

# Havelock Chili Festival

Attending Chili-Heads will be hard pressed to keep their attention on the steaming bowls of championship brew when the entertainers crank up their show at the third annual Havelock Chili Festival, October 27.

An ambitious list of performers, headlined by the ever-popular Second Marine Wing Band, has been assembled by the Festival's entertainment committee. The bill includes country,

See Chili Festival page 12

## ON NOVEMBER 6

many of you will vote for different political offices.  
**ONE OF THE MOST IMPORTANT TO THE FIRST DISTRICT**

is  
**"WHO WILL BE YOUR NEXT CONGRESSMAN?"**  
 The answer is obvious  
**THE MAN WHO HAS WORKED HARD FOR YOU AND YOUR NEIGHBORS**

**Walter B. Jones**

**VOTE FOR JONES ON NOVEMBER 6**  
 He continues to do a good job  
**LET'S KEEP HIM IN WASHINGTON**

**WALTER B. JONES**  
 ON NOVEMBER 6

Paid for by Jones for Congress Committee T.S. Ryon, Treasurer

## Elementary Breakfast Menu

Oct. 22-26, 1984

**Monday:** Sausage Biscuit, Cereal, Fruit Juice, Milk.

**Tuesday:** French Toast w/Syrup, Cereal, Fruit Cup, Milk.

**Wednesday:** Manager's Specialty.

**Thursday:** Egg Omelet, Toast, Cereal, Grapefruit Juice, Milk.

**Friday:** Hot Oatmeal, w/Raisins, Cereal, Banana, Milk.

## Elementary, Middle & High School Menu

Oct. 22-26, 1984

### LUNCH

**Monday:** Steak-umm w/ Cheese, Sloppy Joe, French Fries, Garden Green Salad, Glazed Carrots, Peach Crisp, Milk.

**Tuesday:** Hot Ham & Cheese Sandwich, w/Fries, Chicken & Pastry w/Cornbread, Fried Okra, Chilled Mixed Fruit, Succotash, Strawberry Shortcake, Milk.

**Wednesday:** Manager's Specialty.

**Thursday:** Seafood Treat, Cubed Pork Pattie, Crispy French Fries, Baked Apple-Cheese Topping, Cole Slaw, Hushpuppies, Lemon Pie, Milk.

**Friday:** Sausage Pizza w/Fries, Beef Tips w/Gravy, Parsley Potatoes, Hot Spiced Beets, Garden Green Salad, Fresh Fruit Cup, Hot Buttered Roll, Swirl Pudding Pop, Milk.

## COOKING DOWN EAST

Last week in the cooking article, following the recipe for the sugar free Lemon Chiffon cake, something was left out. The lemon glaze was not meant for the sugar free cake, it was for a regular cake. Some how the full instructions were not copied from my recipe.

**CORRECTIONS:** For a regular cake, instead use sugar in the same amount as the recipe suggested for the sugar twin. I have not found a recipe for sugar free glaze, or cream cheese icing. When I do I will share it with my readers.

### CHILI STEAK AND BEANS

- 2 tbs. of flour
- 1/2 tsp. of salt
- 1/2 tsp. chili powder
- 1 lb. round steak cut in 1" pieces
- 3 tbs. veg. oil
- 1 lb. pinto beans cooked
- 2 large stalks of celery sliced
- 1 large onion chopped
- 2 md. carrots sliced
- 1/2 cup of water
- 1/2 cup of chili sauce
- 1 md. green pepper cut up

Mix flour, salt, pepper, and chili powder, and coat beef pieces. Brown beef in skillet. Stir in celery, onion, carrots, water and chili sauce heat to boiling; and chili sauce. Heat to boiling; reduce heat, cover and simmer, stirring occasionally, until beef is tender. Add beans with liquid, and green pepper. Cover and simmer until beans are hot and pepper is tender. Serve with a green crisp salad, and fresh fruit makes a complete meal.

By REBA MITCHELL

# 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

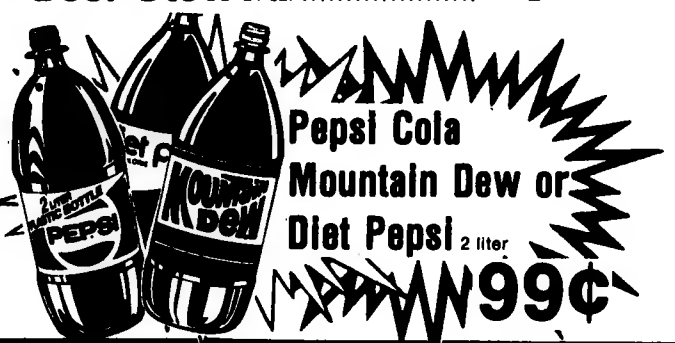
FOOD STAMP SHOPPERS WELCOME



- Turkey Bologna lb. .... **99¢**
- Star Sliced Bacon 12 oz. .... **\$1.39**
- Ole Tar Heel Red Sausage lb. .... **\$1.49**
- Country Style Backbone lb. .... **\$1.59**
- Sliced Pork Liver lb. .... **29¢**
- Curt's Bar B Q 15 oz. .... **\$1.89**
- Full Cut Round Steak lb. .... **\$2.39**
- Swift Prem. Rib Eyes lb. .... **\$3.99**
- Choice Chuck Roast lb. .... **\$1.49**
- Lean All Meat Stew Beef lb. .... **\$1.99**
- Fresh Ground Beef lb. .... **\$1.29**



- Chief Boy-ar-dee Ravioli, Beefaroni & Spaghetti & Meatballs 7 oz. .... **2/99¢**
- Twin Pet (all flavors) Dog Food #300 .... **4/89¢**
- Hunt's Ketchup 14 oz. .... **69¢**
- Dinty Moore Beef Stew 24 oz. .... **\$1.39**



- Pepsi Cola
- Mountain Dew or
- Diet Pepsi 2 liter .... **99¢**

- Pop-Rite (in oil) Pop Corn 19 oz. .... **99¢**
- Uncle Ben Rice 32 oz. .... **\$1.59**
- Pocahontas Whole Golden Corn #303 .... **2/89¢**
- Pocahontas Field Peas & Snaps #300 .... **2/79¢**
- Pocahontas Cut Green Beans #303 .... **2/89¢**
- Del Monte Peaches (Sliced or Halved) #2 1/2 .... **99¢**
- California Black Grapes lb. .... **69¢**
- Crisp Green Celery 2 stalks .... **49¢**
- Derby Winner White Potatoes 10 lb. bag .... **\$1.29**
- Golden Delicious Apples 3 lb. bag .... **89¢**