

CLUB NEWS

Garden Club hears program on wildflowers

Town and Country Garden Club met January 8 at the home of Mable Goforth.

Members enjoyed refreshments and read the Club Collect

President Connie Bell presided over the business meeting. Susan Gibson, treasurer, gave a report.

Mable Goforth read "What to do in the Garden." She reminded members to cut back monkey grass and not to overwater house plants. Now is the time to think about seeds for spring planting.

A card was passed around for Ginnie Arnette, who is moving.

Cindy Hovis gave the program on "Wildflowers." She reminded members that North Carolina has more wildflowers than any other

state. The Joyce Kilmer Forest has virgin woods with excellent decaying tissue.

One text used was "Wildflowers of North Carolina." The many colored pictures would enable anyone to identify wildflowers. Mrs. Hovis also told tales of wildflowers, especially the one about Queen Anne's Lace. She also reminded members of plants for sun and shade.

Many plants can be planted to attract hummingbirds. Mimosa, hawthorn, yellow jasmine, and larkspur are some good attractions.

Members were also reminded that the swallowtail caterpillars also feed on parsley. Mrs. Hovis gave members several handouts for further use in winter gardens.

Diabetic Shoe Clinic at KM Senior Center

A drop-in Diabetic Shoe Clinic will be held Monday, Jan. 19 from 10 a.m.-12 noon at the H. Lawrence Patrick Senior Life and Conference Center, East King Street, Kings Mountain.

The clinic is for persons covered by Medicare Part B. A diabetic shoe specialist will be available to measure feet for shoes and provide a prescription form to be

filled out by one's doctor. Through Medicare, diabetics may be entitled to one pair of extra depth shoes and three pair of pressure distributing inserts every calendar year. Persons attending should take their Medicare and insurance cards with them.

For more information call the Patrick Center at 704-734-0447.

FOOD INSPECTIONS

Cleveland County Health Department inspected the following food handling facilities during the week ending January 9.

**Denotes 2 extra points when an employee attended an approved food handling course.

Restaurants

Burger King, E. Dixon Blvd., 95.5**
Curve View Quick Stop, Fallston Rd., 84.
China Royal, W. Marion St., 93.

Chinatown III, E. Dixon Blvd., 90.5

Kings Mountain Hospital Cafeteria, W. King St., Kings

Mountain, 98**

Southern Charm Family Restaurant, Stoney Point Rd., 99.

Food stands

Harris Teeter Deli, E. King St., Kings Mountain, 95**
Little Caesar, E. King St., Kings Mountain, 86.5.

School cafeterias

Jefferson School Cafe., Wyke Rd., 98.5**
Township #3 Lunchroom, Davis Rd., 99**

Meat market

Harris Teeter, E. King St., Kings Mountain, 96.

FOOD

No Bake Cookies

2 cups sugar
1/4-cup butter
4 Tablespoons Cocoa
1/2-cup milk
1-teaspoon vanilla
1/2-cup peanut butter
2 cup Minute Oat

Combine sugar, butter, cocoa and milk. Boil 2 minutes - remove and add oats, peanut butter and vanilla. Drop from teaspoon onto wax paper. I also add 1 cup of marshmallow crème when I add the peanut butter.

Candy Cookies

2 cups sugar
1/3 cup Chocolate
1/2 cup Milk
1/3 cup Peanut Butter
1 stick Oleo (margarine)
2 cups oat flakes
1 tablespoon vanilla

Boil sugar, chocolate and milk for 2 minutes. Then add peanut butter and oleo. Add oats and vanilla last. Spoon onto waxed paper and let harden.

