

Just A Spoonful of Sauce Helps The Vegetables Go Down

The enjoyment of a variety of vegetables is most important for growing boys and girls. Too often, however, even the most agreeable youngsters become finicky eaters when confronted with these nutritious foods. Caring adults can encourage children to eat and enjoy vegetables by teaching them to prepare their preparation. Kids are often more eager to eat foods they've cooked. Another way to boost a child's acceptance of vegetables is to teach the preparation of flavorful, nutritious sauces made from cheese products to serve atop the "veggies."

Correct cooking of vegetables preserves colors, flavors, textures, and nutrients. According to the Kraft Kitchens, there are two important rules to follow in teaching beginners about cooking vegetables. First Rule: Vegetables should be prepared in the smallest amount of water possible, or in no water at all, because vitamin C, the B vitamins, and some minerals in vegetables dissolve into cooking water, which is usually discarded. Second Rule: Cook vegetables only until they are fork tender and still slightly crisp to preserve the nutrients, flavor, appearance, and texture.

The most common method of preparing vegetables is cooking in water, a method suitable for almost all vegetables. For greatest success, follow these guidelines carefully when teaching your beginner:

- Clean fresh vegetables carefully to remove bacteria and dirt.
- Pour ¼ to ½ cup water (for 4 to 6 servings of vegetables) into a saucepan with a tight-fitting lid.
- Salt water, if desired, and bring to a boil over medium-high heat.
- Add vegetables and cover.
- Return water quickly to a boil.
- Reduce heat and simmer, covered, just until vegetables are fork tender.
- To preserve the bright color of green vegetables, cook them uncovered for the first few minutes.

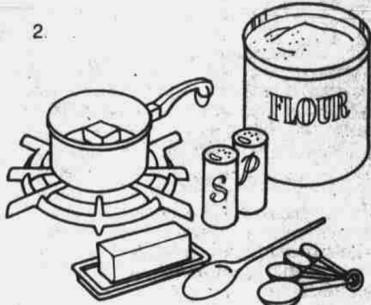
While the vegetables simmer, a junior cook can prepare this pleasing sauce. For the easiest of cheesy sauces, start with mild flavored Cheese Whiz pasteurized process cheese spread which is made with a creamy blend of natural cheeses and other ingredients. Because it is pasteurized, it melts smoothly and quickly, making it just right for the



MONTEREY CHEESE SAUCE

Monterey Cheese Sauce
1 ½ cups

- You will need:**
- 4 ounces (½ of an 8-ounce package) Casino brand natural monterey jack cheese
 - 2 tablespoons Parkay margarine
 - 2 tablespoons flour
 - ¼ teaspoon salt
 - Dash of pepper
 - 1 cup milk



- Take out:**
- shredder and waxed paper
 - knife
 - measuring spoons
 - glass measuring cup
 - 1-quart saucepan
 - wooden spoon

1. • Shred cheese onto waxed paper, using largest holes of shredder.
 2. • Melt margarine in saucepan over low heat.
 - Add flour, salt and pepper.
 - Stir quickly to blend well.
 3. • Slowly add milk, stirring constantly.
 - Cook, stirring constantly, until sauce is thickened.
- Add cheese and stir until melted. Serve over vegetables.

Microwave Oven Directions

1. • Microwave margarine in 1-quart (4-cup) glass measuring cup or bowl on High 30 seconds or until melted.
2. • Blend in flour, salt and pepper.
 - Slowly add milk, stirring constantly.
3. • Microwave on High 3 to 5 minutes or until sauce boils and thickens, mixing well after each minute of cooking.
4. • Add cheese; microwave on High 30 seconds to 1 minute or until sauce is hot and smooth when stirred.

When pasteurized process cheese spread is used for a sauce, shredding is not necessary. Cutting the cheese spread into ½-inch cubes with a cheese cutter or small sharp knife will assure quick, even melting, with no lumps or fuss. Assist beginning cooks with adjusting the heat level — cheese products melt most consistently over low heat.

Golden Sauce 1 cup

- You will need:**
- ½ pound Velveeta pasteurized process cheese spread, cubed

- ¼ cup milk
- Take out:**
- cutting board
 - wire cheese cutter or sharp knife
 - glass measuring cup
 - 1-quart saucepan
 - wooden spoon

1. Place cheese and milk in saucepan.
2. Cook over low heat, stirring until cheese is melted and sauce is smooth.

Microwave Oven Directions

1. Place cheese and milk in 2-cup glass measure or small bowl.
2. Microwave on Medium (50% power) 4 to 6 minutes or until sauce is smooth, stirring after every 2 minutes of cooking.



Jacobs To Get Doctorate

GARYSBURG

George W. Jacobs, principal of the Garysburg Elementary School in Northampton County recently completed requirements for the doctoral degree in Education from Nova University, Fort Lauderdale, Florida. The degree is to be conferred in Sunrise Florida on July 18.



JACOBS

Jacobs was born in Rich Square, Northampton County. He attended the Rich Square Institute, (now W.S. Creevy School); graduated from Hillside Park High School, Durham; continued his education at Howard University, Washington, D.C.; North Carolina College (now North Carolina Central University); Columbia University Teachers College, New York City; Bank Street College, N.Y.; Virginia State College, Petersburg; and Duke University, Durham.

