



How to get ketchup out of the bottle

Last week was my mother-in-law's birthday. She would have been 92 this year. Steve and I rode to the cemetery to take some flowers and began to reminisce not only with stories of her, but of my father-in-law as well.

One of our favorite memories was the family tradition of going to Sunday lunch at the Crystal Grill in Greenwood after church. Steve's mom ordered the same turkey and dressing every single time. I don't care if it was the Sunday after Thanksgiving, she was going to order the turkey and dressing. No matter what they had for dessert, my father-in-law was going to have a bowl of ice cream. His grandchildren followed and all ordered the same as well.

*Restaurants

(Continued from page 1.) immediately. This decision is consistent with the social distancing principles from the Centers for Disease Control and Prevention (CDC) and in line with actions taken by other states. This recommendation is for the foreseeable future. Restaurants may still offer carryout or delivery orders to their customers." "This will in no way affect gas stations, pharmacies, grocery stores or food marts" said MSDH State Health Officer Thomas Dobbs, MD, MPH. Additionally, the MSDH is recommending that Mississippi residents not attend funerals, weddings, church services or other community or social events.

McCrary reported that Lexington City Hall is closed to the public until April 1. McCrary and the board emphasized that utility bills are still due monthly and can be paid using the drop box at city hall with check or money order.

Other measures announced by the city of Lexington are as follows:

1. The city of Lexington has cancelled any and all public meetings, zoning or code enforcement meetings, committee meetings, activities, gatherings, and events.
2. It is recommended that any and all private meetings and gatherings (i.e. bars, clubs, restaurants, etc.) be cancelled and/or postponed.
3. Anyone 65 years of age or older, or anyone with severe medical conditions, should not be near people.
4. Precautions at gatherings should include proper

Steve's parents had a talking parrot that was a very finicky eater. After everybody was finished with lunch, we had to fix a to-go plate with anything we had left that the bird might eat.

My favorite Crystal Grill story has to do with getting ketchup out of the bottle. During a Sunday family lunch at the Crystal Grill, my nephew was having a hard time getting the ketchup to come out of the glass bottle. I observed that every single member of the family had a different solution for the problem.

On the way home, Steve told me that he remembered being a sophomore at State and had come home for the weekend and they had the traditional Crystal Sunday lunch. He was trying to pour

hand hygiene, social distancing, and enhanced ventilation.

5. Do not visit a place where the virus is verified to be present and do not go into crowds and practice social distancing.

6. Do not visit a hospital or emergency room if you believe you have contracted COVID-19. Call ahead before visiting any clinic or hospital for specific testing and visiting directions.

A police enforced curfew is also in effect for the city of Lexington to discourage gatherings and non-essential traffic on the roads. The curfew is from 9 p.m. to 5 a.m. until further notice.

Dobbs said that as this virus continues to spread rapidly, prevention has never been more important. Preventive measures Mississippians can take include the following:

- Wash your hands frequently and thoroughly, especially after coughing or sneezing, blowing your nose, and using the bathroom. Effective handwashing takes about 20 seconds, and includes cleaning under fingernails, between fingers, and washing the back of hands as well as the front.
- Stay home if you are sick and avoid close contact with anyone who is ill.
- Cover your coughs and sneezes. When possible, cough, sneeze or blow your nose into a tissue, and throw the tissue away.
- If you are sick, especially with shortness of breath, severe cough, fever or severe chest pain, call a doctor or healthcare provider for instructions on being safely

out the ketchup and was having some trouble. His daddy took the bottle and told him he would help get it out for him and continued to pour it onto his plate. He almost died of embarrassment. There he was – a 20 year-old man, playing SEC college football, and weighing in at about 260 pounds and his daddy was pouring his ketchup out for him.

To my amusement I found about 50 different websites that address the ketchup situation. When the bottle is about a quarter empty, it begins to spit and sputter when you use the bottle. Storing it upside down in the refrigerator will help because all the ketchup will have run down to the cap.

There are five basic tips to help get the ketchup out of the bottle a little bit easier.

1. The karate chop – This is especially for glass containers. There is a place you can give the bottom a little karate chop. It is at the neck of the bottle where the emblem is. Just hold the bottle at about a 45 degree angle to your food and start tapping the bottle with your hand. The ketchup will come out pretty easily from there.

Support to state's agriculture and commerce continues during COVID-19 crisis

Press Release

Commissioner of Agriculture and Commerce Andy Gipson provided an update on the functions of the Mississippi Department of Agriculture and Commerce (MDAC) during this COVID-19 emergency.

