



KIDS COOKING

Sandwiches — so much a part of American lifestyles — are among the most versatile and convenient foods we can prepare. Quick to make, easy to eat, and wholesome, they're a great way to teach youngsters to be imaginative in the kitchen. This September, which is National Sandwich Month, help your beginning cook to create new and appealing combinations with a wide variety of ingredients.

While cold sandwiches are ideal for toting to school, hot sandwiches are made for eating at home. With an interesting recipe and some basic sandwich-making

skills, hot sandwiches can even make an everyday lunch or dinner seem like a special occasion.

Start with ground beef — always a great beginning. Since it is highly perishable, small fry cooks will get a headstart on a lifetime of safe and healthy cooking habits if an adult "cooking coach" teaches the following guidelines from the outset:

• Loosely wrap and store ground beef in the coldest part of the refrigerator immediately after purchase. Freeze it if it is not to be used within one or two days.

• Thaw ground beef overnight in the

refrigerator. Thawing at room temperature allows bacteria to grow on thawed portions while the interior is still frozen.

• Wash all cutting boards, counter tops, and utensils used for ground beef preparation immediately after use. Use hot soapy water, then rinse and dry before reusing.

• Tightly wrap or cover and refrigerate leftover cooked ground beef mixtures immediately after the meal.

• Keep all ground beef mixture either above 140° F. or below 40° F. Bacteria grow rapidly at room temperature and can cause spoilage.

The bigger the sand-

wich, the more fun it is to make. Novice cooks will enjoy the fun of making open face Savory Hero, a large size variation of a cheeseburger that's as eye-appealing as it is delicious. A savory ground beef mixture is spread on the cut sides of an Italian bread loaf that's been cut in half from end to end. (Beginners will need the assistance of a steady adult hand for this cutting job.) After baking, the meat is covered with tomato slices, green pepper rings, and Kraft American singles process cheese food — all "artistically" arranged by the junior cook. The in-

dividually wrapped slices are easy for beginners to separate and handle, and they melt quickly and easily.

If six to eight servings are more than your family can eat at one time, the Kraft Kitchens recommend using half the meat mixture on one half of the bread loaf. As long as the ground beef has not been previously frozen, the remainder of the meat mixture may be securely wrapped and frozen for another meal. Bread also freezes well when it is securely wrapped. Be sure to wrap the bread and the meat in separate packages for freezer storage.

Savory Hero

6 to 8 servings

You will need:
1 1/2 pounds ground beef
1 6-ounce can tomato paste
1/4 cup chopped onion
1 teaspoon salt
Dash of pepper
1 Italian bread loaf
8 Kraft American singles pasteurized process cheese food
6 to 8 tomato slices
6 to 8 green pepper rings

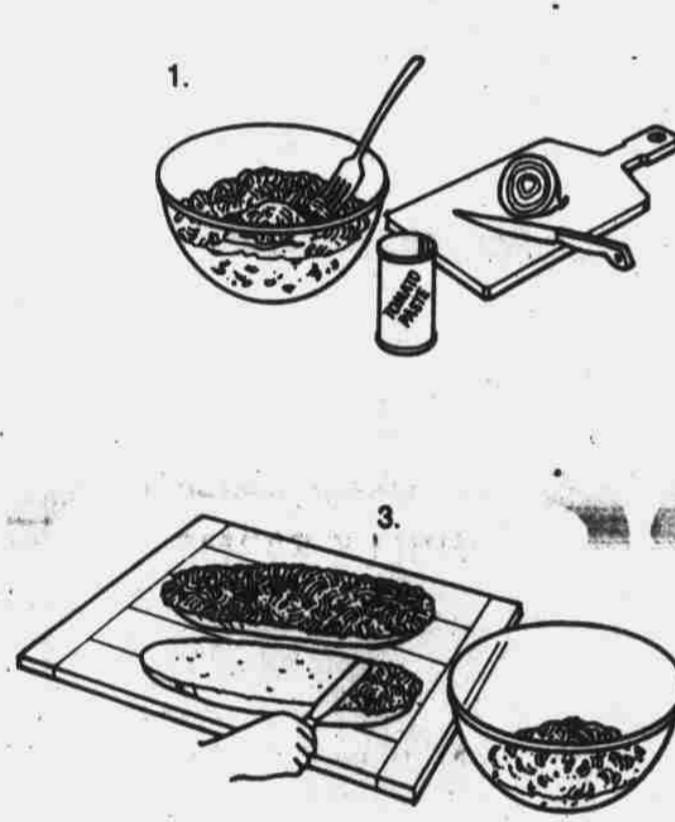
Take out:
• cutting board and small sharp knife

measuring spoons
mixing bowl
fork
wooden picks
bread knife
small spatula
cookie sheet

1. Combine meat, tomato paste, onion, salt and pepper in mixing bowl.
2. Mix lightly with fork.
3. Insert wooden picks about 1 1/2 inches apart into sides of bread loaf, halfway between top and bottom crust.
4. Place bread on cutting board.
5. Using a bread knife, cut loaf of

bread in half lengthwise, cutting just above row of wooden picks.

6. Remove wooden picks.
7. Using small spatula, evenly spread half of meat mixture on each half of bread, spreading all the way to the edges of the loaf.
8. Place on ungreased cookie sheet.
9. Bake at 375 degrees, 35 minutes.
10. Remove from oven.
11. On each half of bread, arrange 4 process cheese food slices, 3 to 4 tomato slices, and 3 to 4 green pepper rings, overlapping slightly to fit bread.
12. Return to oven and continue baking until process cheese food begins to melt.



