

How Can You Cut Cooking Time In The Kitchen?

It's getting warmer every day, and every homemaker is looking for ways to cut cooking time in the kitchen. Gelatin salads may be the answer.

Except for bread and butter, an entire meal can be included in one appetizing gelatin salad. For meat, you can use sliced chicken, ham, or beef. For fish, tuna, salmon, or hard-boiled eggs are especially good in salads. You can use a variety of cooked or raw vegetables from the garden to complete your one-dish meals.

Many new cooks fail to realize that seasoning for gelatin salads can be the same as for any salad: vinegar, mayonnaise, garlic, or whatever you like. Just toss them over the meat and vegetables before adding dissolved gelatin, or add seasonings to the gelatin mixture. Lemon or lime juice are good salad bets. Gelatin intensifies the flavor by adding pale green and yellow colors that typify freshness.

For quick and easy un-molding of gelatin salads and desserts, loosen the edges of the mold with a small, warm knife. Then for a second or so, dip the mold, up to its rim, in warm water and gently shake it. That should release the main dish salad, ready to serve with a minimum of effort on your part.

ORANGE SALAD

2 small cans mandarin oranges
1 pkg. (6 oz.) orange gelatin
1 can (20 oz.) crushed pineapple

1 pint orange sherbet

Drain oranges and measure juice. Add enough water to make two cups liquid. Bring to

a boil. In hot liquid, dissolve orange gelatin and stir in sherbet until melted. Do not drain pineapple. Add pineapple and drained oranges to mixture. Stir until well mixed. Pour into five-cup mold or 9x12 pan (greased if desired, or rinsed with cold water). Chill until firm. Serves about 12.

COTTAGE CHEESE TOMATO ASPIC

2 cans tomato soup, heated
1 jar cottage cheese
1 can sliced, stuffed olives
1 cup finely cut celery
1/2 cup mayonnaise
2 envelopes plain gelatin, added to 1/2 cup water.

Add gelatin and water to soup and let cool. When cool,

add the remaining ingredients. Put in salad molds and congeal in refrigerator several hours. Serve on lettuce. This is a good meat substitute. Serves 12.

CUCUMBER SALAD

1 pkg. lime jello
1 cup hot water

1 cup cucumbers, grated, peeling and all
1/2 cup grated onion
1 cup sour cream
1 cup cottage cheese
1 cup salad dressing

Dissolve jello in hot water. Then cool. Grate cucumber and add with grated onion. Fold in sour cream, cottage cheese and salad dressing. Congeal. Serves 12.

BLUEBERRY SALAD WITH TOPPING

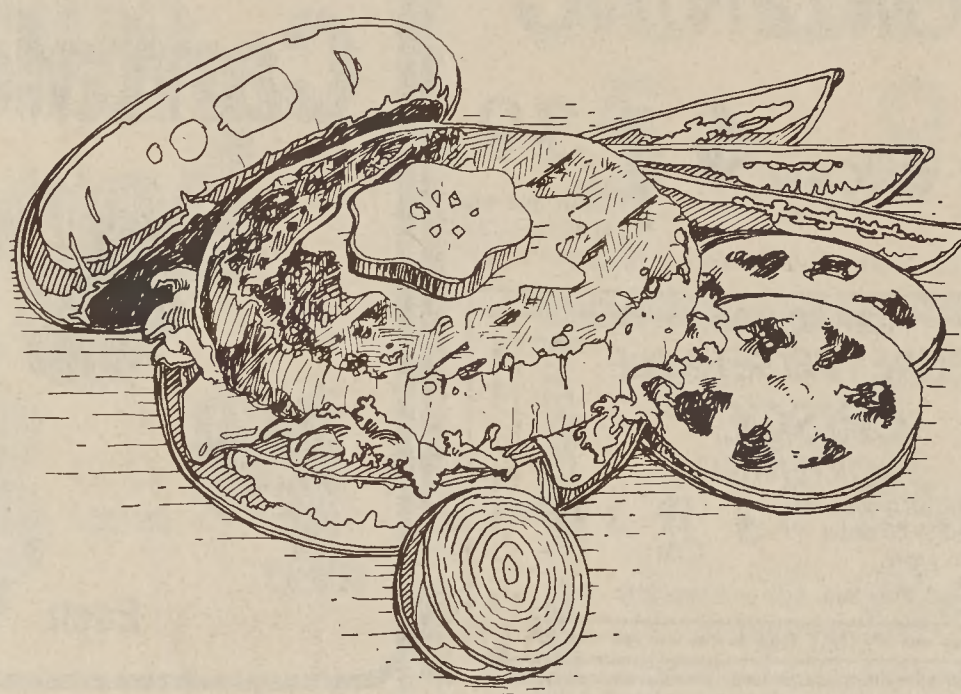
1 can blueberry pie filling
1 can blueberries, drained
1 cup nuts
1 large can crushed pineapple
2 small pkgs. black cherry jello

1 pkg. lemon jello
1 pkg. 8 oz. cream cheese
1 small carton sour cream
1/2 cup sugar

Mix first six listed ingredients and let congeal. In another bowl, mix one eight-ounce package cream cheese, one small carton sour cream and 1/2 cup sugar. Spread on top of blueberry salad, after it is congealed.

