Planning Helps Cut Down Expense

FOOD FOR THOUGHT By Libby Clark Syndicated Columnist Amalgamated Publishers, Inc.

Suddenly it's September. Where did the summer go? If vacations, tuition fees, clothing and educational paraphernalia for the 'back to school bunch' has played havoc with your pocketbook and food budget don't free! We within your get, don't fret. It's within your power to retrieve some of that

budget before the big holidays.

This year's abundance of luscious fruit and vegetables of every variety and description, plus relatively and description, plus relatively cheap prices for meat, fish, poultry and general food staples will enable you to replace a goodly portion of the food money you 'splurged' on other necessities. For the next two months penny pinching is the 'key'. Sane, sound money management.

The secret lies in meal planning and wise shopping. Also, making use of manufacturer's coupons and the double and triple coupons offered by your local supermarket. Also, take advantage of the farmer to consumer outdoor mini-markets. That are springing up on vacant lots

springing up on vacant lots the country. They offer t buys of fruit, vegetables,

ning you already have some items in your larder of rd like a goodly supply of nd spices, sugar, salt, flour, epper, mayonaise and other ents on hand, listed is an is or whatever kinds of vege-s your family prefer, plus bulk il which comes in its natural without the added sugar. It's

possible to get the above listed is for \$69.00. Try it, you'll be rised what you can buy watch-your pennies and using your ons. Three to five dollars a in some instances at your ite supermarket. Even more if the near the farmer to consumer our markets I mentioned

your Sunday evening entree foundation builder for sev-ore of your weekly meals.

MEAL VARIETY

offee or tea and milk.

ay dinner is usually served
to there's no formal lunch. early, so there's no formal lunch. Family members with hunger pangs before dinner can grab a piece of fruit or a sandwich from the assorted lunch meat you purchased the day before. The innovative cook will work miracles with the meat or fowl purchased as the Sunday entree.

Here's your foundation menu for Sunday dinner. The one around which you will build several wholesome meals, and still have something left over to refrigerate for

thing left over to refrigerate for several future meals.

Baked Ham, Broccoli or String Beans, Candied yam or baked white potatoes, or macaroni and cheese, mixed green salad, rice pudding with raisins and almonds; rye or brown bread, coffee, iced tea and

In carving or slicing, make sure your knife is sharp. Slice your meat meticuously in full, thin portions for dinner. After dinner slice enough for sandwiches, wrap in foil or wax

paper and refrigerate. Do not Freeze. Dice or cube portions for a stew, meatpie or casserole. Freeze whatever else is left for a future snack or meal.

Ham pieces or cubes are delicious mixed with peppers and onions and scrambled eggs or in an omlette. Or what's more enticing than a ham, roast beef, lamb or pork sandwich, done up in lettuce, tornatoe and

If your food budget is \$75.00 to \$1200.00 per week, and for September and October you're able to save \$200 to \$250 you will be ready to 'splurge' for Thanksgiving, Christmas and New Years.

Dr. Kenneth Chambers

.. Governor Martin has recently ap-pointed members to the North Carolina State Health Coordinating Council and the Employment Se-curity Commission Advisory

Dr. Kenneth Chambers is one of 22 ppointed to the State Health Cordinating Council. Other Charotteans include Byron L. Bullard and Senator James McDuffie, Dr. William A. Current of Gastonia has

William A. Current of Gastonia has also been appointed.

Oscar A. Graham, who acts as director of Shaw University's Center of Alternative Programs for Education an adult evening education program in Wilmington, is one of 14 appointees to the Employment Security Commission Advisory Council. Terms run through June 30, 1989

Crisp Tortilla Bowl Holds Mexican Salad



This high-protein, Mexican style salad is served in crisp tortilla "bowls" for a festive presentation. A variation on popular tostados, this salad offers contrasts of soft and crisp, spicy and mild. Made with cooked turkey and ready-to-use California ripe clives, the salad goes together in a jiffy.

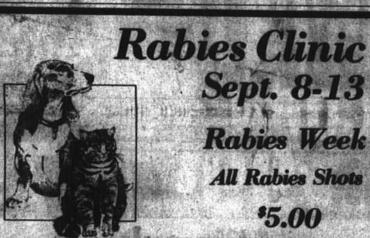
Las Cruces Salad

- 4 (10 or 12-inch) flour tortillas Oil for frying 1 bunch watercress, washed, trimmed and torn up
- (1-1/2 cups)
 1 head romaine lettuce, shredded (8 cups)
 3 cups shredded cooked
- cup pitted California ripe olives, cut into wedges
 hard-cooked eggs, sliced
 large tomatoes, cut.
- in wedges
 4 slices bacon, cooked
 and crumbled

Zesty Dressing

To prepare tortilla shells, have ready a 6-1/2 or 7-inch diameter 'ared bowl and a large bottle that easily fits into the bowl. Quickly fry a tortilla on both sides ir. an oiled skillet until barely golden brown, but still pliable. Set the tortilla over the bowl and gently ease it into the bowl with the bottle. Let sit in bowl for a few minutes to set the shape. Drain off excess oil on paper towels. Repeat with remaining tortillas. For filling, divide watercress and lettuce into prepared tortilla shells and top each with equal amounts of shredded turkey, clives, egg slices, tomatoes and bacon. Drizzle with Zesty Dressing.

Zesty Dressing: Combine 1 large clove garlic, minced, 1/2 teaspoon dry mustard, 1 egg, 1/4 cup white wine vinegar, 3/4 cup vegetable oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a jar. Shake to blend. Makes 1-1/4 cups. Makes 4 servings.



We Want To Be Your Full Service Veterinarian! Fully Staffed By Professionals Who Care About Your Pets.

Please Call For Appointment

Freedom Animal Hospital

Formerly Butler Animal Hospital

3055 Freedom Drive 399-6534

Please Note Our New Hours: 7:45 - 6:00 Mon.-Tues.-Wed.-Fri. 7:45-8:00 Thurs.



CHARLOTTE Eastland Mall . 568-0110