Sugar Cookie Cutouts

1 cup butter (2 sticks), softened (no substitutions)
1/2 cup sugar
1 large egg
1 tablespoon vanilla extract
3 cups all-purpose flour
1/2 teaspoon baking powder
Ornamental Frosting

In large bowl, with mixer at low speed, beat butter and sugar until blended. Increase speed to high; beat until light and creamy. At low speed, beat in egg and vanilla. Beat in flour and baking powder just until blended. Divide dough into 4 equal pieces. Wrap each piece with plastic wrap and refrigerate 1 hour or until dough is firm enough to roll. (Or place dough in freezer for 30 minutes.) Preheat oven to 350 degrees F. On lightly floured surface, with floured rolling pin, roll 1 piece of dough 1/8 inch thick. With floured 3- to 4-inch assorted cookie cutters, cut dough into as many cookies as possible; wrap and refrigerate trimmings. Place cookies, 1 inch apart, on ungreased large cookie sheet. Bake cookies 10 to 12 minutes or until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining dough and trimmings. When cookies are cool, prepare Ornamental Frosting if you like; use to decorate cookies as desired. Set cookies aside

to allow frosting to dry completely, about 1 hour. Store cookies in tightly covered container (with waxed paper between layers, if decorated) at room temperature up to 2 weeks, or in freezer up to 3 months. Yields: About 8 dozen cookies

Lemon Hearts

3 cups all-purpose flour
3 tablespoons cornstarch
3/4 teaspoon salt
1 1/2 cups butter (3 sticks), softened (no substitutions)
1 cup confectioners' sugar
1 tablespoon grated fresh lemon peel
1 1/2 teaspoons lemon extract
1/4 teaspoon almond extract

Lemon Glaze

1 1/2 cups confectioners' sugar
4 to 5 teaspoons fresh lemon juice
1 1/2 teaspoons grated fresh lemon peel

Prepare lemon cookies: Preheat oven to 325 degrees F. On waxed paper, combine flour, cornstarch, and salt. In large bowl, with mixer at medium speed, beat butter and sugar until creamy, occasionally scraping bowl with rubber spatula. Beat in lemon peel and extracts. Reduce speed to low; gradually beat in flour mixture until blended, occasionally scraping bowl. Divide dough in half. Between two 20-inch sheets of waxed paper, roll half of dough 3/8 inch thick. (If paper wrinkles during rolling, peel it off, then replace it to remove wrinkles.) With floured 2 1/4-inch heart-shaped cookie cutter, cut dough into as many cookies as possible. With floured 3/4-inch heart-shaped cookie cutter, cut out and remove centers from cookies. Reserve centers and trimmings to reroll. With lightly floured wide spatula, carefully place cookies, 1 inch apart, on ungreased large cookie sheet. (If dough becomes too soft to transfer to cookie sheet, freeze 10 minutes until firm.) Bake cookies 15 to 16 minutes or until edges are golden. Transfer cookies to wire rack; cool 10 minutes. Meanwhile, prepare lemon glaze: In small bowl, with wire whisk or fork, mix confectioners' sugar, lemon juice, and lemon peel until blended. Dip top side of each warm cookie into glaze. Place cookies on wire rack set over waxed paper to catch any drips. Allow glaze to set, about 20 minutes. Repeat with remaining dough, reserved

centers, trimmings, and glaze, adding a little water to glaze if it begins to thicken. Store cookies, with waxed paper between layers, in tightly covered container at room temperature up to 1 week, or in freezer up to 3 months. Yields: About 6 dozen cookies

best)
1-cup sugar
1 egg

Mix and make into balls place on well greased cookie sheet w/ wet fork mush down dough place in oven 350 degrees 12-15 minutes when done let cool.

