

Lifestyles

Stuffing the Thanksgiving bird takes sense

Turkey can be roasted with or without stuffing.

However, for many people, turkey is not complete without a spoonful of dressing served along with it. Moistened stuffing does not keep well, so care should be exercised in handling.

A turkey should be stuffed just before it is cooked. NEVER STUFF THE DAY BEFORE! If desired, the dry ingredients may be prepared the day before; then the liquid can be added just before placing the stuffing in the body and neck cavities.

Left-over stuffing must be removed from the turkey immediately after cooking and kept covered in the refrigerator for use within 3 days.

Reheat just enough stuffing for one meal. Cooked stuffing may be frozen and kept for 3 to 4 weeks.

Heat without thawing or thaw in the refrigerator and use at once.

On the Front Burner

Alice Pettitt
Home Economics Agent



DO NOT STUFF A TURKEY BEFORE FREEZING IT.

In preparing stuffing, allow 1/2 to 3/4 cup per serving, and allow 3/4 cup stuffing per pound of ready-to-cook weight of turkey.

Put stuffing into both body and neck cavities of turkey lightly (never pack, for stuffing expands while cooking). Bake additional stuffing if desired, in covered casserole for last hour turkey bakes.

How To Store Leftovers

Two hours: that's your deadline for refrigerating leftover turkey, stuffing and gravy.

Start counting from the time you take turkey from the oven. If leftovers stand at room temperature for longer than two hours, bacteria that cause food poisoning can multiply to undesirable levels.

Make sure all the stuffing is removed from the bird.

Large quantities of both meat and stuffing should be divided into smaller portions (to cool faster), and stored in several small or shallow covered containers.

Leftover turkey will taste less gamey if you cut meat away from the carcass before you refrigerate or freeze it. (Refrigerate carcass to make soup the next day - or discard). Leftover turkey can safely be stored in the refrigerator 3 to 4 days; stuffing and gravy 1 to 2 days. Bring gravy to a full rolling boil when reheating. For longer storage, pack turkey with or without stuffing in serving size portions in freezer paper or heavy-duty plastic.

(Continued on page 5B)

Researchers hope to predict future victims of bone loss

By Janet Pierce Frye
Duke Univ. Medical Center

Researchers at Duke University Medical Center are studying ways to predict which women will become victims of a disease that causes hip, wrist and spine compression fractures through a gradual loss of bone.

One in four white American women develops severe osteoporosis after menopause, according to a gynecologist conducting the research.

An estimated 50,000 American women die each year from complications of hip fractures due to osteoporosis, said Dr. Charles Hammond, chairman of the Department of Obstetrics and Gynecology.

Although a decrease in bone mass occurs with aging in both sexes, it is more rapid in women than in men. After menopause,

Health Tips

overall bone loss average 1% to 2% a year in women with osteoporosis, Hammond said. If left untreated, an 80-year old woman with osteoporosis will have lost an estimated 30% to 50% of bone mass.

"We want to find a test for predicting which women will have osteoporosis, since only one in four has sufficient bone loss for it to be a significant problem," Hammond said. "It's easier to delay than to treat after it has developed."

He said estrogen-replacement therapy is one treatment that will effectively prevent osteoporosis from occurring in those who are susceptible.











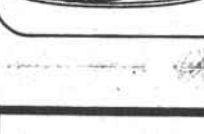

"Our goal is to find out whether we can predict which women will

have osteoporosis in time for us to stop the process," he said.

Some risk factors that may be related to osteoporosis include light complexion, thinness, smoking and family history of the disease, Hammond said.

He added that preventive measures include regular exercise, calcium and vitamin D supplements and fluoride, but none are as effective as estrogen.

Duke researchers are conducting a pilot study on women who already have osteoporosis along with a control group of women without the disease. They are looking for difference in levels of parathormone, vitamin D and its metabolites, calcium excretion, adrenal hormones and a variety of other hormones and salts linked to calcium levels in the body. The initial study is being funded by Ayerst Labs.

