

Recipe From A Pennsylvanian's Kitchen

Sally (Mrs. Elmer B.) King, newcomer to Kings Mountain from Pennsylvania, has provided us with a "York County Farm Women Go To The Kitchen" cookbook which is full of tasty recipes you will enjoy serving to family and friends.

CHAFING DISH MEAT BALLS AND FRANKS

2 lb. ground beef
1 slightly beaten egg
1 large grated onion
Salt to taste
Sauce
1 bottle chili sauce
1 (10 oz.) jar grape jelly
Juice of 1 lemon
2 lb. frankfurters, sliced on the diagonal

Mix the ingredients for the meat balls together and shape into 50 to 60 small balls. Make a sauce of the chili sauce, grape jelly and lemon juice in a large frying pan. Drop meat balls into simmering sauce. Simmer until brown through. Add the frankfurters, sliced 1/2 inch thick. Simmer 20 minutes. Finished dish may be cooled and frozen. To serve, defrost and reheat slowly. Serve from chafing dish with cocktail picks. This is a delicious dish.

COKE SALAD

1 large pkg. cherry jello
1 (303) can pitted Bing cherries
1 large pkg. Philadelphia cream cheese
1 (12 oz.) bottle Coke
1 (303) can pineapple chunks
1/2 c. chopped nuts
Drain juice from fruit; add water to make two cups. Heat juice to boiling; add to jello and stir until dissolved. Partially cool. Add gradually to softened cheese until blended. Add the remaining ingredients and pour in mold or utility pan, depending on how you wish to serve. Can be served on lettuce.

SUPPER MEDLEY

1 lb. ground beef
1 can peas, canned or frozen
1 can tomatoes
1/2 lb. spaghetti
Parmesan cheese
Brown meat, add peas, tomatoes and simmer. Pan boil 1/2 pound spaghetti and top vegetables and meat. Add parmesan cheese and brown.

CHICKEN DIVAN

1 can cream of chicken soup
1/2 c. mayonnaise
1/2 tsp. curry powder
4 chicken breasts
2 boxes frozen broccoli
Boil chicken breasts

until tender. Partially cook broccoli in greased pan. Add boned chicken salt and pepper to taste. Top with sauce of soup, mayonnaise and curry powder. Cover with foil. Bake at 350 degrees about 1/2 hour until mixture bubbles.

BANANA BREAD

1/2 c. butter
1 c. sugar
1/2 c. milk
3 eggs
2 c. sifted flour
1 tsp. baking powder
1 tsp. soda
1 tsp. vanilla
1 c. mashed bananas
1/2 c. coarsely chopped nuts

Cream butter and sugar thoroughly; add mashed bananas and blend. Sift flour and measure; add

other dry ingredients and sift. Combine milk, eggs and vanilla. Add dry ingredients alternately with liquid to creamed mixture. Fold nuts in last. Pour in well-greased loaf pan and bake in moderate oven, 350 degrees, for 35 minutes or until a toothpick comes out without any batter clinging to it.

CHOCOLATE CAKE

1 1/4 c. cake flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. salt
1/2 c. shortening
1 c. sugar
1 egg
1 c. tart, stiff applesauce
1 c. seedless raisins
Sift flour, measure and resift three times with soda, spices, and salt.

Cream shortening and blend in sugar. Beat in egg, then applesauce. Add flour mixture; blend well. Stir in raisins. Put into buttered eight inch square cake pan lined with waxed paper. Bake in oven at 350 degrees

for 45 minutes. Cool before serving.

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CHOCOLATE CAKE
2 c. flour
1 tsp. baking powder

1 tsp. baking soda
1/2 tsp. salt
3/4 c. cocoa
2 c. sugar
2 eggs
1/2 tsp. vanilla
3/4 c. milk
3/4 c. Wesson oil

1 c. black coffee
Mix sugar, eggs, vanilla, milk, Wesson oil and coffee together. Add dry ingredients and mix well. Bake in oven at 350 degrees for 35 minutes or until toothpick comes out dry.

