

TARHEEL KITCHEN

By MISS E. YORK KIKER

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N. C. Department of Agriculture

Sandwiches have been around a long time. They are usually considered a dish made up of a filling such as sliced meat, cheese, spreads, and placed between two or more slices of bread, or open face on one slice of bread. Children may think of sandwiches only in terms of peanut butter, but adult Tarheels may long for special sandwiches called "country ham biscuits."

The sandwich takes its name from the Earl of Sandwich who wanted a "finger" food which allowed him to lunch with his left hand while gambling at the gaming table with his right hand. He would be shocked at the modern day variety of sandwiches and how almost any food that can be spread or sliced can be made into a sandwich. An entire month is set aside to pay tribute to the sandwich, but sandwiches are popular every month.

A hostess or homemaker should feel no hesitancy in serving sandwiches for they can be as nourishing or as elegant as desired. They can be hot or cold; they can be served as finger foods or to be eaten with a fork; they can be served at any meal or social gathering.

North Carolina's plentiful foods fit nicely into sandwiches as will be noted from the following ideas:

CHEESY DENVER SANDWICH

- 1 tablespoon butter
- 2 tablespoons chopped onion
- 1 tablespoon chopped green pepper (optional)
- 4 North Carolina eggs, slightly beaten
- 1 1/2 cup ground cooked ham
- 1 tablespoon chopped pimiento
- 1/4 teaspoon salt
- Dash of pepper
- Butter
- 6 buttered toasted hamburger buns

In a 1-quart saucepan melt butter; add onion and green pepper and saute' until tender. Add to eggs along with 1 cup Cheddar cheese, ham, pimiento, salt and pepper; mix well. Using approximately 1/4 cup mixture for each sandwich, fry on buttered preheated griddle until eggs are set; turn and fry other side. Sprinkle remaining 1/2 cup Cheddar cheese over tops. Serve on buns. Yields 6 servings.

COAST-TO-COAST SANDWICHES

- 1 cup finely chopped North Carolina apples
- 1 cup peanut butter
- 4 strips crisp-cooked bacon, crumbled
- 16 slices raisin bread

Combine apple, peanut butter, and crumbled bacon bits; mix well. Spread between slices of raisin bread. Yields 8 sandwiches.

SMOKY APPLE

- 1 pound smoked sausage links
- 2 North Carolina eggs, beaten
- 1/2 cup milk
- 1/4 teaspoon salt
- 8 slices enriched sandwich bread
- Butter
- 1 cup hot applesauce

To beaten eggs, add milk and salt. Mix thoroughly. Coat bread slices with egg mixture. Then fry in a small amount of butter until golden brown on both sides. Meanwhile, cook smoked links until browned. To serve, place one piece of French toast on a plate. Cut a second slice French toast into 4 triangles and arrange around sides of toast slice. Place 2 smoked links over center piece of toast. Spoon hot applesauce over top open-face sandwich and serve immediately. Yields 4 sandwiches.

ROUND DOG

- 6 wieners
- 1/4 cup sauerkraut, heated
- 6 enriched hamburger buns
- Butter
- 1 tablespoon salad dressing
- 1 1/2 teaspoons prepared mustard

Cut wieners crosswise almost through at 1/2-inch intervals. Put wieners into hot fat at least 1/2-inch deep in large skillet. Turn when lightly browned. Wieners will curl into doughnut shape. Spread buns lightly with butter and toast under broiler. Place wieners on bun with heaping tablespoon of sauerkraut in center. Top sauerkraut with salad dressing and mustard. Serve as a closed sandwich. Yields 6 sandwiches.

Note: You may wish to substitute cabbage slaw for the sauerkraut. Omit part of the salad dressing and mustard.

