

# Cooking Corner



Casseroles are easy, stand-by dishes, which can be prepared ahead, and served to the family or when company drops in. Your guests are sure to return for seconds when you serve these recipes from "Omicron nu cookbook", a new cookbook just off the presses by the School of Home Economics at the University of North Carolina in Greensboro.

## BAKED CHICKEN With Own Gravy

3 to 3½ pounds frying chicken  
¼ cup flour  
¼ cup melted butter  
two thirds cup undiluted evaporated milk  
10½ ounce can cream of mushroom soup  
1 cup grated process American cheese  
½ teaspoon salt  
¼ teaspoon pepper  
2 cups (1 pound can) drained whole onions  
¼ pound sliced mushrooms  
Dash paprika  
Coat chicken with flour. Arrange single layer with skins down in melted butter in 13x9x2 inch baking dish. Bake uncovered in moderately hot oven, 425 degrees F. for 30 minutes. Turn chicken, bake until brown, 15 to 20 minutes or until tender. Remove from oven; reduce temperature to 325 degrees F. Pour off excess fat. Add onions and mushrooms to chicken. Combine milk, soup, cheese, salt and pepper. Pour over chicken. Sprinkle with paprika. Cover with foil. Return to oven; continue baking 15-20 minutes. Serves 6-8.

## CHICKEN SUZANNE

superb flavor blend!  
4 to 6 chicken breasts salt and pepper  
½ stick margarine  
½ cup commercial sour

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cream  
½ cup sherry wine  
10½ oz. can of cream of mushroom soup.  
Season chicken breasts with salt and pepper. Place in greased, flat casserole dish. Add sour cream, sherry, and mushroom soup to melted margarine. Mix well and pour over chicken breasts. Cover dish and bake 350 degrees F. 1 to 1½ hrs. or until well done.

## CHICKEN CASSEROLE

Easy for cook with busy schedule!  
1 cup macaroni, uncooked  
1 can mushroom soup  
1 can cream of celery soup  
4 hard-cooked eggs, cut in quarters  
1 medium onion, chopped or grated  
2 cups milk or 1 cup milk and 1 cup chicken broth  
2-3 Cups chopped chicken  
½ pound Velveeta cheese, cubed  
Mix all ingredients together. Place in greased shallow pan or casserole. Refrigerate overnight. Bake 1½ hrs. at 350 degrees F.

## CORNEBEEF SANDWICHES

quick, prepare ahead  
12 ounce can of corneb beef  
½ cup hamburger relish  
5 strips bacon, cooked and crumbled  
sliced processed American cheese  
hamburger buns  
Mix all ingredients and put in hamburger buns with slice of cheese. Wrap buns in foil and heat at 400 degrees F. for 10 minutes. Yield: 8-12 sandwiches.

## SPINACH SOUFFLE

make ahead for company  
2 packages frozen chopped spinach  
¼ cup butter  
2 tablespoons flour  
2 tablespoons chopped onion  
½ cup evaporated milk  
½ cup vegetable liquid  
½ teaspoon pepper  
¾ teaspoon celery salt, optional  
¾ teaspoon garlic salt, optional  
½ teaspoon salt

6 ounce roll Jalapenos cheese or zippy cheese, cut up  
1 teaspoon Worcestershire sauce  
red pepper, optional  
Cook spinach according to package directions. Drain and reserve liquid. Melt butter in saucepan over low heat. Add flour, stirring until blended and smooth. Add onion and cook until soft but not brown. Add liquid slowly, stirring constantly to avoid lumps. Cook til smooth and thick, continue stirring. Add seasonings and cheese, cut into small pieces. Stir until melted. Combine with cooked spinach. Bake at 375 degrees F. for 30 minutes. Serves 5.

May be served immediately or put into a casserole and topped with bread crumbs. The flavor is improved if the latter is done and kept overnight in the refrigerator.

## VEGETABLES CALIFORNIA

Colorful and good  
3 tablespoons margarine  
1½ cups carrots, thinly sliced  
1½ cups celery  
3 tablespoons sugar  
1 tablespoon flour  
3 tablespoons lemon juice  
Melt margarine in skillet. Add carrots and celery. Cook and stir until carrots are crisp tender, about four minutes. Stir in sugar, flour and lemon juice and mix well. Remove from heat.