It's Harris-Teeter for great summer cookouts

And we have great cookout beginnings at super values!



RED RIPE, 18-19 LBS. AVG.

Watermelons

EA. **99¢**

Garden Fresh

CALIFORNIA RED SANTA ROSA
Plums Lb. **59¢**

RED RIPE CALIFORNIA EXTRA LARGE FRESH
Strawberries Qt. **79¢**

CRISP
Cucumbers ... 2 For **29¢**

MORE THAN 70% LEAN 10 LBS. OR MORE

Ground Beef

79¢

LB. LB. PKG. 89¢

HY-TOP Sliced Bacon

\$1.19

12 OZ.

Dairy Fresh

PILLSBURY BUTTERMILK
Biscuits 4 8 Oz. Cans **59¢**

HY-TOP SINGLE WRAP
Slice Cheese ... 8 Oz. **59¢**

HY-TOP SOFT BOWL
Margarine..... Lb. **49¢**

BIKINI CORN OIL
Margarine..... Lb. **59¢**

SELECTO 1/4 SMOKED HAM CUT INTO

Ham Slices

89¢

LB. BUTT PORTION LB. 99¢ WHOLE OR SHANK HALF LB. 89¢

Tender Meats

SEMI-BONELESS 3 LBS. OR MORE
Pork Steak..... Lb. **\$1.19**

FRESHLY SLICED VEINLESS AND SKINLESS
Beef Liver..... Lb. **79¢**

HY-TOP SLICED
Bologna Lb. **99¢**

ARMOUR STAR BEEF OR REGULAR BOLOGNA, LIVER CHEESE OR SPICED
Luncheon Meats 6 Oz. **69¢**

JUST HEAT N EAT
Corn Dogs Lb. **99¢**

TRADE WINDS
Fish Sticks ... 3 8 Oz. **\$1.00**

HY-TOP QUARTER Butter

79¢

LB.

WASHINGTON STATE, EXTRA LARGE, FRESH

Bing Cherries

49¢

LB.

Frozer Fresh

HY-TOP
Lemonade 5 8 Oz. Cans **89¢**

GREEN GIANT
Niblets Corn.. 2 10 Oz. **89¢**

HY-TOP FORDHOOK
Limas..... 2 10 Oz. **79¢**

HY-TOP PEAS &
Carrots..... 3 10 Oz. **99¢**

PET ICE CREAM
Sandwiches..... 12 Pk. **\$1.29**

DEAL PACK Tide Detergent

99¢

GT.

