

**TRY TOMATO SOUP FOR SAUCERY**



The more substantial meals of the fall season needn't take hours to prepare. By using convenience foods to help you out, bright and tasty dishes like Country Chicken Skillet almost prepare themselves.

Rosy 'n rich condensed tomato soup, for instance, makes quick work of the sauce preparation, and by using frozen okra and succotash you eliminate the time-consuming job of preparing the vegetables.

All you do is brown chicken parts in bacon drippings and add a bit of onion and garlic for zip. Then pour on the double thick, perfectly seasoned condensed tomato soup and simmer. For your final step, add the still frozen vegetables and cook until tender.

For a true family-pleasin' meal accompany your Country Chicken Skillet with sesame seed-topped refrigerator biscuits and baked apples.

**COUNTRY CHICKEN SKILLET**

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| 2 slices bacon                           | 1 teaspoon Worcestershire              |
| 2 pounds chicken parts                   | ¼ teaspoon salt                        |
| ½ cup sliced onion                       | Dash pepper                            |
| 1 medium clove garlic, minced            | 1 package (10 ounces) frozen okra      |
| 1 can (10½ ounces) condensed tomato soup | 1 package (10 ounces) frozen succotash |
| ¾ cup water                              |  |

In saucepan, cook bacon until crisp; remove and crumble. Pour off all but 2 tablespoons drippings. Brown chicken and cook onion with garlic in drippings until tender. Stir in soup, water, Worcestershire, salt, and pepper. Cover; cook over low heat 15 minutes. Add vegetables. Cook 30 minutes more or until tender, stirring vegetables into sauce. Garnish with bacon. Makes 4 servings.

**Topsy-Turvy Walnut Bran Gems**



You serve these super muffins upside down, so that the crunchy walnuts come out on top in a buttery sugar glaze. Inside, they're almost like cake, what with the rich flavors of crushed pineapple, Kellogg's All-Bran, and chopped walnuts—the perfect hot bread for breakfast, brunch, or coffee break, and a "natural" for both taste and nourishment. Either famous Kellogg's All-Bran or Bran Buds cereal may be used, and Diamond Walnuts are readily available shelled in clear bags or vacuum cans or in-the-shell in cellophane bags. All are fine energy pick-up foods.

**Upside Down Walnut Muffins**

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| ¼ cup brown sugar, firmly packed          | 1½ cups Kellogg's All-Bran or Bran Buds cereal |
| 12 Diamond Walnut halves, or large pieces | 1 8½-ounce can crushed pineapple, undrained    |
| 1½ cups sifted regular all-purpose flour  | ¼ cup milk                                     |
| ¾ teaspoon baking powder                  | 1 egg  |
| 1 teaspoon salt                           | ½ cup soft shortening                          |
| ¾ cup granulated sugar                    | ½ cup coarsely chopped Diamond Walnuts         |

Generously butter twelve 2½ inch muffin cups. Sprinkle about one teaspoon brown sugar into each cup. Place a walnut half on brown sugar in each cup. Sift together flour, baking powder, salt, and sugar. Set aside. Measure All-Bran, pineapple, and milk into mixing bowl; mix well. Let stand about two minutes or until most of moisture is absorbed. Add egg and shortening; beat well. Stir in chopped walnuts. Add sifted dry ingredients to All-Bran mixture, stirring only until combined. Fill muffin cups ¾ full. Bake at 400 degrees F., about 25 minutes or until muffins are lightly browned. Let stand in pan about five minutes; loosen muffins from sides of cups and invert on wire rack. Serve warm, walnut side up. Makes twelve muffins, about 2½ inches in diameter.

NOTE: Leftover muffins may be wrapped and frozen. Warm to serve.

**Home Echoes**

by Marie Penuel  
Home Economics Ext. Agent

? — Is there a certain way to use a meat thermometer? A roast meat thermometer is an accurate test for doneness. Insert it into the raw meat so that the bulb reaches the thickest part of the lean meat and does not rest in fat or on bone. When the desired internal temperature is registered, push the thermometer down slightly. If temperature drops, continue cooking to correct temperature.

