

### Try These New Recipes

Are you observing Lent, cutting down on the meat budget, or looking for new ideas for serving foods to the family?

You will enjoy trying these new recipes. Serve with a crunchy salad and a dessert for lunch or supper.

#### POTATO CHEESE SOUFFLE

2 cups mashed potatoes  
1 cup milk  
2 tablespoons butter  
½ teaspoon prepared mustard  
Salt, pepper, cayenne pepper to taste  
1 cup (4oz.) Cheddar or Swiss cheese, grated  
3 eggs, separated

Blend mashed potatoes with milk. Add butter and prepared mustard. Taste and adjust the seasoning with salt, pepper, and a dash of cayenne. Stir grated cheese into the potato mixture. Cook over low heat, stirring constantly, just until the cheese melts. Cool slightly. Beat egg whites until very stiff but not dry. With the same beater (no need to wash it) beat the egg yolks. Add the egg yolks to the cheese mixture and blend well. Fold 2-3 of the beaten egg white into the mixture very thoroughly, then fold in the rest lightly. Bake in a 2-quart straight-sided casserole, ungreased, at 375 F., about 40 minutes or until the souffle is well puffed, and browned. Serve at once.

(Note: Cooking time required in testing was approximately 1 hour. Oven temperatures are not always accurate, hence, cooking time may vary.)

#### SPINACH AND POTATO SOUFFLE

2 tablespoons butter  
1 package (10 oz.) frozen chopped spinach  
1½ cups mashed potatoes (2 medium size potatoes)  
Salt & pepper to taste  
4 eggs, separated

Melt butter in a small pan. Add frozen chopped spinach. Cover and cook, without allowing the butter to brown, until the spinach is thawed. Hasten the thawing by breaking up the frozen block. Combine with mashed potatoes, leftover of freshly made. Add salt and pepper to taste. Cool slightly. Beat in egg yolks, one at a time. Beat egg whites until stiff but not dry and fold in. Bake in a buttered 6-cup straight-sided baking dish, about 40 minutes at 375 F. until the souffle is puffed and richly browned. Serve at once. (Note: This would probably be equally good with chopped broccoli.)

#### CHEESY BARBECUED POTATOES

2 cups (8 oz.) shredded Cheddar cheese  
1 can (10½ oz.) condensed cream of mushroom soup  
1-3 cup milk  
2 tablespoons barbecue sauce  
¼ teaspoon oregano  
¼ teaspoon salt  
½ teaspoon pepper  
4 cups thinly sliced potatoes  
½ teaspoon paprika

Combine 1½ cups cheese, soup, milk, barbecue sauce and seasonings; mix well. Stir in potatoes. Pour potato mixture into buttered 11½x7½-inch baking dish. Cover with aluminum foil; bake in preheated 350 F. oven 45 minutes. Remove foil; bake 15 minutes longer. Sprinkle with remaining cheese and paprika. Return to oven until cheese begins to melt. Yields 4 to 6 servings. (Note: Tested with raw sliced potatoes, but leftover sliced boiled potatoes could be used to cut cooking time.)

# Harris Teeter

More Value  
**M**  
Foods

### Quality Meats



WILSON'S CERTIFIED TENDERMADE  
**Boneless Ham**  
**\$6.99**  
4 Lb. Can (Sliced-\$7.39)  
Dinnerbell Deluxe Boneless Ham Lb. \$2.79

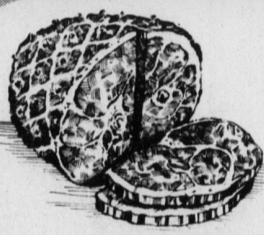


Verne Dale Grade "A" Large White Eggs  
**69¢** Doz.  
(Medium Size-Doz. 67c)

