

# Give Vegetables A New Lease On Life



You Don't Have To Be A Kid

...To enjoy small fry cookies

## Small Fry Cookies

### Are Great For Kids

Kids love peanut butter and chocolate. When you combine them in the all-time favorite oatmeal cookie, you've got a winner. Appropriately called Small Fry Cookies, they will be a sure hit with the younger generation.

There are only four ingredients required, making these cookies great for junior cooks. Convenient oatmeal cookie mix eliminates extra measuring and clean up too. It adds a delicious nut-like flavor and wholegrain goodness. Semi-sweet chocolate pieces and peanut butter both chip in to give an extra flavor bonus that kids love.

Serve them with milk for an after-school treat or save them for a tasty dessert. Either way they're great. You don't have to be a kid to enjoy Small Fry Cookies—serve them today!

#### SMALL FRY COOKIES

- One 18-oz. pkg. Quaker Oatmeal Cookie Mix
- 1/2 cup peanut butter
- 1/2 cup water
- 1/2 cup semi-sweet chocolate pieces

Combine all ingredients; mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake at 375 degrees F. for 13 to 15 minutes or until golden brown. Cool 2 minutes on cookie sheet; remove to wire cooling rack. Makes about 2 dozen cookies.

## Food Price Increases

### Continue To Moderate

WASHINGTON, Jan. 11--Continuing a pattern of moderating food price increases, the Bureau of Labor Statistics reported that the Consumer Price Index (CPI) for food increased 0.5 percent in November, according to the Monthly Food Price Review for November issued jointly today by the U.S. Department of Agriculture and the Council on Wage and Price Stability.

The small November increase follows a 0.8 percent rise in October and represents a continued trend of moderate increases over the past 6 months when retail food prices rose only 2.5 percent. This rate is lower than that for most other consumer goods and

represents a reversal of a pattern in early 1979 when food prices were rising faster than other consumer prices.

Recent price increases are mostly due to rising prices of imported foods and fish products.

In contrast to the CPI, the Producer Price Index (PPI) for finished consumer foods increased 2.6 percent in November, the largest monthly increase since 1974.

The monthly report also noted that food marketing costs increased 0.7 percent in November, the lowest monthly rate of increase since February 1979. The higher costs were attributed to increased packaging costs, fuel prices and wage rates.

### McNeil Receives CLSA Scholarship

The Charlotte Legal Secretaries Association has chosen a Harding High School student as its 1980 Scholarship recipient, Ms. Jessica (DeeDee) McNeill. Ms. McNeill was one of seven applicants who applied for the scholarship. DeeDee will use her scholarship funds to further her education as a Legal Secretary.

Ms. McNeill has a grade point average of 4.0 and is ranked 5th in a class of 327. She was named valedictorian at sixth grade graduation, a member of the Yearbook Staff and Red Cross Club, National Junior Honor Society, Student Council, manager of the varsity football team; member of gymnastics team, the Spanish Club; she has been in the Talent Development Program since sixth grade. In sports, she played varsity tennis and varsity track. She is a member of the Newspaper staff, the Monogram Club, FBLA Club, Student Council and the Allegheny Actors Association. Ms. McNeill's extra-curricular activities include five years of piano lessons, ten years of classical

dance, two years on a community swim team. Her hobbies include chacheting, knitting, writing and playing the piano. She works part-time for "A Cleaner World" where she has been employed for one year. DeeDee is an active member of the Mulberry Baptist church, the Youth Group, the Youth Choir and a charter member of the Youth Ensemble, "Reason."

As the winner of the CLSA scholarship award, Ms. McNeill's application will be submitted to the North Carolina Association of Legal Secretaries to compete for their scholarship award. The winner of this scholarship will be announced sometime in the Spring.

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Give your ordinary vegetables a special elegant flair. Add new flavor to make them deliciously inviting with light and delicate Spanish Olive Oil. Easily stored for use at anytime.

#### RATATOUILLE (Vegetables Provencale)

- one-third cup Spanish Olive Oil
- 2 cloves garlic, crushed
- 1 large onion, sliced into thick rings
- 4 medium zucchini, sliced
- 1 medium eggplant, peeled and diced
- 1 green pepper, seeds removed, cut into rings
- 4 firm medium tomatoes quartered
- 2 teaspoons salt
- 1/2 cup Pompeian olives (optional)

Heat olive oil in skillet, saute garlic and onion a few seconds. Add remaining vegetables except olives; saute about 15 minutes until tender, turning occasionally to cook thoroughly.

Serve hot or cold garnished with olives, as an accompaniment or an appetizer. Makes 10 servings.

#### FASSOLI FRESCA (Featuring beans)

- 1/4 cup Spanish Olive Oil
- 1/2 cup chopped onions
- 1 clove garlic, minced
- 2 cups cut green beans
- 1 cup cooked lima beans
- 1 cup peeled and chopped whole tomatoes
- 2 tablespoons minced parsley
- Salt to taste

In a skillet, heat olive oil; saute onions and garlic until tender. Add remaining ingredients. Simmer, uncovered, for 8 to 10 minutes or until beans are just tender. Makes 4 servings.

#### CORN CASSEROLE

- 1/4 cup green onions, finely chopped
- 1/4 cup green peppers, finely chopped
- 1/4 cup Spanish Olive Oil
- 2 small cans whole-kernel corn

- 1/2 cup grated, imported swiss cheese
- 1/2 cup heavy cream Butter
- Sesame seeds

Butter a 2-quart casserole. Add onions and green peppers which have been sauted in Spanish Olive Oil for 5 minutes. Blend with corn, cheese, and heavy cream. Dot with butter, sprinkle with sesame seeds, cover and bake at 350 degrees for 20 to 25 minutes.

#### AUSTRIAN CHEESE-STUFFED CAULIFLOWER

- 1 large head of cauliflower, trimmed and left whole
- 4 ounces Austrian Swiss Cheese, cut lengthwise (1-inch thick)
- think
- Salt and freshly ground pepper to taste
- 1/4 cup Spanish Olive Oil
- 1 cup finely crushed stuffing mix

Cook cauliflower in boiling salted water until tender, but still firm. Drain. Place whole head in shallow baking pan. Press sticks of Swiss cheese into cauliflower all over head. Sprinkle with salt and pepper. Mix olive oil and stuffing and press mixture into the cauliflower. Bake at 350 degrees F. for 20 minutes, or until crumbs are lightly browned. Arrange on platter garnished with tomato slices and parsley or watercress, if desired. Cut into wedges to serve. Makes 6 servings.

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