

**HOLIDAY GREETINGS  
TO ALL  
FAMILY AND  
FRIENDS!**

**Thank you for making  
2016 a Wonderful year  
to look back on!**

**I hope each of you can celebrate the  
Holiday Season in such a way as to  
bring yourself joy and peace. What we  
make of this time of year and how much  
we appreciate the holidays, is  
completely up to us.**

**My wish for you is Happiness, Joy  
and Peace!**

**Sincerely, Kathy**

**FALL EVENT**

**'Life is a Soap Opera!'**

Friday, November 4<sup>th</sup> at the  
Doniphan County Fair  
Building in Troy.

9:30 - Registration

10:00 - Welcome - Darlyne Johnson,  
DCHC President

10:05 - "Story of Ruth Warrick who played  
Phoebe Tyler on All My Children",  
Presented by Ashley Coats

11:00 - "Making Bath Salts" with Amy

11:30 - "Soap Bingo" with Amy

Noon - Potluck Luncheon

\*Shop Craft Tables ©

1:00 - "Soap Digest" with Kathy

1:25 - Awards

1:30 - Adjourn



\*The Doniphan County Extension PDC  
Elections will be held at the Fall Event as well  
as at the Extension office, November 4<sup>th</sup>.  
Please take time to vote!!

**The Size of Cast  
Iron Pans:**

Cast iron pans are  
sometimes passed  
down through  
families. When  
taken care of, they  
can last many

years. When looking at your pan, do you  
notice a number on the handle? What  
does that number mean?

It refers to the diameter of the bottom of  
the pan. History tells us that the cast  
iron pan was made to fit the openings on  
top of wood stoves. The manufacturers  
of the wood stoves also made cast iron  
pans. So they made the pans to fit the  
stoves. The Lodge company says "The  
10 comes from the days when cast iron  
pots and pans were sized to fit on the  
numbered eyes of a wood stove. The  
L10SK3 was for a #10 stove eye."

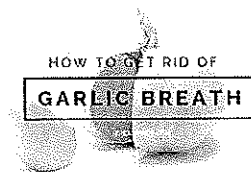


**Halting Garlic Breath**

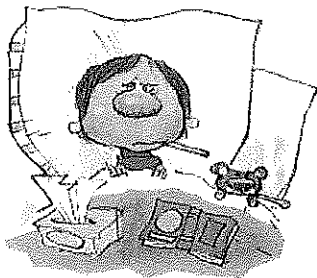
**Love garlic, but hate the  
dreaded garlic breath?**

**It seems to linger  
almost all day. Here are  
some other foods to try to diminish  
bad breath due to garlic.**

**Research done at the Ohio State  
University found that eating a fresh or  
cooked apple, fresh lettuce, or fresh  
mint helps reduce the volatile  
compounds in garlic. These  
compounds react with the phenolic  
compounds in the apple or mint to  
trigger an enzymatic deodorization by**



destroying the odor and volatiles that create garlic breath.  
So, enjoy your garlic!



### FIGHTING COLDS AND FLU

With reports of the flu already affecting people, it is time to do what you can to

protect yourself from colds and flu. Here are some tips:

1. Get a flu shot. While no flu vaccine is 100% effective, it does reduce your risk of hospitalization.

2. Eat more fruits and vegetables. Five servings a day gives you many antioxidants, vitamins and minerals to boost your immune system. Fresh, frozen or canned varieties are all beneficial.

3. Get up and walk! Even a brisk 20 minute walk in cold weather every day can reduce cold and flu symptoms.

4. Vitamin E builds the immune system. It can help the body's response to the flu vaccine and risks of upper respiratory infections.

5. Consume foods rich in zinc which are found in meats and poultry, legumes, whole grains and nuts plus fortified cereals. Don't overdo it as too much can be harmful.

6. Lose weight. A reduction in weight can improve the immune response. Always follow your doctor's recommendations for best results.