He is a member of the National Education Association, Nat'l Association of Elementary School Principals and numerous other educational organizations; the Halifax-Northampton NCCU Alumni Chapter, several Masonic groups; Green Band Boy Scouts of America; Administrative Leader; trustee, deacon, Sunday School teacher and organist for the Young People's and Senior choirs of Bethlehem Baptist Church in Seaboard and serves as organist for other churches and musical groups.

Now residing in Seaboard, Jacobs is married to the former Ms. Alean Boone of Murfreesboro and they are the parents of a son, Ronald W. Jacobs of Columbia, S.C., and a daughter, Mrs. Mercedes M. Bowman of Durham.

beginning cooks. Have your child spoon the contents of an 8-ounce jar into a saucepan and stir over low heat just until hot. If you have a microwave oven, spoon process cheese spread into a small bowl. Microwave on High 1 ½ to 2 minutes or until hot, stirring after 1 minute of cooking.

Mild natural cheeses are favorites with children, and they make great cheese sauces for vegetables. Casino brand natural monterey jack cheese, a distant cousin of English cheddar cheese, has a creamy white color, a soft moist consistency, and a mild flavor that's a natural for saucing vegetables.

For Monterey Cheese Sauce, start with a white sauce. This takes a bit of skill, so adult Cooking Coaches will want to remain close at hand. After the margarine is melted, quickly stir in flour, salt, and pepper to make a paste. Slowly add milk in a thin stream while stirring constantly, to prevent lumps from forming. Natural cheeses melt faster and more smoothly when they are shredded. Show children how to hold the shredder over waxed paper, which side of the shredder to use, and how to shred slowly and safely, to avoid nicked fingers.

While helping your beginner to prepare vegetable-topping sauces made from cheese products, follow these two basic rules.

While helping your beginner to prepare vegetable-topping sauces made from cheese products, follow these two basic rules:

- Use low to medium heat.
- Do not overcook — heat just until cheese melts.

THE FINAL MEETING for the 1981-82 school year of the Durham City-Wide PTA will be held on Tuesday, June 8, at 7:30 p.m.

The meeting will take place in the Board Room of the Durham City Schools' Administrative Office, Fuller School Building.

New PTA officers will be installed. Mrs. Hazel Brown is president.

Summer Camp Program
For Children Ages 2½ Through 13 Years
June 7 — August 20
Russell Memorial Child Development Center
703 S. Alston Avenue
Durham, N.C. 27701
To Register
682-1305 or 682-2523

A unique summer experience developed especially for your child, in a caring and sharing atmosphere, geared toward the needs of the child.

Activities: •crafts •films •games •cookouts •music •roller skating •kiddle movies •swimming •Asheboro Zoo

Breakfast, Lunch and Snacks Are Served
Hours: 6:30 a.m. - 5:30 p.m. Daily
Monday through Friday



The record for most stolen bases in a season is held by Lou Brock, who played for the Cardinals. In one season he stole 118 bases.

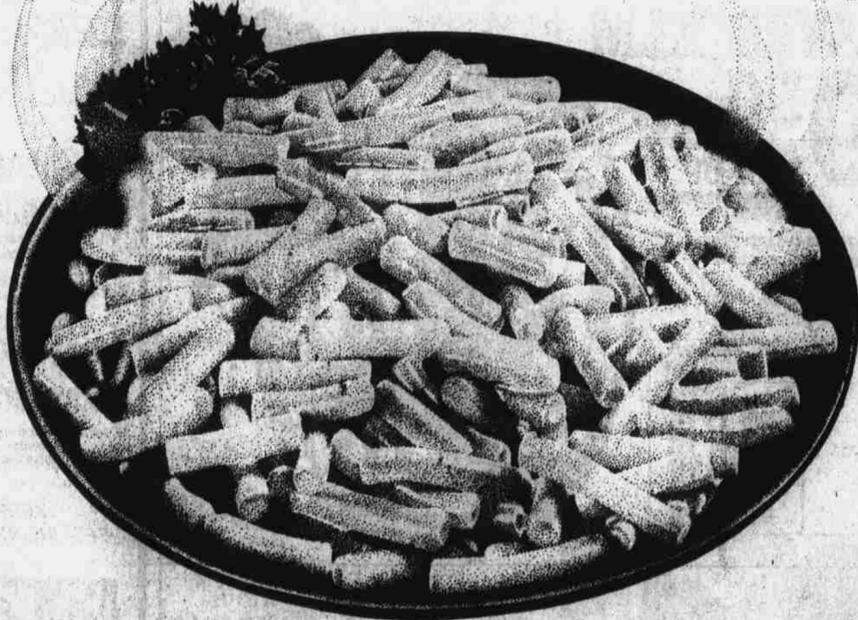
THE DINNER WINNER



Good cooks know that it's easy to please the family with KRAFT Macaroni and Cheese Dinner. In no time at all you can have the golden rich, cheddar cheese sauce flavor kids love!



Try a delicious, versatile KRAFT Macaroni and Cheese Dinner. Its cheesy good flavor is sure to win your family over. It's a real Dinner winner.



...means more than cooking.