

Say "Cheese"
For Quick
Entrées Or
Side Dishes

Good-tasting dishes that can be served any time of the year should be in every cook's repertoire.

Here are three that have the added advantage of being economical yet satisfying. They require only one-half pound of cheese to please four-to-six people with a pasta entrée and six-to-eight dinner guests with exceptional side dishes.

To simplify preparation, all three recipes call for condensed soup as a flavorful and cost-conscious base for sauces. The results are always first class while preparation is quick and convenient.

Pasta With Broccoli Sauce is a timely new way to serve spaghetti. Shredded Cheddar Cheese and Campbell's Condensed Cream of Chicken Soup are base for a sauce that includes broccoli flowerets, sliced carrots and chopped parsley. Lemon juice and garlic heighten the flavor of a sauce that looks garden fresh served over cooked spaghetti.

A casserole of macaroni and cheese is entree enough for many people, or a hearty side dish for others. **Four Star Macaroni and Cheese** is oven baked in a sauce of Campbell's Condensed Cream of Chicken Soup combined with Swiss cheese. Onion, mustard and hot pepper sauce "heat up" the robust flavor of this dish.

Two cups of shredded Swiss cheese, chopped spinach and tomatoes make the taste difference in **Scalloped Swiss Potatoes**. The sauce beginning is Campbell's Condensed Cheddar Soup and the added interest comes from green onions, lemon juice, marjoram leaves and garlic powder. The



Pasta With Broccoli Sauce

longest time required to ready this dish is for slicing the potatoes — if done by hand. The six-servings casserole bakes for one hour and 15 minutes.

These non-seasonal, no-nonsense recipes call for canned and frozen ingredients — which means that any cook can prepare them any time at "the drop of a hat" — even a guest's hat.

Pasta With Broccoli Sauce

- 1 medium clove garlic, minced
- 1 tablespoon butter or margarine
- 1 can (10 3/4 ounces) Campbell's Condensed Cream of Chicken Soup
- 1/2 cup milk
- 2 packages (10 ounces each) frozen broccoli flowerets, cooked and drained
- 1 cup sliced cooked carrots
- 2 cups shredded Cheddar cheese
- 1/2 cup chopped parsley
- 1/2 teaspoon lemon juice
- Cooked spaghetti

In saucepan, cook garlic in butter a few minutes. Add remaining ingredients except spaghetti. Heat; stir occasionally. Serve over spaghetti. Makes about 5 cups, 4 to 6 servings.

Four Star Macaroni And Cheese

- 1 can (10 3/4 ounces) Campbell's Condensed Cream of Chicken Soup
- 1 cup milk
- 1/2 cup finely chopped onion
- 1/4 teaspoon dry mustard
- 1/8 teaspoon hot pepper sauce
- Generous dash pepper
- 4 cups cooked elbow macaroni
- 1/2 pound Swiss cheese, cut into 1/2-inch cubes

In 2-quart casserole, combine soup, milk, onion, mustard, hot pepper sauce and pepper; stir in macaroni and cheese. Bake at 400°F. for 25 minutes or until hot; stir. Makes about 6 cups, 6 to 8 servings.

Scalloped Swiss Potatoes

- 1 can (11 ounces) Campbell's Condensed Cheddar Cheese Soup
- 1 can (about 16 ounces) frozen chopped spinach, cooked and drained
- 1/2 cup sliced green onions
- 1/2 teaspoon lemon juice
- 1/2 teaspoon marjoram leaves, crushed
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 2 cups shredded Swiss cheese
- 4 cups thinly sliced potatoes

To make sauce, in bowl, combine all ingredients except 1/2 cup cheese and potatoes. In buttered 2-quart casserole, arrange alternate layers of potatoes and sauce. Cover; bake at 375°F. for 1 hour. Uncover; sprinkle with remaining cheese. Bake 15 minutes more or until done. Makes 6 servings.

About Your Medicines

by The United States Pharmacopoeial Convention, Inc.

IRON SUPPLEMENTS (Systemic)

Iron is a mineral used to treat or prevent a condition called iron deficiency (iron shortage) or iron-deficiency anemia. In this condition, the body does not have enough iron to produce the amount of normal red blood cells needed to keep you in good health. Although most people get enough iron from their diet, some must take additional amounts to meet their needs. For example, iron is sometimes lost with slow or small amounts of bleeding in the body that you would not be aware of and which can only be detected by your doctor. Your doctor can determine if you have an iron deficiency, what is causing the deficiency, and if an iron supplement is necessary.

Some iron preparations are available only with your doctor's prescription. Others are available without a prescription; however, your doctor may have special instructions on the proper use and dose for your condition.

Proper Use of This Medicine

• Keep iron medicine out of the reach of children since overdose is especially dangerous and may cause death. As few as 3 or 4 adult iron tablets can cause serious poisoning in small children. Flavored products of vitamins with iron and vitamin-iron products taken during pregnancy are often causes of iron overdose in small children.

