



Pumpkin Softies—Sandwich Cookies for Fall

Autumn is the cookie season. Homecoming festivities, Halloween, open houses, bake sales and after-school snacks all call for cookies. And you're ready for all the occasions with this oatmeal cookie recipe for Pumpkin Softies.

Canned pumpkin, a plentiful product during fall, provides flavor and moistness to these cookies, which are seasoned, appropriately, with pumpkin pie spice. Quick or old-fashioned oats provide pleasing nut-like flavor and texture.

You can choose to eat Pumpkin Softies plain or to pair them as sandwich cookies, just spread the filling (a luscious blend of cream cheese, butter, vanilla and confectioners sugar) on the bottoms of half

the cookies and top with the remaining half. Store them in a tightly covered container in the refrigerator. Pumpkin Softies will satisfy both children and adults all during the autumn. They are spicy, pumpkin-y and mighty good!

PUMPKIN SOFTIES

- Cookies:**
 1 cup all-purpose flour
 1 cup Quaker Oats (quick or old fashioned, uncooked)
 1 1/2 teaspoons pumpkin pie spice
 1 teaspoon baking powder
 1 teaspoon salt
 1/4 teaspoon soda
 1 cup, firmly packed brown sugar
 1/2 cup granulated sugar
 1/2 cup butter or margarine, softened
 1 egg
 1 cup canned pumpkin

Filling:

- 8 oz. pkg. cream cheese
 3 tablespoons butter
 1/4 cup mararine, softened
 1/4 teaspoon vanilla
 1/2 cup confectioners sugar

For cookies: Heat oven to 375°F. Grease cookie sheet. In small bowl, combine flour, oats, pumpkin pie spice, baking powder, salt and soda; set aside. In large bowl, beat together sugars, butter and egg. Alternately blend in pumpkin and flour mixture. Drop by heaping teaspoonfuls onto prepared cookie

sheet. Bake about 15 minutes or until edges are golden brown. Cool; remove from cookie sheet. For filling: In small, beat together cream cheese, butter and vanilla. Gradually add sugar, beating at high speed on electric mixer until smooth. Spread filling evenly over bottoms of one-half of the cooled cookies. Top with remaining cookies. Store cookies in tightly covered container in refrigerator. Makes about 1-1/2 dozen sandwich cookies.

VARIATION: omit filling; makes about 3 dozen cookies.

Plum-Nutty Chicken and Wild Rice Skillet

- 1 broiler-fryer chicken, cut up
 Salt
 2 tablespoons vegetable oil
 1 can (16 ounces) whole plums
 1 cup dry white wine
 1 package (6 ounces) Uncle Ben's® Original Long Grain & Wild Rice
 1/2 cup toasted walnut pieces

Sprinkle chicken lightly with salt. Brown chicken in oil in large skillet over medium heat, about 5 to 7 minutes on each side. Reduce heat to low; cover and cook 10 minutes. Remove from skillet; drain off drippings.

Drain plums, reserving 1/2 cup juice. Combine reserved juice with wine; add enough water to make 2 1/2 cups liquid. Add liquid to skillet. Stir in contents of rice and seasoning packets. Arrange chicken pieces over rice mixture. Bring to a

boil. Cover tightly and cook over low heat until all liquid is absorbed, about 25 minutes. Quarter plums, removing pits. Arrange plums and walnuts over chicken and rice; heat through.

Makes 6 servings



Ethel's Cookery:

by Ethel Moore

Pork and Wild Rice Skillet

- 6 pork chops, cut 1/4-inch thick
 1 tablespoon vegetable oil
 1 1/2 cups water
 1 cup dry white wine
 1 package (6 ounces) Uncle Ben's® Original Long Grain & Wild Rice
 1 medium onion, thinly sliced
 1 medium tomato, cut in 1/2-inch wedges

Brown pork chops in oil in large skillet over medium-high heat, about 5 minutes on each side. Remove from skillet; drain off drippings. Add water, wine and contents of rice and seasoning packets to

skillet. Arrange pork chops over rice mixture. Place onion slices over pork chops. Bring to a boil. Cover tightly and cook over low heat until all liquid is absorbed, about 25 minutes. Top with tomato wedges. Makes 6 servings.

Budget-Stretching Skillet Meals

Creative cooks wanting to serve pleasing and festive meals, while keeping within cost and time limits, know they can depend on some convenience products that are usually kept on hand, and meals need never be hum-drum. One such favorite is Uncle Ben's® Original Long Grain & Wild Rice — a balanced blend of the highest quality wild rice, long grain

white rice and 23 selected herbs and seasonings. It combines easy preparation and no-watch cooking that yields perfect results every time.

For an inspired meal that could easily become an entertaining favorite, try Plum-Nutty Chicken and Wild Rice. The gourmet flavor that results from this easy combination of off-the-kitchen shelf pro-

ducts will delight guests without straining the food budget. And to elevate the pork chop to new culinary heights, serve Pork and Wild Rice Skillet, a simple combination of pork with dry white wine, onion, tomato and Original Long Grain & Wild Rice with a flavor combination that belies its ease of preparation. Enjoy!

Project Goodlife Offers Full Schedule Of Programs

CHAPEL HILL — Couples considering becoming parents, teenagers who take care of younger children and anyone concerned about stress can benefit from special programs to be offered this fall at North Carolina Memorial Hospital. Three seminars have been scheduled by Project Goodlife, the health enhancement program at N.C. Memorial and the University of North Carolina at Chapel Hill

School of Medicine. The first seminar will be "Pre-conception Health and Fitness" to be held Wednesday, September 1, from 7:30-9:30 p.m. members of the faculty of the UNC-CH department of obstetrics and gynecology will discuss factors occurring before a baby is conceived that can affect the baby's health. Topics will include drugs and pregnancy, effect of contraception,

role of age, metabolic-disease counseling, effect of occupation and effect of diet and exercise. The seminar is aimed at prospective mothers and fathers, and health professionals, educators and counselors who deal with individuals of child-bearing age. A workshop on "Coping with Stress" will begin Tuesday, September 28, meeting once a week for four weeks. Topics will include exercise and diet,

relaxation, time management and emotional supports. Enrollment will be limited. Completing Goodlife's fall schedule will be "First Aid for Babysitters," which is being repeated from last year. The two-night program will be held in November and will cover home security, fire safety and basic first aid. It is open to boys and girls age 12-16 who take care of young children and babies, or who an-

tipate doing so. Enrollment will be limited. Pre-registration is required for each of these programs and can be accomplished by calling the medical center public affairs office, 966-3366. Anyone planning to attend "Pre-conception Health and Fitness" may submit questions to the speakers in advance by sending them to Public Affairs, 6019 Patient Support Tower, NCMH 204H, Chapel Hill, N.C. 27514.



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