

These Meals Easy To Prepare

Summer weather always calls for easy to prepare meals to keep Mom out of the kitchen as much as possible and to please a busy family.

Whether you are cooking out, picnicking, or eating in the dining room, you'll enjoy these recipes from local good cooks.

PORK 'N BEAN SALAD
2 medium cans pork n beans (pour juice off)
1 cucumber
1 tomato
several spring onions or 1 medium onion
Mix the above ingredients together and add the following ingredients:
1 tbsp. vinegar
2 tbsp. mayonnaise
Chill several hours. Delicious served with hamburgers.

GREEN PEAS SALAD
1 head lettuce, broken up and drained well
1 large can green peas, drained layer of long lettuce in bowl
Layer peas on top of lettuce. Cover top of peas with Kraft salad dressing. Chop onions fine and put on top of dressing. Sprinkle 1 cup grated sharp cheese on top of dressing and sprinkle 1 bottle of bacos on top of cheese. Cover tightly and refrigerate overnight.

EASY BAKED BEANS
Cook 4 slices bacon till crisp, drain, reserving 2 tbsp. drippings. Crumble bacon. Cook 1/2 cup chopped onions in drippings till tender, add with bacon to: 2 cans pork and beans, 1 lb. cans, in tomato sauce
2 tbsp. brown sugar
1 tbsp. worcestershire sauce
1 tsp. prepared mustard
1/4 cup molasses
Mix well. Bake uncovered in 1 1/2 qt. casserole at 325 degrees for 1 1/2 to 1 3/4 hours. Serves 6.

GARDEN CHICKEN
8 chicken breasts, boned and skinned
1 envelope Lipton Onion Soup Mix
1 bottle of 1000 island dressing
1 jar of apricot preserves, 8 oz.
2 tbsp. of soy sauce
Grease oblong pan slightly. Place chicken in pan. Mix all other ingredients well. Pour over chicken. Bake in 350 degree oven 1 hour.

BBQ SPARE RIBS
2 to 3 lbs. lean spare ribs
Boil in water with salt and pepper until tender. Drain and put in baking dish and cover with the following sauce:
1/2 cup ketchup
1 tsp. sugar
1/4 cup Worcestershire sauce
1/2 cup water
1 tsp. vinegar
Mix well and pour over ribs. Bake for 1 hour at 350 degrees. The sauce can also be used on chicken. The broth is good to cook potatoes in.

LASAGNA
2 tbsp. olive
2 cloves garlic, crushed
1 lb. ground beef
1 can tomatoes, no. 303
1/2 can tomato paste
1 tsp. oregano
1 tsp. salt
1 tablespoon basil and parsley flakes, mixed
1/4 tsp. freshly ground pepper
Brown garlic and meat in hot oil. Add remaining ingredients and simmer from 40-60 minutes.
1 (12 oz.) carton creamed cottage cheese
1 egg, beaten
1 tsp. parsley flakes
1 tsp. salt
1/4 tsp. ground pepper
Mix the above ingredients.
1 pkg. mozzarella cheese
Cook lasagna noodles according to directions on box. Arrange a layer of noodles in 9x9 baking dish. Add a layer of meat sauce, cottage cheese mixture and mozzarella cheese. Repeat layers and bake 30 minutes at 375 degrees.

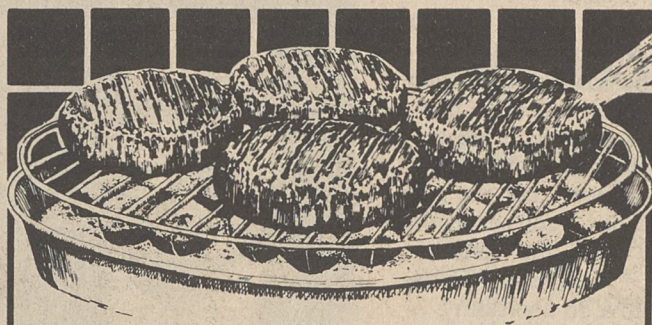


A strain of carrots with shorter, blunter ends has been developed so that the carrots will not puncture the plastic bags in which they're packaged.

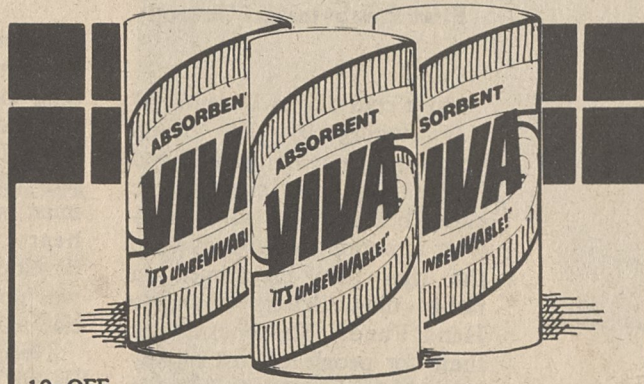
Harris Teeter

Helpin' out in the kitchen.

Easy Recipes, Easy Meals In This Week's Free Recipes And Meal Ideas.



