

# Cooking Down East By Reba Mitchell

Pears are now in season. The most popular variety is the Bartlett available from August through November. Fall and winter varieties include: Anjou, Bosc, Winter Nelis, and Comice. These keep well in cold storage and are available from November through May. Choose firm, but not hard fruit, free from blemish, clean not misshapen, and for immediate consumption, fruit which is soft at the base of the stem. Wilted or shivering pears indicate too-early picking and they will not ripen or have a good flavor.

## ORANGE BAKED PEARS

- 1 tbsp. margarine melted
- 1/3 c. toasted bread crumbs
- 3 tsp. lt. bro. sugar
- 1/2 tsp. orange peel
- plantation orange sauce, below
- few grains of mace
- few grains of salt
- 1 can (29 oz.) pear halves drained (reserve the syrup)
- 1. Combine melted margarine, crumbs, brown sugar, orange peel, mace, and salt; mix well.
- 2. Arrange pears, cut side up, in a shallow baking dish; fill hollows of pears with crumb

mixture.

3. Pour 1/2 of reserve pear syrup around pears; cover with aluminum foil.

4. Bake at 350 degrees F. 15 min.; uncover and bake 15 min. longer, or until crumbs are brown.

5. Serve with plantation orange sauce, while warm.

**PLANTATION ORANGE JUICE:** Blend 3 oz. cream cheese, soften with 2 tbsp. cream in a bowl. Beat in 3/4 tsp. orange peel 1 tbsp. orange juice, and 4 tsp. pd. sugar until blended. Chill 30 min. - 1/2 cup sauce. You may use fresh pears, peel, halve, core, and bake with a light syrup.

Sugar free diets do not mean you have to do without jellies and jams. Try making them without sugar. The result will be slightly different. "Sugar is an important preserving agent as well as helping make the fruit jell. Sugar free jellies, jams, and preserves will not hold their color or keep as long as those made with sugar.

They will keep up to four weeks in the refrigerator. They may be stored in the freezer. You may store the fruit or the

juice in the freezer to make a fresh supply as needed.

Sugar Twin is highly recommended for jellies and jams. Some sweeteners break down when heated. You will need to use unflavored jelatin, pectin or a special jelling mixture.

Manufacturers of non-nutritive sweeteners often will provide recipes upon request.

Sugar free jellies and jams have only 12 calories per tbsp. when made with unflavored jelatin or added pectin. Those made with commercial low-calorie jelling mixture and artificial sweeteners or no sweeteners have 15-20 calories compared to regular jams and jellies per tbsp.

When making jams or jellies use your favorite recipe using pectin and replace the sugar with sugar twin in the same amount as the sugar in the recipe.

## New Bern Arthritis Support

The next meeting of the New Bern Arthritis Support group will be held on Tuesday, October 9, at 6:30 p.m. at the Craven County Health Department.

## United Tri-County Senior Citizens Menu

Oct. 5-11, 1984

**Friday:** 3 oz. Pork Choppette, Sweet Potato Patties, Steamed Cabbage, Roll, Margarine, Diced Canteloupe, Milk.

**Monday:** 3 oz. oven Fried Chicken Livers, Mashed Potatoes, Mustard Greens, Roll, Margarine, Grapefruit Sections-1/2 cup, Milk.

**Tuesday:** 4 oz. Meat Loaf, 1 oz. Brown Gravy, Broccoli, Marinated Tomatoes with Green Peppers, Roll, Margarine, Molasses Gingerbread Cake, Milk.

**Wednesday:** 1/4 Fried Chicken, Mashed Yams, Green Beans, Roll, Margarine, 1/2 C. Orange Juice, Milk.

**Thursday:** 3 oz. Broiled Filet of Fish, Green Peas, Cole Salw with Green Pepper, Baked Cornbread, Margarine, Peach Cobbler, Milk.

## West Craven Band Booster

Band Boosters will meet Thursday, Oct. 4, 1984. You are encouraged to attend and support your local band.

## Child Care Food Program

The Craven County Department of Social Services announces the sponsorship of the Child Care Food Program, at the Trent Court Day Care Center. Meals will be available at no charge to enrolled children at the center, and will be provided without regard to race, color, national origin, sex or handicap.

The Trent Day Care Center meets Federal certification standards as well as State licensing requirements. As a certified center, it focuses on the total growth and development of children, by providing a planned program of learning experiences and enrichment activities based on individual needs of children.

Children enrolled in the Trent Court Day Care Center must meet the eligibility requirements of the Tital XX program of the Social Security Act. Persons interested in learning more about the Trent Court Center should contact Pinkie Moore, Day Care Coordinator, or Dinah Tingle, Day Care Center Director of the Craven County Department of Social Services at 633-0131.

# Kite's Supermarket

HOURS: Mon.-Thurs. 8-8, Fri., Sat. 8-9  
FREE Parking FREE Pickup & Delivery

We reserve the right to make corrections.  
We reserve the right to limit quantities.

244-1404

244-0552

FOOD STAMP SHOPPERS WELCOME



Bologna lb. Turkey	99¢
Curtiss	
Beef Franks 12 oz.	\$1.29
Frosty Morn.	
Bacon 12 oz.	\$1.39
Ole Tar Heel (H or W)	
Fresh Sausage lb.	\$1.89
Ole Tar Heel	
Fresh Sausage 10 lb. box.	\$18.00
Smoked	
Picnic lb.	79¢
Country Style	
Backbone lb.	\$1.59
Sliced	
Pork Liver lb.	39¢
Swift Prem.	
Rib Steak lb.	\$2.49
Choice	
Chuck Roast lb.	\$1.49
Fresh	
Ground Beef lb.	\$1.29

Pepsi Cola, 2 liter	99¢
Mountain Dew, 2 liter	99¢
or Diet Pepsi	
Ore-Ida Crinkle Cut	
French Fries 5 lb.	\$2.79
Hunt's	
Tomato Paste 6 oz.	2/79¢
Peter Pan	
Peanut Butter 12 oz.	\$1.19
Hunt's	
Catsup 14 oz.	69¢
Lean All Meat	
Stew Beef lb.	\$1.99

Pocahontas Little Princess	
Peas #303	2/\$1.09
Pocahontas (for stew)	
Vegetables #303	2/79¢
Del Monte (Sliced or Halves)	
Peaches 29 oz.	99¢
Chef Boy-ar-dee	
Beef Ravioli 15 oz.	79¢
Roller Champion S.R.	
Flour 5 lb. bag	99¢
Sterling Table	
Salt 26 oz.	4/99¢
Red	
Grapes lb.	69¢
Small Fancy	
Cucumbers lb.	23¢
Hi Ripe	
Tomatoes lb.	66¢
Sweet Western	
Plums lb.	55¢