

Cooking Frozen Foods

Whether you own a home freezer or not, chances are you'll be cooking more and more frozen foods. Most of the modern refrigerators are coming with some frozen food storage capacity. Most grocery stores now stock a good line of frozen foods, and distribution of

commercially frozen foods will receive great impetus when a new kind of iceless refrigerator car begins coast-to-coast service late this spring. The cars have been tested by the United States Department of Agriculture. The cars

use anhydrous ammonia as a refrigerant. They have no moving parts, require no power, and will depend on ammonia service stations for refueling to maintain their below-zero temperature. Frozen foods come to you fresher than any except those you pick from your own garden. One of the largest of the frozen food manufacturers boasts that its products are frozen within four hours after picking, whereas it takes much longer to move the fresh vegetables from producer to consumer. Actually, cooking frozen food is no different from cooking other kinds except that much less water is used and the food is cooked a much shorter time. This preserves more of the vitamins, minerals, and other food nutrients.

Here are some recipes utilizing foods frozen at home or purchased at your grocery store.

Green Beans, Southern Style
1 box frozen green beans 3 strips bacon, cut in 1/2-inch squares
1/2 cup boiling water, salted 1 1/2 tablespoons bacon drippings
1/2 cup green bean stock salt and pepper

1/2 cup thinly sliced onions 2 teaspoons butter
Drop frozen green beans into boiling salted water, bring to a boil, turn to low heat, and maintain steaming for 8 to 12 minutes, or until just tender. Drain, reserving stock. Measure out 1/2 cup stock. Saute onions and bacon slowly until delicately browned. Add to beans with stock and bacon drippings. Add seasonings and cook gently five minutes. Add butter just before serving. Will serve from four to six.

Barbecued Pork Chops
chop for each person served salt and pepper
1 small onion, finely chopped
1 clove garlic, finely chopped
2 tablespoons Worcestershire sauce

2 tablespoons A-1 sauce
4 teaspoons vinegar
4 tablespoons ketchup few drops tabasco

Pork chops may be either frozen or thawed. Place in hot skillet and brown slowly, about 5 minutes on each side. Place in baking dish, sprinkle with salt and pepper, and pour fat from skillet over chops. Place onion and garlic in cheesecloth bag and place in corner of baking dish. Cover chops with sauce made by mixing remaining ingredients. Bake in moderate oven (350° F.) for 30 minutes, basting frequently with sauce.

Raspberry Puff Pudding with Topping

1 box raspberries, thawed
2/3 cup sugar
1 tablespoon flour
2 teaspoons lemon juice
1 tablespoon melted butter

Toppin:
1 egg
1/4 teaspoon salt
1/8 teaspoon cream of tartar
1/4 teaspoon lemon rind
3 teaspoons sugar
4 tablespoons flour, sifted
1/4 teaspoon vanilla

Place fruit in saucepan. Combine sugar and flour and stir into fruit. Add lemon juice and butter. Bring to boil and pour into 6-inch casserole or baking dish. Cover with topping and bake in moderate oven (350° F.) 40 minutes or until done. Serves four.

To make topping, combine egg, salt, cream of tartar, and lemon rind, beat until foamy. Beat in sugar, one tablespoon at a time, and add flour. Stir until smooth. Add vanilla.

COMMUNITY SINGING

The semi-monthly community singing will be held at Shady Grove Baptist church Sunday afternoon, beginning at 1:30 o'clock, announce the director, J. P. Bryant, and assistant director, Gay Hawkins.

Only 7 per cent of the land surface of the earth is adaptable to agricultural production.

Use for Cooking **CUTS FOOD COSTS** and Baking, Too

7-Ounce Package MAKES 3 QUARTS **COLD BUTTERMILK** OR SKIM MILK FOR ABOUT 5¢ QUART **CLOVERLEAF** Dried Skimmed Milk

Upper Wolf Creek

The Rev. U. L. Cook preached at Hemptown, Ga., Saturday night.

Mr. and Mrs. Tom Burger and children of Clinton, Tenn., were visitors here the past week end.

Miss Floyd Bandy of Akron, Ohio, is visiting Mrs. Tom Bandy for a few days.

Mrs. Naomi Patterson announces the birth of a daughter Sunday, April 25, at the T. C. Hospital.

Mr. and Mrs. Hubert Jenkins have moved into the cabin of A. J. Simonds.

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During Shop in
Murphy Week-May 1-8

5 lbs. Sugar 45c
25 lbs. American Beauty Flour \$2.25
4 lbs. Pure Lard . . . \$1.10

10 lb. Bag Fresh Corn Meal 65c
Scoco Shortening, 4lb. Carton . . . \$1.45
Maxwell House Coffee, 1 lb. pkg. . . 52c
J. F. G. Coffee, 1 lb. pkg. 49c
Sanka Coffee, 1 lb. Tin 63c
Fleetwood Coffee, whole Bean 1 lb. . 50c
No. 1 Can Grape Fruit Juice 5c
No. 1 Can Orange Juice 2 for . . . 15c
No. 2 Can Tomatoes 15c
Swift's Prem, 12 oz. can 48c
Fresh Fryers lb. 75c
Dressed Hens lb. 55c
Fresh Ground Hamburger lb. . . . 45c
Sirloin or Round steak lb. 65c



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Murphy, N. C.

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SPECIALS for

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White Lily Flour	T-Bone Steak, lb.	65c
25 lb. bag	Round Steak, lb.	65c
10 lb. bag	Boneless Chuck Stew lb.	47c
5 lb. bag	Hamburger, lb.	45c
Center Cut Ham, lb.	Pork Chops, lb.	65c
Breakfast Bacon, lb.	Pork Shoulder, lb. . . .	55c
Oleomargarine, lb. .	Pork Sausage, lb.	35c
Sugar, 5 lbs.	Pure Lard, 4 lbs.	1.10

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