

Stretch food dollars with leftover turkey

What size turkey should you buy? Foods and nutrition specialists, Ontario Ministry of Agriculture and Food, say that by understanding certain "turkey facts" you can easily determine the size which will best suit the need.

"It's all a matter of leftovers," they say. "Whether you want some, or whether you don't."

The edible meat from a whole turkey is 40 per cent of its purchased weight, the remainder being lost in thawing, cooking and bones. For each kilogram (2.2 pounds) of uncooked turkey, you can count on 400 grams (14 ounces) of cooked meat, of this 250 grams (nine ounces) can be sliced and the remainder used as chunks or bits in casseroles and soups.

Using the imperial measure, this means that for every pound of uncooked turkey, you will obtain about six ounces of cooked edible product. A normal serving being three ounces cooked, you can count on two services per pound or, four to five servings per kilogram of uncooked turkey. Hence a five kilogram frozen turkey (11 pounds) will yield 20 to

25 servings in total (counting the slices, chunks and bits). Whether or not to purchase a huge bird is up to you and the family's habits. Leftover cooked turkey can be stored in covered containers, plastic bags or aluminum foil in the freezer for a period of one to three months. Stored in the refrigerator, it should be used within three to four days. If the family frequently enjoys casseroles or soup or salads made with turkey, then you are well advised to buy a bigger bird than you require for one meal. On the other hand if your family members are strictly "sliced turkey" eaters, you should select a bird which could be almost totally devoured at one sitting.

In case your recipes using those wonderful turkey leftovers are at a premium, here are a couple of ideas.

250 mL (100 g) grated cheddar cheese
300 mL cooked noodles (150 g uncooked)
500 mL diced cooked turkey
500 mL frozen peas
25 mL chopped pimiento
50 mL buttered bread crumbs

Cook onion in butter until transparent. Blend in soup, bouillon and seasonings. Stir and cook until smooth and thick. Add cheese and stir until melted. Combine noodles, sauce, turkey, peas and pimiento. Turn into greased 2.5 L baking dish. Top with crumbs. Bake 30 minutes at 180 degrees C (350 degrees F). Makes six servings.

Turkey waldorf salad
750 mL diced cooked turkey
375 mL diagonally sliced celery
250 mL coarsely chopped apple
125 mL coarsely chopped walnuts
5 mL salt
125 mL mayonnaise or salad dressing

Combine all ingredients except mayonnaise. Add dressing, toss and chill. Serve in lettuce cups and garnish with paprika, if desired. Makes six servings.

Santa's beard and suit created by cartoonist

Who gave Santa his red suit, broad girth, white beard, ruddy cheeks and nose, fur-trimmed hat and coal? Surprisingly enough, the donor was a political cartoonist.

The artist's name was Thomas Nast, cartoonist for Harper's illustrated Weekly, who also created the now-famous symbols of the Republican elephant and the Democratic donkey.

The figure of Santa that Nast drew in 1863, and perhaps earlier, has proved to be the definitive one, and even today the figure as drawn by Nast appears occasionally on Christmas greetings.

Won't tamper Nast first credited Santa with keeping books on good and bad children, having a Christmas toy workshop and reading letters sent to him by children.

Perhaps it was the now famous poem, "A Visit from St. Nicholas," by Dr. Clement Clarke Moore, that inspired Nast's illustration of Santa. In this children's classic of 1823, the right jolly old elf, who looked like a peddler with a pack on his back, was first described in print.

Nast followed Dr. Moore's description of Santa in several particulars, but many of his concepts were original. At the time of Nast's Santa Claus drawings the nation was at Civil War, and families were

separated. In a note to cheer both soldiers and their waiting families Nast drew "Santa Claus in Camp," for Harper's Weekly.

This earliest Santa was different from any artist's creations up till then. He was shown wearing stars and stripes of the Union and distributing gifts to soldiers. Actually, this Santa might have been meant as a representation of Uncle Sam also. A later, equally moving Nast illustration featured a soldier's Christmas homecoming.

Childhood saint Born in 1840 in the tiny hamlet of Landau, Bavaria, Nast probably pictured Santa as the long-imagined Saint Nicholas of his childhood.

Albert Bigelow Paine, a friend and admirer of Nast, said the artist often revealed to him his love of the Santa illustrations. He later wrote

Candle is old friend

Here is an appealing story that focuses on Man's old friend, the candle. Back in the Middle Ages, any light, no matter how fragile, was much prized, and a candle though perhaps common to us, was a possession of great value.

A shoemaker lived in a cottage on the edge of a village, near the dark

woods. Although a poor man, he placed his candle in the window each night to guide travellers. Despite wars, hardships and illness; by some miracle, some mysterious grace, his light never wavered.

This inspired the villagers and during the Christmas season most of them placed a candle in their windows.

"Nast's children later recalled there was always a multitude of paper dolls—marvelously big and elaborate, a race long since become extinct.

"And these the artistic father—more than half a child himself at the Christmas season—arranged in processions and cavalcades, gay pageants that marched in and about those larger presents that could not be crowded into the row of stockings that hung by the family fireplace.



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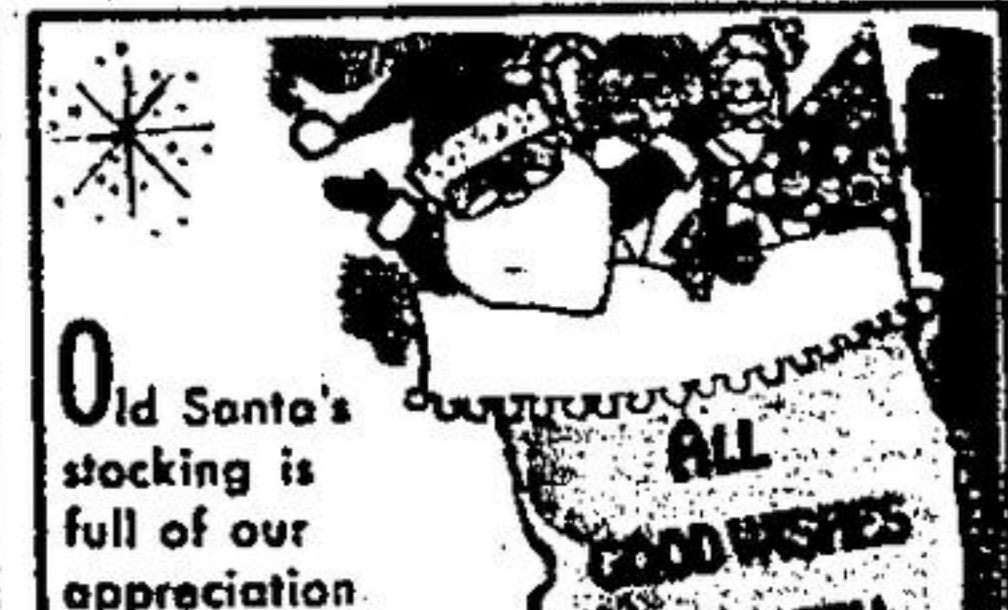


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Household Hints by Paula McNelly

Ever wonder why recipes tell you to brown meat and poultry without crowding the pan? Because when they touch, they release their juices.

Liquid silver polish will remove crayon marks from wall tiles or floors.

Make chopped meat or meatballs before you heat it, and separate with double layers of wax paper.

Clean stains from narrow recessed with diluted toilet bowl cleaner.

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