

USDA Gives Food Stamp Program Facts

A report on the food stamp program presented by the U.S. Department of Agriculture to the Senate Agriculture Committee on June 30, 1975 showed that (1) nearly half of all recipients of food stamps live in households with incomes under \$3,000 (2) The income of the average four-person family on food stamps is \$3,456 a year (3) 92 percent of all food stamp participants are in households with take-home annual income under \$7,000; 95 percent are in households with income under \$8,000; 97 percent are in households with income under \$9,000; and virtually 100 percent are in households with income under \$10,000. (4) Only 13 percent of all food stamp participants are in households with take-home

pay of over \$6,000; and 87 percent of such households consist of at least five persons.

A widely-cited advertisement in Parade Magazine for a booklet that supposedly would show how families earning \$16,000 a year could qualify for food stamps is so

WHAT ABOUT FRAUD?

The USDA June report to the Senate Agriculture Committee said that the percentage of households fraudulently getting food stamps in 1974 was 8/100 of one percent, that is 8 out of 10,000.

The question was asked: "Can able-bodied persons refuse jobs that have been found for them and collect

food stamps instead?" The answer is that all able-bodied persons between the ages of 18 and 65 must register for work as a prerequisite to getting food stamps (unless they are responsible for the care of children or incapacitated adults, or are a student at least half time at an accredited institution.). If a person refused to register for work, his entire family is denied food stamps. Moreover, if a job is located for a work registrant, he or she must accept it, except under extenuating circumstances, or his or her entire family is cut from the program.



PUT IT IN THE QUANTADS FOR RESULTS!

From The Homemakers food news

BY DONNA McLAIN Extension Homemaker

A casserole can be a great time saver on busy days if you make one ahead and freeze it. Here are recipes for salad, casserole and dessert that will provide new taste experiences for your family.

TOSSED GARDEN SALAD

- 1 head lettuce
- 2 large tomatoes
- 4 fresh onions, including tops
- 1 medium cucumber
- 1 bunch radishes
- Few leaves Spinach
- Bunch chives (6 to 8 spikes)
- 1/2 tsp. salt
- Commercial French Dressing
- Salad greens

Cut lettuce in 1 inch cubes. Chill, peel and cut tomatoes into wedges. Cut onions into cubes. Peel and slice cucumber. Slice radishes. Chop spinach leaves and cut chives very fine. Place all on a bed of salad greens. Season with salt and French dressing. Yield: 6 to 8 servings.

BEF-MACARONI CASSEROLE

- 1 1/2 cups cut macaroni
- 2 tsp shortening
- 1/2 cup chopped onion
- 1 lb. ground beef
- 1 tsp. salt
- 1 tsp. steak sauce
- 1/2 tsp pepper
- 1/2 cups shredded cheese
- 1 egg
- 1 1/2 cups milk
- 1/2 cup catsup

Cook macaroni according to package directions. Drain, and place in a large mixing bowl. Place shortening in a skillet and cook the chopped onion until browned. Add ground beef and cook until all color is removed. Drain off excess fat. Add salt, steak sauce, pepper, and 1/2 cup catsup. Mix the meat and macaroni and let cool. When mixture is cool, add shredded cheese and mix well. Place mixture in two 1-quart casserole dishes. To bake: mix together egg, milk, and 1/2 cup catsup and additional shredded cheese if desired. Pour over the casserole mixture and bake in a covered casserole dish at 350 degrees about 25 to 30 minutes, or until it heats through and starts to bubble. Yield: 8 servings. Note: This is an excellent dish to make ahead and freeze.

GRAHAM CRACKER CAKE

- 1 (16 oz.) box graham crackers
- 2 tsp. baking powder
- 1 cup undiluted evaporated milk
- 2 sticks butter or marg.
- 2 cups sugar
- 2 eggs
- 1 tsp. vanilla
- 1 cup chopped pecans
- 1 (3 1/2 oz.) can coconut
- Pineapple filling

Crumble crackers, add baking powder, mix well, and add milk. Set aside. Cream margarine and sugar. Add eggs one at a time, beating well after each addition. Combine with cracker mixture. Stir in vanilla extract, pecans, and coconut. Bake in greased 13 x 9 x 2 inch pan at 350 degrees for 50 minutes or until done. Spread with Pineapple Filling.

