

Prepare For Hurricanes

Better Living

By
JoAnne Falls



The time has come for families of all areas to concern themselves with some basic facts about coping with the aftermaths of hurricanes, storms and disasters. These are just a few of the lessons that persons living in cities where recent storms struck soon learned:

Following a hurricane or storm, you have an abundance of food and still starve. This is true because water may damage your food and contaminate it. All the food might be in the basement, and it could be in several feet of water. Your electricity may get knocked out. You might not be able to get charcoal or wood for cooking. These and other facts are vividly brought to light in a recent Savannah, Ga. newspaper report.

Florida had to ship ice to Savannah to help prevent chaos.

Thousands of Savannah area residents were left with refrigerators of rapidly rotting foods and hot dark houses" after Hurricane David.

Hundreds waited in line trying to buy ice, but by mid afternoon there was no ice. Fighting broke out among people in line for ice, and policemen had to break up the fights.

Grocery stores had to throw out thousands of dollars worth of food.

These are some other things that happened in Savannah:

- Hospital emergency rooms were flooded.
- Doctors' offices were closed.
- Public schools were closed.
- Senior citizens had to be evacuated and housed in hotels and

motels.

•Water and sewage service were cut off in several homes and business. The hurricane knocked out power to about 60,000 customers, and it was off for days after the storm.

•Trees were all over everything and everywhere.

•Gas pumps at filling stations would not work, because electricity was out.

These things should be sufficient to teach us that it is time:

- to get some lamps and lanterns for such emergencies; to keep some warm clothes handy; to have some canned food on hand in several parts of your home; to always keep a battery operated radio and flashlight handy; to keep some flares in your car.



Give beef loaf a sweet-sour flavor accent for an especially tasty and economical dinner entree.

German-Style Beef Loaf

Bavarian bands, gingerbread houses and cuckoo clocks, foamy beer--the sights and sounds traditionally associated with Germany carry with them an air of fun and festivity. Just as enjoyable is German's cuisine made up of many dishes that bring a variety of flavors together with savory excellence.

That special art of blending and merging flavors with delicious results is demonstrated in the combining of sweets and sour. This is a culinary art that can be copied and often modified with delicious results in our own kitchen. Traditional German favorites, such as sauerbraten, can provide flavor inspiration for not only pot-roasts, but economical ground beef entrees as well.

Although typical German sauerbraten is marinated for several days, that characteristic sweet-sour flavor can be imparted in double-quick time when the recipe calls for ground beef that is formed into a loaf. In fact, the "sauerbraten" meal can be prepared, baked and served within two hours. The recipe adheres to tradition in thickening the gravy with gingersnap crumbs.

Although there's plenty to be said for that sweet-sour sauerbraten accent, ground beef is the major flavor contributor to this recipe. The versatility of this economical meat buy, as exemplified by its compatible blending with foreign flavors, accounts, at least in part,

Sauerbraten Beef Loaf

- 2 pounds ground beef
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 1/2 cups soft bread crumbs

- 1/2 cup celery, chopped
- 1 egg
- 1/4 cup water
- 1 can (5.33 ounces) evaporated milk
- 1 medium onion, sliced
- 1 can (5 1/2 ounces) or 2/3 cup apple juice
- 3 tablespoons lemon juice
- 1 tablespoons brown sugar
- 1/2 cup finely crushed gingersnaps

Sprinkle salt and pepper over ground beef. Combine bread crumbs, celery, egg and water. Stir in 1/4 cup evaporated milk, reserving remaining milk for sauce. Add crumb mixture to meat and mix lightly but thoroughly. Shape into loaf by pressing meat mixture in a loaf pan.

Invert loaf onto a rack in an open roasting pan. Bake in moderate oven(350°C.F.) for 1 hour 15 minutes or until done. Let stand 10 minutes. Place loaf on warm platter and cover to keep warm. Place 2 to 3 tablespoons pan drippings in frying-pan; add onion and lightly brown.

Stir apple juice, lemon juice and brown sugar into onions; bring to boil, reduce heat, cover and cook slowly 5 minutes. Add gingersnap crumbs, stirring constantly, until mixture thickens. Add enough water to reserved evaporated milk to equal 1/4 cup; stir into gravy until heated through. 6 to 8 servings.

Baking potatoes in the oven with the beef loaf will conserve energy. For a second fine vegetable companion, choose Brussels sprouts or beets. Baked apples can also share the oven to provide a dessert that will light up diners' faces.

Letters

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community, cut crime and become a unit working together for one cause, then divided for many causes, in the name of God, we can be successful. Once we take on the challenge of raising ourselves to higher levels of human dignity, and try to live, work and grow together, we are taking on the cause of God. The cause of God is oneness.

Abdul-Lateef Ugdah

Message Board

According to Ms. Aitchinson, one of the advantages of drying fruit is that choices aren't limited to fresh fruits.

Leathers can be made from canned or frozen fruits by making minor changes in the recipe.

Leftover pulp from canning juices or making jelly can also be used to make the puree.

When dry, leathers can be garnished with nuts, filled with cream cheese or peanut butter, or rolled plain and stored for 4 to 6 months.

The leathers are nutritious as snacks or when added to cereals, puddings and desserts because many of the natural nutrients are preserved.

Recently fruit leathers have been made and mar-

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keted commercially but like most dried fruits, are very expensive. The leathers can be made more economically at home, without added sugar and preservatives.

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