- |   |     |        |   |        |        |
|---|-----|--------|---|--------|--------|
| U.S. Choice Quality Trimmed Beef Arm Shoulder                       | Lb. | \$1.49 | Verne Dale Brand (12 Oz. \$1.19)              | Lb.    | \$1.49 |
| U.S. Choice Quality Trimmed Beef Arm Shoulder                       | Lb. | \$1.59 | Zion Brand Griddle Franks Or Kosher           | Lb.    | \$2.29 |
| U.S. Choice Whole Untrimmed Beef (Cut Into Steaks & Trimmings FREE) | Lb. | \$3.99 | Oscar Mayer Brand (Pork Or Beef) Lean & Tasty | 12 Oz. | \$1.59 |
| Holly Farms Chicken   | Lb. | \$1.09 | Carolina Pride Brand, Beef Smoked             | 12 Oz. | \$2.29 |
| Yates Brand, Sliced   | Lb. | \$2.49 | Hormel Brand                                  | 20 Oz. | \$1.99 |
| Dinner Bell Brand   | Lb. | \$1.59 | Smithfield Brand                              | Lb.    | \$1.59 |
| Holly Farms Fresh Chicken   | Lb. | 89¢    | Booth, Fillets                                | 12 Oz. | \$2.49 |
| H-T Brand (Meat Or Beef) Sliced                                     | Lb. | \$1.19 | Booth, I.O.F.                                 | 12 Oz. | \$4.89 |
| U.S. Choice Quality Trimmed Shoulder                                | Lb. | \$1.99 | Booth, Breaded                                | 10 Oz. | \$1.79 |
|   |     |        | Oysters.....                                  | 10 Oz. | \$1.79 |



Holly Farms Grade "A" Young Turkey  
**79¢** Lb.  
(10 To 22 Lbs.)  
(Holly Farms Self-Basting Turkey (All Weights)-Lb. 89c)



Selecto, Carolina Pride Or Dinnerbell Whole Or Shank Half  
**Smoked Ham**  
**97¢** Lb.  
(Butt Portion Lb. \$1.09)



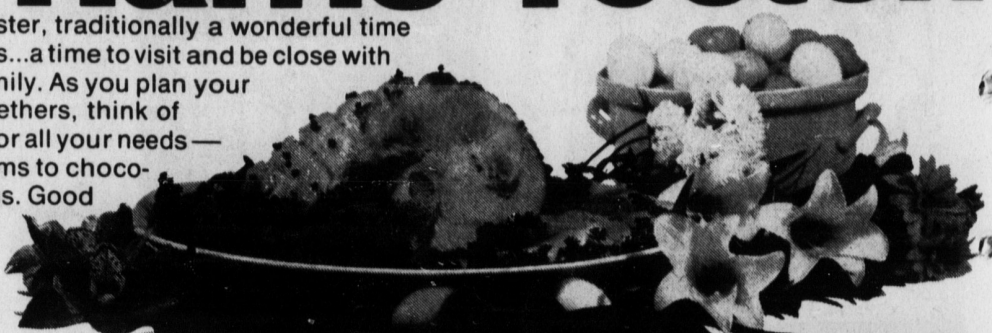
Quality Trimmed  
**U.S. Choice Chuck Steak or Roast**  
**\$1.29** Lb.



Holly Farms Mixed Fryer Parts  
**49¢** Lb.  
(Each pkg. contains: Two breast quarters with back portion attached. Two leg quarters with back portion attached. Two wings. Two necks. One back)

# Great Easter Menus Begin at Harris-Teeter.

Spring and Easter, traditionally a wonderful time in the Carolinas...a time to visit and be close with friends and family. As you plan your spring get-togethers, think of Harris-Teeter for all your needs — from...tasty hams to chocolate Easter eggs. Good Memories this season from Harris-Teeter.