Lower Heat Tolerable With Higher Humidity

The home heating season is back, and more than ever people are looking for ways to conserve heat and cut the energy bill. Have you considered humidity's role in this effort?

High humidity makes our bodies hold heat. Anyone who has lived through a summer in North Carolina knows how difficult it is to get comfortable on a humid day, even if the temperature isn't unusually high.

Dry air absorbs moisture from the skin and produces a chilling effect. That helps explain why mothers fret when their children work up a sweat playing outside in cool weather and take off an outer garment. The clothing next to their bodies is damp from perspiration and cools quickly when the sweater or coat is removed.

But back to in-the-house humidity. A humidifier can be a good

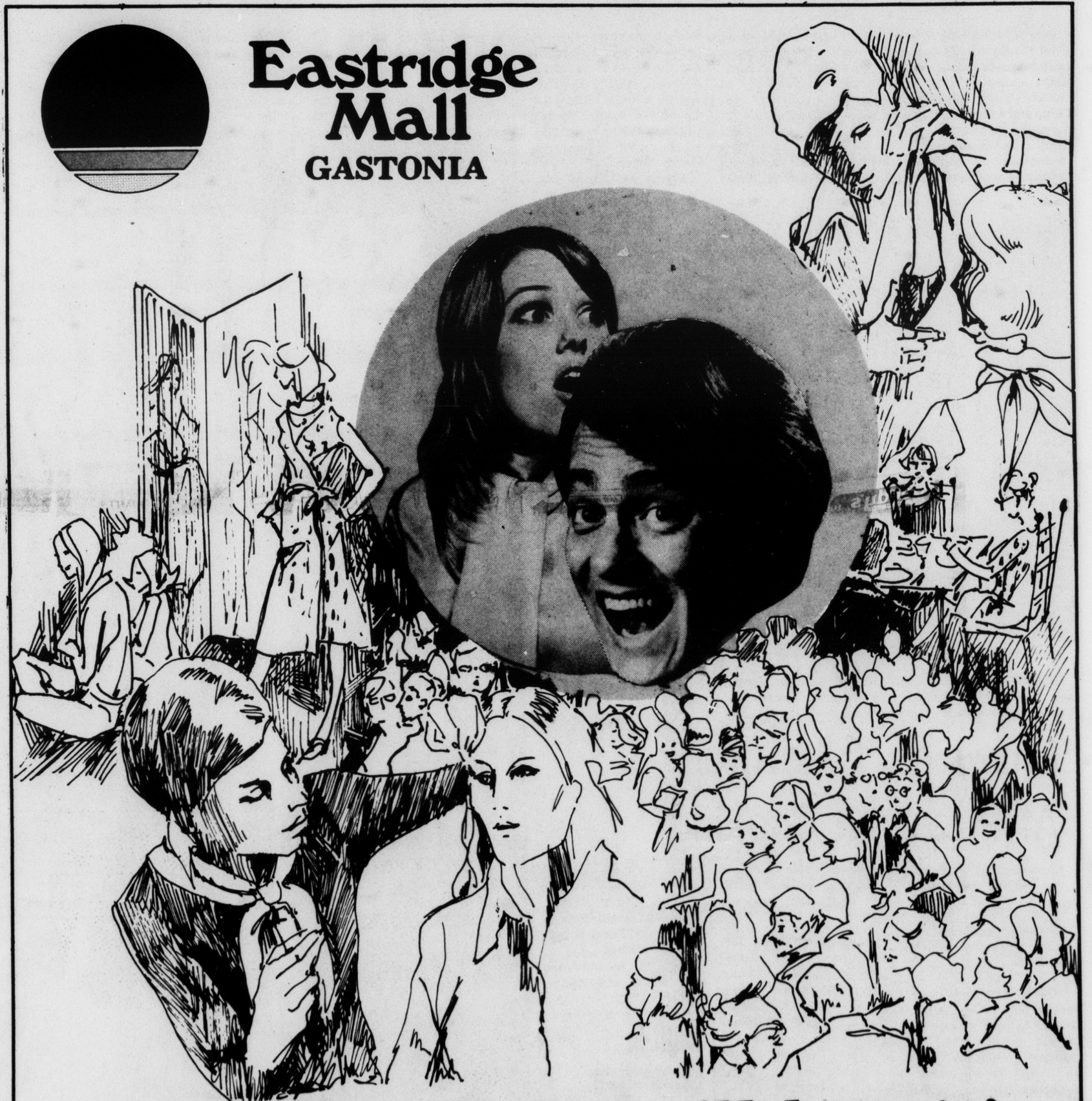
investment for a home that has a heating system that makes the house very dry. Many of the forced air systems produce this kind of condition.

