



TAKE TRIP - Two bus loads of students, teachers and parents from East Elementary School recently went to Boone to see the leaves and tour historic points of interest in the Western North Carolina mountains. They visited Lin Viaduct Bridge, Julian Price, Park, the Moses Cone Estate and the Appalachian Culture Center.

The Cooking Corner

CABBAGE CASSEROLE

1 stick melted margarine
1-1/2 c. crushed corn flakes
4 c. shredded cabbage
1/2 c. onions
2 c. grated Cheddar cheese
Sauce:
1 can cream of celery soup
1/2 c. mayonnaise
1 c. milk
Salt and pepper to taste
Mix margarine and corn flakes well. Pour half in the bottom of a 9x12 inch buttered baking dish. Spread cabbage over corn flake mixture. Sprinkle onions over the cabbage. Mix sauce and pour over all other ingredients. Top with remaining crumb mixture. Sprinkle with grated cheese. Bake at 350 degrees for 30 to 40 minutes.
Carolyn Lail

CREAMED CORN

1 pkg. frozen corn
1 (3 Oz.) pkg. cream cheese
1 Tbsp. chives
Salt and pepper to taste
Cook corn according to directions on package. Drain and add other ingredients and cook until cream cheese is melted. Serves 4.
Dolores Bradley

MISSY POTATOES

1 (2 Lb.) pkg. frozen hash brown potatoes
1 (16 Oz.) sour cream
1 (10-3/4 Oz.) cream of celery soup
1 c. shredded sharp Cheddar cheese
1/2 c. margarine, softened
1 tsp. black pepper
1/2 c. buttered cracker crumbs
Combine all ingredients, except cracker crumbs. Spoon into 13x9x2 inch baking dish. Sprinkle evenly over top. Bake at 350 degrees about 40 minutes or until bubbly.
Stella Ware

SCALLOPED POTATOES

3 c. thinly sliced potatoes
1 c. thinly sliced onions
2 tsp. salt
1/8 tsp. pepper
1 Tbsp. plain flour
1/4 c. butter or margarine
1 c. scalded milk
Place layers of potatoes and onions in a 1-1/2 quart greased baking dish. Sprinkle flour lightly over each layer of potatoes and onions. Pour milk over all and bake at 325 degrees for 1 hour or until tender. Grated cheese may be added over the top for the last 10 minutes of baking.
Patsy Ware

MIXED VEGETABLE HOT DISH

1-1/2 Lb. ground beef
1 large onion, chopped
1 c. diced celery
2 cans cream of mushroom soup
1 can chicken and rice soup
1 (1 Lb.) can mixed chow mein vegetables, drained
1 (3 Oz.) can mushroom slices

SPAGHETTI CASSEROLE

1 Lb. top ground beef
2 medium chopped onions
1/2 c. tomato juice
1 (8 Oz.) box spaghetti
1 (8 Oz.) can tomato sauce
1/2 can water
1 (4 Oz.) can tomato paste (with can of water)
2 to 3 c. grated sharp Cheddar cheese
1 to 1-1/2 cans mushroom soup
Sliced green olives
Break up meat and saute in a saucepan until meat loses all red color. Drain off and grease. Add tomato juice, tomato sauce, 1/2 can water, tomato paste, and can of water. Cover and let simmer for 30 minutes. While this is cooking, break up spaghetti and cook in boiling, salted water, according to box directions. When spaghetti is done, drain.
Stella Ware

APPLESAUCE RAISIN MUFFINS

2 c. water
2 c. raisins
1/2 c. vegetable oil
2 eggs
1 c. unsweetened applesauce
1 tsp. vanilla
2 c. plain flour
1 tsp. soda
1-1/4 tsp. cinnamon
1/2 tsp. nutmeg
1 c. chopped nuts (optional)
Cook raisins in water until water is almost cooked out. Let cool; add applesauce, oil, and eggs; stir. Add mixed dry ingredients and stir. Add nuts and vanilla; mix well. Put into regular muffin tins or miniature. Bake at 350 degrees for approximately 20 minutes or until browned. (Miniature muffins might cook in less time.) Grease (don't flour) muffin tins. Fill 3/4 full.
Nancy Senter,
Carolyn Patterson's sister

COMPANY MUSHROOM CHICKEN

6 chicken breasts, boned and halved
1 pkg. dried beef
1 can mushroom soup
1 ctn. sour cream
12 strips bacon
Place dried beef inside each chicken breast. Wrap each chicken breast in a strip of bacon. Place in casserole dish. Combine soup and sour cream; pour over chicken (no salt needed). Bake at 275 degrees for 3 hours. May be prepared a day in advance.
Dolores Bradley

BEEF CASSEROLE

4 potatoes
4 onions
4 carrots
1 tsp. salt
1/4 tsp. black pepper
1/4 tsp. thyme
1 Lb. ground beef
1 (303) can tomatoes (16 Oz.)
Peel potatoes, onions, and carrots. Chop in small pieces in bottom of baking dish. Add salt, pepper, and thyme. Spread beef over top of vegetables. Pour over tomatoes. Add remaining salt and seasoning. Cover. Bake at 350 degrees for 1-1/2 hours.
Dolores Bradley

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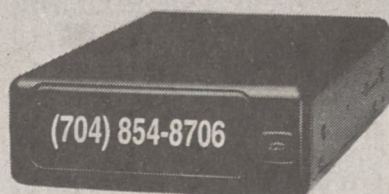
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