We Will Be Closed  
Easter Sunday  
So Our People May Enjoy This Special Day

Whole Quality Trimmed  
**U.S. Choice Leg-O-Lamb**  
**\$2.29** Lb.  
(Halves Lb. \$2.49)

**Bikini Brand Cottage Cheese**  
**59¢** 12 Oz.  
24 Oz. \$1.09

### Easter Candy

- |                                |        |     |
|--------------------------------|--------|-----|
| Brach's Jelly Eggs ....        | 19 Oz. | 89¢ |
| Brach's Chicks & Rabbits ..... | 7½ Oz. | 59¢ |
| Brach's Panned Eggs .....      | 10 Oz. | 69¢ |
| Brach's Melocreme Pets .....   | 10 Oz. | 59¢ |
| Doran Speckled Eggs .....      | 8 Oz.  | 79¢ |

### Grocery Variety

Designer, Decorator & Assorted  
**Bounty Towels**  
**69¢** Jumbo Roll

- |  |                  |                  |
|--|------------------|------------------|
| Pure Cane Domino Sugar.....                            | 5 Lb. Bag        | 99¢              |
| 1 Ltr. Returnable Diet Pepsi, Pepsi Light, Mtn. Dew Or |                  |                  |
| Pepsi-Cola.....  | 6 Pk. (Save 50¢) | \$1.99 Plus Dep. |
| Kraft Mac & Cheese Dinner.....                         | 3 7.25 Oz.       | \$1.00           |
| Jiffy, Corn Muffin Mix.....                            | 5 8.5 Oz.        | \$1.00           |
| Kingston Flake Coconut .....                           | 7 Oz.            | 59¢              |

All Flavors Layer Cake, Pudding Recipe And Butter Recipe  
**Duncan Hines Mix**  
**69¢** 18.5 Oz.

- ### Easter Flowers
- |                               |     |        |                               |     |        |
|-------------------------------|-----|--------|-------------------------------|-----|--------|
| Single Cymbidium Corsages     |     |        | Multi-Color Potted Mums. .... | Ea. | \$3.59 |
| Orchids .....                 | Ea. | \$2.49 | Vivid, Bright Fresh Tulips .. | Ea. | \$3.59 |
| Double Corsages               |     |        | Finest Quality Pom Pom Mums   | Ea. | \$1.19 |
| Carnations....                | Ea. | \$2.59 |                               |     |        |
| 3 To 5 Bloom Easter Lilies .. | Ea. | \$3.79 |                               |     |        |

### Fresh Produce

**Red Ripe Strawberries**  
**99¢** Qt.

- Fresh, Green  
**California Broccoli.....** Bunch **69¢**  
Washington State Extra Fancy Golden Delicious Apples..... Lb. **39¢**  
Tender, Fresh Asparagus.... Lb. **89¢**  
Salad Favorite Tomatoes .... 10 Oz. Ctn. **39¢**  
Kraft Or Kingston Orange Juice 64 Oz. **\$1.19**

**Solid Head Green Cabbage**  
**19¢** Lb.

- ### Frozen Foods
- |  |          |        |  |            |        |
|--|----------|--------|--|------------|--------|
| Pet Ritz Pie Shells ....                                       | 2 2 Pks. | 99¢    | Verne Dale Whip Topping                                | 2 10 Oz.   | 99¢    |
| Classic Crisp Crust Pepperoni Or Sausage Totino's Pizzas ..... | 20 Oz.   | \$2.29 | Ore-Ida Tater Tots.....                                | 2 Lb. Pkg. | 79¢    |
| Mrs. Paul's Sweet Potatoes .....                               | 20 Oz.   | 89¢    | Ore-Ida Shredded Hash Browns                           | 24 Oz.     | 69¢    |
| Mrs. Paul's Sweets-n-Apples .....                              | 12 Oz.   | 59¢    | Seabrook Farms Cut Corn Or Green Peas                  | 3 10 Oz.   | \$1.00 |
|  |          |        | Seabrook Farms Brussel Sprouts Or Creamed Spinach .... | 2 10 Oz.   | 99¢    |
|  |          |        | Vroman's Chilly Bites....                              | 18 Pack    | \$1.49 |

Plain, Self-Rising, Or Unbleached  
**Red Band Flour**  
**69¢** 5 Lb. Bag

**Brown & Serve H-T Rolls**  
**3 \$1.00** 12 Ct. Pkgs.

**Vegetable Wesson Oil**  
**\$1.89** 48 Oz. Btl.

Deal Pack  
**Joy Liquid**  
**79¢** 22 Oz. NET