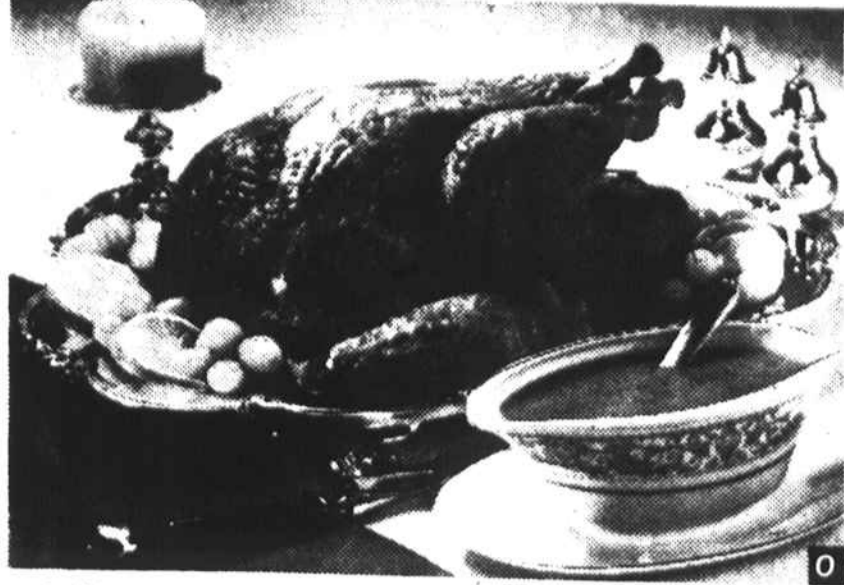


Deck the Halls With Holiday Turkey



A big roast turkey looks so beautiful on the Christmas dinner table and provides plenty of good eating for a holiday crowd. It makes this a festive choice is a special Orange Rice Stuffing. It's rich tasting and delicious with juicy Florida orange sections, raisins, walnuts and sausage in a brown rice mixture.

- TURKEY WITH ORANGE RICE STUFFING**
- 1/2 cup uncooked brown rice (2 cups cooked)
  - 1/2 cup Florida orange juice (reserve juice)
  - 1 pound bulk pork sausage
  - 1 cup chopped onion
  - 1 teaspoon poultry seasoning
  - 1 cup raisins
  - 1 cup chopped walnuts
  - 4 Florida oranges, sectioned, drained (reserve juice)
  - Salt and Pepper
  - 1 12-pound turkey
  - 1 cup water
- Cook the rice according to package directions, substituting orange juice for 1/2 cup of the water. Break up sausage in large skillet and cook with onion until golden but not brown. Add cooked rice, poultry seasoning, raisins, walnuts and orange sections; mix lightly. Sprinkle salt and pepper in cavities of turkey. Stuff turkey with rice mixture. Tie legs together, then to tail. Fasten wings behind back to hold neck skin. Place in roasting pan and rub outside of turkey with orange juice reserved from sections. Cover loosely with foil. Bake in 325° F. oven for 2 hours; uncover and continue baking 1 1/2 to 2 hours or until turkey tests done, basting occasionally with pan drippings. Remove turkey from oven; transfer to heated platter. Add water to drippings; bring to a boil. Thicken, if desired, with 2 tablespoons flour mixed with 1/4 cup cold water. YIELD: 8 servings.

Here's Latest On Baby Food Made In Home

Either commercial or home-made baby food will do a good and nutritious job of feeding baby but there are advantages to both. Commercial baby foods are sanitary, convenient, have consistent quality, a long shelf life and can offer variety. Also, many are now being marketed without added sugar or salt.

However, homemade baby foods usually costs less and may be the same as foods prepared for the rest of the family, which will familiarize baby with the tastes he or she will soon be eating, says Sarah Hinton, R.D., foods and nutrition specialist with the North Carolina Agricultural Extension Service.

In addition, they don't have to contain any added sugar, salt or starch and their consistency can be varied as baby grows older and more capable of handling foods that are not so finely pureed. If you're buying commercial baby foods, buy only plain-fruit, vegetables, meats and egg yolks. Since high meat dinners are mixtures of one third meat and two thirds vegetables, they are suitable only occasionally, says Mrs. Hinton. Desserts and creamed vegetables often have extra starch added that baby doesn't need, she adds.

