

FRESHNESS & NUTRITION

...THOSE ITEMS ARE IMPORTANT TO YOU AND IMPORTANT TO US! IT IS A BIG RESPONSIBILITY PREPARING MEALS FOR A FAMILY THAT ARE WHOLESOME AND NUTRITIOUS. WHEN YOU SHOP WINN-DIXIE YOU CAN BE ASSURED THAT YOU WILL FIND ONLY TOP QUALITY PRODUCE AND MEATS OFFERED FOR SALE. WHAT YOU SERVE YOUR FAMILY IS IMPORTANT TO YOU AND WINN-DIXIE. WE WANT YOU TO KNOW THAT WE ARE WORKING TO HELP YOU LIVE BETTER FOR LESS.

OPEN SUNDAY

1-7

★ KINGS MOUNTAIN PLAZA

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They'll Go For Seconds

From Page 6B

wild rice or one of the good packaged rices. Serves two generously or four lightly.

TUNA BOATS
8 hot dog buns
1 cup tuna
1 grated carrot
1/4 cup chopped celery
1/4 cup relish
1/4 cup mayonnaise
1 hard boiled egg, chopped
1 cup grated cheese
Fill buns and bake at 350 degrees until buns are brown.

BROCCOLI CASSEROLE
By Carolyn Lowie
1 pkg. frozen chopped broccoli
1/4 cup mushroom soup

1/4 cup mayonnaise
1 t chopped onion
1 egg
1/2 cup grated cheese
Ritz crackers
Cook and drain broccoli. Mix other ingredients with the broccoli. Pour into greased dish. Top with crumbled Ritz crackers. Bake at 400 degrees for 25 min. Serves four.

SQUASH CASSEROLE
By Faith Chestnutt
1 lb. squash
1 can cream of chicken soup

1 T minced onion
1 cup sour cream
1/2 cup Pepperidge Farm herb stuffing mix
Cook squash in boiling water until tender. Drain well and mash. Add chicken soup, sour cream, onion and mix thoroughly. Sprinkle 1/2 of herb stuffing mix on bottom of casserole. Pour over squash mixture, then sprinkle remainder of stuffing mix on top. Slivered almonds may be baked, uncovered, at 350 degrees for 25 min. until bubbly.

Motion & Time Study Class Set

The Extension Department at Cleveland Tech scheduled a Motion and Time Study class which will begin Thurs., Aug. 4, at 8:30 p. m., in room 1004 on Tech's campus. Mr. Jerry Lingerfelt will instruct the course, which will meet Thursday from 6:30 to 9:30 p. m. for ten weeks. (30 hours).

This course is not designed to be an industrial engineering course, but is aimed at giving interested individuals basic information and knowledge about motion and time study principles. Most of the course content will revolve around practical exercises taken from the textile industry. Each student will be expected to furnish his own equipment (stopwatch, etc.).

The class is open to anyone eighteen years of age and older, and anyone interested can register at the first class meeting. The only charge for the class will be a \$5 registration fee. Additional information can be obtained by calling the Extension Department at Cleveland Tech, 482-8351 between the hours of 8 a. m. and 4 p. m., Monday through Friday.

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