

# Remove poultry skin before cooking

## POLLY'S POINTERS



POLLY FISHER

**DEAR POLLY** — To save fat and calories, should the skin on poultry be removed before cooking or after? — RAINA

**DEAR RAINA** — Removing the skin before cooking should remove more fat and calories than removing the skin after cooking, since during cooking, some of the fat melts and soaks into the meat. Of course the melted fat also makes the meat more juicy, so skinless chicken probably should be cooked in moisture-conserving ways — baked in a covered pan, braised in a little liquid or dressed with a low-fat sauce. Plain broiled or roast chicken will be more moist and juicy if cooked with the skin on; when you remove the skin after cooking, you'll still be removing much of the fat and calories.

I do like to include the skin, however, when I'm cooking poultry broth. It provides a lot of flavor, and the fat can be skimmed off the chilled broth easily to make a rich-tasting but almost fat-free soup.

I'm sending you a copy of my newsletter "Super Diet Tips," which includes more ways to cut calories and fat from your diet while enjoying the foods you love. Others who would like a copy of this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

**DEAR POLLY** — Here's a tip for those who still love to dry laundry outdoors in freezing weather: I snap clothespins in the proper places on each garment as I lift it from the washer, thus saving time out in the cold. And it's a big saving on your electric bill!

Living alone, it was so difficult to use the large bunches of greens I love to buy at the supermarket. I now wash them immediately, then divide them up for various uses, such as refrigerating the hearts for salads and cooking the tops for soups (I micro-cook them immediately and freeze), thereby greatly reducing bulky storage in my fridge. It's so good not to have a wilting, sometimes spoiling, bunches of greens haunting me in there! — JANE

**DEAR POLLY** — I stripped the painted finish off an old chair that I would like to stain, but I'm having trouble getting paint out of the rather intricately carved sections of the back and arms. This carving is what makes the chair so beautiful, but several layers of paint and dirt have built up in the carving. Unless I get it out my chair won't look really good. — G.P.

**DEAR G.P.** — There's no magic answer, just hard work and a stiff brush. A stiff toothbrush and a paste-type paint remover will probably be the easiest tools, but persistence and elbow grease are definitely required! Also, make sure you protect your eyes, skin and surrounding area while

doing this, because the remover may spatter. It sounds as though the final results will really be worth all your effort. Good luck! — POLLY

**DEAR POLLY** — When testing your smoke alarm monthly, you should also test the unit with smoke (from a candle, for example). The test button determines only whether the battery and circuitry are working properly, but using smoke also tests the smoke sensor.

Immediately after hearing this pointer, I tested both of our smoke alarms. The alarms worked perfectly in both, but only one of the alarms was sensitive to smoke. Needless to say, we've replaced the other one. — SHARON

**DEAR POLLY** — As a farm wife, I like to keep the workers on the farm supplied with cold water during the hot summer months. To do this, I fill plastic jugs about a fourth full of water, put in the freezer till frozen, then fill with water. The ice in the jugs keeps the water cold for quite a long time. — D.T.

**DEAR D.T.** — This would be handy for carrying water on picnics and while traveling, too. — POLLY

**DEAR POLLY** — When I was young we were always cautioned to never eat oysters in any months that didn't have the letter "R" in it. Is this still true, and if so, why? — S.L.V.

**DEAR S.L.V.** — That old rule is definitely out-of-date during these days of efficient refrigeration and freezing. You'll notice the months without "R" in them are all the warm-weather months — May, June, July and August — a time of the year when delicate oysters would quickly spoil without refrigeration or at least a ready, ample supply of ice. Al-

though some oyster connoisseurs feel that summer oysters are less succulent and plump than winter oysters, there is no danger to eating summer oysters. Enjoy them! — POLLY

**RECIPE OF THE WEEK:** 'Tis the season to eat melon and 'tis also the season for tall glasses of frosty liquids that cool and quench. Here's a tropical cooler that features cantaloupe as an ingredient. This luscious fruit drink is also rich in vitamins A and C.

In a blender, mix ¼ cup unsweetened pineapple juice, ¼ cup orange juice, ½ cup cantaloupe chunks and 3 ice cubes, broken or crushed, until smooth and the ice is completely melted. Serve garnished with fresh mint leaves.

You'll enjoy more formulas for nutritious, refreshing non-alcoholic beverages with the recipes in Polly's newsletter "Nutritious Milk and Fruit Beverages." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

**DEAR POLLY** — When making a banana pudding in a 9-by-12-inch pan, I found that the foil I covered it with stuck to the top of the pudding. So I arranged animal crackers standing up on top of the pudding and they kept the foil from sticking. This worked very well and everyone liked my idea. — GENEVA

**DEAR POLLY** — Over time my paneling has accumulated grease stains. Do you have any suggestions for cleaning it? — AGNES

**DEAR AGNES** — Try this paneling wash, which will remove dirt without harming the finish:

Mix together 1 tablespoon white vinegar, 1 tablespoon olive oil and 1 quart warm water. Dip a cloth in the

warm solution, wring it out well, then use it to rub down the paneling. Dry by wiping down with a soft, clean cloth. For extra protection, apply a thin coat of paste wax, buffing well with a soft cloth.

