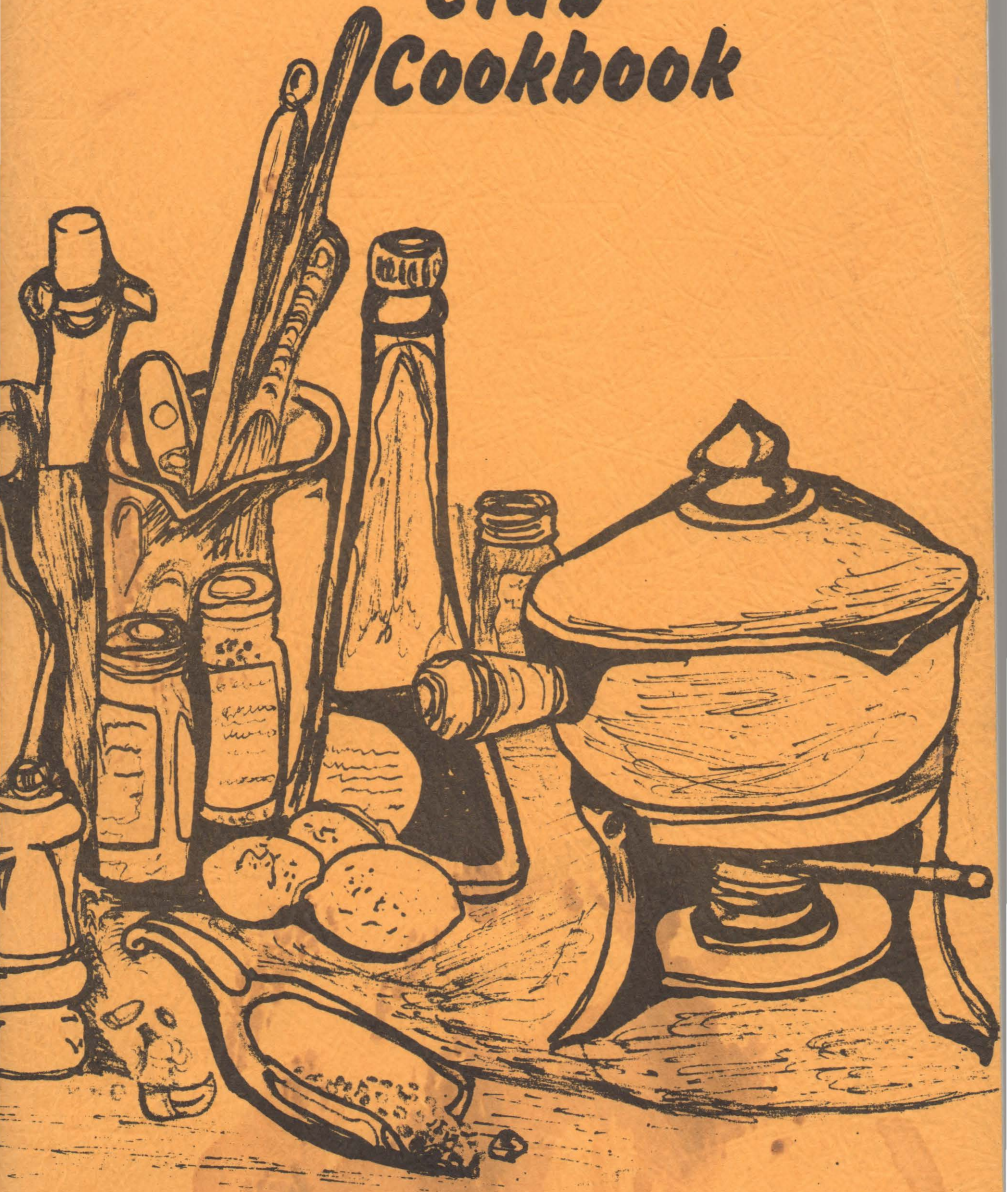
Mount Airy Junior Woman's Club Cookbook



Compliments Of

SURRY-YADKIN
ELECTRIC MEMBERSHIP CORPORATION

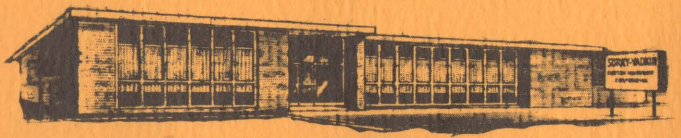
Telephone 386-8241 or 386-8242

DOBSON, NORTH CAROLINA 27017





Serving ... Surry, Yadkin,
Stokes, Wilkes and Forsyth Counties



"OWNED BY THOSE WE SERVE"