If you plan to make baby food at home, it's extremely important to follow sanitary procedures. Because babies are more sensitive to bacteria than adults, they are more likely to have stomach upsets caused by improper food handling, adds the specialist. Foods should be frozen or refrigerated in clean, covered containers immediately after being prepared. They should be kept no longer than one to two days in the refrigerator, where temperatures should be no higher than 40 degrees F. If baby doesn't finish a feeding, throw away the food left on the plate. To make baby food at home, you will need a blender, food mill, baby food grinder or a fine mesh strainer that is in good condition, along with a vegetable peeler, vegetable brush, paring knife, ice cube trays and a pan for cooking.

Always start with fresh food. Commercially canned and frozen foods can be used, but baby does not need the salt or sugar that is often found in them. If you use home canned vegetables or meat, boil them about 10 to 20 minutes first. If you use canned fruit, use the kind packed in its own juice. Steam or boil fruits and vegetables until soft. Cook in a small amount of water to save nutrients. Remove fat, bone, gristle and skin from plain meat that has been boiled, broiled or roasted. You may be able to use the same meat that is prepared for the rest of the family. Cut the meat into small pieces before blending. According to Mrs. Hinton, babies do not need salt, sugar, spices or any other seasoning added to their food. If you're using a blender, add food with a small amount of liquid. This liquid should be water, formula or cooking liquid, but not milk, because some babies are allergic to it, says Mrs. Hinton. Blend on high speed until smooth. A grinder, food mill or strainer may also be used to puree foods to the desired consistency. Cooked potatoes, apples, carrots and ripe bananas may be mashed with a fork. To make individual servings, pour food into ice cube trays, cupcake liners, or pop by spoonfuls onto a cookie sheet. Cover and freeze immediately. When frozen solid, transfer to a plastic bag to save freezer space. Date and label the containers. As baby gets older, increase the serving sizes. Use frozen baby food within one month. Use frozen meats and protein foods within two weeks for the best quality.

Thaw food in the refrigerator, in a warming dish, or in a heat-proof glass container set in a pan of hot water. Food should not be allowed to thaw at room temperature and thawed baby food should not be refrozen.

(health watch)

As the cold weather settles in for the next few months, most of us will notice that we're keeping

our homes quite a bit cooler than we have in past winters. Energy conservation appears to be our patriotic battle cry. For some, lowering the thermostat is like raising the flag. For others, it is pure economic necessity as we attempt to stretch thinner dollar bills over fatter heating bills.

But for all of us, regardless of the reason, lower temperatures in the mid-60's are somewhat healthier than higher temperatures in the mid-70's. Heating our homes and offices during the winter months removes moisture from the air. The higher the temperature, the dryer the air.

Air with little moisture aggravates bronchial and other respiratory problems. It also contributes to a dry throat and nose, coughs, and dry, itchy skin. As if this weren't enough, the respiratory system does not cope well with sudden changes in weather. Moving from an overly heated room to the outside cold can be a real shock, particularly to the lungs. Like most everything, the body needs to adjust gradually to changes in temperature.

The dryness of the air in the home can be compensated for even if it remains dry at lower temperatures. For many people the addition of a small humidifier is all that is needed to add a little moisture to the air inside. There are no major health advantages in keeping the inside temperature somewhat lower than we may have become accustomed.

Stop Thieves From Getting Your Gifts

Christmas shopping often means driving from one shopping area to another, making purchases at each stop.

Since a car loaded with packages in the front or back seats is an open invitation to roving thieves, North Carolina Agricultural Extension Service specialists offer these hints to insure that the right person gets your Christmas gifts:

- Always lock the door even if you'll only be away from the car for a few minutes.
- Be sure all windows are closed.
- When you leave the car, put packages in the trunk and be sure it is locked. Don't tempt thieves by putting your parcels on display inside the car.
- If your Christmas gifts, which are considered your personal belongings, are stolen from your car, your loss may be covered if you carry a personal property floater insurance policy or if you have a homeowners "package" policy.
- But keep in mind that depending on the type of insurance purchase, thefts of personal property from a motor vehicle or trailer - other than a public conveyance such as a bus or taxi - may be covered only if the thief forces the vehicle open while all the doors, windows and other openings in the car are closed and locked.

Homemade Christmas Gifts Are Cherished

The most unique and cherished Christmas gifts are those that are homemade. Using your time and talent to make presents for friends and family is a good way to save money too, says Dr. Thelma Hinson, family resource management specialist at North Carolina State University. Consider gifts that can be enjoyed and used up during the holiday season such as decorations or holiday foods. A certificate announcing when these gifts will arrive can be given before the actual present so that the recipient can plan for their use. Gifts for services are also welcomed and might include transportation, hair care, babysitting, household jobs and repairs, health care services, or fellowship and entertainment for special occasions. For these, design an attractive "I Promise" or "I-O-U" certificate and present it as the gift.

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