

School Menu For Next Week Is Announced

- Monday, January 26**
Hot Dogs
Beef Chili
Mustard
Tomato-Vegetable Soup
Saltines
Ginger Bread
Sweet Milk - Chocolate Milk
Self-Service Tray — KMHS and Central
- Tuesday, January 27**
Chili Beans
Steamed Cabbage
Whipped Potatoes
Peanut Butter Delight
Fresh Pear
Corn Bread
Sweet Milk - Chocolate Milk
Self-Service Tray — KMHS and Central
- Wednesday, January 28**
"Pot Luck" Dinner
- Thursday, January 29**
Salisbury Steak
Steamed Rice or Grits — Brown Gravy
Tomato Soup
Sweet Potato Souffle, Marshmallow & Raisins
Hot Rolls
Sweet Milk - Chocolate Milk
Self-Service Tray — KMHS and Central
- Friday, January 30**
Meat-Sauce (with selected Cheese)
Pear Salad (with selected Cheese)
Green Beans (with Small Whole Potatoes)
Peanut Butter or Raisin Cookies
Hot Rolls
Sweet Milk - Chocolate Milk
Self-Service Tray — KMHS and Central
- Saturday, January 31**
Parmesan Cheese, Mayonnaise (For Salad), Pickles.
KMHS Choice — Steak Pattie

Treat Family To Turkey, Chicken Dishes

The N. C. Poultry Federation is pleased to furnish to the home-makers in North Carolina a "delicious" chicken recipe from Jesse Ray Scott, wife of the Governor of North Carolina. The recipe is a favorite of the Governor and the whole Scott family, and we are sure it will be a favorite of your family.

While the recipe is called "Breasted Chicken" it is not a recipe consisting only of the breast. In fact, the whole broiler is made into a tasty meal and one that you will enjoy.

BREADED CHICKEN

- (Poulet a l' Estragon)
1 chicken, 3 pounds
2 tablespoons flour
Salt
Pepper
Clarified butter, for sautéing
2 or 3 shallots
1/2 cup dry white wine
1/2 cup stock
1 bay leaf
1 pinch thyme
2 stems parsley
1 small bunch fresh tarragon

Cut chicken into 8 pieces or leave whole. Combine flour, salt, pepper. Coat chicken with flour mixture. Brown on all sides in hot clarified butter. Cut shallots very fine and spread over chicken. Simmer for a few minutes. Add wine, stock, and the bouquet of herbs, using the stem only of tarragon, sautéing leaves. Cover and

simmer cut-up chicken 25 minutes or until tender. Simmer the whole chicken 45 minutes, turning frequently. When chicken is tender, remove and keep hot.

SAUCE for Breasted Chicken
1 cup light cream
1/4 cup grated Parmesan cheese
To the pan juices, add cream and cheese, and any flour not used in coating chicken. Simmer gently until sauce thickens. Strain sauce over chicken. Garnish with tarragon leaves, whole or chopped.

Traffic safety research organizations have established that one out of every 50 motorists you meet on the highway is drunk — not drinking — but drunk.

Part of China's Grand Canal was built in the 7th century.

"A" Ratings To Dairy Plants

The Cleveland County Health Department has been awarded Grade A ratings to all pasteurization plants supplying this county with pasteurized milk and milk products and to all producer dairies providing the county with raw milk for pasteurization.

Routine inspections and laboratory control work is administered by the local health departments in Cleveland County.

which is located in Cleveland County and 26 producer dairies. The twelve pasteurization plants receiving Grade A ratings for all pasteurized products are: Carolina Dairy, Inc., Shelby, N.C.; Biltmore Dairy Farms, Asheville, N. C.; Edmore Dairy Farms, Charlotte, N. C.; Borden Dairy Products, High Point, N. C.; Jenkins Dairy, Gastonia, N. C.; Pat Dairy, Inc. (Harris Toeter and A & P), Charlotte, N. C.; Sealtest Foods, Asheville, N. C.; Superbrand Dairy Products, Greenville, S. C.; Sunrise Dairy, Inc., Gastonia, N. C.; Yadkin Dairy, Inc., Wilkesboro, N. C.

The 25 Grade A Producer Dairies include 12 located in this county and 13 in Lincoln County, five in

Rowan County, one in Mecklenburg, one in Cherokee County, one in Union County, one in Yadkin County, one in Davie County, one in Rutherford County and one in Gaston County.

The 250-room Biltmore House at Asheville is one of North Carolina's finest attractions. Once the home of George Vanderbilt, the elegantly designed and furnished structure is open for daily tours.

The milk sanitation program in Cleveland County is administered under the supervision of Dr. L. Thomas Morton, Health Director, Mrs. Winston Shall, Laboratory bacteriologist, Bob Hayes, Sanitarian II, and Ralph W. Dedmond, R. S., Sanitarian Supervisor.

North Carolina has made vigorous efforts to promote its travel and tourist industry since 1937.

A healthy savings account makes you feel more independent about what you do for a living. And more secure about your family's future.

And sometimes it just means a little something extra when an anniversary rolls around.

The people you care about get a lot more out of life when you've got some money in the bank.

First Union National

Farm Program Inquires Are Welcome

Questions about farm programs of the U. S. Department of Agriculture — in particular, those on crop allotments, marketing quotas, acreage adjustment, price-support loans and payments, diverted acres, and cost-sharing for conservation practices — are welcomed at the Cleveland County Agricultural Stabilization and Conservation Service (ASCS) Office.

Those mentioned above are programs administered by ASCS. "However, our county office people will do their best to see that any and all questions about U. S. Department of Agriculture programs and services are answered," said Charles J. Hamrick, Chairman of the Cleveland County ASC Committee.

"Frequently, we have to call upon another agency, such as the Soil Conservation Service or the Farmers Home Administration, to get the details. The various agencies all cooperate well with each other. After all, we're all working for the same person — the U. S. taxpayer.

He said that the Cleveland County ASCS Office workload is mainly involved with the Cotton, Feed Grain and Wheat Programs. It also handles other programs such as Agricultural Conservation, Cropland Conversion, Cropland Adjustment, Price Support, Farm Storage and Dryer Equipment Loans, Wool Program, and Tobacco Program.

Visits to the county office, phone queries, or written requests for information are all welcome, Mr. Hamrick said. The County ASCS Office address is Box 1388, Shelby, N. C. The phone number is 487-6375.

County office personnel are: Ralph Harrill, County Executive Director; Evelyn Blanton, Pauline Justice, Nancy Gibson, Lelia Reel, Druseilla Morgan, Rebecca Kirkendall, Helen Philbeck, Sarah Mask, Louise Hamrick, and Tom Hamrick.

The farm programs are administered locally by a farmer-elected ASC County Committee headed by Mr. Charles J. Hamrick. Other committee members are John W. Cline, and Odys Royster.

"Committee members too are always glad to answer questions about farm programs," the Chairman said.

MEN NEEDED

In this area to train as

LIVESTOCK BUYERS

LEARN TO BUY CATTLE,

HOGS AND SHEEP

at sale barns, feed lots, and farms. We prefer to train men 21-55 with livestock experience.

For local interview, write age, phone, address and background.

NATIONAL MEAT PACKING

F. O. Box 2475

Columbus, Ohio 43216

1:22-2f

A SAFE SERVICE BANK Member F.D.I.C.

