

# Extension news

## Juanita Bailey



Turkey is truly the all-American bird, deserving the honored place at the Thanksgiving dinner table and all year round. In fact, fossil evidence shows that turkeys have roamed the Americas for ten million years. When Christopher Columbus arrived in 1492, the turkeys were here to greet him.

Both Columbus and Hernando Cortez took turkeys back to Europe and by 1530 they were being raised in Italy, France and England. So when the Pilgrims arrived in 1620, they were already familiar with turkey. The native wild bird became a symbol of a bounteous harvest and a rightful part of our American heritage.

The American Indians also hunted the wild turkey for its sweet juicy meat. Turkey feathers were prized, and used to stabilize their arrows and as adornment for ceremonial dress. The spurs (bony projectiles on the legs of wild tom turkeys used for fighting) were even used as projectile points on arrowheads.

The early settlers brought domesticated turkeys back from Europe and began to cross-breed them with the larger wild turkeys. Turkey soon became a major source of food. In fact, Benjamin Franklin was disappointed when the bald eagle was chosen to represent our country. He would have voted for the noble turkey on our Great Seal and our dollar bills.

Today, the wild turkey can be hunted for a very short time in the spring and fall in some areas. Usually hunters are allowed to kill only toms, since they are really not needed after the hens are sitting on fertile eggs.

Turkeys vary in weight from 4-24 lbs., ready to cook. However, the question of size is not difficult. First ask, "How many people are going

to eat this turkey? Are they big eaters or picky eaters?" The second question is "Should we have turkey leftovers?"

If you allow at least one pound of turkey per person, you'll be assured of moderate turkey leftover or seconds for big eaters.

Most whole birds on the market today are classified as "young turkey" — which indicates that the bird is under 8 months of age.

Turkeys best suited for roasting will carry the word "young" on the label — young hen, young tom, or occasionally simply young turkey.

Proper packaging of frozen turkeys in moisture, and vapor-resistant plastic bags helps to keep quality high. In selecting frozen birds be sure that the wrappers are not torn or broken. Commercially frozen stuffed turkeys should be selected with special care: buy only hard — frozen birds.

You may also wish to check the grade of the bird you are purchasing. Generally speaking, grade is a measure of poultry appearance and does not indicate tenderness.

One common myth that surrounds the noble turkey is that a tom turkey is tough and a hen is tender. Not true. Tenderness depends on the age of the bird when processed.

It is also important to remember that turkey is high in protein and all protein is heat sensitive. If the turkey is overcooked, it may seem tough and dry. Turkey should be cooked just until "done" to be at its tender and juicy best. (Roast at 325 degrees F. until meat thermometer registers 180-185 degrees F. and drumstick and thigh move easily.)

You may store a whole frozen turkey in the freezer in its original wrap at 0 degrees

F. or below; for up to 12 months with almost no change in quality. Beyond that time, the bird will not spoil, but the quality may gradually deteriorate. Prevent freezer burn by keeping the wrapping intact.

Thaw the frozen bird in the original bag by placing it on a tray in the refrigerator for 3-4 days. The length of time necessary for the bird to thaw completely depends on its size. Place it on a tray or pan in the refrigerator and estimate 24 hours for every 5 pounds of turkey.

Or, if that much time and space are not available, leave the turkey in its original wrap, place in the sink, and cover with cold water for about half an hour per pound. Change water frequently to hasten thawing.

Once the turkey is thawed, it must be cooked or refrigerated immediately. Do not allow a thawed bird or any fresh meat to stand at room temperature for any length of time.

**TURKEY TETRAZZINI**  
 ¼ c. butter or margarine  
 ¼ c. flour, 2 c. milk  
 1½ t. salt, ¼ t. pepper  
 1½ c. diced cooked turkey  
 1½ c. cooked spaghetti  
 ¼ c. cooked mushrooms  
 ¼ c. chopped pimiento  
 ¼ c. shredded cheddar cheese  
 ¼ c. dry bread crumbs  
 ¼ c. melted butter or margarine

Melt butter in heavy saucepan. Add flour and stir until blended. Gradually add milk and cook over low heat for 5 minutes, stirring constantly. Add salt and pepper. Combine white sauce with turkey, spaghetti, mushrooms, pimiento and cheese. Place in buttered 2-qt. casserole. Combine bread crumbs and melted butter and sprinkle on casserole. Bake at 325 degrees F. for about 25 minutes or until well browned. Makes 6 servings.