CROSSWORD PUZZLE

TODAY'S ANSWER



- ACROSS
- 1 Fastener
 - 5 Reproaches
 - 11 Sacred chest
 - 12 Like Abe or John
 - 13 Dutch assembly
 - 14 Richly wrought
 - 15 Blunder
 - 16 Sweetie
 - 17 Capek drama
 - 18 Discomfort; uneasiness
 - 20 Swedish county
 - 21 Otherwise
 - 22 Erato's instrument
 - 23 Opposite of dele
 - 24 "When My — Smiles at Me"
 - 25 Word of identification
 - 26 Uncover
 - 27 Suffix denoting origin
 - 28 Junior's baseball field
 - 31 Coiffure gadget
 - 32 Hearty drink
 - 33 "— pro nobis"
 - 34 Capers
 - 36 Grand-parental
 - 37 — Leone, Africa

- DOWN
- 1 Seraglio
 - 2 Macaw
 - 3 Hester
 - 4 Prynne's stigma (2 wds.)
 - 5 Animal's footprint
 - 5 Select
 - 6 Marilyn or Lena
 - 7 Hostelry
 - 8 Matrimonial phrase (2 wds.)
 - 9 Inlet
 - 10 Shandy's creator
 - 16 Give heed!
 - 19 Toward shelter
 - 22 Fat
 - 23 Diabolical
 - 24 Male-diction
 - 25 Swamp
 - 26 Actor, Martin —
 - 28 End of spine bones
 - 29 Speechify
 - 30 Ankle-length robe
 - 35 Wrath
 - 36 Finnish port

Pleasing You.. Pleases Us!

EVERYDAY Low PRICES <small>SHOP THE BLUE TAGS!</small>	REBATE PRICES <small>SHOP THE YELLOW TAGS!</small>	SUPER SPECIAL PRICES <small>QUALITY PLUS VALUE!</small>
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QUANTITY RIGHTS RESERVED NONE SOLD TO DEALERS

PRICES EFFECTIVE: SEPTEMBER 22-23, 1977

SCOTLAND COUNTY WHOLE

COUNTRY HAMS 1.09

(NONE SOLD TO DEALERS) 12 LB. AVE. LB.

SLICED..... LB. 1.29

ONE FIFTH HAM SLICED..... LB. 1.39

1/2 HAMS..... 1.19 lb.

COUNTRY HILL

BAKING HENS 49¢

5 to 7 LB. Avg.

Rebate Price

ROAST CHUCK 79¢

CHOICE TABLERITE BONELESS CHUCK

32-Oz. Btl. **\$1.21**

CUBED CHUCK STEAK 1.39 LB.

FRESH LEAN GROUND BEEF

69¢

3 LB. PKG. OR MORE

EXTRA LEAN GROUND CHUCK LB. 1.19

BONELESS SHOULDER POT ROAST 99¢ LB.

GOOD OLE FASHION RED RIND WISCONSIN CHEESE 1.59 LB.

FRANKS 79¢

BEEF OR MEAT REGULAR 12 OZ. PKG.

BEEF OR MEAT DINNER 1 LB. PKG.

IGA DINNER

ROLLS 4/\$1

PKG. OF 12 (BREAD 24 OZ LOAF 3/51)

SEALTEST ICE CREAM

SANDWICHES 69¢

"WEEKEND SPECIAL" 6 PAK

IGA

Mayonnaise 99¢

"EVERYDAY LOW PRICE" 32 OZ. JAR

PET RITZ CREAM PIES... 3 FLAVORS 14 OZ. 61¢

Treesweet Frozen Orange Juice... 6 OZ. 39¢

IGA INDIVIDUALLY WRAPPED CHEESE... 16 OZ. 1.55

IGA LOWFAT OR HOMOGENIZED MILK... Gal 1.59

TABLERITE BISCUITS... 4 PAK 61¢

A-1 Steak Sauce 10 OZ. 1.07

IGA Peach Halves... 2 1/2 Can 60¢

IGA

PEANUT BUTTER 1.19

"REBATE PRICE" 28 OZ. JAR

IGA

MACARONI & CHEESE DINNERS 26¢

"REBATE PRICE" 7 1/2 OZ. PKG.