STANDARD STYLE		SIDE STYLE	
	1. Remove drumstick and thigh — To remove drumstick and thigh, press leg away from body. Joint connecting leg to backbone will oftentimes snap free, or may be severed easily with knife point. Cut dark meat completely from body by following body contour carefully with knife.		1. Carving position — Place turkey on its side, breast away from carver. Remove wing tip and first joint. Hold tip firmly, lift up, and sever at joint. Set this aside for other dishes and leave second joint of wing attached to turkey.
	2. Slicing dark meat — Place drumstick and thigh on separate plate and cut through connecting joint. Both pieces may be individually sliced. Tilt drumstick to convenient angle, slicing towards plate as shown in illustration.		2. Remove drumstick — Slice dark meat off drumstick and thigh until thigh bone is exposed. Lift drumstick and cut off at thigh joint. Slice meat from drumstick.
	3. Slicing thigh — To slice thigh meat, hold firmly on plate with fork. Cut even slices parallel to the bone.		3. Cut away thigh bone — Steady turkey with fork. Run knife point completely around thigh bone, loosening it. Pry one end up, grasp and pull free. With thigh bone gone, generous portions of dark meat can be sliced from turkey.
	4. Preparing breast — In preparing breast for easy slicing, place knife parallel and as close to wing as possible. Make deep cut into breast, cutting right to bone. This is your base cut. All breast slices will stop at this vertical cut.		4. Slicing dark meat — Slice dark meat away from turkey just above removed thigh bone. As you work deeper into the meat, you will discover the "oyster." This choice piece may be lifted whole from spoon-shaped section of back-bone.
	5. Carving breast — After base cut, begin to slice breast. Carve downward, ending at base cut. Start each new slice slightly higher up on breast. Keep slices thin and even.		5. Slicing white meat — Breast meat, like dark meat, is much easier to carve if turkey stands 20 to 30 minutes after roasting. Make deep vertical cut in breast just in front of wing joint to serve as base for all breast meat slices.
			6. Breast slices — Start from center of breast and cut toward you, making large, even slices. When more slices are needed, turn turkey and repeat process. Remove stuffing from a hole cut under thigh.

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NOTICE OF SALE

The U.S. Government acting through the FmHA offers for sale to the highest bidder (sealed bids) the property formerly owned by Joseph M. Amaral and wife, Shirleen Amaral, located on the south side of State Road 1101 approximately 2 miles east of the intersection of NC 401 and State Road 1101 in Hoke County, NC. Property consists of 40.0 acres including 33 acres of cropland. This is the same property described in a Trustee's Deed of Correction recorded in the Hoke County Register of Deeds Office on August 11, 1983, in Book 230, Page 087. Sealed bids will be received by the FmHA Office located at 502 Edinborough Avenue, Raeford, NC until December 6, 1984, at 4:00 p.m., and will be publicly opened at the FmHA Office, Room 570, 310 New Bern Avenue, Raleigh, NC 27601, on December 13, 1984, at 3:00 p.m. A five percent (5%) bid deposit in the form of cashier's check or certified check payable to the Treasurer of the United States will be required. The Government reserves the right to reject any and all bids.

Terms: Cash or 10% down and balance payable in not more than ten (10) equal annual installments of principal plus interest on the unpaid balance at a rate of 10-1/4% per annum.

For inspection of the property, information, and bid forms, contact Loyd A. Robinson, County Supervisor, FmHA, 502 E. Edinborough Avenue, Raeford, NC 28376. Telephone: (919) 875-4026. PLEASE NOTE THAT:

1. Bids will be accepted only in writing on Form FmHA 465-10, "Invitation, Bid and Acceptance." Any conditions of the bid proposed by the bidder which are not specified on Form FmHA 465-10 must be attached to Form FmHA 465-10.

2. If the bids received are for the same amount, preference will be given to the bid offering cash over the bid requiring financing by FmHA.

3. Bidders whose bids contain the condition that FmHA finance the sale on terms will submit, along with Form FmHA 465-10, a current financial statement and a pro forma statement indicating their repayment ability.

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