Sgt. 1st Class Riley Williams, (left) was recently recognized for helping to provide electronic security service at last winter's Olympic games at Lake Placid, N.Y. Presenting the certificate is Col. Albert F. Dorris, commander.

## Williams' olympic work cited

Sgt. 1st Class Riley W. Williams, son of A.H. (Bill) Williams of Belvidere, recently received a Certificate of Appreciation from the Office of the Secretary of Defense.

Williams is assigned to the U.S. Army Mobility Equipment Research and Development Command in Fort Belvoir, Va.

Williams was cited for his

exemplary representation of the Department of Defense and for outstanding performance of duties in support of the 1980 Winter Olympic Games conducted at Lake Placid, N.Y. MERADCOM provided the electronic security system for the Olympic Village, and Williams was a member of the MERADCOM team assigned to install and maintain the system during the February

MERADCOM is part of the U.S. Army Materiel Development and Readiness Command and is responsible for research, development, engineering and first production buys of equipment in four areas essential to the volunteer Army: Barrier and counterbarrier systems; countersurveillance systems; energy and environmental systems; and supply distribution and construction equipment systems.

## Underwood attends meeting

Mrs. Paige Underwood, Perquimans County Extension Home Economics Agent, recently attended the national meeting of the National Association of Extension Home Economists in White Sulphur Springs, West Virginia.

Over 1,000 extension home economists from the 50 states and Puerto Rico attended the

annual meeting, held at the Greenbrier there. Several well-known persons were featured including Dr. David Snyder, Life-Styles Editor for Futurist Magazine, who spoke about domestic productivity as the key to social and economic progress. Also featured was Dr. Anson Bertrand, Director, Science and Education, USDA, who presented a talk on priorities

for the 80's. A husband and wife team, Reverend Samuel and Dr. Sharon Nickols, from the Oklahoma State University collectively spoke on shaping values in the 80's. During the annual session, Mrs. Underwood was selected to serve on the 1981 hospitality committee in Las Vegas, Nevada.

## Memory Lane sets officers

The installation of club officers highlighted the last meeting of the Memory Lane Senior Citizens Club, with last year's slate re-installed for another term.

Mrs. Antoinette Sutton will again serve as the club's president, with Clara Schofield, vice-president, Kathlene Brennaman, secretary, and Georgia Leary returning as treasurer.

The club again discussed petitions requesting that Safe-

Way open a store in Hertford. The forms are now available from Pattie White at the Senior Center. It is the hope of the club that many people will sign them in an effort to show the interest in bringing a competitive food store into this area.

It was announced that a box of coupons and a box of recipes are now located at the Senior Center for anyone's use.

Seniors will have a chance to shop in Williamsburg on Thursday, Nov. 20 at a cost of \$10 each for transportation. Those interested should call the Center at 426-5695.

The club adjourned and all present went down the street to visit the newly-renovated home of Jim and Stephanie Mills. The visit was arranged in order to show members what can be done with older homes.

## Library board confers

Several members of the Perquimans County Library were present at the first Eastern North Carolina Regional Library Trustee Conference held in Williamston last Wednesday.

Representing Perquimans as part of the Pettigrew Regional Library system were Mrs. G.W. Barbee, Mrs. John T. Biggers, and Mrs. Jesse Lee Harris.

The conference, attended by representatives of six regional libraries, included discussions on such topics as state library activities, and state aid to

libraries, led by Jane Williams, assistant state librarian.

The group also heard a presentation by Margaret C. Riddle, Trustee of the Raleigh Advisory Library Board and Policy Advisor of North Carolina Department of Cultural Resources, who discussed library policies, and the duties and responsibilities of library trustees.

