Stumpin' With Hodges.....



Photos By Tom McIntyre

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

Pic in Pay Shoes @ Sponing

Easter Savings

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

1 cup catsup

2 tsp. salt

sauce

2 cups diced potatoes

2 tbsp. Worcestershire

¼ 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.

tery 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-

Soup and dreary, win- 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

food which is frequently passed along an idea that oz. each) thrown away can be delicious in soups or other combination dishes.

If jeft-over foods have a way of being hidden in the refrigerator until they are and preparation, much

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

seems workable. Choose a

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 to add onions, tomatoes, or other vegetables which will please the family. A big pot of soup will be welcomed, especially on busy days.

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

Extra soup can be frozen in smaller quantities for later

SWEET POTATO

3 sweet potatoes 2 cups chicken bouillon 1 teaspoon sugar

1/8 teaspoon each of ground nutmeg

and cloves

11/2 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.

fish fillets, fresh or

¼ cup chopped bacon 1 cup cup chopped onion

2 cans tomatoes . (1 lb. 18

POTATOES

Americans consume over 25 billion pounds of potatoes

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

JIM GRAHAM'S TAR HEEL

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

4 cups lima beans 2 cans (8 ounce each)

tomato sauce or canned tomatoes

Salt

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 hours to thicken. Season to 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

back in broth, skim off taste with salt, pepper, hot pepper sauce, cestershire 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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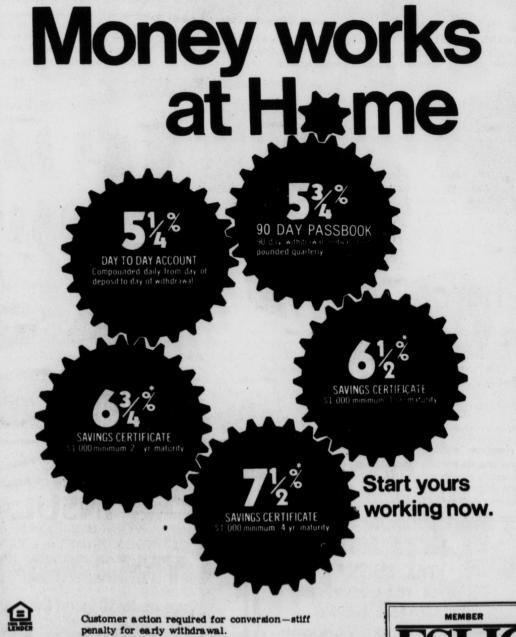
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