

## Dear Betty Crocker

Q. Why can't you stuff a turkey a day before roasting it?

Ms. C.G. Caldwell, N.J.

A. Moist stuffing ingredients and the moist interior of the turkey create an ideal environment for growth of bacteria that can cause food poisoning.

Immediately before roasting the turkey, combine stuffing ingredients and fill the turkey lightly, leaving room for ingredients to expand. Roast as directed.

Q. What causes biscuits to crumble after baking?

C.L.R. Gonzales, La.

A. Either too much shortening was used or it was cut in too finely. Blend shortening and flour with a pastry blender until it resembles fine crumbs.

Q. How do lentils compare to navy beans in terms of food value?

E.M. Elkhart, Ind.

A. Lentils, navy beans and most other legumes (except for peanuts and soybeans) have about the same number of calories (between 210 and

224). They are low in fat and high in carbohydrates and fiber. One cup of cooked lentils has 212 calories, 15.6 grams protein, a trace of fat and 4.2 milligrams of iron. One cup cooked navy beans has 224 calories, 14.85 grams protein, 1.1 grams fat and 5.1 milligrams of iron.

Do you have a question? Write Dear Betty Crocker, Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the Week: If white sauce becomes lumpy during cooking, strain through a wire sieve.



Prices in this ad are good Mon., Nov. 20 thru Sun., Nov. 26, 1989.

## PitaStuffs Make Their Appearance On Area Supermarket Shelves

PitaStuffs, one of the biggest-selling frozen microwaveable sandwiches in many parts of the country, is now available at area supermarkets and convenience stores.

The 6 to 7-oz. sandwiches, made with soft, flavorful, hand-rolled pita bread, come in four varieties: Pizza,

Ham 'N' Swiss, Taco and Gyros. Sold two to a box, the sandwiches, which sell for \$2.49 to \$2.79, are wrapped individually and packaged in a brightly-colored, distinctive holder ready for the microwave.

PitaStuffs are not made with common ryeck bread, but with a bread

that is stretched by hand—a critical step that enables the dough to retain air and yields a lighter, fluffier bread.

Pizza PitaStuffs feature thinly sliced pepperoni, plus natural mozzarella, provolone and romano cheese in a tangy California tomato-

based sauce. Ham 'N' Swiss PitaStuffs contain imported ham and natural Swiss cheese topped with a zesty mustard sauce.

PitaStuffs is a product of the Pitaris Division of Kronos-Central Products, Inc., Chicago. Kronos-Central dominates the U.S. gyros market, and also is a major producer of pita bread sold to supermarkets, restaurants and institutions.

**Think Safety!**

## Let Food Lion Set Your Thanksgiving Table With EXTRA LOW PRICES!!

Whole Or Shank Portion Sliced FREE! (19-23 Lb. Avg.)  
**SMOKED HAM/**  
Whole  
**SMOKED PICNICS**

**99¢** Lb.



## Let's Chat

BY MABEL B. JORDAN  
Columnist

### THE POWER OF CHOICE

We possess the power to choose. Every day we make many choices. Some of them seem small. But no choice is altogether small, for upon the most seemingly unimportant choice may ultimately depend the outcome of our lives. History swings on small things. Similarly does human lives develop according to small decisions. So we determine our future by our immense power of choice.

Dr. Norman V. Peale  
CHANGE

Change comes into the lives of all of us, but even more important than the change that comes is the attitude with which we see change as positive or negative, as an ending or a new beginning.

John Nash

### BEAUTY

Beauty is an expression of love, of wisdom, of peace and of harmony. May we let these ideas come into manifestation in our world and see beauty everywhere in everything and everyone.

Dorothy Pierson

### WE CAN

Knowing that we can do all things, we are free from stress and strain, at ease in mind and body. All our affairs flow in order, and our lives are beautiful, fulfilling and wonderful.

Mildred Hoyer

### HOW TO GET OVER IT

Face it. Take action now. Know that the important factor is not what happens to us but our reaction to that happening.

Believe there is always a way to victorious overcoming, because there always is.

Ruth S. Peale

### CONTRIBUTE

It is important that we use our abilities, whatever they may be, for as we do they grow and increase. We can rejoice that each day we can achieve success and satisfaction.

John Nash

### THANKFUL

We can learn to be thankful even when that which comes to us may at first appear to be limited. Through a thankful heart, we can increase and multiply the measure of what we receive.

