hotter and keeping drafts wide open when the fire is just lit also reduces creosote buildup. For literature or assistance with wood heating call 875-3461.

New management at WSMR radio

Don Eaton is stepping down as General Manager of WSMR AM radio in Raeford.

Eaton is selling the 19% of the stock he owns in the station back to the owning company, Service Media, Inc.

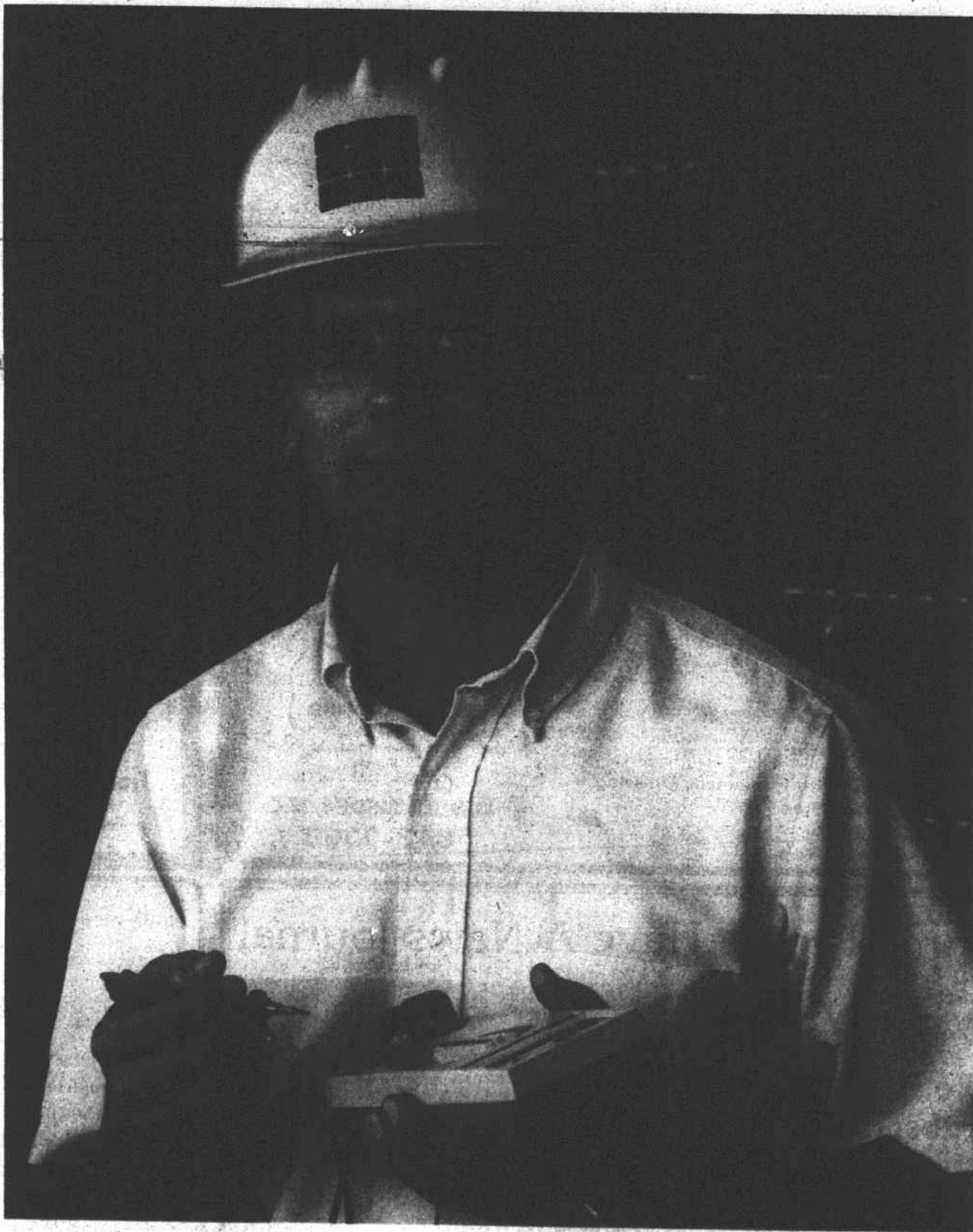
He will not be leaving Raeford but will be accepting a position in Southern Pines as operations manager of WCLL radio.

According to Eaton, WSMR will undergo a change of format shortly due to the sale of the station.

WSHB AM radio in Raeford went on the air 21 years ago and changed its call letters to WSMR in March of 1983.

According to Eaton, WSMR will continue to broadcast Hoke High Bucks football.

No Problem



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