DOW LEMON BONUS PACK

Oven Cleaner... 10 Oz. **69¢**

HUNT'S FRUIT
Cocktail..... 2 15 Oz. **79¢**

BAMA STRAWBERRY
Preserves 18 Oz. **79¢**

LIBBY
Potted Meat.. 5 3 Oz. **89¢**

BUNKER HILL
Chili..... 2 10 1/4 Oz. **89¢**

BAKER'S CHOCOLATE
Chips 12 Oz. **89¢**

SENECA
Lemon Juice ... 32 Oz. **59¢**

Snowdrift

\$1.28

3 LBS. LIMIT 1 W/ \$7.50 ORDER

HY-TOP DISPOSABLE DAYTIME Diapers..... 30 Ct. **\$1.89**

HERSHEY CHOCOLATE
Syrup 2 16 Oz. **89¢**

BASIN, TUB, TILE
Lysol Cleaner... 17 Oz. **89¢**

HOT DOG OR HAMBURGER
H-T Rolls 3 8 Pks. **\$1.00**

HUDSON FLAIR
Napkins..... 2 140 Ct. **89¢**

HY-TOP
Potato Chips.... 8 Oz. **59¢**

Banquet beef pie

Pot Pies

4 99¢

8 OZ.

FRENCH'S Mustard 24 Oz. **49¢**

TETLEY
Tea Bags..... 100 Ct. **\$1.39**

RINSE
Sta Puf Gal. **99¢**

9" WHITE
Paper Plates... 100 Ct. **79¢**

HUNT'S
Tomato Juice... 46 Oz. **59¢**

LEMON-LIME OR ORANGE
Gatorade 2 32 Oz. **89¢**

HY-TOP DISPOSABLE OVERNIGHT
Diapers..... 12 Ct. **99¢**

LIBBY THRN STUFF
Olives..... 6 3/4 Oz. **99¢**

ROUND THE CLOCK ASSORTED FLAVORS Drink

2 88¢

48 OZ. CANS

NON RETURNABLE BTL. MOUNTAIN DEW OR Pepsi Cola

77¢

64 OZ. BTL.

Baked Fresh

OUR REG. 51c VERNEDALE
Italian Bread.... 16 Oz. **41¢**

OUR REG. 61c HY-TOP ASSORTED FLAVORS COFFEE
Cake Rings... 2 8 Pk. **93¢**

SOUTHERN BISCUIT PLAIN OR S. RISING Flour

5 69¢

5 LBS.

REG. \$1.59 EXTRA DRY DEODORANT
Arrid.. 9 OZ. **\$1.29**

JUST WONDERFUL REG. OR HARD-TO-HOLD
Hair Spray13 OZ. **79¢**

Pantry Checklist

| | WHY PAY | OUR PRICE | | WHY PAY | OUR PRICE |
|----------------------------|---------|---------------|--------------------------------------|---------|---------------|
| 32 OZ. DEL MONTE | | | 4 LBS. PURINA | | |
| Catsup | 85¢ | 83¢ | Cat Chow | \$1.77 | \$1.69 |
| 20 OZ. WELCH'S | | | 36 OZ. | | |
| Grape Jelly | 97¢ | 87¢ | Top Choice | \$1.33 | \$1.25 |
| 14 OZ. | | | 7 OZ. | | |
| Minute Rice | 79¢ | 75¢ | Cheerios | 49¢ | 47¢ |
| 15 OZ. CHEF BOY-AR-DEE | | | 7 OZ. KELLOGGS | | |
| Ravioli | 51¢ | 49¢ | Special K | 55¢ | 53¢ |
| QUART REALEMON | | | REGULAR FABRIC SOFTENER | | |
| Juice | 75¢ | 69¢ | Downy | 55¢ | 53¢ |
| 46 OZ. DEL MONTE PINEAPPLE | | | 32 OZ. WAX | | |
| Juice | 69¢ | 67¢ | Mop & Glo | \$1.75 | \$1.59 |
| 100 CT. LIPTON | | | 7 OZ. | | |
| Tea Bags | \$1.49 | \$1.45 | Lemon Pledge | \$1.05 | 99¢ |
| 1/2 GAL. | | | 21 OZ. DISINFECTANT | | |
| Wisk | \$2.49 | \$2.33 | Lysol Spray | \$2.29 | \$2.05 |
| GIANT LIQUID | | | 12 OZ. PRIVATE LABEL SLICED AMERICAN | | |
| Era | \$1.29 | \$1.15 | INDIVIDUAL WRAP | | |
| 28 OZ. TEXIZE | | | Cheese | \$1.09 | 89¢ |
| Pine Cleaner | 89¢ | 85¢ | 13 1/2 OZ. FOX DELUXE | | |
| | | | Pizza | 99¢ | 89¢ |

50¢ OFF ALL TICKETS TO CAROWINDS

Harris-Teeter brings you all the fun of Carowinds at a 50¢ discount. Scooby Doo, live entertainment and a world of family fun await you at Carowinds. Buy your tickets now at a discount and use them anytime. Pick them up while you're shopping. You won't have to wait in a long ticket line at Carowinds.

Harris-Teeter SUPER MARKETS

PRICES EFFECTIVE THROUGH SAT. JULY 19, 1975. ALL QUANTITY RIGHTS RESERVED.

EAST KING STREET - KINGS MOUNTAIN, N.C.

We gladly redeem Federal Food Stamps

Richard C. Lanier, son of ... and Mrs. Richard C. Lanier Sr. of 1010 Sherwood ... Kings Mountain, is attending ... Officer Candidate School at the Naval Air Station, Pensacola, Fla.

The 16-week course includes instruction on the fundamentals of aerodynamics and engineering, aviation physiology, mathematics and general military subjects. It is designed to prepare students more than a year of intensive ground and inflight training leading toward their designation as naval aviators.

A 1973 graduate of the University of Southern Florida, Tampa, Fla., with a Bachelor of Arts degree, he joined the Navy in Apr. 1975.