OUR APPRECIATION

The Mount Airy Junior Woman's Club wants to express its sincere appreciation to all the merchants and individuals who contributed generously to this project.

The Club also wants to thank all the members who gave so generously of their time and energy collecting and submitting recipes. Without them this book would not be possible.

Home Life Department
Mount Airy Junior Woman's
Club

Happy Thanksgiving
your Heart Sister

MOUNT AIRY JUNIOR WOMAN'S CLUB

History

The Mount Airy Junior Woman's Club was organized in October, 1947, under the leadership of Mrs. Ed Early and Mrs. Jim Vaughn. Twenty-nine charter members held their first meeting in November 1947 at which time they were chartered by the North Carolina Federation of Women's Clubs.

Civic betterment has always held first place in the Club's interest. Full support has been given to all National, State, and local projects. The local projects vary from year to year to meet the immediate needs of the community.

Over the years some of the most outstanding local projects have been: strong support of the Y.M.C.A. with large contributions being made during a 3 year period; volunteers to Red Cross; campaigns for state and local bond elections; organization of the Hospital Auxiliary; donated clothing to the Flat Rock fire victims; certificates of merit were won for the efforts in the Get Out and Vote campaign; operated clothing closet; sponsored Follies and contibuted proceeds near $4,500 to the Library Cultural Center project; assisted in cancer research program and began continuing projects on "Conquering Uterine Cancer" and a "Safety Seat Belt Compaign"; sponsored bridge benefit to purchase new uniforms for the high school band; sponsored Empty Stocking project for needy children at Christmas; had 2 members on the Library Board; prayer cards placed into localrestaurants; croupette donated to local hospital; helped retarded classes in schools; transported children to special classes during the summer months; helped stuff 10,000 Easter Seal Letters; members serving on the Traffic Council; and sponsoring of the Mother and Baby Care Classes for expectant mothers.

During the past year the Mt. Airy Juniors have conducted a Craft Fair at the National Guard Armory. The proceeds went to the Mt. Airy Fine Arts Council toward their yearly drive. We were able to contribute $125.00 and bring Mt. Airy citizens in closer contact with the local craftsmen. This gave a total of $250.00 given to the Arts Council in the past year. The Juniors also sponsored a White Elephant Sale and a Bake Sale which allowed us to contibute $150.00 to send children to camp for 2 weeks this summer. Special Education classes at Rockford Street School were given an Easter Party and also a Getting Out of School Party. This project interjected community spirit and local citizens and firms donated to the project without being asked. We were able to purchase carpet for the children to sit on to play and many new toys wheich the school budget would not allow the class to purchase. Our efforts were then turned to the acquisition of a City Park, members attended Planning Board Meetings, and City Board Meetings. These endeavors did not prove successful and we decided to help the Mt. Airy Optimist Club, in their efforts to build a Little League Ball Park. We contributed $100.00 to this project in May 1972. The Mt. Airy Chamber of Commerce asked the club for support in its niw Drug Education Project. The Juniors agreed that this was a most worthwhile project and contricuted a pledge of $100.00 to this project. Our plans are to give additional support to this project depending on our Ways and Means pojects in the Fall. Plans for the Fall include: Coke Stand at the Autumn Leaves Festival, Cookbook sales, Halloween Carnival for the children of Mt. Airy city and county schools, Mothers March for the March of Dimes, and many other community projects.

(continued)

We have been active in all District and State projects, with many of our departments and members being recognized on a district and State level for their accomplishments. Our members have served in various capacities over the years, inclucing one State President from Mount Airy Club.

