

The Fourth Of July And Our Priceless Heritage

By Bill Carpenter

Within a few days we will once again celebrate the "Fourth of July", the 206th birthday of our nation. For most of us, this holiday means a day free from work, a day we can spend enjoying the outdoors, summer fun or with the family.

It is a special day different from all the other holidays that we celebrate as Americans, for this date is not only the nation's birthday but the day that we Americans obtained our freedom as free men and women, a day that will live forever in the history of these United States.

As we all are aware, we Americans have had to struggle these past 206 years to uphold the meaning of life, liberty and the pursuit of happiness, three things that mean so much to each and every one of us. Certainly freedom has not come easy to this nation and for that matter, it will never come easy to a nation.

We, all can give thanks that this coming Fourth of July will find this nation and the world at peace, however, this special day should be a time that we should pause and remember all the gallant and brave men and women who gave their lives in order that we might live as free men and women and can

celebrate this day of our nation's birth.

As July 4th approaches, there are more Americans buying flags and there is more pride among the citizens of this nation than in the past years and this is as it should be. It makes one feel proud to be an American when he or she sees the flag flying on the main streets of our city and the other cities across our state and nation.

I am proud that I am an American and especially proud that I was born here in the South. I am proud of my southern heritage and of the great men and women of the South who gave their best in the battles of Cowpens and Kings Mountain for freedom many years ago. The War between the States when the men from all over the South filled the ranks to fight for their beloved Southland, World War 1, World War 2 and the other wars that this country has had to fight for freedom and their rights.

Now there are many who will say that we do not have the leadership in both state and federal government today that we had in the past, and perhaps this is true, however this nation even with its many faults is still the best nation in the world and I am very proud to call this nation my home.

I remember very well that in my last year's article concerning this holiday that I mention the late



BILL CARPENTER '83

George M. Cohan, a flag waving Irishman who really love this nation as well as you and I. He was a song writer and he gave to us many great songs, tunes like "You're A Grand Old Flag," "I'm a Yankee Doodle Dandy," and "Over there," which became a famous song among the troops in the first World War. When ever this special day rolls around each July, I always find myself thinking of Mr. Cohan. Cohan displayed his feelings in song to his

beloved nation that had given so much to him and his family and it wouldn't hurt to have a lot more Americans like Cohan.

So a very Happy Fourth of July to all of you out there and as you celebrate this holiday give thanks and be extra proud that you are an American, that you live in the land of the free and the home of the brave, words written so many years ago but still are true at this present time.

Summertime...And Living's Easy With Tasty, Easy-To-Serve Recipes

Summertime...and the living's easy...especially if you serve your family and friends easy-to-prepare recipes which are good and yet require a minimum of time in the kitchen.

SUMMER SOUP (Do Not Do Ahead)

- 3 Cups water
- 2 1/2 teaspoons salt
- 1 cup raw carrots, sliced
- 1 cup raw potatoes, diced
- 1 pound fresh or frozen garden peas
- 1 cup cauliflower florets
- 1/4 pound fresh broccoli florets
- 2 tablespoons flour
- 3 cups milk
- 1/4 teaspoon pepper
- Parsley

In large saucepan bring to boil 3 cups water and salt. Add carrots and potatoes, simmer covered 10 minutes. Add peas, cauliflower, broccoli and simmer covered 10 minutes. Blend flour with small amount of milk until

smooth and add to vegetable mixture with remaining milk and pepper. Simmer 5 minutes. Sprinkle with parsley when serving. Yield: 4 servings.

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ONE POT DINNER (For Crockpot)

- 1/2 to 1 lb. ground beef
- 3/4 pound bacon, cut in small pieces
- 1 cup onion, chopped
- 2 (16 oz.) cans pork and beans
- 1 (16 oz.) can of kidney beans, drained
- 1 (16 oz.) can butter limas, drained
- 1 cup catsup
- 1/4 cup brown sugar
- 1 tablespoon liquid smoke
- 3 tablespoons white vinegar
- 1 teaspoon salt
- Dash pepper

Brown ground beef in skillet, drain fat and put beef in crockpot. Brown bacon and onions; drain off fat. Add bacon, onions, pork and beans, kidney

beans, butter limas, catsup, brown sugar, liquid smoke, vinegar, salt and pepper to crockpot. Stir together well. Cover and cook on low 4-9 hours, if using a 2 quart crockpot, reduce recipe by half. Yield: 8 servings.

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VEGETABLE Sandwich Filling

- 1 cucumber peeled
- 1 green pepper seeded
- 1 large half-ripe tomato
- 1 small onion quartered
- 1 carrot peeled
- 1 tablespoon Knox gelatine
- 1 cup mayonnaise
- salt and pepper

Grind vegetables in blender, drain off juices and save. To 4 tablespoons of juices, add gelatine and dissolve over hot water. Add mayonnaise and melted gelatine to drained vegetables. Add salt and pepper to taste. Chill. Spread on choice of bread and serve.

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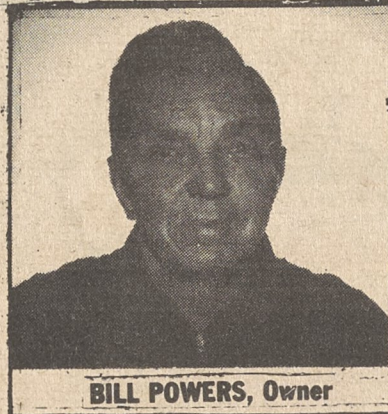
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