? — Is a roasting timetable for meats dependable or accurate? Tests have shown that timetables for roasting should be used only as a guide to determine the time required to cook a certain cut of meat to the desired doness.

? — What affects the roasting time for meats? Many variables which affect roasting times, such as size, composition, aging, and initial temperature of meat, are often encountered in roasts of the same weight.

? — When roasting meat — should the fat side be next to the pan? Place roast fat side up on a rack in an uncovered pan. The meat does not touch the bottom of pan and will not require any basting. The roasting is done in a slow oven to the doneness desired.

? — How high is the toe space for kitchen cabinets? Toe space is 4 inches high and 3 inches deep.

**USSERY ON TUG BOAT**

Navy Fireman Steven L. Usery, son of Mr. and Mrs. R. M. Usery of Route 2, Kinston, has completed a three-month deployment in the Northern Pacific aboard the fleet tug USS Arikara. The Pearl Harbor-based tug served as the stand-by Search and Rescue vessel, operating from the Naval Station at Adak, Alaska.

**VETERANS CORNER**  
Continued from page 4

Q — Upon discharge from the Armed Forces, I received a lump sum disability severance payment. Will I have to pay this back to the government if I am awarded VA compensation for the same disability?

A — Yes. The law requires that VA month compensation payments be withheld until the amount received is equal to the amount of military severance pay you received because of the disability.

Q — May I pay more for a home than the VA appraisal with a G. I. loan?

A — Yes, provided you pay in cash the difference between the reasonable value determined by the VA and the price of the house.

Q — I entered military service last year before completing high school. When I get out of service will the VA pay me an educational allowance while I am completing high school? If so, how much?

A — Yes, VA will pay you an educational allowance to finish high school, if you have more than 180 days active service. If you are a single veteran, you will receive a part-time allowance of \$81 a month for adult evening high school, with additional allowances if you have dependents. The law provides this assistance without deducting anything from any additional training you may want to take later on.

Q — I was recently honorably discharged from the Army. While stationed in the United States, I received a service-connected disability. Will I be paid the wartime disability rate or the peace time rate?

A — The law grants wartime compensation rates for service-connected disabilities for Viet-4, 1964) no matter where they served. Contact your nearest VA office for information and assistance in applying for disability compensation.

**Cranberries — Tasty Accent to Meals**

What's in a name? Cranberries, one of our favorite holiday foods, were originally called cranberries. They were so named because the bud and stem resemble the head and neck of a crane.

But "cran" or "crane" they've made their mark for menus throughout the year, notes Mrs. Ruby Uzzle, extension consumer marketing economist, North Carolina State University.

For example, chilled cranberry juice can serve as an appetizer for the first course of any meal or as a refreshment. It's good served "as is." Or you might combine it with other juices such as pineapple, grape, orange, or grapefruit juice.

For a special breakfast meal, try chopped cranberries added to your favorite muffin recipe or breakfast bread.

Next time you're having ham for dinner, you might try glazing it, when partly cooked, with crushed cranberry sauce and brown sugar.

Cranberries are a popular side dish to serve as a meat or poultry go-with. Either the plain sauce, with the cranberries left whole, or the jellied sauce that has been strained, add a festive touch to any meal.

You might serve cranberry sauce as a sauce on waffles, pancakes, and steamed puddings.

You can make any number of desserts from fresh and processed cranberries. Sherberts, ice cream, cake, pie, pudding and tarts are among the favorites.

For a luncheon or dinner meal, try cranberry juice with a "dip" of sherbert for a party touch.

Don't forget, many a dull meal can be brightened by using cranberries as a garnish.

VA says 24,500 disabled vets trained in its vocational rehabilitation programs during fiscal year 1970.

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Negro firms and individuals accounted for 83 per cent of all minority participation in VA loan guaranty operations in fiscal year 1970.

15,000 jobs were offered the 9,186 vets who attended the two-day New England Vietnam Veterans Job Mart sponsored by VA and the Boston Globe.