## BAKED FRIED DRUMSTICKS

4 chicken drumsticks  
1 T orange juice  
3 T seasoned bread crumbs  
¼ t. seasoned salt  
pepper to taste  
paprika to color  
Rub drumsticks with orange juice. Put bread crumbs, salt, pepper and paprika in a paper bag, add chicken and shake well. Lay chicken in baking dish and bake in a very hot oven 450 degrees for 30 minutes, without turning, or until it is crispy and crunchy. Serves two.

## Fast Family Food:

### The "Super Sandwich"

Here's a lovely evening menu guaranteed to please the family palate—and to get the cook out of the kitchen in record time.

This entrée is really a Super Sandwich created around that all-time flavor favorite, the Great American Hamburger. This one even includes the vegetables.

Thus, the meal is both low in preparation time and high in nutritive value—a terrific combination. Ground chuck is mixed with a medley of carrots, onion, and celery. For more summertime flavor, add one can of Contadina tomato sauce plus crumbs, dill, and other seasonings. A quick mix, and the Super Sandwich is ready to pop onto the barbeque or under the broiler. Before removing

from heat, spoon on a little more of the zesty tomato sauce and add a sprinkle of Parmesan cheese.

Serve on long French rolls à la hero sandwich—and you will be the hero of the evening.

Accompany the Super Sandwich with a simple green salad, then finish the meal with a touch of elegance. A toss-and-serve dessert of sherbet and fruit looks elaborate, but it's fantastically easy. In a glass or crystal bowl place scoops of sherbet and fruit of the same color, such as strawberry ice cream mixed with fresh red berries, orange sherbet with sliced mandarin oranges, or lime sherbet with green grapes. Family Food can be Fast—and Fun!



## SUPER SANDWICH

(Makes 6 sandwiches)

1 1/2 pounds ground chuck  
1/2 cup Contadina seasoned bread crumbs  
1 cup (8-ounce can) Contadina tomato sauce  
1/4 cup shredded carrot  
1/4 cup chopped onion  
1/4 cup chopped celery  
1 egg  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon dill weed  
Parmesan cheese  
Six 6-inch long French rolls

Combine chuck, bread crumbs, 1/2 cup tomato sauce, carrot, onion, celery, egg, salt, and pepper in medium bowl. Mix lightly but thoroughly. Divide into six equal portions. Shape into oval patties (about 6 x 3 x 3/4-inch each). Place on broiler pan. Broil 6 inches from heat 10 minutes. Turn and broil additional 5 minutes. Remove from broiler. Combine dill weed and remaining 1/2 cup tomato sauce. Spoon on top of burgers. Sprinkle Parmesan cheese over sauce. Return to broiler; broil additional 3-5 minutes. Cut rolls in half; toast. Place burgers on bottom halves. Top with remaining halves. Serve at once.



A person uses up about 36 calories an hour driving a car.

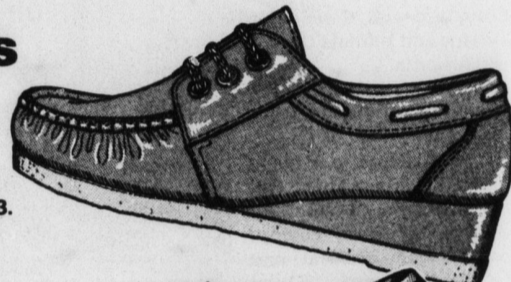


**MONEY TREE**—His family showered him with "money" in a unique present while J.D. Barnette was hospitalized recently. The former Kings Mountain man, now of Long Beach, recuperating at the home of a son, Jackie Dean Barnette, 703 Princeton Dr., is pictured with his tree worth \$283. Other members of the family are daughters, Jo Ann Stevenson of Chicago, Mary Ervin, Patricia Causby, Nadine Davis, Glenda Fredell and Linda Barnette, all of Kings Mountain. Mrs. Barnette looks on.

Photo by Katrena McCall

## Pick 'n Pay Shoes

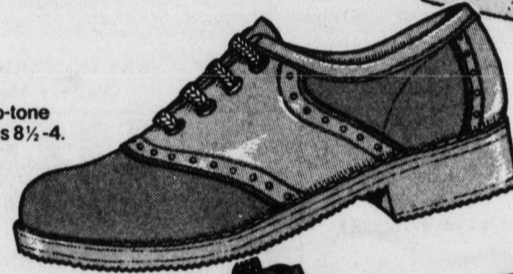
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