

something's cooking



Denim Dumplings, Patchwork Casserole, Lemon Velvet

Serve Your Club This Feast

Now that everyone's back from vacation, club meetings begin again in earnest. Each host has to come up with new and innovative ideas for pleasing the palates of her guests.

On occasions when you'll be serving a full scale lunch or brunch, following are two entree' ideas and a mouth watering desert to go with them:

DENIM DUMPLING DINNER

- 2 (3 lbs. each) stewing or frying chickens
- 6 cups water
- 1 tablespoons salt
- 1 medium onion, sliced
- 1 1/2 cups celery, cut in 1/2-inch pieces
- 3/4 cup carrot, cut in 1/2-inch pieces
- 2 cups cold water
- 3/4 cup flour
- 2 packages (12-oz. each) frozen shredded hash brown potatoes, thawed
- 1 cup shredded sharp natural Cheddar cheese
- 2/3 cup all-purpose flour
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 2 eggs, slightly beaten

Simmer chicken in water and salt until tender, about 2 to 3 hours. Remove chicken meat from bones, leaving in large pieces. Skim fat from broth; measure broth and add water to make 4 cups. Add vegetables; cover and simmer until vegetables are tender, about 15 to 20

minutes. Gradually add cold water to flour, stirring until well blended. Gradually add water and flour mixture to hot vegetables, stirring constantly. Cook until mixture boils and thickens. Simmer 3 minutes, stirring constantly. Return chicken to mixture. Place half of mixture in each of two 13 1/2 x 8 3/4-inch baking dishes. To make dumplings, place hash brown potatoes in bowl and separate with a fork; stir in cheese, flour, salt, pepper and eggs. Drop by tablespoonfuls onto chicken mixture. Cover dishes with aluminum foil; bake in preheated 350 degree oven for 30 minutes. Sprinkle with snipped parsley. Each dish makes 6 servings.

LEMON VELVET

- 2 1/2 cups graham cracker crumbs
- 3/4 cup margarine, melted packages (8 oz. each) cream cheese
- 1 cup sugar
- 2 tablespoons milk
- 2 tablespoons grated lemon rind
- 1 cup chopped walnuts
- 2 cups heavy cream whipped

Combine crumbs and margarine. Press onto bottom of 13 x 9-inch pan. In mixing bowl, combine softened cream cheese, sugar, milk, lemon rind; mix until smooth. Fold in nuts and whipped cream. Spread mixture on crust. Freeze. Cut into squares and garnish with lemon slices and graham cracker crumbs. Makes 16 to 20 servings.

Message Board

WATCH MELTING
If your late summer menus include some desserts that use ice cream or sherbert as one of the ingredients, remember that both melt at different rates.

Sherberts melt faster than ice cream and some ice creams melt faster than others, say specialists with the NC Agricultural Extension Service. Sherberts melt faster because they have a higher sugar content. Those ice creams with a higher butterfat content melt more quickly than ice creams with lower butterfat content.

When working with ice cream, work with it in a "cold environment." Make sure that bowls and mixer beaters are chilled thoroughly before using.

COLD RINSE
Use a cold rinse for every washload. A cold water rinse is just as effective as a warm one.

FULL LOADS
Always wash full loads in your dishwasher to save energy. Instead of washing a small number of breakfast and lunch dishes, wait until after dinner, if possible, and then do a full load.

COOKING KALE
When cooking kale, be sure to remove the woody midribs from the leaves; there is little loss of nutritive value and the kale will taste better.

DON'T SLIP
Help prevent slipping in the tub by placing a rubber mat with suction cups on the bottom of the tub. Or, apply slip-proof rubber strips to the tub's surface.

STARTING ROSES
Rose fanciers, here's one you may not have tried-growing your own plants from seed.

If you would like to experiment a little with rose seed, here are some suggestions from N.C. Agricultural Extension Service specialists:

Allow the seed to completely mature on the plant. Remove the seed from the hip (pod) and mix with moist peat moss. Place the seed and

moss in glass jars with perforated tops, or cover with something like cheesecloth to admit air. Then store the jars in your refrigerator for one to three months. This cold treatment is necessary to break the rest period.

After storage for about a month, examine the seed at three-week intervals to see whether or not they are showing signs of germination.

If so, plant the seed in small pots using two parts of peat moss, one part of coarse sand and one part of good garden soil. Before putting the seed in, sterilize the soil by placing in your oven for 30 minutes at a temperature of 160 degrees.

The potted seed will need some protection. This may be accomplished by placing in a cold frame, a greenhouse, if you have one, or in a suitable room

in the home where house plants are being grown. At the end of three months, any ungerminated seed may be planted in the same mixture, already given, and covered lightly. Place in a cold frame, or other suitable location, and observe from time to time as some seed germinate very slowly. Keep moist but not wet. As the slower seed germinate place them in pots to grow.

the good food starts at your...

DELI

CAKE OF THE WEEK
7 IN. DOUBLE LAYER
COCONUT CAKE
\$3.99 EA.

ALL VARIETIES
CAROLINA BAGELS
6.99 CT. PKG.

SALISBURY STEAK, 1 PATTY AND GRAVY OR FRIED PORK CHOP 4 OZ. MEAT CENTER RIB OR LOIN SERVED WITH 2 VEG., 2 ROLLS OR 2 HUSH-PUPPIES ALL ON A HOT PLATE LUNCH . EA. \$1.89

LEAN 'N MEATY HOT PORK BAR-B-QUE SPARERIBS. . . . LB. \$2.99
MADE FRESH DAILY BANANA PUDDING LB. 89¢

16 PIECE BARREL OF GOLDEN FRIED CHICKEN
4 BREAST, 4 WINGS, 4 THIGH AND 4 DRUMSTICKS
ONE DOZ. HOME STYLE ROLLS
FREE WITH EA. PURCHASE EA. \$8.99

ASK YOUR DELI MANAGER ABOUT FAST, DELICIOUS PLATE LUNCHES, CALL:

725-1191 TRUWAY SHOP. CTR. WINSTON - SALEM
784-0036 PARKVIEW MALL WINSTON-SALEM

PRICES GOOD THRU 9/15/79. QUANTITY RIGHTS RESERVED NONE SOLD TO RESTAURANTS OR TO DEALERS

THE NEW LOW-PRICE LEADER!
ARMOUR'S STAR BROTH BASTED YOUNG **TURKEY BREAST**
4 TO 8-LB. AVG. \$1.18 LB.
ARMOUR

BIG STAR FOODS

SLICED MARKET STYLE **BACON**
"2 LBS. OR MORE" 88¢ LB.

HICKORY MOUNTAIN NORTH CAROLINA **WHOLE COUNTRY HAMS**
SLICED FREE! \$1.28 LB.
HICKORY MOUNTAIN COUNTRY STYLE HAM HALF LB. \$1.38

U.S. CHOICE BEEF **CHUCK POT ROAST**
LEAN BONELESS \$1.98 LB.

KRAFT MAYONNAISE
1-QT JAR \$1.09
LIMIT 1 WITH \$10 ORDER!

KRAFT 100% PURE ORANGE JUICE
1/2-GAL. \$1.29

LIPTON TEA BAGS
100 CNT BOX \$1.68

PEPSI-COLA
16 OZ. CTN. 69¢

LOW PRICES ON FOOD EVERY DAY!

EVERYDAY DISCOUNT PRICES!