

# TARHEEL KITCHEN

By MISS E. YORK KIKER

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N. C. Department of Agriculture

It must have been a brave, hungry person who first dared to dig unattractive, study looking tubers from the ground and prepare them for eating. Today the sight of these tubers known as sweet potatoes, or yams in the southern states, bring visions of lip-smacking dishes. Of all the ways of preparation, the favorite is surely a hot baked yam served generously with butter. Skilled cooks turn yams into breads, pies, casseroles, souffles and other dishes to whet the appetite.

Harvest season of the golden, sweet, moist yams is underway in many areas of North Carolina, the number one state in production. Farmers are careful to finish harvesting early enough to avoid damage by cold weather. Yams "like" warm temperature above 50 degrees-55 degrees F., even at home so should not be stored in a refrigerator but in a dry, unrefrigerated bin.

The first fresh yams appearing in the stores are "uncured" but by November 7 they will be "cured." Both are similar in appearance and the average consumer probably cannot tell the difference. Curing is a process of storage at controlled temperature to make it possible to have fresh yams for a longer period than is otherwise possible.

Once someone asked a home economist about a ripe yam and an overripe yam. Regardless of the size, yams are ready to eat when they are dug, hence ripeness is not a factor in selection. A shopper will look for clean, smooth, and well-shaped yams that are firm, dry, bright and fresh looking. Yams require tender, loving care for they bruise easily despite their sturdy appearance.

Prospects are for an adequate crop of good quality yams. For any season or holiday occasion, mouth watering yams add flavor, nutrition and a bright note to any meal. Two medium-size fresh yams yield approximately 1 1/4 cups cooked mashed yams.

Yam ideas range from simple to sophisticated but are memorable regardless of the choice.

### Country Fried Yams

Cut raw, baked, or boiled, peeled North Carolina yams lengthwise into 1/4 inch thick slices. Cook in hot, shallow fat in a frying pan until slices are brown on both sides and tender in the center. May be sprinkled with granulated sugar or salt while hot.

### Yam - Pork Chop Casserole

4 large North Carolina yams  
1/4 cup brown sugar  
1 large orange  
6 pork chops, 1-inch thick  
1 teaspoon salt  
Pepper to taste  
3 tablespoons water

Cook yams in boiling, salted water until tender. Cook and skin. Slice 1/2 inch thick. Slice whole orange very thin, removing seed. Place layers of yams and orange slices in buttered casserole, sprinkling each layer with brown sugar. Season pork chops with salt and pepper and brown in hot skillet. Place chops on potatoes, then add 3 tablespoons water. Cover and bake in moderate oven (350 degrees) 1 hour. Baste occasionally with syrup in dish. Makes 6 servings.

### Old Fashioned Sliced Yam Pie

Line a deep pie dish with unbaked pastry made from favorite recipe. Peel and slice raw yams very, very thin. Fill pastry with layers of yam slices. Sprinkle each layer with white or brown sugar and cinnamon to taste and dot with butter. Salt lightly and add a small amount of vanilla on top layer. Add additional butter before covering with top crust. Make gashes in crust to allow steam to escape.

Bake in 350 degrees F. oven for approximately one hour or until yams are tender and the crust is brown. Yams may be tested for tenderness by sticking the point of a knife gently into the pie.

## Littleton News Happenings

Robert Riggan spent several days last week with his mother, Mrs. Jack M. Riggan, in Bronx, N. Y. Mrs. Riggan is ill.

Mr. and Mrs. Bill Netherland and children, Angela, David Earl and Mark Isles of Roanoke Rapids and Mrs. Steve Harris were Sunday visitors of Mrs. L. E. Morris. They also visited Mrs. Bernard F. Morris.

Mrs. L. E. Morris returned to her home last Monday after spending several days with relatives in Portsmouth, Va.

Mr. and Mrs. Bernice Aycock, Jr. and children, Tammy and Tonya, recently visited her mother, Mrs. Robert Matthews, in Raleigh and her grandmother, Mrs. M. T. Bolton, in Norlina.

Mrs. John Calhoun of Kernersville spent several days last week with Mrs. Tommy F. Williams. Mr. Williams has returned to his home after being a patient in Halifax Memorial Hospital in Roanoke Rapids.

Mrs. Hunt M. Johnson is a patient in Warren General Hospital.

Mr. and Mrs. Robert Riggan were recent dinner guests of Mr. and Mrs. Harry Riggan in Henderson.

Mrs. Joseph Delbridge and Mrs. Gladys Stansbury were Sunday afternoon visitors of Mr. and Mrs. Wilbur D. Shearin and Mr. and Mrs. Grady Moseley in Warrenton and also visited Mr. and Mrs. Luther Perkinson and Mr. and Mrs. James Perkinson.

Mr. and Mrs. Edward T. Shearin of Whitakers were Sunday visitors of Misses Mamie and Josephine Stansbury.

Mr. and Mrs. Hunt Johnson and son, Jamie, Mr. and Mrs. Julian Johnson, Miss Bonnie Sue Johnson of Youngsville were Sunday visitors of Mrs. Bonnie Wilson. They visited Mrs. Hunt M. Johnson in Warren General Hospital.

Mr. and Mrs. Lloyd Salmon, Sr. were in Richmond, Va., Wednesday.

Mrs. Forrest Cheek, Jr., and children of Warrenton were Sunday visitors of Mr. and Mrs. Willie Sykes.