PINEAPPLE FILLING

- 1 cup sugar
- 4 tsp. flour or cornstarch
- 1 (20 oz.) can crushed pineapple

Combine sugar and flour, add pineapple and cook until thick (about 10 minutes). Spread over cake in the pan and cut into squares. Yield: 12-15 servings.

INGLES

PLAY GAMERAMA YOU COULD WIN \$1000

COMING THIS FRIDAY! TO THE ASHEVILLE CIVIC CENTER RONNIE MILSAP & DONNA FARGO GOOD SEATS STILL AVAILABLE AT ALL INGLES SAVE \$1.00 \$6.50-\$4.50

SMOKED HAM

SHANK PORTION 89¢ lb.

BUTT PORTION CENTER SLICES 99¢ lb.

USDA CHOICE DELMONICO STEAK 1.79 lb.

TENDER CUBED STEAK 1.59 lb.

RIB ROAST 1.49 lb.

WHOLE TRIMMED BEEF RIBS (22 TO 25 lb.) 1.19 lb.

US CHOICE BONELESS CHUCK ROAST 99¢ lb.

FRESH 3 LBS OR MORE GROUND BEEF 79¢ lb.

BOSTON BUTT PORK ROAST 99¢ lb.

TENDER PORK STEAK 1.09 lb.

MOM & POP'S 11-14 lb. COUNTRY HAM 1.49 lb.

SWIFTS 4 lb. CAN HOSTESS HAM 7.59 lb.

SELECT MEATS 1.29 lb.

BACON 1.29 lb.

FRANKS 1.29 lb.

BOLOGNA 69¢ lb.

SAUSAGE 79¢ lb.

FAMILY PACK FRYERS 33¢

1 TO A BAG WHOLE 39¢ FRYER PARTS

BREAST 89¢

THIGHS 69¢

LEGS 79¢

DELI-BAKERY SPECIALS

SPRUCE PINE N.C. 1.89

3 LAYER 8 INCH COCONUT CAKE 49¢

FRESH BAKED FRENCH BREAD 99¢

26 oz. 8" APPLE PIE 99¢

10 PC. BUCKET-O-FRIED CHICKEN 249¢

5 LB. BAG FLORIDA ORANGES 59¢

3 LB. BAG. MED. WHITE ONIONS 69¢

10 LB. BAG IDAHO RUSSET POTATOES 1.49

FANCY BUNCH GREEN ONIONS 19¢

FANCY LEAF LETTUCE 59¢

FANCY FLA. CUCUMBERS 23¢

JUMBO FLORIDA CELERY 29¢ STALK

5 LB. BAG SOUTHERN BISCUIT FLOUR 69¢

FROZEN FOODS

- STOUFFER 1 1/2 lb. POUND CAKE 70¢
- FLAVORLAND 10 oz. STRAWBERRIES 3100
- FROZEN 12 oz. COCONUT 60¢
- LARGE 9 oz. COOL WHIP 49¢
- ROMAN MEAL 14 oz. WAFFLES 49¢
- PEPPERIDGE FARMS SMALL CAKES 79¢
- SEAL'D SWEET 6 pk. ORANGE JUICE 1.19

BONUS BUYS SHOW BOAT 300 PORK & BEANS 4100

HUNTS 8 oz. TOMATO SAUCE 5100

BETTY CROCKER 12 oz. CAKE MIXES 55¢

H.I.C. 46 oz. FRUIT DRINKS 40¢

KRAFT 8 oz. 1000 ISLAND DRESS. 39¢

PLANTERS 9 oz. CANS. 79¢

TEX-ZE 8 oz. POTATO CHIPS 79¢

GREASE RELIEF 100 ct. 5 oz. DIXIE CUPS 89¢

DEL MONTE 303 FRUIT COCKTAIL 39¢

DEL MONTE 303 CORN WHOLE KERNEL 3100

HONEY-KRUST 1 1/2 oz. BREAD 3100