

# Halloween Treats

It's the season for Halloween and Halloween pumpkins which can be used for more than jack-o-lanterns. Many North Carolina pumpkins are sold and turned into Mrs. Smith's frozen pumpkin custard pies. These pies are sold in grocery stores and restaurants across the country.

"Fresh Fruit and Vegetable Cookbook" produced by Celebrity Kitchen, Inc. says, "Technically, pumpkins are a member of the squash family; sizes vary from large to extremely large." According to the Woman's Day Encyclopedia of Cookery, pumpkin is the name of a genus belonging to the Cucurbitaceae family which also includes melons, squash, and cucumbers. The family name is impressive, but is nothing compared to foods prepared from pumpkin.

Proper selection is the first step in preparation. Choose a rich, orange-colored pumpkin well matured, not broken or cracked, and free from soft rot and excessive scarring.

Basic cooking directions — half or quarter pumpkin, remove seed and stringy portion, cut into small pieces and trim off rind. Cover pan and cook in small amount of lightly salted water until tender, approximately 25 to 30 minutes. (Remember, pumpkin is a watery vegetable.) Drain and mash, or force through a food mill or strainer. One 5-pound pumpkin yields about 4 1/2 cups of mashed cooked pumpkin to be used in pies, desserts, breads, muffins, custards, or as desired.

A pumpkin can do double duty as a jack-o-lantern plus furnishing mashed pumpkin. To prepare the shell, cut off the top section. Remove the seeds and scoop out part of the "meat." Just be sure to leave enough for a sturdy shell. The "meat" can be cooked, and the jack-o-lantern face can be cut on the remaining shell.

Mashed pumpkin can be treated, seasoned with butter, salt and pepper to be served as vegetable. Also Pumpkin strips are worth serving as a vegetable. Pumpkin automatically means pie but Pumpkin Orange Crunch Pie is a pleasant change from the kind usually anticipated. Why not try Pumpkin Cookies for the youngsters in the family. Unused mashed cooked pumpkin can be frozen for later enjoyment.

## PUMPKIN STRIPS

1/4 (or less) small pumpkin  
Brown sugar  
Salt to taste  
Butter

Slice pumpkin into narrow thin slices; arrange on cookie sheet, one layer deep. Sprinkle with brown sugar and salt to taste. Dot with butter. Bake at 400 degrees F. for 10 minutes or until tender and almost transparent. Yields 6 to 8 servings.

## PUMPKIN ORANGE CRUNCH PIE

1 cup brown sugar  
1 tablespoon cornstarch  
1 1/2 teaspoons pumpkin pie spice  
1/4 teaspoon salt  
2 cups cooked, mashed pumpkin  
1 1/4-ounce can (12-3 cups) evaporated milk  
2 slightly beaten eggs  
1 unbaked 9-inch pastry shell

1 tablespoon brown sugar  
1 tablespoon butter or margarine  
1 tablespoon all-purpose flour  
1/2 cup chopped walnuts  
2 teaspoons grated orange peel

Combine 1 cup brown sugar, cornstarch, pie spice, salt and pumpkin. Stir in milk and eggs. Pour into pastry shell. (Crimp edges high — filling is generous). Bake at 400 degrees F. for 40 minutes. Meanwhile, combine remaining ingredients. Spoon over pie; return to oven and bake 5 to 10 minutes more or till knife comes out clean. Cool. Cinnamon, cloves and ginger may be substituted, if necessary. Season to taste!

## PUMPKIN COOKIES

1/2 cup shortening  
1 1/4 cup brown sugar, firmly packed  
2 eggs  
1 teaspoon vanilla  
1 1/2 cups cooked or canned mashed pumpkin  
2 1/2 cups sifted flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg or ginger  
1 cup raisins  
1 cup chopped nuts

Cream together shortening and brown sugar. Add eggs, beat thoroughly. Mix in vanilla and pumpkin. Sift together dry ingredients. Blend into creamed mixture. Stir in raisins and nuts. Drop dough by heaping teaspoonfuls on greased baking sheets. Bake in a moderate oven (375 degrees F.) until lightly browned, about 15 minutes. Makes 5 dozen.

Cookies may be frozen. Cool on rack, package in freezer containers with tightfitting

lids, seal, label, date and put in freezer. Recommended storage time: 9 to 12 months. To serve, let thaw in containers at room temperature a few minutes.

## Pam Is Elected Cheerleader

HIGH POINT — Miss Pam Boheler, daughter of Mr. and Mrs. Roy Lee Boheler, Kings Mountain, has been elected a cheerleader at High Point College. Pam is a sophomore and is majoring in elementary education.

She was a member of the cheerleading squad last year. Cheerleaders were chosen on their appearance, pep and enthusiasm, and ability to do jumps and splits.

High Point College's major fall sport is soccer and the major winter sport is basketball.

High Point College is a co-educational liberal arts college related to the United Methodist Church; 1,130 students are enrolled this year.

