

Recipes From Lower Cape Fear Area

Arlene (Mrs. Jackie) Barrett and I visited Juanita and Carl Falls and family in Wilmington several weeks ago while attending the Azalea

Festival and presenting a charter to a new unit of the American Legion Auxiliary. Juanita gave us a copy of a new cookbook, "Favorite

Recipes of the Lower Cape Fear" and shares with you some of her favorites in this cooking column today.

Dress two pounds of shrimp, cook seven minutes, put a layer of shrimp, one onion sliced thin, one lemon sliced thin in a bowl and pour the

following dressing over it. Let stand overnight. 1 can tomato soup (undiluted) ¼ cup vegetable oil ¼ cup vinegar

¼ teaspoon red pepper ¼ teaspoon dry mustard 1 pod crushed garlic Dashes of paprika Worcestershire sauce Mix thoroughly, pack in

a jar, refrigerate, good for a week. -00-
CABBAGE CASSEROLE
1½ lbs. of cut cabbage ¼ tsp. salt

6 oz. pkg. dried beef ¼ cup boiling water 2 cups cream sauce
Boll cabbage with salt in water to cover for two minutes, drain well. Soak beef in boiling water for five minutes. Arrange a layer of cabbage and dried beef, pour 1 cup of cream sauce over it, add another layer of cabbage and beef and pour remainder of cream sauce over it. Bake in one quart casserole at 400 degrees for 80 minutes. Serves four.

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DINNER IN A DISH
2 tablespoons butter 2 medium green peppers, sliced 1 medium onion, chopped 1 lb. round steak or chuck ground 1½ teaspoons salt ¼ teaspoon pepper 2 eggs 2 cups fresh corn 4 medium tomatoes, sliced ½ cup dry bread crumbs Put butter in skillet and lightly fry pepper and onion about three minutes. Then add meat and blend until meat is grayish. Add seasoning and remove from heat. Butter baking dish. Put in one cup of corn, then half the meat mixture, next half the sliced tomatoes. Repeat, then cover with bread crumbs and dot with butter.

Bake about 35 minutes in moderate oven. Serves six. Good served with highly seasoned coleslaw and hot French bread.

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BAKE CRAB MEAT WITH SHERRY
(Very delicious as luncheon dish or horsd'oeuvre)
1 pound fresh, flaked crab meat ¼ cup sherry wine 8 slices of soft white bread ¼ stick butter, melted ¼ cup light cream Buttered bread crumbs Juice of ¼ lemon Dash of fresh pepper Salt to taste 1 teaspoon Worcestershire sauce ½ cup mayonnaise ¼ cup grated mild cheese

Marinate crab meat in sherry. Place soft bread in bowl, pour on cream, melted butter, lemon juice. Add mayonnaise, Worcestershire sauce, salt and pepper. Mix all ingredients well. Toss in marinated crab meat. Add more seasoning if necessary. Fill shells or ramekins, sprinkle grated cheese over top, then add buttered bread crumbs. Bake in moderate oven over 20 to 30 minutes, or until bubbly. Serves 6-8.

Road Bill Introduced

Legislation has been entered by Senator Craig Lawing and Representative Reid Poovey, Senate Bill No. 279 and House Bill 53, setting up a new formula for the allocation of secondary road construction in North Carolina. The old formula was based on the number of miles of unpaved secondary roads in a county. Under the Lawing-Poovey bills, this allocation will be changed to reflect all the secondary roads in a particular county whether paved or not, and the population of that county.

The rationale for this change is that many of those roads in counties which are secondary and are paved need, by increased flow of traffic, to be widened, curbed, guttered, etcetera, and the population density in a given county gives a more accurate indication of the need for more secondary roads.

Under the old plan, Cleveland County received from the secondary roads fund \$306,600. Under the new plan, that would be increased by \$149,700, making the new figure a total of \$456,300.

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100 CT. JFG
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7½ Oz. Janets Pimento Cheese		53¢

BOTTOM
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\$1.48 LB.

5 Lb. SAVINGS
ROUND STEAK
FULL CUT
USDA CHOICE
\$1.28 LB.

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Boston Butt Pork Shoulder Roast	Lb.	79¢
U.S. Choice Whole (9-11 Lb. Avg.) Beef Tips	Lb.	\$1.18
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12 Oz. Valleydale Sandwich Buddies		59¢
½ Sliced Pork Loin	Lb.	\$1.28
2 Lb. Valleydale Hot Dog Franks		\$1.77

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1 LB. PKG. CHAMPION
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79¢

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USDA CHOICE
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