

Dairy Products Aid Recipe Preparation

By BARBARA A. MINTER

Even though I didn't grow up on one of North Carolina's fine dairy farms, I can still remember warm summer evenings when I would joyfully follow my aunt down to the barn. It was always a treat when my aunt would allow me to try my hand at milking. When the milking was finished, we would always leave some milk for the cats at the barn. Back at the house, my grandmother would strain the milk, later separate the cream and make butter.

Today's modern technology has changed the way dairy farmers milk and process dairy products. The "average" North Carolina dairy farmer milks 97 cows twice a day. The average dairy cow produces enough milk and ice cream for over forty Americans each year.

Dairy production ranks sixth among North Carolina farm commodities. In the past as now, dairy farming means much to a country's economy. During the Middle Ages, the family cows were so important to Europe's economy that they were kept in the house during the evening. Even royalty allowed their cows to roam the castle halls at night.

In this state, there are over 1,500 grade A dairy farms. Within hours of just one milking, thousands of gallons of wholesome milk are delivered to local markets. This supply of milk provides a continual source of fresh dairy products for you and your family.

June is Dairy Month. And here in North Carolina, you can find some of the nation's most modern and efficient dairies. The North Carolina Department of Agriculture along with myself salute the Dairy industry for the excellent job it does.

Try one of these recipes to include more of those fresh and wholesome dairy products in your diet.

BRAN MUFFINS

- 15 oz. Raisin Bran
- 5 cups plain flour
- 3 cups sugar
- 1 tablespoon plus 2 teaspoons soda
- 2 teaspoons salt
- 4 eggs (beaten)
- 1 cup Crisco oil
- 1 quart buttermilk

Mix dry ingredients in large bowl. Add milk, oil and eggs all at once and stir until well mixed. Store in airtight container in refrigerator. Will keep up to six weeks. Take out and bake as needed. Fill greased muffin pan 3/4 full and bake at 400 degrees for 15 minutes or until brown. Serve hot with butter. May add extra raisins or nuts if desired. Makes 4-5 dozen muffins.

SUPPER SAUSAGE CASSEROLE

- 1 pound sausage
- 6 cooked potatoes, sliced
- 1 cup cooked lima beans
- 1 teaspoon salt
- 1/2 cup milk
- 1/4 cup butter
- 1/2 cup dry breadcrumbs

Brown sausage in skillet. Place alternate layers of potatoes, sausage, and lima beans in a well greased 1 1/2 quart baking dish. Add 2 tablespoons liquid from skillet to salt and milk, and pour over casserole. Mix melted butter with breadcrumbs and toss lightly with fork. Sprinkle over casserole. Bake at 350 degrees for 30 minutes. Yield: 6 servings.

DRESSING FOR FRUIT SALAD

- 2 (3-oz.) packages cream cheese, softened
 - 1 cup mayonnaise
 - 1 cup cream, whipped
 - 1 1/2 cups chopped nuts
- Cream together cream cheese and mayonnaise. Fold in whipped cream and chopped nuts. Use over fruit salads. Yield: 3 1/2 cups.



Only female mosquitoes bite.

WEEKEND CROSSWORD

ACROSS

- Eastern prince
- Lint
- Astrological sign
- Father of Theodorus of the Guard
- Composer Gustav
- Dr.
- Underground shelter
- QB goals
- Followed
- Nat King
- Time for the "Today" show
- College official, slangily
- Lotto kin
- Appointed, as a cleric
- Sideways
- More reptilian
- Leaping light
- Rend
- Rayable
- "Rocky's" name
- He was
- "Gomer Pyle"
- "Buckeye" state native
- Musical practice pieces

THIS WEEK'S PUZZLE ANSWER

DOWN

- Donna of TV
- Otis of baseball
- Henson of the "Muppets"
- Close, poetically
- Fabled sailor
- With 10-D, Dawson's show
- Meadow
- Word of disgust
- Hat material
- See 6-D
- Exercise locale
- They outrank Jrs.
- Inlet
- Nighttime series locale
- Wane
- Overcast, poetically
- "Sharkey"
- Hockey legend
- Waved the baton
- Dine
- Blackbird
- "Keystone" one and yang
- Swimming
- Barely exist
- Sawyer and Keaton
- Muse of poetry
- Maori, s.g.
- Cheers
- Football penalty
- Goodman of TV
- Fertilizer ingredient
- Hairpin turn
- Peek-a
- Rowing tool
- Oven product