In the past we have had an adopted boy at Boy's Home and have won the Boy's Home Bust on several occasions. Our yearbook and scrapbook have won first place awards for several years.

Our Club is strong and alive-a vital force in our community. We, as a group, are a working example of all that can be accomplished by a sense of duty and perservation. We have accomplished much and in return have had opportunities to serve as a group and to grow individually.

TABLE OF CONTENTS

Page

Meats and Main Dishes.....1

Vegetables.....25

Salads and Salad Dressings.....35

Breads.....53

Desserts and Sweets.....63

Miscellanous.....115

Abbreviations and Substitutions.....126

Measurements, Temperatures, Can Sizes....127

Emergency Counterdoses.....128

CONGRATULATIONS TO A #1 ORGANIZATION

THE MOUNT AIRY JUNIOR WOMANS CLUB

FROM

WSYD

#1 RADIO STATION IN MOUNT AIRY

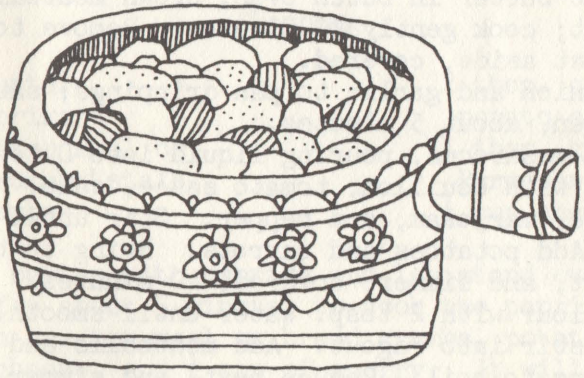
5000 WATTS DAY — 1000 WATTS NIGHT

"Surry County's Most Powerful Full Time Station"

TELEPHONE 786-2147

MT. AIRY, NORTH CAROLINA

Meats and Main Dishes



BEEF-BALL RAGOUT

1 3/4 lb. ground chuck
1/3 cup packaged dry bread crumbs
1 egg
4 tsp. bottled steak sauce
1 tsp. salt
¼ tsp. pepper
2 tbsp. butter or margarine
1 cup thinly sliced onion
1 clove crushed garlic
1 can (6 oz.) sliced mushrooms, undrained
1 can (10½ oz.) condensed beef bouillon, undiluted
1 can (8 oz.) tomato sauce
½ tsp. salt
1 tsp. bottled steak sauce
¼ tsp. dried marjoram leaves
1/8 tsp. pepper
3 medium potatoes, pared and quartered
3 medium carrots, pared and halved lengthwise
1 tbsp. instant-type flour

In large bowl, combine chuck, bread crumbs, egg, 4 tsp. steak sauce, 1 tsp. salt, and ¼ tsp. pepper; mix lightly with fork until well combined. Shape into 18 meatballs.

In hot butter in Dutch oven, brown meatballs. Reduce heat; cook gently 10 minutes. Remove to bowl and set aside, covered.

Add onion and garlic to pan drippings; saute until golden, about 5 minutes.

Drain mushrooms, pouring liquid into Dutch oven along with bouillon, tomato sauce, salt, steak sauce, marjoram, and pepper. Stir until well blended. Add potatoes and carrots. Bring to boil. Reduce heat, and simmer, covered, 40 minutes.

Mix flour with 2 tbsp. water until smooth. Gradually stir into ragout. Add meatballs and mushrooms; bring to boil. Reduce heat, and simmer, covered, about 10 minutes or until meatballs are heated through. If desired, garnish with chopped parsley. Serves 6.