## Kincaid Stationed In Texas

AUSTIN, Tex. — Bergstrom AFB, Tex., is the new assignment of Air Force Captain (Dr.) Richard J. Kincaid, son of Mr. and Mrs. Dan H. Kincaid of Bessemer City, N. C.

Captain Kincaid, a dentist, was assigned to Bergstrom from the University of North Carolina School of Dentistry, where he earned his D.D.S. degree and his B.S. degree in science education.

The captain graduated in 1967 from Bessemer City High School.

His wife, Elizabeth, is the daughter of Mr. and Mrs. James R. Davis Jr. of 1456 Cherokee Road, Florence, S. C.

## CARD OF THANKS

We wish to express our heartfelt thanks to our neighbors and many friends for the many expressions of sympathy and acts of kindness during the illness and death of our loved one.

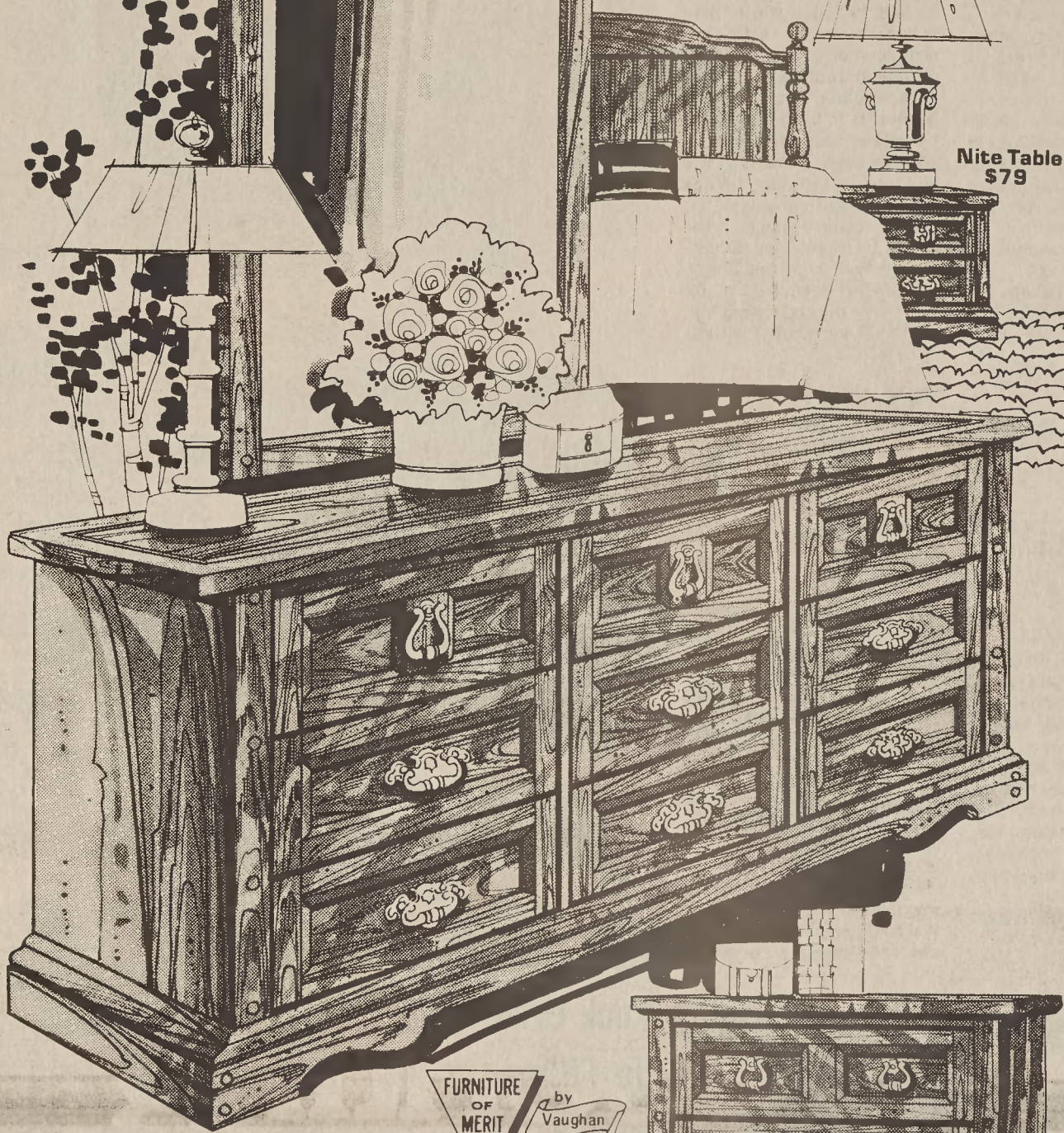
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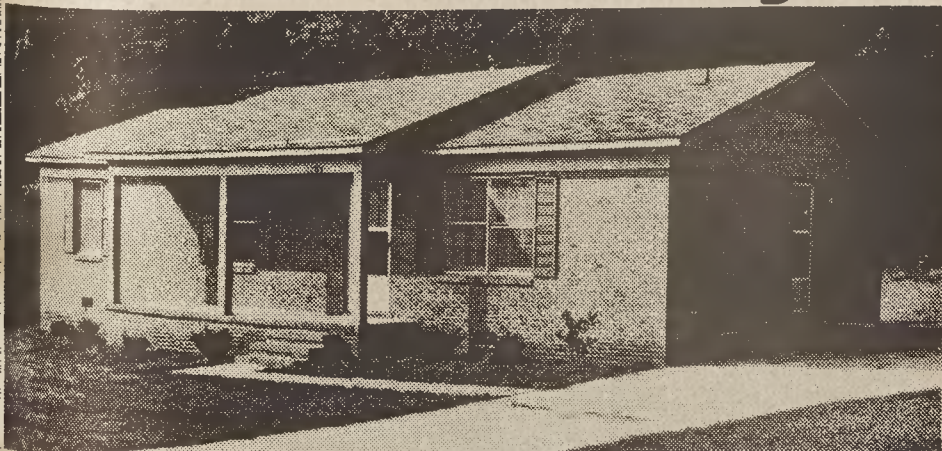
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## This Week's Best Home Buy!



