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

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-ina-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

1 pound (4 pieces) thinly sliced veal cutlet

green onions

2 tablespoons shortening 1 can (10½ ounces) mush-Salt and pepper 1 cup cooked chopped spinach, ¼ cup chopped canned well-drained tomatoes

1 medium clove garlic, minced 2 tablespoons finely chopped 1 cup fresh peas (about 1 pound)

1/4 teaspoon basil, crushed Pound veal with meat hammer or edge of heavy saucer; se with salt and pepper. Combine spinach, green onion, and ½ teaspoon basil. Place ½ 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 THE JONES JOURNAL

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 pes-tisides. This is about as far from the truth as Neil Arm-strong 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 prevent 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



Trenton, N. C., Thursday, August 21, 1969

Ideal for both family and friends is a delicious seafood entrée topped with a special spinach purée. Recently served to the lead-ing 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 appro-priately called Tarte de Fruits de Mer "Neptune."

Tarte de Fruits de Mer "Neptune"

- Ingredients: 1 lb. puff or unsweetened
- 1 ib. pull or unsweetened pastry dough 1 cup mixed cooked sea food (shrimps, lobster, crab legs, halibut, sole) ½ cup finely diced mushrooms

Topping:

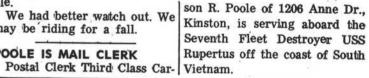
- 1 cup plain spinach purée 1 cup finely sliced mushrooms 3⁄4 cup whipping cream 1⁄2 teaspoon beurre manié
- 1 tbsp. finely chopped shallots 2 ozs. butter 4 eggs 4 eggs 1 cup milk A little grated nutmeg Salt, freshly ground pepper

2 egg yolks

Line a tart plate with dough. Pierce bottom of dough with fork in many spots. Let stand in refrigerator for $\frac{1}{2}$ 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 season-ing. Put frypan contents into "tarte plate" and pour bowl con-tents over it. Bake in pre-heated oven (400°) for 20 minutes. Mcanwhile in a saucepan cook mushrooms in cream for 5 min-utes; thicken with beurre manié; ceason 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 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. Line a tart plate with dough. Pierce bottom of dough with fork

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may be riding for a fall. POOLE IS MAIL CLERK seven and one-half billion peo-







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

Don't let these unfamiliar | nize some of them-DDT, chlorwords, to many of you, keep you dane, endrin, aldrin, dieldrin from reading this column. The and benzene-hexachloride. These chlorinated hydrocarbons are are an important group of pesagain in trouble. You will recog- ticides and, perhaps DDT and

MAKING LIFE EASIER

re'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



new season. Work off spe-cial meals by Barbara Be

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 health-ier all-around look.

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 alum-inum foil leaving a little extra ig out as a tab. Lifts out 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 se-cret is conditioned water. It leaves clothes and lishes clean-er 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 cloth ing articles, just put it into your freezer compartment for a half hour and then break the

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