Mrs. Clara Jones

TREADWAY INN LOBSTER PIE

4 tbsp. butter
½ cup sherry
1 lb. lobster meat, coarsely chopped
2 tbsp. flour
1½ cups light cream
Salt and white pepper
2 egg yolks

Melt 2 tbsp. butter in the top of a double boiler. Add sherry and lobster meat. Let stand over simmering water while you make the sauce. Melt 2 tbsp. butter. Blend in flour, pour on 1 cup cream, and stir until the mixture comes to a boil. Season with salt and white pepper and simmer for 5 minutes to cook the flour. Beat egg yolks with a fork. Beat in remaining ½ cup of cream. Pour a little of the hot sauce over the yolks, stir, and blend the egg-cream mixture into the sauce. Stir until the sauce thickens, but do not let it boil. Add it to the lobster, blend lightly (stir lobster meat as little as possible to keep it from getting tough), and let stand over simmering water at least 10 minutes to blend the flavors. Remove from heat. Put into 4 small deep individual casseroles or 1 larger one. Sprinkle with the following lobster pie topping. Bake for 15-20 minutes in 350 degree oven, or brown immediately under broiler. Serves 4.

Topping

4 tbsp. butter
½ tsp. paprika
½ cup cracker meal or finely crumbled stale bread crumbs
2 tbsp. crushed potato chips
1 tbsp. grated Parmesan cheese
½ cup sherry

Melt butter with paprika and let stand over a very low heat for about 5 minutes to cook the paprika a little. Blend with cracker meal or bread crumbs, potato chips, Parmesan cheese, and ¼ cup of sherry. It will not need any salt; the potato chips will supply this.

Mr. Tom Doughtery

MACARONI CASSEROLE

1 lb. hamburger
1 med. onion, chopped
½ cup green pepper, chopped
1 tsp. sugar
2 cups tomatoes
1 tbsp. catsup
1 tbsp. steak sauce
2 tsp. parsley flakes
7 oz. box macaroni, cooked
1 can cream of mushroom soup
1 cup grated cheese
Salt and Pepper to taste

Cook onions, beef, and pepper until meat changes color. Add everything but soup and cheese to meat mixture. Simmer for 30 minutes. Place soup in bottom of a casserole dish and then add meat mixture. Top with cheese. Bake for 30 minutes at 350 degrees.

Mrs. Lorette Francis

PEPPER STEAK

1½ lbs. round steak
1 green pepper
2 cans beef broth
Flour
Salt
Black pepper

Cut strips off round steak ¼ inch thick. Place meat in bag with flour and coat well. Place strips of meat in a large fry pan with ¼ cup of oil. Brown well and add diced pepper, ¼ tsp. salt, black pepper, and beef broth. Cover fry pan and cook on low heat for 1½ hours. Serve over steaming hot rice.

Mrs. Mary Good



TUNA CASSEROLE

2 cups cooked macaroni
1 can tuna fish
½ cup milk
1 can mushroom soup
1 cup potato chips, crushed

Combine tuna and macaroni. Blend milk and mushroom soup and pour over tuna and macaroni. Salt and pepper to taste and place in a baking dish. Sprinkle top of mixture with crushed potato chips and bake in a 350 degrees oven for about 25 minutes.

Mrs. Sandy Hart

MACARONI CASSEROLE

Pour into a casserole dish, 2 cups of cooked and drained macaroni.

Mix together ½ stick melted butter or margarine, 1 cup of milk, and 2 cans of undiluted cream of chicken soup. Pour liquid mixture over macaroni. Bake at 350 degrees until hot and ready to serve.

Mrs. Margaret Hooker

YOUR CHICKEN
For
the
Family
by
Bucket or Barrell
Hwy. 601 – Mt. Airy
Phone 789–2666
OPEN SUNDAYS

W.M. CARTER CONST.
Compliments Of
Mr. & Mrs. W.M. Carter
Mt. Airy, N.C.

SWEET AND SOUR SHRIMP

½ cup green pepper, chopped
1 cup bias cut celery
½ cup onion, chopped
¼ cup cooking oil
¼ cup flour
¼-½ cup brown sugar, to taste
½ cup lemon juice
Rind of 1 lemon, grated
1½ cups tomato juice
1 lb. cooked, shelled shrimp

Saute pepper, celery and onion in oil till tender. Sprinkle flour over mixture. Stir frantically to keep smooth. Pour tomato juice over; continue stirring until thickened a bit. Add sugar, stirring constantly, then lemon juice and rind. Cut heat to warm and add shrimp. Let sit an hour or so while flavors blend. Serve piping hot over Chinese noodles or rice.

