

something's cooking



Teenager take over the entertaining and impress their party guests with the Orange Ice Cream Pie they've made from scratch.

Teenagers Can Wow The Gang With Easy Party Favorites

As any parent who lives with one knows, teenagers like to do things in groups. The disco sounds throb through the house as the young crowd drops in for a record fest. And the inside of the refrigerator often looks as if it had been

sacked by an invading army. If it's any consolation, those formidable adolescent appetites are nature's way of insuring teenagers have all the energy they need for intense physical activity and rapid growth. But you can keep your

teenager and friends well fed the easy way. Suggest some dynamite snacks young hosts or hostesses can prepare themselves—in advance of party time.

They'll be pleased and proud when they see the hit their Orange Ice Cream Pie makes with the gang after an hour or two of the Saturday night Hustle. "Cool" is the word to describe this no-bake pie and the sentiment likely to be expressed by party guests when they taste it. A simple graham cracker crumb crust brims with creamy frozen goodness: vanilla ice cream with the upbeat flavor of frozen concentrated orange juice beaten into it. Each pie serves up eight scrumptious wedges—plenty for the average-sized get-together. But the dish is so simple to make, it's no problem to stash an extra or two in the freezer when the whole crowd is expected.

- 1 1/2 cups graham cracker crumbs
- 3 tablespoons sugar

In medium bowl, combine the melted butter, graham cracker crumbs and sugar; mix well. Press over bottom and side of 9-inch pie plate; place in freezer.

- Filling:
- 1/2 cup half-and-half
 - 1/2 cup sugar
 - 1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon ground nutmeg
 - 1 pint vanilla ice cream, softened

In bowl of electric mixer, combine half-and-half and sugar; beat 2 minutes. Add orange juice concentrate, cinnamon and nutmeg; beat for one minute. Add softened ice cream; beat 2 minutes longer. Pour into prepared pie crust. Freeze several hours or overnight. Garnish with whipped cream and orange sections, if desired.

ORANGE ICE CREAM PIE

Crust: 1/4 cup butter or margarine, YIELD: 8 servings.

RECIPES

Savory Beef Roast

- 1 5-lb. rolled rump roast
- 1 teaspoon oregano leaves, crushed
- Salt and pepper
- 3 garlic cloves, cut in half
- 1 8-oz. bottle Kraft Italian dressing
- 1 can mushroom soup
- 2 onions, cut into quarters

Lightly season meat with salt and pepper; place in deep bowl. Combine dressing and oregano; pour over meat. Cover; refrigerate several hours or overnight, turning occasionally. Drain meat. With tip of sharp knife, make slits in roast; insert garlic cloves. Place meat on heavy duty aluminum foil. Place in shallow baking pan. Spoon soup over meat; add onions. Wrap securely. Bake at 325°, 2 hours. Open foil; brown roast uncovered at 350°, 15 minutes or until medium rare (145°). 10 to 12 servings.

Florentine Stuffed Tomatoes

- 10 firm medium tomatoes
- Dash of nutmeg
- 1/4 cup Parkay margarine
- Dash of ground thyme
- 1/4 cup chopped onion
- 2 cups milk
- 1/2 cup flour
- 1/2 lb. ground beef
- 1/4 teaspoon salt
- 1 10-oz. pkg. frozen chopped spinach, well-drained
- 1/4 teaspoon white pepper

Cut, off tops of tomatoes. Remove pulp, leaving 1/4-inch shell. Lightly sprinkle insides of tomatoes with salt; invert and drain on absorbent paper. Melt margarine in saucepan over low heat. Add onion; cook until tender. Blend in flour and seasonings. Gradually add milk; cook, stirring constantly, until thickened. Brown meat; drain. Add meat and well-drained spinach to sauce; heat mixture thoroughly. Place tomatoes in 1 1/2 x 8 3/4-inch baking dish, fill with hot sauce mixture. Bake at 350°, 10 minutes. 10 servings.

Easy Cheese Dogs

- Frankfurter buns, split
- Frankfurters
- Kraft American singles pasteurized process cheese food

For each sandwich, fill bun with process cheese food and frankfurter. Place on cookie sheet or toaster oven tray. Bake at 250°, 15 minutes.

Variation: Top frankfurter with one tablespoon Kraft barbecue sauce before baking.

To Microwave: Wrap each sandwich in paper towel. Microwave on High or until hot.

Message Board

Chainsaw Safety

Here's something to keep in mind if you are joining the growing number of chain saw users in this country: thousands of people are treated for accidents involving these machines every year.

Chain saws, when properly maintained and used, can be highly productive, say forest resources specialists with the Agricultural Extension Service, North Carolina State University.

On the other hand, improper or careless use can cost you a hand, a leg or a foot.

Wood cutting expeditions should be planned ahead so as to avoid the last minute confusion that can result in forgotten equipment or improper clothing or shoes.

Clothes should be comfortable but not loose. Saws can suck up neckties, a loose handkerchief and the hems of jackets. In hot weather, hanging shirt tails are particularly hazardous.

Shoes with non-slip soles are a must. Do not use a chain saw when wearing slippers or soft shoes.

A hard hat will make you look more like a professional

and might save your head.

Engine exhaust and a fast cutting chain will kick up dust and cast flying chips. Wear safety glasses to avoid eye damage.

Gasoline powered saws give out a loud, high frequency whine. Ear protection is recommended at all times.

Hearing damage can occur when a saw is operated for several hours without ear protection.

Handle gasoline with care. Remember that it is an explosive. Never remove the container cap or add fuel to a running or hot engine. Turn the engine off and let the saw cool before refueling. Never start or run the saw indoors. Avoid spilling gasoline or oil. Wipe the saw clean after refueling. Move the saw at least 10 feet from where it was filled before cranking.

The occasional user should be familiar with the operations manual, especially the controls. Be sure the chain stops when the throttle is released. A saw that is hard to crank or not running properly is hazardous and should be adjusted by authorized

service personnel.

Always stop the engine when transporting the saw from one tree to another.

When cutting, be sure of your footing. Have your weight evenly distributed on both feet. A government report indicates that almost 20 percent of the chain saw accidents can be attributed to poor footing.

When bucking a tree into stick length firewood, it should be jacked off the ground so as to avoid hitting rocks or

sawing into the dirt. If something is accidentally struck, stop the saw and inspect it for damage. Damage must be repaired before restarting and operating the saw. A sharp saw will cut chips, not sawdust.

The best firewood is hard hardwood or better still, dead and dry hard hardwood, such as the oaks and hickories. These are hard to cut. Take your file with you to the woods. A dull chain is more apt to kick back.

Kickback occurs when the saw kicks back toward the operator. This is one of the most hazardous things that can happen when using a saw. It most commonly comes from

cutting small saplings and brush or from hitting something with the nose of the chain. Be sure the work area is clean. Keep a firm grip on the handles.

When limbing a tree, cut on the opposite side from where you are standing. Do not cut above waist high. Small loose limbs are apt to grab the saw causing kickback. Cut them with an axe or leave them in the woods.

Do not start or operate a saw with children or pets in the area.

Chain saws are expensive to maintain and operate, also can be dangerous in the hands of an inexperienced or careless operator. You are asking for trouble if you loan your saw.

Cutting firewood is hard service for the chain saw. Keep the chain in adjustment and sharp. Let it cool periodically. This will also be helpful in providing rest from the noise and vibration and fatigue in general. Studies have shown that a fatigued operator is more prone to accidents.

Remember, safety starts in the mind.

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