1	2	3	4	5	6	7	8	9	10	
11					12				13	
14					15					
16			17	18				19		
	20					21	22			
23	24	25		26				27	28	29
30			31			32				
33				34	35	36		37		
	38					39				
40	41	42		43				44	45	46
47		48	49			50		51		
52						53				
	54					55				

IGA SANDWICH BREAD 1 1/2 LB. LOAF **3/1 19**

IGA PLASTIC GALLON JUG HOMOGENIZED MILK **1 99**



IGA GRADE A DOZEN LARGE EGGS **75¢**

GORTON'S 12 OZ. PERCH FILLETS **1 99**

IGA WHIPPED TOPPING **69¢** 12 OZ.

USDA INSPECTED BAKING HENS **49¢** LB

USDA CHOICE TABLERITE WHOLE BEEF RIB EYES **3 49** LB

ARMOUR POTTED MEAT **4/99¢** 3 OZ. CAN

LIPTON TEA BAGS **2 29** 100 COUNT

FRESH WHOLE FRYERS **57¢** LB

IGA DESSERT CUPS **2/1.19** 6 PAK

BRIGHT & EARLY ORANGE DRINK **59¢** 12 OZ. CAN

BUNKER HILL BEEF PATTIES **1.99** 24 OZ.

TROPICANA ORANGE JUICE **1.59** 64 OZ. JAR

MERICO BUTTER-ME-NOT BISCUITS **3/99¢** 9.5 OZ. CAN

TABLERITE INDIVIDUALLY WRAPPED CHEESE SINGLES **1.29** 12 OZ. PKG.

PRIDE OF THE FARM WHOLE KERNEL CORN or SWEET PEAS **2/89¢** NO. 303 CAN

KRAFT DELUXE MACARONI & CHEESE DINNERS **99¢** 14 OZ. PKG.

QUAKER QUICK GRITS **59¢** 2 LB. PKG.

IGA FACIAL TISSUES **2/99¢** 175 COUNT

DIAMOND REGULAR ALUMINUM FOIL **2/99¢** 12" x 25' ROLL

KINGSPORD 10 LB. BAG CHARCOAL **2.39**

IGA BATHROOM TISSUE **59¢** 4 ROLL PKG.

JAMESTOWN MILD OR HOT PORK SAUSAGE **79¢** 1 LB. PKG.

USDA CHOICE TABLERITE RIB EYE STEAKS **3.99** LB

USDA CHOICE TABLERITE SHORT RIBS OF BEEF **1.49** LB

USDA CHOICE TABLERITE "FAMILY PAK" 3 LB. PKG. CUBED STEAKS OR MORE **1.99** LB

LUNDY'S FRESH SPARE RIBS **1.69** LB

TIDE LAUNDRY DETERGENT **\$3 15** KING SIZE BOX

HEFTY TRASH BAGS **\$1 19** 10 COUNT

TREND LAUNDRY DETERGENT **99¢** GIANT SIZE BOX

O & C 3 OZ. ONION RINGS "FRENCH FRIED" **69¢**

MAZOLA 48 OZ. BOTTLE CORN OIL **2 59**

MAXWELL HOUSE 1 LB. BAG GROUND COFFEE **2 39**

MAXWELL HOUSE 10 OZ. JAR INSTANT COFFEE **4 29**

MOUND OR ALMOND JOY 6 PK. CANDY BARS **1 39**

RAGU SPAGHETTI SAUCE **89¢** 15 OZ. JAR

SKINNER THIN SPAGHETTI **2/89¢** 1 LB.

SUNLIGHT DISHWASHING LIQUID **2/99¢** 12 OZ.

NEW CROP WHITE POTATOES **1 59** 10 LB. BAG

PETER PAN 12 OZ. PEANUT BUTTER **99¢**

HUNTS KETCHUP **99¢** 32 OZ. Jar

NEW CROP SOUTHERN PEACHES **69¢** LB.

TENDER, YELLOW CORN 5 EARS FOR **\$1 00**

MEDIUM, YELLOW ONIONS 3 LB. BAG **99¢**

JUICY NECTARINES **79¢** LB

TENDER MUSHROOMS **99¢** 8 OZ. CUP