Mrs. Bennie V. Fowler



MEATBALLS

Shape 3 lbs. of ground beef into balls and simmer until gray in color. Don't brown! Pour off fat. Mix 1 large can tomato sauce and 1 can water with ½ cup tomato catsup. Sprinkle generously with the following: thyme, bay leaves, garlic salt, celery salt, onion salt, oregano, parsley flakes, barbecue spices. Pour this mixture over the meatballs. Bring to bubbling boil, then reduce heat and simmer 2 hours.

Mrs. Janet Beason

SPICED BEEF AND RICE CASSEROLE

1 lb. ground beef
1 tbsp. cooking oil
¼ cup chopped onion
1 tsp. salt
Dash of pepper
¼ tsp. garlic powder
¼ tsp. ground thyme
¼ tsp. oregano
½ small bay leaf
1 can condensed cream of mushroom soup
1 can tomatoes (1 lb. or No. 303 can)
1 cup minute rice
1 cup grated cheese
Bread crumbs

Brown meat in oil. Add onion and cook till tender. Stir in seasonings, soup and tomatoes and minute rice. Bring to boil, then simmer 5 minutes; stirring occasionally. Spoon into casserole dish. Sprinkle cheese on top. Cover with bread crumbs. Brown about 30 minutes at 350 degrees. Serve.

Miss Linda Dixon

MEATLOAF GOURMET

1 lb. ground beef
1 chopped onion
1 chopped green pepper
3 cups diced bread
1 can condensed cream of mushroom soup
1 tbsp. Worcestershire sauce
1/3 cup ketsup
1 egg, beaten
1 envelope dry onion soup mix
1 cup oatmeal
¼ tsp. pepper

Mix all ingredients. Place in loaf pan and bake at 350 degrees for 1 hour. During the last 15 minutes of baking time, the meat loaf may be covered with tomato sauce or ketsup, for extra flavor and color.

Note: This recipe can be doubled or tripled. Bake them all at once, then freeze them. Some of the meatloaf mixture may be cooked in muffin pans. You may like to bake your meatloaf in a tube pan for an elegant meatloaf ring. Keep in mind that the muffins take less time to cook, while the ring may take longer.

Mrs. Barbara Anderson

FRANKFURTERS IN CASSEROLE

3 cups potatoes, diced
1 small onion, diced
1 can tomato sauce
6 frankfurters, sliced into 1-inch pieces
1½ tsp. salt
Dash of pepper
½ green pepper, diced
½ cup water

Cook potatoes in salted water for 10 minutes, drain. Pour into casserole; add remaining ingredients. Bake at 350 degrees for 45 minutes.

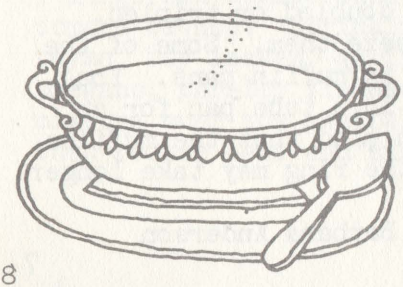
Mrs. Margaret Lovill

BAKED TUNA CHOW MEIN CASSEROLE

1 cup chopped celery
¼ cup chopped onion
2 tbsp. chopped green pepper
1 tbsp. butter
7-oz.can tuna
1 10½-oz. can cream of mushroom soup, thinned with ¼ cup milk and ¼ cup water
3 oz. can chow mein noodles, reserve 1/3 cup for topping
3/4 cup salted cashew nuts
1/8 tsp. pepper

Heat oven to 350 degrees. Saute celery, onion, and green pepper in butter. Mix in rest of ingredients; pour into buttered 1½-quart baking dish. Sprinkle with 1/3 cup chow main noodles. Bake 30 minutes. Serves 4-6. This may be made the night before then baked the next day.