North Carolina State University extension housing engineers suggest placing a pan of water near a heating outlet to help add moisture to the air, if a humidifier isn't available. In the heyday of the space heater, the pan of water was kept on top of the

heater to add moisture to the air—remember? Space heaters are coming back.

House plants also help increase humidity by giving off moisture. A few hanging baskets and a few potted plants scattered around could be helping cut your heating bill.

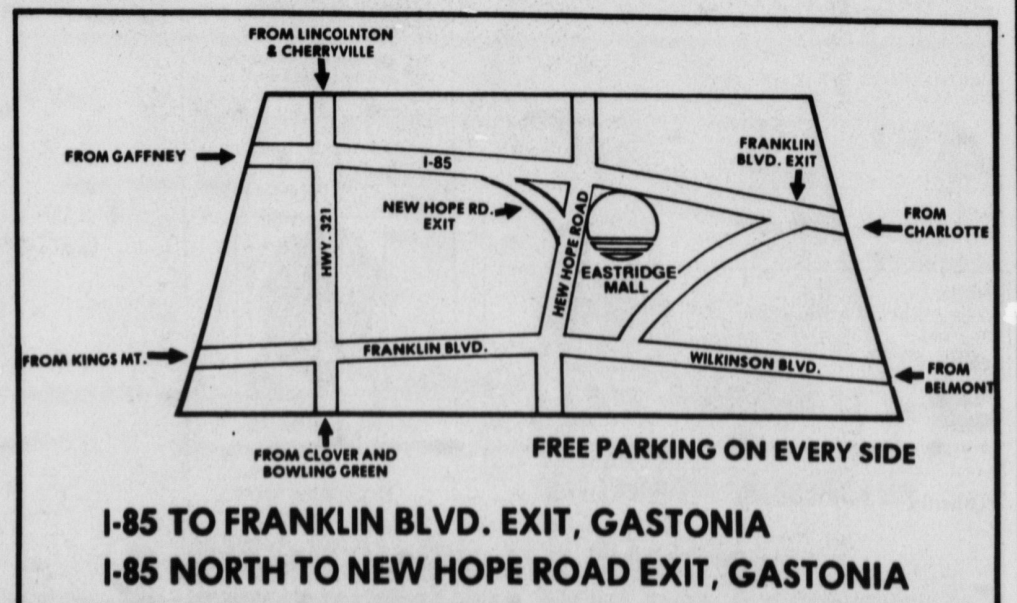
Just remember with higher humidity, you will be comfortable with a lower temperature and save energy, too.



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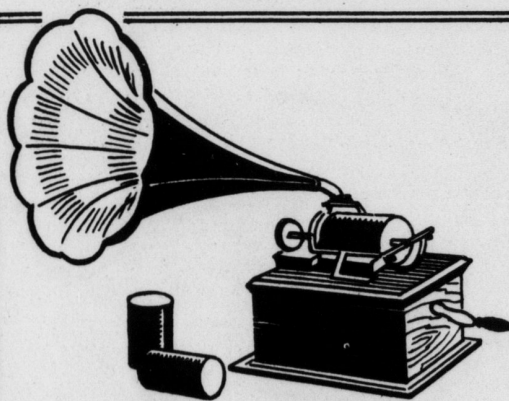
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