7. Drink fluids. Water, or even green tea, is beneficial to reduce inflammation.

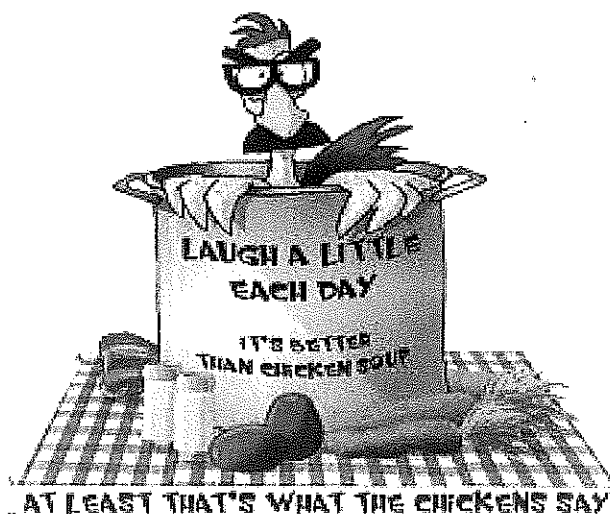
8. Wash your hands. This cannot be emphasized enough. Wash frequently and avoid rubbing your eyes and nose with dirty hands.

9. Sleep cures many things. Research has shown a link between a brain-specific protein and sleep that can fight flu symptoms.

10. Know your body. When you feel tired and run down, that stresses your immune system and increases your chance of illness.

What about vitamin C? While many think taking a lot of vitamin C can keep illness away, the science does not back this up. Vitamin C supplements will not prevent you from getting a cold, but might shorten the duration of illness.

If you are ill, stay home. This will help reduce the spread of colds and flu. For more information on influenza, see [www.cdc.gov/flu/index.htm](http://www.cdc.gov/flu/index.htm) and for colds, see [www.cdc.gov/Features/Rhinoviruses/index.html](http://www.cdc.gov/Features/Rhinoviruses/index.html)



## Recipes submitted by the Moray Friends Homemakers Club

### Caramel Pecan Cookies - submitted by Beverly Kentzler

- 1 cup oleo or butter
- 1 cup white sugar
- 1 cup brown sugar
- 1 tsp salt
- 1 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. baking soda
- 2 eggs
- 2 tsp. vanilla
- 1 ½ cups flour
- 3 cups oatmeal
- 1 11 oz. pkg. caramel baking bits
- 1 cup pecans, chopped

Mix the 1<sup>st</sup> nine ingredients together. Add flour, oats, bits and pecans. Bake 350 degree oven for 11-13 minutes. Yield: 4 dozen cookies. Can substitute any bits. Can also sprinkle with coarse sea salt.

**Yield:** 2 cookies/serving. Nutrition Facts: 250 calories. Total Fat 12g, cholesterol 15 mg, sodium 270 mg, dietary fiber 2g, total carbohydrates 35g, sugars 25g, protein 3g.

### Chicken Crunch - submitted by Helen Hanlon

- ½ cup chicken broth or milk
- 3 cups cooked chicken, cubed
- ½ cup chopped onion
- 2 cans mushroom soup, undiluted
- 1 can water chestnuts, drained and sliced thin
- 1/3 cup slivered almonds
- 1 cup diced celery
- 3 oz. can chow mein noodles

Blend all ingredients together. Pour in greased casserole dish. Bake 40 minutes at 325 degrees.

**Yield:** 4 servings. Calories 480. Total Fat 23g, cholesterol 100mg, sodium 1220mg, total carbohydrate 28g, sugars 3g, protein 40g.

### Thanksgiving Salad - submitted by Sylvia Rush

- 2 cups chopped fine, sweet, peeled apples
- 6 oz. bottle maraschino cherries (chopped)
- 1 medium size tub Cool Whip
- 1 can whole berry cranberry sauce
- 1 pkg. (large) red Jello
- 1 cup nuts (walnut or pecan)
- 1 cup tiny marshmallows

Prepare Jello, let set until it begins to set up. Mix in all ingredients except cool whip. Chill a little longer, not completely, then fold in Cool Whip and keep cold until completely set up.

**Yield:** 12 ½ cup servings. Calories 220. Total Fat 10g, cholesterol 0mg, sodium 70mg, Total Carbohydrate 34g, sugars, 29g, protein 2g.

### Paula Deen's Frito & Corn Salad - submitted by Nancy Huss

- 2 (15 oz) cans whole kernel corn, drained
- 2 cups grated cheese
- 1 cup mayonnaise
- 1 cup green pepper, chopped
- ½ cup red onion, chopped
- 1 (10 oz) bag coarsely crushed frito chili cheese corn chips

Mix first 5 ingredients and chill. Stir in corn chips just before serving.

**Yield:** 12 ½ cup servings. Calories 320. Total Fat 20g. Cholesterol 25mg, sodium 670mg. Total Carbohydrates 29g. Sugars 5g. Protein 8g.