Mrs. Barbara Anderson



CHEESE QUICHE

Make quiche pastry by any good pastry recipe.
Filling:

6 slices bacon, cut into $\frac{1}{4}$ inch pieces and fried
3 eggs, beaten
$1\frac{1}{2}$ cups evaporated milk
$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. granulated onion, or 2 tbsp. green onion
3/4 cup grated Swiss cheese, or Parmesan
Dash granulated garlic
Pinch pepper
2 tbsp. butter, cut in tiny pieces for top

Beat eggs, milk, and seasooning together. Stir in grated cheese. Pour into pastry shell. Sprinkle on bacon. Dot with butter. Bake at 375 degrees for 25 minutes.

Mrs. Barbara Anderson

United Savings And Loan Association
MEMBER F.S.L.I.C.

Complete Savings And Home Financing Programs

3 LOCATIONS TO SERVE YOU

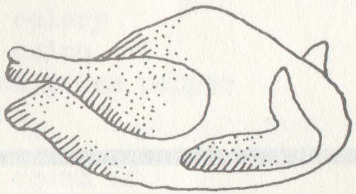
MOUNT AIRY, N.C. KING, N.C. ELKIN, N.C.

PEACH-GLAZED CHICKEN

2½-3 lb. broiler-fryer, cut up
16 ounce can peach halves
2 tbsp. lemon juice
2 tbsp. soy sauce
3 tbsp. butter or margarine
1 tbsp. cornstarch

Arrange chicken in 13x9x2-inch pan. Sprinkle with a little salt and paprika. Drain peaches; reserve ½ cup syrup. Combine syrup, lemon juice, and soy. Set aside 4 peach halves; mash remaining. Add mashed peaches to syrup; drizzle over chicken. Dot with butter. Bake, uncovered, in 375 degree oven for 45 minutes, baste with sauce. Place peaches in pan; bake 15 min. more, basting often. Remove to platter; keep warm. Combine cornstarch and 2 tbsp. water; stir into pan juices. Cook and stir till thick; serve with chicken.

Mrs. Barbara Anderson



ONE DISH DINNER LASANGE

1 lb. ground chuck
1 small green pepper
1 medium onion, chopped
2 cups tomatoes, canned
1 cup green beans, canned
Salt & Pepper to taste
1 cup canned whole kernel corn
½ cup sharp cheese, grated
1 pkg. (5-8 oz.) egg noodles

Brown meat, onion, pepper in a heavy skillet. Add tomatoes, beans, corn, and cook several minutes. Cook noodles in salted water until tender. Drain and put in casserole in layers with meat mixture. Place cheese on top and bake uncovered for 30 minutes at 350 degrees. Better the next day. Serves 8.

Mrs. Bennie V. Fowler

BARBEQUE CHICKEN

1 chicken, cut-up
3 tbsp. catsup
2 tbsp. vinegar
1 tbsp. lemon juice
2 tbsp. worchestershire sauce
½ cup water
3 tbsp. brown sugar
1 tsp. salt
1 tsp. mustard
1 tsp. chili powder
½ tsp. red peppers
1 tsp. paprika
2 tbsp. melted butter or margarine

Mix all ingredients. Pour over chicken placed in baking dish. Cover with foil. Bake 15 minutes at 400 degrees. Reduce temperature to 325 degrees and bake 1 hour and 45 minutes.

Mrs. Brenda King

SAVORY PEPPER STEAK

1½ lbs. round steak, cut ½-inch thick
¼ cup all-purpose flour
½ tsp. salt
1/8 tsp. pepper
¼ cup cooking oil or shortening
8 oz. can tomatoes
1 3/4 cup water
½ cup chopped onion
1 small clove garlic, minced
1 tbsp. beef flavored gravy base
1½ tsp. worcestershire sauce
2 large green peppers, cut in strips
Hot cooked rice

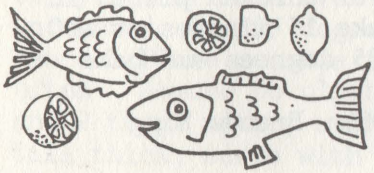
Cut steak in strips. Combine flour, salt, and pepper; coat meat strips. In a large skillet, cook meat in hot oil until browned on all sides. Drain tomatoes, reserving liquid. Add tomato liquid, water, onion, garlic, and gravy base to meat in skillet. Cover and simmer for about 1¼ hours, until meat is tender. Uncover; stir in worcestershire sauce. Add green pepper. Cover and simmer 10 minutes. Add drained tomatoes; cook about 5 minutes more. Serve over hot rice. Serves 6.

