

# Stumpin' With Hodges.....



**WITH GIRL SCOUTS** — Mayor John H. Moss played host to U. S. Senate candidate Luther Hodges Monday at city hall. The candidate also got a chance to chat with

Mary Starnes (left) and Cindy Adams, Girl Scouts assigned as police secretary and codes director for Girl Scouts In Government Day in Kings Mountain.



**WITH SENIOR CITIZENS** — U. S. Senate candidate Luther Hodges visited with members of the Kings Mountain Aging Program at the Depot Center Monday to tell the senior citizens a little about what he would

like to do for them as Senator. He also heard from many at the center who have fond memories of Hodges' father, Gov. Luther Hodges.

## Soup And Dreary Days Go Together

Soup and dreary, wintry days just naturally go together.

It has been estimated that about 20 percent of all the food produced in the United States is lost or wasted annually. Ac-

cording to the General Accounting Office, in 1974 household foodwaste amounted to \$11.7 billion. What does that have to do with soup? With proper food handling, planning and preparation, much

food which is frequently thrown away can be delicious in soups or other combination dishes.

If left-over foods have a way of being hidden in the refrigerator until they are beyond use, one person has

passed along an idea that seems workable. Choose a large freezing container — perhaps one-half gallon or more. Each day when a meal is finished put all the left-overs into the container and freeze. Include everything from creamed potatoes, gravy, roast, rice, broth, to vegetables and juices. Add left-overs daily and return container to the freezer. After the container is filled, buy soup bones, meat, or chicken as desired and proceed with making your soup. You will probably wish to add onions, tomatoes, or other vegetables which will please the family. A big pot of soup will be welcomed, especially on busy days. Extra soup can be frozen in smaller quantities for later use.

Several soup recipes are given for people who are timid about cooking without specific directions.

**CREAM OF SWEET POTATO SOUP**  
 3 sweet potatoes  
 2 cups chicken bouillon  
 1 teaspoon sugar  
 1/2 teaspoon each of ground nutmeg and cloves  
 1 1/2 cups milk  
 Salt and pepper to taste  
 Peel and slice potatoes. Add to bouillon and bring to boil. Simmer, covered, for about 20 minutes, or until tender. Force through food mill or puree in blender. Reheat with remaining ingredients. Serve hot, or chilled with a dollop of sour cream. Makes quart. Note: The sugar and spices should be adjusted to personal taste. A bit of onion or onion powder may be desired.

**PINEBARK STEW**

It is an old Tar Heel custom to prepare stews of the muddle type in black iron washpots over a fire outdoors. In the old days this fire was often made from pine bark. That's how the name originated.

2 lbs. red snapper fillets or other fish fillets, fresh or frozen  
 1/4 cup chopped bacon  
 1 cup cup chopped onion

2 cans tomatoes (1 lb. 13

**POTATOES**  
 Americans consume over 25 billion pounds of potatoes per year.

In old India, coral was supposed to ward off the effects of too much sun.

oz. each)  
 1 cup catsup  
 2 cups diced potatoes  
 2 tbsp. Worcestershire sauce  
 2 tsp. salt  
 1/4 tsp. pepper  
 Thaw frozen fillets. Skin if necessary. Cut fillets into 1-inch pieces. Fry bacon until lightly browned in a large kettle on a preheated barbecue grill. Add onion and cook until tender. Add tomatoes, catsup, potatoes, and seasoning. Cook for 30 minutes, stirring occasionally. Add fish and continue cooking until potatoes are tender. Yields 6 servings. Note: If you have left-over cooked fish, be sure not to discard but use in stew.

**JIM GRAHAM'S TARHEEL BRUNSWICK STEW**  
 1 large stewing chicken  
 1 pound veal, beef, goat, or squirrel  
 2 large potatoes, diced  
 1 large onion diced  
 4 cups fresh or canned corn  
 4 cups lima beans  
 2 cans (8 ounce each) tomato sauce  
 or canned tomatoes  
 Salt  
 Pepper  
 Hot pepper sauce  
 Worcestershire sauce  
 Butter  
 Stew chicken and other meat together until chicken is ready to fall from bones. Cool and shred chicken and other meat with fingers, discarding

skin and fat. Put meat back in broth, skim off excess fat and continue to simmer. Cook potatoes with onion, corn, lima beans, and tomato sauce. When potatoes are tender, combine with chicken. The mixture will be thin like soup. Simmer for several hours to thicken. Season to taste with salt, pepper, hot pepper sauce, Worcestershire sauce and butter. Yields: 10 to 12 servings. Note: Brunswick Stew freezes well. If a stewing hen is not available, try a large broiler-fryer.

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