

GRAVY SAUCES A BLUE-RIBBON WINNER



Fixing dinner can sometimes be a 3-ring circus. Stirring pots, watching the broiler, and tossing the salad take ring-leader ability.

Tonight, make a prize-winning dinner in one easy sweep. Fix veal roll-ups with spinach, green onions, tomatoes, and peas simmered in velvety smooth mushroom gravy. This dinner-in-a-dish meal makes cooking simple, clean-up easy, and eating delicious.

The one ingredient that contributes most to the recipe's blue-ribbon flavor is canned mushroom gravy. It's so reliably good and so convenient, you won't want to be caught without it.

Complete the meal by passing a tray of fresh fruit and cheese for dessert.

BLUE-RIBBON ROLL-UPS

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| 1 pound (4 pieces) thinly sliced veal cutlet | 2 tablespoons shortening |
| Salt and pepper | 1 can (10½ ounces) mushroom gravy |
| 1 cup cooked chopped spinach, well-drained | ¼ cup chopped canned tomatoes |
| 2 tablespoons finely chopped green onions | 1 medium clove garlic, minced |
| ¼ teaspoon basil, crushed | 1 cup fresh peas (about 1 pound) |

Pound veal with meat hammer or edge of heavy saucer; season with salt and pepper. Combine spinach, green onion, and ¼ teaspoon basil. Place ¼ cup spinach mixture on each piece of veal. Roll up, tuck in ends; fasten with skewers or toothpicks. In skillet, brown meat in shortening; pour off fat. Add gravy, tomatoes, garlic, and remaining basil. Cover; cook over low heat 45 minutes. Stir now and then. Add peas; cook 15 minutes more. Uncover to thicken gravy, if desired. Makes 4 servings.

endrin have borne the brunt of anti-pesticide groups.

Many people feel that crops are not bothered by bugs any more so we must get rid of pesticides. This is about as far from the truth as Neil Armstrong was from home base when he first set foot on another planet. The only reason that we have pest free crops, in these times, is because we have used pesticides to control insects and disease which attack them.

Since DDT, in the minds of many, seems to be the worst offender, let's kick it around a little. Dr. Edward N. Knipling, USDA, reports that approximately 25 million lives have been saved and 500 million illnesses have been prevented by the use of DDT alone. This stems primarily from the fact that this material is used to control insects which are carriers of malaria, typhus, yellow fever, dysentery and other diseases of the human race. Statistics show, that in 1967, between 2.5 and 3 million pounds of DDT were used for yellow fever control in South Carolina, Georgia, Alabama, Florida, and Texas. DDT is also an effective insecticide on many crops.

It is true that we have the finest, most abundant and least expensive food supply the world has ever known. It is also true that the individual farmer is producing more food and fiber for more consumers than at any other time in history. This is due to advances in science and technology in which the use of pesticides has played an important part.

Is there really anything to be concerned about? Let's see. We are retiring, each year, about one million acres of potential farmland to super highways, interchanges, airports, industrial complexes and sprawling urban developments. By the year 2000, if all goes well, we may have a worldwide population of about seven and one-half billion peo-

Gourmet's Corner

Neptune's Delight



Ideal for both family and friends is a delicious seafood entrée topped with a special spinach purée. Recently served to the leading West Coast wine and food writers attending The Christian Brothers Third Annual Wine Harvest Luncheon at Ernie's, one of San Francisco's finest restaurants, this delicacy is appropriately called Tarte de Fruits de Mer "Neptune."

Tarte de Fruits de Mer "Neptune"

Ingredients:

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| 1 lb. puff or unsweetened pastry dough | 1 tbsp. finely chopped shallots |
| 1 cup mixed cooked sea food (shrimps, lobster, crab legs, halibut, sole) | 2 ozs. butter |
| ½ cup finely diced mushrooms | 4 eggs |
| | 1 cup milk |
| | A little grated nutmeg |
| | Salt, freshly ground pepper |

Topping:

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| 1 cup plain spinach purée | 2 egg yolks |
| 1 cup finely sliced mushrooms | 1 tbsp. grated parmesan cheese |
| ¾ cup whipping cream | Salt, freshly ground pepper |
| ½ teaspoon beurre manié | |

Line a tart plate with dough. Pierce bottom of dough with fork in many spots. Let stand in refrigerator for ½ hour. In a frypan, over moderate fire, cook shallots in butter for 1 minute; add diced mushrooms. Mix well, let cook 2 minutes. Mix in sea food, and let cool off. In a bowl beat well with fork eggs, milk and seasoning. Put frypan contents into "tarte plate" and pour bowl contents over it. Bake in pre-heated oven (400°) for 20 minutes. Meanwhile in a saucepan cook mushrooms in cream for 5 minutes; thicken with beurre manié; season lightly. Remove pan from fire. Sauce must coat on a spoon. Let cool lightly. Stir in yolks and grated cheese; mix well. Warm up spinach purée. When tart is baked remove from oven. Spread spinach on top evenly and cover with creamed mushrooms. Place tart under preheated broiler until nicely brown. Unmold, place on doily paper, decorate with fresh parsley around and serve. Serves 8.



GARDEN TIME

By M. E. GARDNER, N. C. State University

Don't let these unfamiliar words, to many of you, keep you from reading this column. The chlorinated hydrocarbons are again in trouble. You will recognize some of them—DDT, chlordane, endrin, aldrin, dieldrin and benzene-hexachloride. These are an important group of pesticides and, perhaps DDT and

MAKING LIFE EASIER

Here's An Idea ...

by Barbara Bee

Women's Home Consultant
Bruner division of Calgon Corporation

If it took you all summer to slim down to a comfortable "at the pool" figure, plan this year to keep in shape all year long. Start a fall program of keeping away those excess inches that seem to accumulate during the winter. Continue to take walks

(not rides) to the grocery store. Put on an extra sweater and keep up the bike trips to see the leaves change into a lovely new season. Work off special meals by swimming at indoor pools at local Ys or health centers. Not only won't you have to crash diet next summer, but you will maintain a trimmer and healthier all-around look.



Barbara Bee

in seconds!

Would you like to save 100 or more hours of housework a year? (You're right, it is a silly question.) Well, you can save just that and use less soaps and detergents. The secret is conditioned water. It leaves clothes and dishes cleaner with less soap and leaves no soapy film or water spots. Think of it—no awful bathtub ring! Now that alone is surely worth it!

Removing chewing gum from clothing is no longer a sticky problem. One of our readers suggests freezing the gum with an ice cube and then crumbling the gum away. For small clothing articles, just put it into your freezer compartment for a half hour and then break the gum away.

If you have ever had the problem of removing the first piece of brownies or sheet cake after baking, line one edge of the pan with a strip of aluminum foil leaving a little extra to hang out as a tab. Lifts out

We had better watch out. We may be riding for a fall.
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