Mrs. Sue Cooke

QUICK SEAFOOD CASSEROLE

6 oz. macaroni, cooked
¼ pound cheese, grated
1 small onion, chopped
1¼ cup milk
1 cup tuna
Salt and pepper to taste

Mix macaroni, cheese, onion and milk; stir in tuna. Add salt and pepper; mix well. Place in casserole dish. Bake for 20 minutes at 350 degrees. Yield: 6 servings.



Mrs. Bennie V. Fowler

BOEUF BOURGUIGNONNE

2 lbs. lean beef, sirloin or pot roast
2 tbsp. bacon drippings
5 medium sized onions, sliced
1½ tbsp. flour
½ cup beef consomme
1 cup red wine, American Burgundy
½ lb. fresh mushrooms
Pinch of marjoram, thyme, salt, pepper

Fry onions in bacon drippings in a heavy skillet until brown; remove to a separate dish. Cut lean beef into 1-inch cubes. Saute meat in the same drippings, adding a little more fat if necessary. When cubes of beef are browned on all sides, sprinkle over them the flour and a gernerous pinch each of salt, pepper, marjoram, and thyme. Add consomme and wine. Stir well for a moment. Add onions and let simmer (just barely bubble) for 3½ hours. Can use a Dutch oven and cook in the oven at 250 degrees for 3½ hours.

After 3½ hours, add fresh mushrooms and let cook 45 minutes longer. Thicken before serving, if necessary, with additional flour. Serves 4-6.

Excellent served with curried rice, tossed salad, crusty French bread, and Burgundy wine.

Mrs. Sue Cooke

CHEESE PUFF

8 slices bread, cut into two triangles each
2 cups milk
4 eggs, beaten
½ tsp. salt
Dash of pepper
8 slices American cheese, or 2½ cups grated cheese

Lay one half of the bread triangles in a large pie pan (or casserole dish). Lay cheese slices (or grated cheese) on the bread. Top with the remaining bread slices. Mix milk, beaten eggs, salt and pepper together. Pour over bread slices and let set for one hour, or overnight. Preheat oven to 400 degrees. Bake at 400 degrees 20 minutes, then reduce heat to 350 degrees. Bake for 20-30 minutes more, or until cheese puff is brown and puffy. Serves four. This is good warmed over the next day. Serve with a green vegetable and a fruit salad for a brunch or a light supper.

Mrs. Barbara Anderson

CHEESE TUNA MUFFINS

1 can (6½-7 oz.) tuna, drained and flaked
1 cup finely shredded process American cheese
½ cup mayonnaise
1 tbsp. lemon juice
¼ tsp. Worcestershire sauce
Hot pepper sauce to taste
6 English muffins
Paprika

Mix together tuna, 3/4 cup of the cheese, mayonnaise, lemon juice, Worcestershire sauce and hot pepper sauce. Split muffins and toast. Spread about 1½ tbsp. filling on each muffin half. Sprinkle each with about 2 tsp. of remaining cheese and paprika. Broil about 3 minutes or until cheese is melted and bubbly. Makes 12 halves.

Mrs. Barbara Anderson

BEEF LIVER STROGANOFF

4 slices bacon
1 cup onion, sliced
1 lb. sliced beef liver
2 tbsp. flour
1 tsp. paprika
½ tsp. salt
4 oz. can sliced mushrooms
½ cup sour cream
¼ cup water
1 tbsp. flour

Fry bacon in heavy skillet over low heat until crisp; remove bacon and drain on paper toweling. Add onion to bacon drippings and cook until limp, but not brown. Remove onions from skillet. Coat liver in mixture of flour, paprika, and salt. Brown lightly in bacon drippings. Sprinkle with any remaining flour mixture. Add mushrooms, crumbled bacon, and onions. Cover and cook slowly until liver is tender (about 30 minutes). Arrange liver topped with mushrooms, bacon, and onions on serving platter. Blend together sour cream, water, and flour; stir into pan drippings. Heat, but do not boil, until thickened. Spoon over liver. Serves 4.