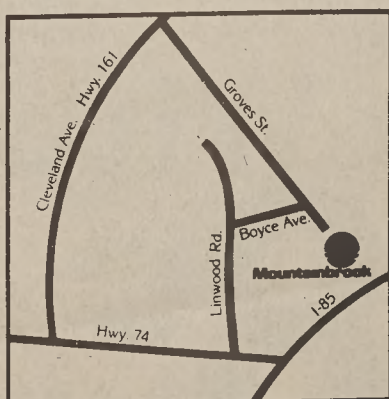
1702 North Woods Dr. \$23,100 3 bedrooms, 1 1/2 baths, family room

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From the center of Kings Mountain drive east on Hwy. 74 and turn left onto Cleveland Ave. (Hwy. 161). Turn right on Grove St. and follow the signs to the Model Home.

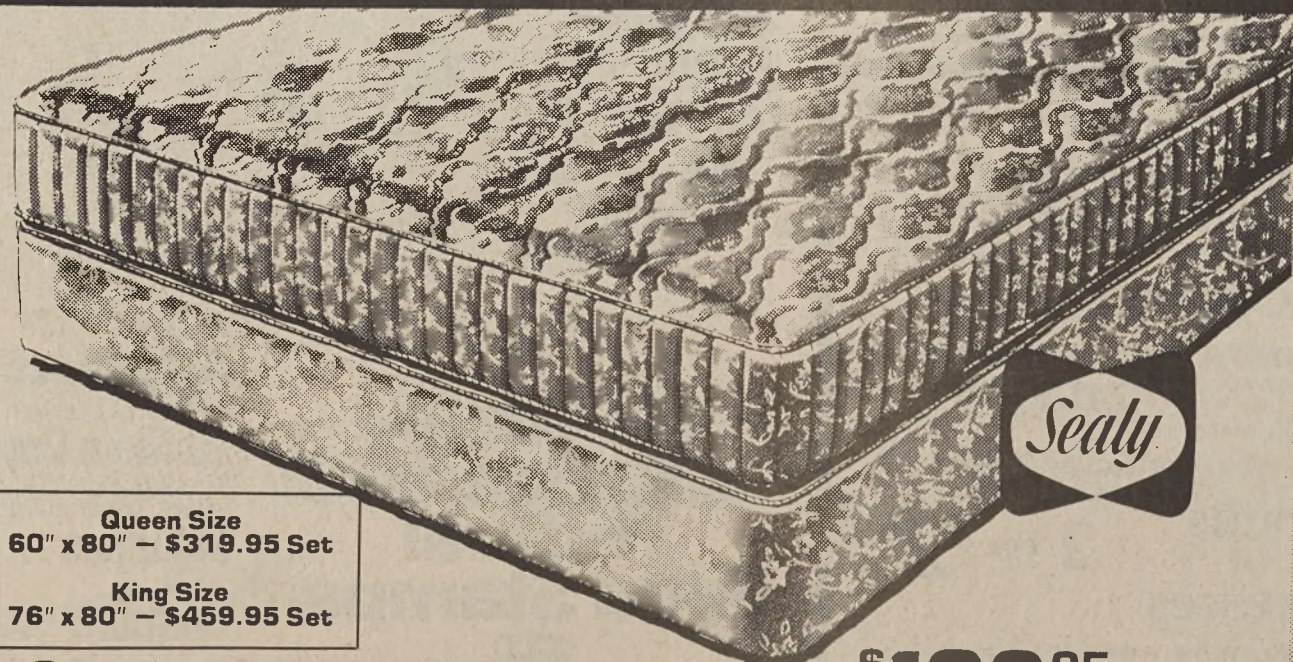


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