• For safe and effective use of iron supplements: —Follow your doctor's instructions if this medicine was prescribed.

—Follow the manufacturer's package directions if you are treating yourself. If you think you still need iron after taking it for 1 or 2 months, check with your doctor.

• Iron is best taken on an empty stomach, with water or fruit juice (adults: full glass or 8 ounces; children: 1/2 glass or 4 ounces), about 1 hour before or 2 hours after meals. To lessen the possibility of stomach upset, iron may be taken with food or immediately after meals; however, certain foods should not be taken at the same time as iron (see *Precautions While Using This Medicine*).

• If you miss a dose of this medicine, continue your regular dosing schedule. Do not double doses. If you have any questions about this, check with your doctor.

• To prevent, reduce, or remove iron staining of the teeth: —Liquid dosage forms of iron medicine tend to stain the teeth. This effect may be reduced by mixing each dose in water, fruit juice, or tomato juice. You may use a drinking tube or straw to help keep the medicine from getting on the teeth.

—When doses of liquid iron medicine are to be given by dropper, the dose may be placed well back on the tongue and followed with water or juice.

—Iron stains on teeth can usually be removed by brushing with baking soda (sodium bicarbonate) or medicinal peroxide (hydrogen peroxide 3%).

Precautions While Using This Medicine

• Keep a 1 ounce bottle of ipocac syrup available at home to be used in case of an emergency when its use is ordered by a doctor, poison control center, or emergency room.

• Obtain the telephone number of your regional poison control center and keep it readily available.

• When iron combines with certain foods it loses much of its medicine value. The following foods should be avoided or taken in very small amounts within 1 hour before or 2 hours after iron:

- | | |
|---------------------------|--------------------------------|
| Cheese and cottage cheese | Milk |
| Eggs | Tea |
| Ice cream | Whole-grain breads and cereals |

• If you are taking iron medicine without a doctor's prescription: —Do not take iron medicine by mouth if you are receiving iron injections. To do so may result in iron poisoning.

—Do not regularly take large amounts of iron for a period of 6 months or more without checking with your doctor. People differ in their need for iron and those with certain medical conditions can gradually become poisoned by taking too much iron over a period of time. Also, unabsorbed iron can mask the presence of blood in

the stool which may delay discovery of a serious condition.

—Your total daily intake of iron must be considered, not just the amount contained in iron medicine. Iron-fortified bread, cereals, and other foods must be added for the total.

• If you think an overdose of iron medicine has been taken: —Immediate medical attention is very important.

—Call your doctor, a poison control center, or the nearest hospital emergency room at once. Always keep these phone numbers handy.

—Follow any instructions given to you. If ipocac syrup has been ordered and given, do not delay going to the emergency room while waiting for the ipocac syrup to empty the stomach, since it may require 20 to 30 minutes to show results.

—Go to the emergency room without delay.

—Take the container of iron medicine with you.

Early signs of iron overdose may not appear for up to 60 minutes or more. By this time emergency room treatment should be obtained. Do not delay going to emergency room while waiting for signs to appear.

Side Effects of This Medicine

• Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these effects appear very often, when they do occur they may require medical attention. Check with your doctor if any of the following side effects occur:

Less common or rare
Abdominal or stomach pain, cramping, or soreness
Chest or throat pain, especially when swallowing

Stools with signs of blood
Early signs of iron poisoning
Diarrhea
Nausea
Stomach pain (sharp or cramping)
Vomiting, severe (may contain blood)

Note: May not be noticed for up to 60 minutes or more. By this time emergency room treatment should be obtained. Do not delay going to emergency room while waiting for signs to appear.

Late signs of iron poisoning
Bluish-colored lips, finger nails, and palms of hands

Drowsiness
Pale, clammy skin
Unusual tiredness and/or weakness
Weak and unusually fast heartbeat

• Other side effects may occur which usually do not require medical attention. These side effects may go away during treatment as your body adjusts to the medicine. However, check with your doctor if any of the following side effects continue or are bothersome:

Less common
Constipation
Darkened urine
Diarrhea
Heartburn
Nausea
Vomiting

• Stools commonly become black when iron preparations are taken by mouth. This is caused by unabsorbed iron and is harmless. However, in rare cases, black stools of a sticky consistency may occur along with other symptoms such as red streaks in the stool, cramping, soreness, or sharp pains in the stomach or abdominal area. Check with your doctor immediately if these signs appear.

• Other side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

NOTE: The above information is abstracted from the 1983 USP DI. It is not sufficient to make an evaluation as to the risks and benefits of taking a particular drug in a particular case or to provide medical advice for individual problems and should not be relied upon for these purposes. Should you desire additional information or if you have any questions as to how this information may relate to you in particular, ask your doctor, nurse, or pharmacist.

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