From:
KRAFT, INC.
Publicity Dept.
Kraft Court
Glenview, Illinois 60025
Contact: Lyn Corbett (312-998-3226)

Tacos Big Hit With Kids

Tacos are Mexican-style sandwiches that are a big hit with kids of all ages, and they're quick and easy enough for beginning cooks when purchased taco shells are used. The special flavor appeal of these Tacos comes from Kraft barbecue sauce. Whether the cook selects hickory smoke, hot, onion bits hickory smoke, or garlic flavored barbecue sauce,

the snappy seasoned tomato base simmers deep flavor in the meat as it cooks on the range top.

For Tacos, the recipe directions state, "Brown meat; drain." Help first timers to understand this phrase by assisting them with the job:

• Select a skillet with a diameter of about 10 inches for browning one pound of ground beef.

• Place the meat in the skillet over medium heat and break it up with a wooden spoon.

• Stir the meat frequently as it cooks to further separate chunks and to brown it evenly.

• Assist young children with draining off drippings, as they will not be able to lift a hot, heavy skillet safely. Older children may be able to use a bulb baster

to remove drippings.

Remember to stress that drippings must never be poured into the sink where they can solidify.

When the meat mixture is ready, junior cooks can assemble Tacos in the kitchen, or for more family fun, they can put out a bowl of the hot meat mixture, the taco shells, and

bowl of chopped tomato, shredded lettuce, and shredded cheese. Each person can make his own Tacos for a festive, informal dinner.

Any leftover cooked meat mixture may be refrigerated in an airtight container, or securely wrapped and frozen for another meal or for snacks.

Manicotti Goes Modern



Microwave or conventional . . . here's a recipe for a traditional Italian favorite that maintains its full, rich flavor and stays moist and tender. All the ingredients are cooked in a nylon oven cooking bag so there is no sticky tomato sauce clean-up.

Oven Bag Manicotti

1 tablespoon flour	1 teaspoon parsley
8 manicotti shells	1 1/2 teaspoons oregano, divided
1 pound ground beef	3 cans (8 oz. each) tomato sauce
1/2 cup chopped onion	1 tablespoon sugar
1 clove garlic, minced	1 teaspoon basil
1 egg, slightly beaten	
1 cup shredded mozzarella cheese	

Preheat oven to 350°F. Shake flour in large size (14"x 20") oven cooking bag and place in 12 x 8 x 2-inch baking dish. Cook manicotti shells according to package directions. Brown ground beef; drain fat. Stir in onion, garlic, egg, cheese, parsley and 1/2 teaspoon oregano. In small bowl, combine remaining ingredients; pour 1 cup sauce in bag. Carefully stuff manicotti with meat mixture; place in bag and pour remaining sauce over top. Close bag with twist tie; make 6 half-inch slits in top. Bake

Tacos

10 to 12 tacos

You will need:
1 pound ground beef
1/4 cup Kraft barbecue sauce, any flavor
1/2 cup chopped onion
1/4 cup water
1 tablespoon chili powder
10 to 12 taco shells
Chopped tomato
Shredded lettuce
Kraft sharp natural cheddar cheese, shredded

Take out:
• cutting board and small sharp knife
• glass and metal measuring cups
• measuring spoons
• 10-inch skillet
• wooden spoon
• shredder
• cookie sheet
• tablespoons

20 to 30 minutes or until hot and bubbly. Makes 4 servings.

Microwave Oven: Follow directions above except close bag with rubber band, string, or 1/2 inch strip cut from open end of bag; make 6 half-inch slits in top. Micro-cook 10 to 12 minutes, turning dish once. Makes 4 servings.

For additional microwave/conventional oven cooking tips send 25 cents in coin to: Brown-in-Bag Flavor Saver Cookbook, The Reynolds Wrap Kitchen, Dept. WN, Richmond, VA 23261.

From THE KRAFT KITCHENS

Hot Sandwich Specials



ADVERTISED IN THIS AD

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted.

PRICES EFFECTIVE THRU SAT., SEPT. 4 AT A&P IN DURHAM

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS

3205 University Dr. 621 Broad St.

CAPTURE

THE WONDERWORLD OF WILDLIFE.
The New Funk & Wagnalls Illustrated Wildlife Encyclopedia.

The most complete collection of wildlife information ever published in the English language. This 24 volume hard-cover collection explores all the wonders of the world of the wild has to offer. And it's crammed full of life-like photographs and color illustrations that almost breathe.

So start your collection today. It's a wild offer at a very tame price.

Volume 1 only 99¢

Volumes 2-24 only \$2.99



A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

BONELESS WHOLE

CUT FREE!
9 lb. to 12 lb.
avg.

157
lb.

Sirloin Tips

157 lb.

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF

Sirloin (T-Bone Steak 200g) 278
Bone In lb.

Steaks 118 lb.

U.S.D.A. INSPECTED

Box-O-Chicken

48¢ lb.

A&P QUALITY

Meat Franks

118 lb.

U.S. #1 EASTERN ALL PURPOSE White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb.

Coca-Cola

ctn. of 8 16-oz. ret. bottles plus deposit 139

THE FARM

CALIFORNIA RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY

RED CARDINAL - BLACK EXOTIC - OR THOMPSON GREEN

White Potatoes 10 99¢ lb. bag

Seedless Grapes 79¢ lb. bag

FRESH WITH QUALITY