Aside from Mrs. Barbee, Mrs. Biggers, and Mrs. Harris, the Perquimans library board is composed of

Virginia Whedbee, Elaine Phillips, and Etta Turner.

# Smokeout set

Thursday, Nov. 20, has been set aside by the American Cancer Society for this year's Great American Smokeout. People all across the nation are being urged to abstain from smoking on this day.

"Hopefully, this will provide motivation for the people who want to give up smoking," said Dr. William Trier, North Carolina's Smokeout Chairman. Dr. Trier, a plastic surgeon at the University of North Carolina Medical School, served as chairman for this event last year also. He has encouraged all 104 American Cancer Society local units to participate.

According to Dr. Trier, the objectives of the 1980 North Carolina Smokeout are very simple. "We want to inform and educate the public as well as assist those who are trying

to break the habit. There is evidence that many people would like to quit smoking but lack the leadership to do so." The American Cancer Society provides this leadership through their Helping Smokers Quit programs.

Last year, about 5,000,000 Americans did not smoke on Smokeout Day, and almost half of those people were still not smoking several days later. That is a considerable increase over the 3,600,000 smokers who quit for this event in 1978. The American Cancer Society is hopeful that the 1980 Smokeout will reach even more people and aid them in making this decision.

For additional information about the Great American Smokeout, contact the Perquimans County Cancer Society, Anne White, chairperson.

other community needs. The Snug Harbor Civic League will hold its monthly covered dish dinner at the club house that evening, Nov. 15, beginning at 6:30 p.m. Charlie Skinner, Hertford Fire Chief, will present a program on fire safety precautions.

## Snug Harbor bazaar

The Snug Harbor Women's Club will hold its annual Christmas bazaar and bake sale, Nov. 15, from 11 a.m. to 4 p.m. at the club house. Proceeds will go toward Christmas treats for patients in the Weeksville Nursing home, a Christmas party for community children, and

other community needs. The Snug Harbor Civic League will hold its monthly covered dish dinner at the club house that evening, Nov. 15, beginning at 6:30 p.m. Charlie Skinner, Hertford Fire Chief, will present a program on fire safety precautions.

## This week

- THURSDAY, NOV. 13 — Inter-Co. Fire Dept. Perq. Co. Jaycees; Alcoholic Anonymous and Al-Anon 8 p.m. Hert. Unit. Meth. Church; BPW Club-Albemarle EMC Bldg.
- FRIDAY, NOV. 14 — Bethel Homemakers, 10.
- SATURDAY, NOV. 15 — Snug Harbor Ladies Aux. Annual Christmas Bazaar 11 a.m. Club House.
- SUNDAY, NOV. 16 — Snug Harbor Civic League
- MONDAY, NOV. 17 — Perq. Co. Bd. of Education; Perq. Co. Bd of Comm. (p.m.);
- Inter-Co. Fire. Dept. Training; Memory Lane Senior Citizens, 2 p.m.; Perq. Co. Social Services Bd.-Old Ag. Bldg. 7:30.
- TUESDAY, NOV. 18 — Town-N-Country 4-H Club, 7:30; Hert. Rotary Club, 6:30; Perq. Masonic Lodge 8 p.m.; Meridan Lodge No. 18-Lodge Hall 8 p.m.
- WEDNESDAY, NOV. 19 — United Methodist Womens Annual Bazaar 10:30 a.m. Church (luncheon \$3.25, 11:30 — 1:30; supper \$3.00, 5 — 8 p.m.); Durants Neck Ruritan Club.