The Rev. and Mrs. Lemuel Clay Cooke and son of Colfax were Saturday visitors of Mrs. Cooke's mother, Mrs. Raymond Harris.

Mr. and Mrs. Benny Marks of Hopewell, Va., were weekend visitors of her mother, Mrs. R. A. King, and sister, Mrs. Milton Umphlett.

Mr. and Mrs. Harvey Shearin, James Evans, Mr. and Mrs. Robert A. Shearin and daughter, Cindy, spent Sunday with Mr. and Mrs. Bobby Cade in Kinston.

BANANAS 17¢ lb.  
GREEN PEPPERS 2/15¢  
TANGELOS 75¢ 5 lb. Bag  
ACORN SQUASH 19¢ lb.

SAVE YOUR TAPE - WIN CASH  
**GAME JACKPOT** \$45000 CASH  
LUCKY NUMBER Drawn Every Mon. Wed.  
YOU HAVE UNTIL WED. NITE 8:30 TO MATCH TAPES - IF NO ONE MATCHES JACKPOT GROWS ANOTHER \$5000 CASH  
TAPE TAX TOTAL DATE AND AMT. TENDERS MUST MATCH. IF NOT WON BY WED. 8:00 P.M.

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BONELESS ROUND STEAK \$1.09 LB.  
BONELESS ROUND STEAK -CUBED- \$1.29 LB.  
BONELESS RUMP or SIRLOIN TIP ROAST \$1.49 LB.

TABLETIERITE 1 LB. LUNCHEON MEATS: REGULAR OR BEEF BOLOGNA SPICED LUNCHEON MEAT COOKED SALAMI  
Buy One Get One Free YOUR CHOICE PKG. 1.09

TABLETIERITE SLICED BACON... 12 OZ. PKG. 79¢  
SELECT BEEF LIVER & SKINNED & DEVEINED 69¢ LB.  
JAMESTOWN PORK SAUSAGE 69¢ 1 LB. ROLL  
SNO WHITE FAT BACK (SLICED...49¢ LB.) 39¢ LB.  
SMITHFIELD COOKED Bar-B-Que \$1.19 12 OZ. CUP  
SMITHFIELD SLICED BACON 99¢ 12 OZ.

ROYAL GUEST FROZEN FRENCH FRIES 5 LB. BAG "SUPER WEEKEND SPECIAL" 99¢

IGA FRESH BREAD (SWT. ROLLS...11 OZ....2/99) 24 OZ. LOAF 3/\$1

PET RITZ PIE SHEELS 2 PAK 39¢

IGA TABLERITE Margarine 1 LB. PKG. "SUPER WEEKEND SPECIAL" 3/\$1

IGA BUTTERMILK BISCUITS 4 PAK "SUPER WEEKEND SPECIAL" 47¢

PINE CONE CATSUP 14 OZ. BOTTLE 3/\$1 NO. 303 CANS

PACKER'S LABEL TOMATOES 3/\$1 NO. 2 1/2 CAN

DELTA PAPER TOWELS BIG ROLL "SUPER WEEKEND SPECIAL" 39¢

DOMINO SUGAR (LIMIT 1 WITH \$7.50 ORDER OR MORE) "SUPER WEEKEND SPECIAL" 49¢ 5 LB. BAG

PRIDE OF THE FARM CREAM STYLE OF WHOLE KERNEL CORN (also: LITTLE DARLING CUT GREEN BEANS...4/51) 4/\$1

MUCHMORE TEA BAGS 100 COUNT \$1.29

IGA BLEACH "SUPER WEEKEND SPECIAL" 33¢ 1/2 GALLON JUG

NABISCO NILLA WAFERS 12 OZ. 59¢

KEEBLER CRACKERS 8 OZ. 61¢

CRISCO SHORTENING 3 LB. CAN \$1.59

QUAKER QUICK GRITS 5 LB. BAG 99¢

## EVERYDAY LOW PRICES !!!!

IGA ORANGE JUICE... 1/2 OZ. CAN 35¢  
MAXIM COFFEE... 8 OZ. JAR \$5.69  
ARMOUR VIENNA SAUSAGE... 5 OZ. 35¢  
STARKIST CHUNK LIGHT TUNA... 6 1/2 OZ. 79¢  
DUNCAN HINES CAKE MIX... ALL 19 OZ. 65¢  
BEECHNUT BABY FOOD... STRAINED 2/27¢  
IGA TISSUE... 4 PAK 69¢  
SHAWNEE SELF-RISING FLOUR... 5 LB. 69¢  
IGA SALAD DRESSING... 32 OZ. 75¢  
CAMPBELL'S TOMATO SOUP... #1 CAN 19¢  
WESSON OIL... 16 OZ. JAR 75¢  
COLD POWER DETERGENT... GT. SIZE \$1.43  
TWIN PET DOG FOOD... NO. 300 CAN 19¢  
IGA SALTINES... 1 LB. BOX 49¢  
MAXWELL HOUSE COFFEE... 1 LB. CAN ALL \$3.79  
ARMOUR TREET... 12 OZ. CAN 99¢  
HUNT'S TOMATO SAUCE... 8 OZ. 23¢  
IGA CORN FLAKES... 18 OZ. 63¢  
COMET CLEANSER... REG. 29¢  
SUPER KOTEX... 12 CT. 87¢

MAXWELL HOUSE INSTANT COFFEE... 10 OZ. JAR \$4.99  
HARTNESS CHOICE FLOUR 25 lb. BAG \$2.89  
TIDE DETERGENT GIANT SIZE BOX \$1.25