Commissioner Gipson assures the public that essential functions of the department continue without disruption in order to support farmers and ensure the flow of commerce with no interruptions of supplies.

While MDAC office buildings are closed to the public, many employees are working from home, or they are at home on administrative leave.

"Our work continues. We're returning phone calls and emails. We're responding to consumer complaints and questions," said Commissioner Gipson. "A crisis can sharpen your focus. When the crisis is over, my plan is for this department to perform our services even better than before."

In response to COVID-19, examined.

- Avoid social gatherings.
- Practice social distancing: keep at least six feet away from other people.

For more information on prevention measures and the latest guidance, download the free MS Ready mobile app or visit www.HealthyMS.com/covid-19. Follow MSDH by email and social media at www.HealthyMS.com/connect.

2. The shake and swoop – Star by shaking the ketchup bottle. As you go on the down shake, you then swing the bottom upward making a J-like motion. This will loosen and push all of the ketchup to the top of the bottle, which will make it easy to get out.

3. Over the wrist – Just grab the base of the bottle with an upside down grip and open the lid. Now place your other arm in front of your food and hit your wrists together. Make sure that the nose of the bottle goes over the top and is directed towards the food.

4. Under hand it – Grab the base of the bottle and hold it with the top facing down. Now swing the top of the bottle forward as if you were throwing a ball underhanded. The force will push all of the ketchup to the top of the bottle, making it easier to pour out.

5. The Knife – Stick your knife down in the bottle to "start the ball rolling."

One of my favorite comments was to make sure you have removed the silver foil seal off the top before you begin. I am sure that was from experience and a very frustrated "ketchup user."

The next time our family

gets together for one of our favorite Sunday traditions of Sunday lunch at the Crystal Grill, we will once again try to decide – What is the best way to get the ketchup out of the bottle?

Hope you enjoy today's recipes. Thanks for reading.

GREEN SALAD with CANDIED ALMONDS

- 8 cups mixed salad greens
- 1 cup feta cheese, crumbled
- 1 cup dried cranberries
- 1 pkg. candied almonds
- Dressing:
 - 1 tsp. salt
 - ¼ tsp. Tabasco
- 3 Tbsp. white wine vinegar
- 3 Tbsp. sugar
- ½ cup salad oil

Mix salad greens, feta cheese, and cranberries. Chill, cover and refrigerate. For dressing: combine all ingredients in a sealed jar and shake well. Drizzle over salad and toss to mix well. Sprinkle with candied almonds and serve immediately.

LAYERED SPINACH SALAD with CREAMY HORSERADISH DRESSING

- Dressing:
 - 1 cup mayonnaise
 - 1 cup sour cream
 - 3 tsp. horseradish
- 1 pkg. ranch dressing
- Salad:
 - ½ lb. fresh spinach
 - ½ lb. bacon, cooked and crumbled
 - 5 eggs, boiled and chopped
 - 1 head lettuce, torn
 - 1 pkg. frozen green peas, uncooked but thawed
 - 1 onion, chopped
 - ¼ lb. Swiss cheese, shredded
 - ¼ lb. cheddar cheese, shredded
 - Sugar, salt and pepper to taste

For dressing: Mix together all ingredients, refrigerate and set aside. For salad: Layer the first 8 ingredients in order. Sprinkle with sugar, salt and pepper. Top salad with dressing. Garnish with additional cheese and bacon. Chill until ready to serve

RAINBOW PASTA SHRIMP SALAD

- 5 cups water
- 1 tsp. salt
- ½ lemon
- 1 ½ lbs. fresh, medium shrimp, unpeeled
- 1 (12 oz.) pkg. rainbow twirl (multi-colored rotini) pasta
- 1 cup celery, thinly sliced
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 2 green onions, chopped
- 1 (3 ½) oz. can medium pitted black olives, sliced
- 1 cup Italian dressing

Bring water to a boil; add salt, lemon and shrimp. Cook for 3-5 minutes. Drain and rinse with cold water. Chill. Peel and devein shrimp and set aside. Cook pasta according to instructions on package. Drain and rinse. Add celery and the next 4 ingredients; blend. Add Italian salad dressing to mixture and stir in shrimp. Chill overnight.

*Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, *The Help*. Fleming can be reached at lafkitchen@hughes.net.

Bridal Registry

Eryca Edwards
Andrew Gilmore
June 6

Nikki Merchant
Trent Boutwell
June 26

Peoples Drug Store

Court Square 834-2721 Lexington

CHAPTER 7 BANKRUPTCY

\$545 Plus Costs

CHAPTER 13 BANKRUPTCY

All Attorney Fees Through the Plan

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