## People briefs

- Mr. and Mrs. G.R. Tucker returned home Wednesday after spending several weeks with their sons and daughters-in-law, Dr. and Mrs. G.R. Tucker, Jr. and Dr. and Mrs. W.B. Tucker, in Henderson.
- Mrs. Irene Hurdle, Lilly and Tommy, and Mrs. Willie Mae Shannon of Jacksonville, Fla., returned home after spending the weekend with their father, Mr. Freeman Mansfield.
- Mr. and Mrs. Dean Britt and daughter, Joy, from Newport News, Va. were weekend guests of Mr. and Mrs. Fenton Britt.
- Mr. and Mrs. Paul Bumbarger and family of Hickory will spend this weekend with Mr. and Mrs. J.W. Ward.
- Mr. and Mrs. Julian White, Jr. and daughter, Miss Joan White, of Bel Aire, Md. were weekend guests of Mr. and Mrs. Julian White, Sr.
- Mr. and Mrs. P.A. Harris from Halifax were guests of Mr. and Mrs. Eldon Winslow and Miss Thelma Elliott for a few days this week.
- Miss Sue White from Virginia Beach, Va. spent the weekend with her parents, Mr. and Mrs. Julian White.
- Mrs. Ellie Vickers spent the weekend in Raleigh with her son-in-law and daughter, Mr. and Mrs. Fred Gregory.
- Miss Sherri Moore, student at ECU, Greenville, was a weekend guest of Mr. and Mrs. Ben Thach, Jr. and Miss Donna Thach.
- Billy Wooten from Rocky
- Mount spent a few days last week with friends in Hertford.
- Miss Sara Winslow spent the weekend in New York City.
- Mrs. Don Roberts and children of Virginia Beach, Va. were guests of Mr. and Mrs. N.W. Chappell at Belvidere on Saturday.
- Mr. and Mrs. Robert Mann from Virginia Beach, Va. were guests or relatives in Hertford on Sunday.
- Mr. and Mrs. Jake Chesson and Mrs. Thomas Hurdle and son, Bryan, were guests of Mr. and Mrs. Don Chesson in Raleigh on Sunday.
- Mr. and Mrs. Tommy Manning of Greenville were weekend guests of Mr. and Mrs. Eldon Winslow and Miss Thelma Elliott.
- Miss Caroline Wright was a weekend guest of her mother, Mrs. Charlie Wright, at Jarvisburg.
- Mr. and Mrs. Fenton Britt were guests of Mr. and Mrs. Bill Jones in Franklin, Va. on Sunday.
- Mr. and Mrs. Leon Lane of Chesapeake, Va. were guests of Mr. and Mrs. Howard Williams during the weekend.
- Miss Barbara Symons and Dennis Symons, students at ECU, Greenville, were weekend guests of their parents, Mr. and Mrs. Jack Symons.
- Mrs. William Ray Miller, Mrs. Kenneth Miller, Mrs. Ray Stallings, Mrs. Fenton Cartwright, and Mrs. L.D. Myers spent Thursday last

week in Williamsburg, Va.

**HOSPITAL NOTES**  
 Miss Mary Sumner is a patient in Leigh Memorial Hospital. Mrs. Cliff Pritchard is a patient in Chowan Hospital and Howard Winslow, McElroy Chappell, and Seth Long are patients in Albemarle Hospital.

## Mistletoe show slated

The third annual Mistletoe Show, sponsored by the Elizabeth City Jr. Woman's Club, will be held Nov. 14-15 at the Knobbs Creek Recreation Center on Ward St. in Elizabeth City.

Over 70 exhibitors of hand-made crafts and merchandise will participate in the show. Admission is \$1 for adults and 50 cents for children under 12. Hours are 10 a.m. until 10 p.m. on Friday, and 10 a.m. until 8 p.m. on Saturday.

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Class	Amount	Class	Amount
50 <sup>th</sup> weekly pays	25.00	40 <sup>th</sup> weekly pays	200.00
1 <sup>st</sup> 10 <sup>th</sup> weekly pays	50.00	35 <sup>th</sup> weekly pays	250.00
2 <sup>nd</sup> 20 <sup>th</sup> weekly pays	100.00	30 <sup>th</sup> weekly pays	500.00
3 <sup>rd</sup> 30 <sup>th</sup> weekly pays	150.00	25 <sup>th</sup> weekly pays	1000.00

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