You'll find more formulas for cleaning products for your furniture and other household surfaces in my newsletter "Homemade Soaps and Cleaners," including a heavy-duty wood wash, a professional quality beeswax polish and an olive-oil polish

for lacquered tables. Others who would like this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

*Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.*

## Wilson looks for flag waving

Continued from Page 4

Wilson says this will mean a drop in prices of many goods. He specifically mentioned a drop in car prices of about \$300 as an example. Competition and the workings of the marketplace will ensure this happens, he claims.

### DISCONTENT POSSIBLE

But what if sellers decide to skim off all or some of those savings. There is great potential here for consumer discontent, even though Ottawa promises to provide buyers with information on what savings can be expected, and to investigate complaints.

Another element of potential controversy centres on the so-called offsets. While Wilson can reduce the middle-income tax rate at the start of 1991, the indexation of family allowances and pensions cannot be arranged in advance. That means the inflation-fighting portion of family allowances will be delayed until early 1992. Pensioners will fare somewhat better, as their payments are indexed every three months, but there is

still a delay.

There are other pesky problems. One is the heat Wilson will take on his stance that the \$24 billion GST is "revenue neutral." He explains this by saying that \$18.5 billion replaces the existing sales tax and the balance is covered by the offsets paid to consumers and taxpayers and the administration costs of the new tax.

But he also insists the GST will help deficit reduction. This is because the new tax would be a more reliable revenue source, Wilson argues.

However, some voices, including a testy few in his own party, say the GST will also extract billions in windfall cash from consumers.

Then, there are those — notably in small business — who are downright grouchy at the thought of paying, or collecting, both a federal and a provincial sales tax. If they have to pay a new tax at all, they'd prefer a single levy at the cash registers.

Clearly, Mike Wilson has got a selling job to do.

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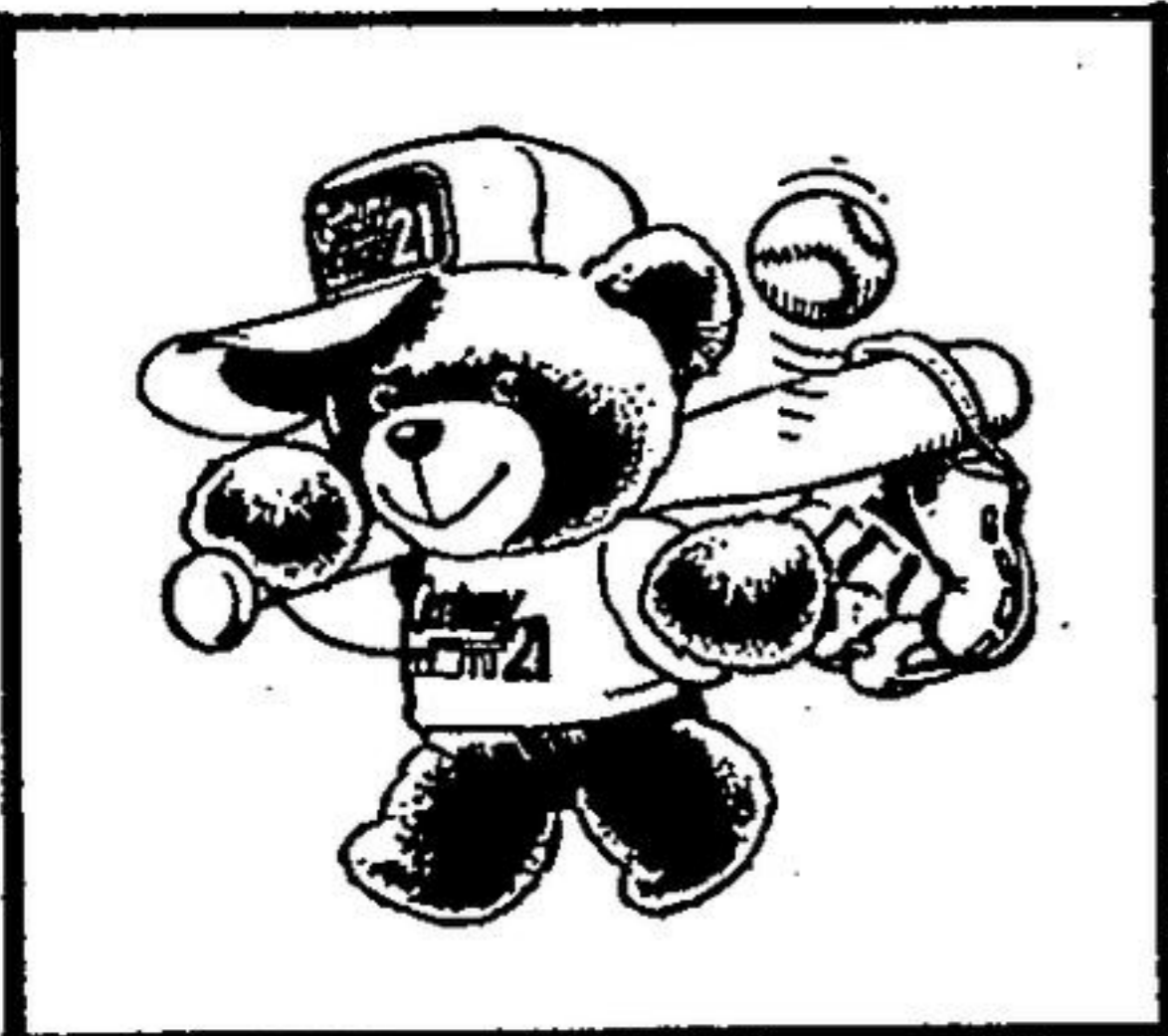
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