Walnut and Cinnamon Rugelach

Cottage-Cheese Dough:
1 container (8 ounces) creamed cottage cheese
1 cup margarine or butter (2 sticks)
2 cups all-purpose flour

Walnut Filling:

3/4 cup packed brown sugar
3/4 cup walnuts, finely chopped
3/4 teaspoon ground cinnamon
2 tablespoons margarine or butter, melted
1 large egg yolk

Prepare cottage-cheese dough: In food processor with knife blade attached, blend cottage cheese, margarine or butter, and flour just until combined and dough begins to come away from side of bowl. Divide dough into 3 equal pieces; flatten each into a disk. Wrap each disk with plastic wrap and refrigerate until ready to use. Prepare walnut filling: In medium bowl, combine brown sugar, walnuts, and cinnamon. Preheat oven to 400 degrees F. Line large cookie sheet with foil; grease foil. On lightly floured surface, with floured rolling pin, roll 1 piece of dough into 12-inch round. Brush dough with some melted margarine or butter. Spread dough with one-third filling; gently press onto dough. With pastry wheel or sharp knife, cut dough into 16 equal wedges. Starting at curved edge, roll up each wedge, jelly-roll fashion. Place rugelach on cookie sheet, point side down, about 1/2 inch apart. In cup, beat egg yolk with 1 tablespoon water; use to brush top of each rugelach. Bake rugelach 20 to 22 minutes, until golden. Immediately remove rugelach to wire rack to cool. Repeat with remaining dough, melted margarine or butter, filling, and yolk mixture. Store rugelach in tightly covered container up to 1 week. Yields: 4 dozen

The Best Peanut Butter Cookies Ever

By John Burdette

1-cup peanut butter (extra crunchy the

Creamed Spinach

3 10-ounce packages frozen chopped spinach
3 tablespoons olive oil
1 cup yellow onion, chopped
6 garlic cloves, minced
1 1/2 cups plain low fat yogurt
Salt and pepper to taste

Thaw spinach in a colander, squeeze out excess liquid and then set aside. Heat the olive oil in a large saucepan over medium-high heat and sauté the garlic and onions until slightly browned, about 5 minutes. Add the spinach and continue to cook until spinach is heated completely through, about 3 minutes. Reduce the heat to low, add the plain yogurt to the spinach mixture and combine until the yogurt is heated, about 3 minutes. Season with salt and pepper, and serve warm. Yields: 6-8 servings.

Chocolate Decadence Deception

1 cup Karo light corn syrup, divided
16 ounces semisweet chocolate
1/2 cup butter
2 cups heavy cream, divided
3 egg yolks
1/4 cup confectioners' sugar
1 teaspoon vanilla
1 10-ounce package frozen raspberries, thawed

Line a 9 x 5 x 3-inch loaf pan with plastic wrap. In a large saucepan, stir 1/2 cup Karo, chocolate and butter over medium heat until melted. In a small bowl, mix 1/2 cup of the cream with the egg yolks; add to the chocolate mixture. Cook 3 minutes over medium heat, stirring constantly; cool to room temperature. Separately, beat the remaining 1 1/2 cups of cream, sugar and vanilla at medium speed until soft peaks form. Fold into the chocolate mixture until just combined. Pour into loaf pan; cover with plastic wrap. Refrigerate overnight or chill in the freezer for 3 hours. For sauce, puree raspberries; strain to remove seeds. Stir in the remaining 1/2 cup of Karo. Serve over Chocolate Decadence.

Get To Know

Grover Family Practice Physician
Julia Saluke, MD

At Grover Family Practice, good health means more than medications, X-rays, and medical degrees. It means having a physician who'll take the time to get to know you.

Dr. Julia Saluke is that kind of doctor. In her career of providing care to families, she's treated patients from infancy to old age, and she believes that good medicine is founded on strong doctor-patient relationships.

Grover Family Practice welcomes Dr. Saluke as we begin the new year. Call now to make an appointment.



Grover Family Practice

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After growing up in Dayton, Ohio, Dr. Saluke received her biology degree at Mt. St. Joseph College and her MD at Wright State. She came to North Carolina in 1992 to complete her residency at East Carolina University, and has practiced in several NC towns.

She married four years ago, and since her husband hails from Mt. Holly they were glad to come to our area. They enjoy tennis, gardening, hiking and camping.