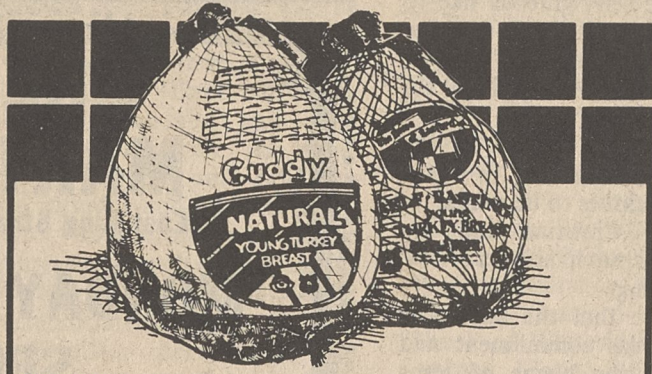
All Size Packages More Than 70% Lean
Ground Beef Lb. 89¢
Limit 5 Lbs. Per Customer, Please



10c OFF
Viva Towels ... Roll 58¢
Limit 2 With \$10.00 Or More Purchase Per Customer, Please



Large Head
Iceberg Lettuce Ea. 49¢
Boston Or Romaine Lettuce...Lb. 39c



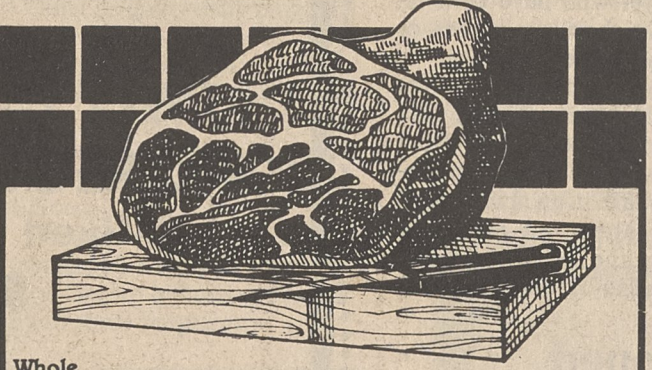
House Of Raeford Or Cuddy Natural Grade "A"
Turkey Breast Lb. \$1.19



2 Ltr. Non-Returnable Sprite, Tab, Mello Yello,
Diet Coke or Coca-Cola ... Btl. \$1.09
1 Ltr. Returnable Sprite, Tab, Mello Yello, Dr Pepper, Diet Coke Or Coca-Cola...6 Pk. \$1.99 Plus Dep.



Mix Or Match Red, Green Or Black
California Plums Lb. 59¢



Whole
Smoked Picnic Lb. 69¢
Sliced...Lb. 79c



Plain Or Self-Rising
Southern Biscuit Flour Lbs. 5 68¢



Sealtest
Ice Cream Gal. Half \$1.99

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Pork Spareribs Lb. \$1.49
2 1/2 to 3 1/2 Lb. Avg. Weight

Hormel Light n' Lean
Luncheon 4 To Meats6 Oz. Pkg. 99¢

Carolina Pride
Meat or Beef Franks 12 Oz. 99¢

Oscar Mayer
Meat Wieners Lb. \$1.69

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H-T Hotdog Or
Hamburger Rolls 2 8 Ct. 89¢

H-T
Sandwich Rye 1 Lb. 69¢
Loaf

Assorted Flavors H-T Danish Strip
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H-T
Applesauce Cake Ea. \$1.29

GREAT GROCERIES

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Fabric Softener 64 Oz. \$1.99

Fritos Corn Chips ... 12 Oz. \$1.49

H-T
Pork n' Beans 3 15 Oz. 89¢

Peter Pan, Smooth Or Crunchy
Peanut Butter 18 Oz. \$1.29

Brik Pak ADC, Regular Or Electra Perk
Maxwell House Coffee ... 16 Oz. Bag \$2.29

H-T 30 Gallon
Trash Bags 10 Ct. \$1.09

White House
Apple Juice 64 Oz. \$1.29

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Apple-sauce 50 Oz. \$1.09

Stokely
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Stokely Whole Kernel
Golden Corn 2 17 Oz. \$1.00

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Extra Large
California Nectarines Lb. 59¢

Washington State
Walla Walla Onions Lb. 29¢

Crisp
Pascal Large Celery Stalk 69¢

DAIRY & FROZEN

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Sour Cream 16 Oz. 99¢

H-T
Orange Juice Gal. Half \$1.19

Green Giant Broccoli/Cauliflower/Carrots, Broccoli Spears, Broccoli With Cheese, Broccoli/Cauliflower Medley Or Broccoli Fanfare
Frozen Vegetables .. 10 Oz. 89¢

Green Giant Nibblers Corn On Cob...6 Ears 89c
Regular, Reduced Acid Or More Pulp
Minute Maid Orange Juice .. 12 Oz. \$1.09

PRETTY PLANTS

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Fern Assortment ... Ea. \$4.99
4 Inch Aloe Vera...Ea. \$1.99