Elizabeth Landeweer

### OPPORTUNITY

Let us always keep our minds open and receptive to good. Unlimited opportunities await us, because we know that opportunities await us. Because we know that opportunity appears at the right moment for its unfoldment. Let us be receptive to it.

Enid Freeman

### THOUGHTS

We choose our thoughts. Therefore, we can make our lives what we choose. Our thoughts make our lives.

Ariel

### FAULT-FINDING

One's fault-finding is a sure sign of his own unhappiness.

Myrna Knute

### HOPE

Hope opens doors where despair closes them. Hope "lights a candle" instead of seeing the darkness. Hope cherishes no illusions, nor does it yield to cynicism. Hope puts up with modest gains, realizing that the longest journey starts with one step.

James Keller

### WILLING

A willing attitude can open the way to success and prosperity.

Alex Paul

### SUBLIME HEIGHTS

Nothing can disturb us, nothing can diminish us. We are mightier than circumstances. We view ourselves, the world, all people, with understanding, with love, with appreciation. Our views are glorious, for it is lifted above fear and doubt.

Alex Paul

### TROUBLE

Don't borrow trouble; the interest is too high.

G. Rainey

Frozen Grade A (4-7 Lbs. Avg.) Turkey Breast... Lb. 1.39



Grade A Self-Basting 10-14 Lbs. Average **TURKEYS**

**59¢** Lb.



Florist Quality **POINSETTIAS**

**\$2.99** Each

Chef's Prime Boneless Rib-End **PORK ROAST/** Whole Boneless Sliced FREE!  
**PORK LOINS**

**\$2.28** Lb.

Red Delicious Or **ROME APPLES**

**\$1.59** 5 Lb. Bag

U.S. No. 1 White **20 LB. BAG POTATOES**

**\$2.99**  
Tasty Yellow Onions..... 3 Lb. Bag .99

### "Let Food Lion's Deli/Bakery prepare a Thanksgiving Dinner For You!"

House Of Raeford 10-12 Lbs. Cooked Turkey, 2 Lbs. Of Dressing, One Lb. Gravy, 1 Lb. Cranberry Relish, & One Dozen Snowflake Dinner Rolls..... **24.95**

4 Lbs. Of Smithfield Honey Cured Ham, 2 Lbs. Of Yams, 2 Lbs. Of Green Beans, And One Dozen Snowflake Dinner Rolls..... **19.95**

House Of Raeford 4-5 Lbs. Bone-In Cooked Turkey Breast, 1 Lb. Of Dressing, 1/2 Lb. Of Gravy, 1/2 Lb. Of Cranberry Relish, & 6 Snowflake Dinner Rolls **19.95**

These dinners are good at deli/bakery locations only.

Fresh - 12 Oz. Pkg. **CRANBERRIES**

**99¢**

Red, White Or Blue **GRAPES**

**89¢** Lb.

Quart **FOOD LION EGG NOG**

**89¢**

Half Gallon..... 1.77

8 Oz. - Hostess **WHIP TOPPING**

**2/99¢**

8 Oz. - Sealtest **ONION DIP**

**69¢**

16 Oz. - Breakstone's **SOUR CREAM**

**99¢**

16 Oz. - Greer **APPLE SAUCE**

**3/\$1**

14 Oz. - Baker's **ANGEL FLAKE COCONUT**

**99¢**

5 Oz. - 5 Ct. Biscuits **BUTTER-ME-NOTS**

**3/\$1**

6 Ct. - Frozen Green Giant **CORN-ON-THE-COB NIBBLERS**

**\$1.29**

37.5 Ft. Heavy Duty **REYNOLDS FOIL**

**\$1.29**

2 Liter - Diet Pepsi/ **PEPSI COLA**

**\$1.09**

2 Liter - Diet Mt. Dew Mt. Dew..... 1.19

PKG. OF 6 - 12 OZ. CANS **OLD MILWAUKEE LIGHT**

**\$2.10**

PKG. OF 6 - 12 OZ. CANS **OLD MILWAUKEE**

**\$2.10**

1 Lb. Box - Light Brown Dark Brown 10X25 **DOMINO OR DIXIE SUGAR**

**2/99¢**

Food Lion wishes you a "Safe And Happy Thanksgiving" Shop these convenient area locations for Extra Low Prices!

DELI BAKERY AT: 980 Kildaire Farm Road — Cary  
3231 Avent Ferry Road & Dixie  
Six Forks & Strickland Roads

9101-107 Leesville Rd.  
217 Timber Drive West — Garner  
8320-100 Litchford Rd./Litchford Village S/C