MAXWELL HOUSE REGULAR, ELECTRA PERK, A. D. C. OR DRIP

COFFEE 3.99

"EVERYDAY LOW PRICE" 1 LB. CAN

KEEBLER CHOC. CHIP COOKIES... 100's 85¢

KEEBLER BUTTER COOKIES... 100's 85¢

CHUN KING CHOW MEIN CHICKEN... 42 OZ. 1.79

CHUN KING CHOW MEIN NOODLES... 3 OZ. 39¢

KEEBLER ICED ANIMAL COOKIES... 100's 85¢

KEEBLER FRUIT CREAM COOKIES... 3 Var. 69¢

CHUN KING SOY SAUCE... 5 OZ. 41¢

MAXWELL HOUSE REGULAR, ELECTRA PERK, A. D. C. OR DRIP

TISSUE 87¢

"EVERYDAY LOW PRICE" 4 ROLL PKG.

MAXWELL HOUSE REGULAR, ELECTRA PERK, OR A. D. C.

COFFEE 7.99

"EVERYDAY LOW PRICE" 2 LB. CAN

SCOTT ASSORTED OR DECORATIVE

TOWELS 63¢

"EVERYDAY LOW PRICE" BIG ROLLS

WALDORF WHITE OR ASSORTED

TISSUE 87¢

"EVERYDAY LOW PRICE" 4 ROLL PKG.

CHEF-BOY-AR-DEE BEEFARONI OR BEEF RAVIOLI... 40 OZ. 1.25

CHEF-BOY-AR-DEE SPAGHETTI WITH MEAT BALLS... 40 OZ. 1.25

ALL FLAVORS OF HAWAIIAN PUNCH... 46 OZ. 60¢

QUAKER QUICK GRITS... 5 LB. 1.01

MINUTE RICE... 14 OZ. 76¢

GULF PRIDE OIL... QT. 72¢

CYCLE 1-2-3-4 Dog Food... 14 OZ. 31¢

EVERYDAY LOW PRICES

IGA ORANGE JUICE... 6 OZ. 33¢

IGA VIENNA SAUSAGE... 5 OZ. 33¢

IGA TOMATO SAUCE... 8 OZ. 19¢

BEECHNUT BABY FOOD... ALL 17¢

COMET LONG GRAIN RICE... 28 OZ. 55¢

WESSON OIL... 16 OZ. 75¢

BLACKEYE PEAS... 1 LB. 41¢

ARMOUR VIENNA SAUSAGE... 5 OZ. 35¢

TWIN PET DOG FOOD... 300 CAN 19¢

DELTA TOWELS... BIG ROLL 49¢

COLD POWER DETERGENT... GT. 1.43

TABLERITE MARGARINE 2 LB. 88¢

IGA TOMATO SOUP... NO. 1 18¢

IGA APPLE SAUCE... 303 CAN 35¢

WELCH'S GRAPE JELLY 10 OZ. 55¢

Duncan Hines Cake Mix 18 OZ. 65¢

HI "C" DRINKS... 46 OZ. - All 49¢

CAMPBELL TOMATO SOUP... No. 1 19¢

HUNT'S TOMATO PASTE... 6 OZ. 31¢

HI DRI TOWELS... BIG ROLL 49¢

FAB DETERGENT... GT. 1.43

CLOROX BLEACH... GAL. 79¢

Champ DOG FOOD... 25 lbs. \$2.99

FRESH PRODUCE

- Tablerite WHITE POTATOES... 10 lbs. 85¢
- School Time Red Delicious APPLES 3 lbs. 69¢
- Large Stuffing PEPPERS... 8¢ Each
- Bartlett PEARS... 29¢ lb.

PERSONAL SIZE

IVORY SOAP 65¢

4 BAR PKG. "REBATE PRICE"

SAV-MOR

SHORTENING 79¢

LIMIT 1 WITH \$7.50 ORDER OR MORE "SUPER SPECIAL" 3 LB. CAN

TODDLER PAMPERS... 12 CT. \$1.49

DAYTIME PAMPERS... 30 CT. \$2.62

GAME JACKPOT

LUCKY NUMBER Drawn Every Mon. Morn.

YOU HAVE UNTIL: WED. NITE 8:30 TO MATCH TAPES - IF NO ONE MATCHES JACKPOT GROWS ANOTHER

\$200.00 CASH

TAPE TAX, TOTAL DATE, AND AMT. TENDERED MUST MATCH. IF NOT WON BY WED. 8:30 P.M.