

Freezer and microwave make a fast-food restaurant in your home

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Fast food service has invaded the home, and it seems that many families are finding that it is a necessary element in their everyday lives.

Because of the accelerated schedules that most modern-day parents are forced to keep to earn a living, it has become very hard for them to prepare and serve daily nutritious meals at home. Conflicting schedules of family members, different school and work schedules and transportation problems have added to the dilemma of the average American family.

The Whirlpool Corporation has released some findings about the food service problems facing busy American families.

According to Whirlpool:

- American children and teens now eat more than 10 percent of their meals in fast food restaurants.

- Consumers are now saying, "What we need is a minisupermarket in the pantry and a fast food restaurant in the kitchen."

- To meet this need, modern appliance designers and manufacturers have come up with home freezers to suit every home and every family. The 1985 home freezers come in 6-cubic-foot chests and 9-cubic-foot upright models as well as the more familiar full-size versions of those designs.

A small freezer in the kitchen can provide a minimarket array of home-prepared hamburgers, casseroles, fruits and vegetables that can go directly into the microwave oven and turn out a ready-to-serve meal only minutes later.

By storing foods in freezer bags in serving portions, family members with different schedules can plan, cook and serve their individual meals to fit their schedules.

For those who think that freezing food is too time-consuming and too much work, check out these easy ideas for fast preparation:

- When doing the weekend (or free-time) cooking, make double or triple batches of a casserole, spaghetti, vegetables. Cook one and freeze the others in casseroles lined with heavy-duty aluminum foil. For a fast meal after work, remove the foil, put the block of food into a casserole dish, cook in the microwave oven and serve.

- During a summer cook-out, grill extra hamburger patties and leave them rare. Pop each one into a freezer bag. Thaw and cook in the microwave oven for a grilled burger any time of the year.

- When you blanch fresh vegetables from the garden to freeze, chill and put into small freezer bags suited for individual size.

When vegetables are needed for

a meal, poke steam vent holes in the top of the bag and cook in the microwave oven.

Wash fresh berries, put into rigid plastic freezer containers or

freezer bags, close tightly and freeze. Thaw them in the microwave for a snack or dessert.

For those who cannot afford a microwave, I personally suggest a

steamer which can be easily plugged in to warm or prepare a fast meal while you are dressing to go to a meeting in the evenings. The steamer does not require watching, and you do not

have to worry about your food burning. You can take out the containers and use paper plates to eat a balanced meal. Place containers in refrigerator for later snacks.



USDA Choice - Beef Round Whole

Sirloin \$138

Tips

10-14 Lb. Avg. Sliced FREE!

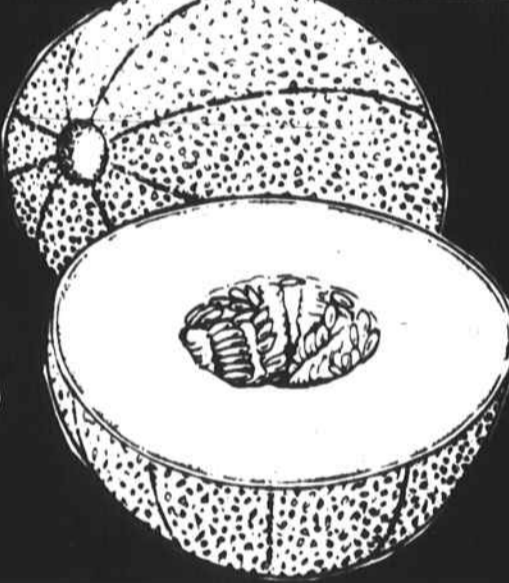
Lb.

These prices good thru Sunday, June 2, 1985

<p>\$198 Lb.</p> <p>USDA Choice Family Pack</p> <h2>Cube Steak</h2>	<p>\$188 Lb.</p> <p>USDA Choice Beef Round - Bottom</p> <h2>Round Roast</h2>	<p>\$349 Lb.</p> <p>USDA Choice Beef - 7-9 Lbs. Avg.</p> <h2>Tenderloin</h2> <p>USDA Choice - 10-12 Lbs. Avg. Unliced</p> <h2>Whole Rib Eyes</h2>
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We reserve the right to limit quantities.

Sweet Texas Cantaloupes



99¢

Each

<p>\$129 Full Quart</p> <p>Red Ripe</p> <h2>California Strawberries</h2>	<p>5 Ears / 99¢</p> <p>Tender</p> <h2>Yellow Corn</h2>	<p>\$129 Each</p> <p>Sweet</p> <h2>Texas Honeydews</h2>
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<p>99¢ 6.5 Oz.</p> <h2>Wise Ridgies</h2>	<p>\$169</p> <p>Carton of 8 - 16 Oz. Bottles - Diet Cola/ Caffeine Free Cola/</p> <h2>Coca Cola</h2>	<p>\$499</p> <p>3 Liter - Burgundy, N.Y. Burgundy, Rhine, Chablis Blanc, Pink Chablis, Vin Rose, Red Rose</p> <h2>Gallo Wine</h2>	<p>\$449</p> <p>Pkg. of 12 - 12 Oz. Cans/Reg. & Lt.</p> <h2>Old Milwaukee</h2>
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<p>78¢ Lb.</p> <p>4-8 Lbs. Average</p> <h2>Fresh/Smoked Picnics</h2>	<p>39¢</p> <p>9.5 Oz. - 10 Ct. Marico</p> <h2>Butter-Me-Not Biscuits</h2>	<p>99¢</p> <p>42 Ounces</p> <h2>Trend Detergent</h2>
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Open Sunday 12 Noon - 9 P.M. All Winston-Salem City Food Lion Locations 9 A.M. - 9 P.M. - Lewisville-Clemmons Rd.-Clemmons

Short

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counseling students, administering workshops and Bible studies and leading fellowship prayer meetings.

"For me, personally, Rev. Short is an inspiration. He teaches you in every aspect of life to be a true Christian, honest with yourself, God and your fellowman," says Miriam Osborne, an 18-year-old freshman in Howard's William J. Seymour Pentecostal Fellowship, named for the founder of modern-day Pentecostalism.

The Fellowship's president, 22-year-old senior Lydia Scoon, says of the Shorts, "They are Christians who live the life of Christ."

6800 EVERYDAY LOW PRICES