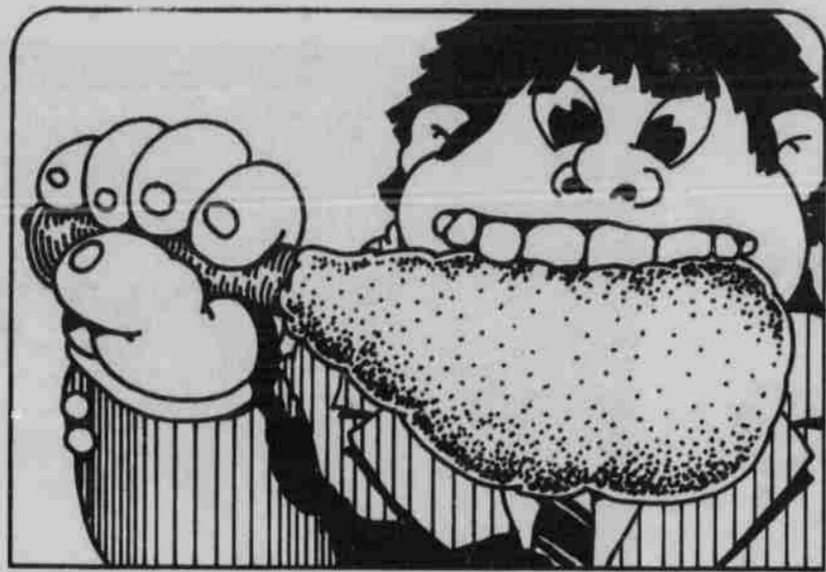


shelly kalkowski  
crumbs



## Traditional Pilgrim feast

Thanksgiving is a tradition of feasting. It's a tradition stemming from the Pilgrims' celebration of their first harvest.

That early feast featured food introduced to the Pilgrims by native Indians. Wild turkey, shellfish, corn, squash and pumpkins became a culinary legacy that is uniquely American.

Today's Thanksgiving dinner consists of the same foods served by the Pilgrims.

If you can't make it home for Mom's good cooking, try your own hand with this traditional menu.

### A New England Thanksgiving

Roast turkey or chicken  
Regular Bread Stuffing  
Baked yams Succotash  
Classic Cranberry sauce  
Steamed brown bread  
Brown gravy Pumpkin pie

### Baked yams

5 cups bread crumbs  
2 Tbsp. vegetable oil  
1/4 cup diced onion  
1/4 cup diced celery  
2 chicken bouillon cubes dissolved in 1/2 cup hot water.  
1/2 tsp. salt  
dash pepper  
1/2 cup minced parsley  
1/2 tsp. thyme or poultry seasoning  
2 eggs

Saute onion and celery in oil. Place all ingredients in mixing bowl and blend thoroughly. Stuff bird and cook remaining dressing in a pan. You can make stuffing ahead and chill it. But, to avoid food poisoning, do not actually stuff the bird until immediately before roasting. Fill only about two-thirds of the cavity, because the stuffing will expand during roasting.

### Variations:

1. Rice Stuffing: substitute 5 cups cooked brown rice for bread crumbs.
2. Mushroom Stuffing: add 1/2 lb. cooked mushrooms.
3. Sausage Stuffing: omit fat and saute vegetables with diced sausage. Pour off surplus fat.
4. Chestnut Stuffing: add 1 cup cooked mashed chestnuts.
5. Apple Raisin Stuffing: add 3 cups finely diced tart apples and 1 cup seeded raisins.

### Succotash

No. 2 can whole kernel corn  
1 1/2 cups cooked green or lima beans  
1 Tbsp. fat  
1 tsp. salt  
1/8 tsp. pepper  
1 Tbsp. grated onion  
1/4 tsp. celery salt  
Combine all ingredients and heat but do not boil. Serve hot. Makes six servings.

### Classic Cranberry Sauce

2 cups sugar  
2 cups water  
4 cups (1 pound) fresh cranberries  
Combine sugar and water in saucepan; stir to dissolve sugar. Boil for 5 minutes. Add cranberries and cook until skins pop. Serve sauce warm or chilled. Makes 4 cups.

### Steamed Brown Bread

2 cups cornmeal  
2 cups rye flour  
1 cup white flour  
1 tsp. baking soda in 1/3 cup molasses  
1 1/2 cups cold water  
Mix and sift dry ingredients, add soda, molasses and water. Stir until well-mixed and fill well-greased mold not more than 2/3 full. Cover closely and place mold on trivet in kettle containing boiling water. Allow water to come halfway up around mold. Cover and steam 3-4

hours, adding boiling water as needed. Makes a 2 quart mold.

Now for the poultry. Fortunately, turkey and chicken are among the most economical of protein foods.

When buying your bird, look for inspected, graded meat. Grading is optional but is the best indication of quality. A U.S. Grade A bird will be well-fleshed, full-breasted, have meaty legs and a good layer of well-distributed fat free of pinfeathers and skin defects. Grades B and C are also available.

The class (roaster, fryer,

stewing) is a guide to tenderness and suggests a method of cooking.

To prepare for roasting: wash and dry bird inside and out. Rub a little salt inside the bird. Bend wing tips behind the bird's back to form a rack. Place on a foil-lined (dull side out) cookie sheet. For a more tender result, chicken should be roasted breast-side up.

### Time Chart

Turkey 325°	4-6 pounds	3-3 1/2 hours
	6-8 pounds	3 1/2-4 hours
	8-12 pounds	4-4 1/2 hours
Chicken 375°	4-5 pounds	1 1/2-1 3/4 hours
	5-7 pounds	1 3/4-2 1/4 hours

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