Recipes are due by December 15<sup>th</sup>  
from the Pollyanna Homemakers  
Club.





**Christmas Is Coming –  
A Turkey's Tale**

When I was a young turkey, new to the coop,  
My big brother Mike took me out on the stoop,  
Then he sat me down, and he spoke real slow,  
And he told me there was something that I had to know;  
His look and his tone I will always remember,  
When he told me of the horrors of..... Black November;  
"Come about August, now listen to me,  
Each day you'll get six meals instead of just three,  
"And soon you'll be thick, where once you were thin,  
And you'll grow a big rubbery thing under your chin;  
"And then one morning, when you're warm in your bed,  
In'll burst the farmer's wife, and hack off your head;  
"Then she'll pluck out all your feathers so you're bald 'n  
pink,  
And scoop out all your insides and leave ya lyin' in the  
sink;

"And then comes the worst part" he said not bluffing,  
"She'll spread your cheeks and pack your rear with  
stuffing".

Well, the rest of his words were too grim to repeat,  
I sat on the stoop like a winged piece of meat,  
And decided on the spot that to avoid being cooked,  
I'd have to lay low and remain overlooked;  
I began a new diet of nuts and granola,  
High roughage salads, juice and diet cola;  
And as they ate pastries, chocolates and crepes,  
I stayed in my room doing Jane Fonda tapes;

I maintained my weight of two pounds and a half,  
And tried not to notice when the bigger birds laughed;  
But 'twas I who was laughing, under my breath,  
As they chomped and they chewed, ever closer to death;  
And sure enough when Black November rolled around,  
I was the last turkey left in the entire compound;

So now I'm a pet in the farmer's wife's lap;  
I haven't a worry, so I eat and I nap;  
She held me today, while sewing and humming,  
And smiled at me and said "Christmas is coming..."

-- Funny Christmas Poems --

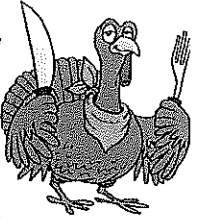
**Turkey Basics: Safe Cooking**

A food thermometer should be used to ensure a safe  
minimum internal temperature of 165 °F has been  
reached to destroy bacteria and prevent foodborne  
illness.

Many variables can affect the roasting time of a whole  
turkey:

\*A partially frozen turkey requires longer cooking.

- \*A stuffed turkey takes longer to cook.
- \*The oven may heat food unevenly.
- \*Temperature of the oven may be inaccurate.
- \*Dark roasting pans cook faster than shiny metals.
- \*The depth and size of the pan can reduce heat  
circulation to all areas of the turkey.
- \*The use of a foil tent for the entire time can slow  
cooking.
- \*Use of the roasting pan's lid speeds cooking.
- \*An oven cooking bag can accelerate cooking  
time.
- \*The rack position can have an effect on even  
cooking and heat circulation.
- \*A turkey or its pan may be too large for  
the oven, thus blocking heat circulation.



**ROASTING INSTRUCTIONS**

1. Set the oven temperature no lower  
than 325 °F. Preheating is not necessary.
2. Be sure the turkey is completely thawed. Times  
are based on fresh or thawed birds at a refrigerator  
temperature of 40 °F or below.
3. Place turkey breast-side up on a flat wire rack in  
a shallow roasting pan 2 to 2 1/2 inches deep.  
Optional steps:

Tuck wing tips back under shoulders of bird (called  
"akimbo").

Add one-half cup water to the bottom of the pan.  
In the beginning, a tent of aluminum foil may be  
placed loosely over the breast of the turkey for the  
first 1 to 1 1/2 hours, then removed for browning.  
Or, a tent of foil may be placed over the turkey  
after the turkey has reached the desired golden  
brown color.

4. For optimum safety, cook stuffing in a casserole.  
If stuffing your turkey, mix ingredients just before  
stuffing it; stuff loosely. Additional time is  
required for the turkey and stuffing to reach a safe  
minimum internal temperature (see chart).
5. For safety and doneness, the internal temperature  
should be checked with a food thermometer. The  
temperature of the turkey and the center of the  
stuffing must reach a safe minimum internal  
temperature of 165 °F. Check the temperature in  
the innermost part of the thigh and wing and the  
thickest part of the breast.
6. Let the bird stand 20 minutes before removing  
stuffing and carving.