Mrs. Brenda King

STUFFED GREEN PEPPERS

6-8 green peppers
¼ cup rice, cooked
tomato sauce, small can
1 small onion
1 lb. chopped ground round

Steam the cleaned green peppers about 15 minutes. Remove from the water to cool. Mix all ingredients together. Save a small amount of tomato sauce to brush on top of each pepper before baking. Place ingredients into peppers being careful not to tear. Cover baking dish with aluminum foil. Bake in a pre-heated 350 degree oven for 1 hour and 15 minutes. Remove aluminum foil cover for 15 minutes more cooking so tops will brown. Serve hot. Note: If you do not have tomato sauce, try ½ can tomato soup and ½ cup catsup.

Mrs. Shirley Brinkley

PORK 'N APPLES WITH STUFFING

12 pork tenderlonin slices (about 4 lbs.)
2 20-oz. cans pie-sliced apples, drained
½ cup brown sugar
6 cups herb-seasoned stuffing mix
½ cup chopped celery
¼ cup butter or margarine, melted
3 tbsp. instant minced onion
1 tsp. salt
½ tsp. ground sage
2 cups beef bouillon

Pound tenderloins; trim off fat. In large skillet, cook trimmings till 2 tbsp. drippings accumulate; discard trimmings. Sprinkle meat with a little salt and pepper. In skillet, brown well on both sides. Place in two 11x7x2-inch baking dishes. Combine apples and brown sugar. Spoon over tenderloin pieces. Combine stuffing mix, celery, melted butter, onion, salt, and sage; toss with beef bouillon till moistened. Press into ½ cup measure; unmold onto each pork tenderloin. Cover tightly. Seal, label, and freeze. Bake frozen casserole, covered, in 400 degree oven for 1¼ hours or till pork is done. Garnish with poached fresh apple slices, if desired. (Bake unfrozen casserole in 375 degree oven for 1 hour.) Makes 2 casseroles, 6 servings each.

Mrs. Barbara Anderson

CHILI

2 onions, chopped
2 lbs. ground beef
2 tbsp. fat
2 tsp. salt
1/8 tsp. pepper
Chili powder to taste
1 #2 can tomatoes
2 #2 cans red kidney beans

Cook onions and beef in fat until brown, stirring often. Add seasonings and tomatoes and simmer one hour. Add kidney beans and simmer five minutes. Serves 8.

Mrs. Cathy Murphy

REUBEN BAKE

2 27-oz. cans sauerkraut, snipped
16 oz. thinly sliced corned beef
1 cup thousand island dressing
2 cups (8 oz.) shredded process Swiss cheese
Rye bread
¼ cup butter or margarine, melted

Drain sauerkraut, reserving 1 1/3 cups liquid. Cut corned beef into bitesize pieces. Combine sauerdraut, the 1 1/3 cups liquid, the snipped corned beef, thousand island dressing, and Swiss cheese. Spread in bottom of two 10x6x2-inch baking dishes. Cover tightly. Seal, label and freeze. Bake frozen casserole, covered in 400 degree oven for 1½ hours. Uncover; top each casserole with rye bread cubes; brush with 2 tbsp. of the melted butter or margarine. Continue baking 15 minutes more or till biscuits are golden. (Bake unfrozen casserole in 350 degree oven for 40-50 minutes. Increase temperature to 425. Top with bread. Brush with 2 tbsp. melted butter. Bake 15 minutes more or till golden.) Makes 2 casseroles, 6 servings each.

Mrs. Barbara Anderson

STUFFED GREEN PEPPERS

2 green peppers
Mixture of creamed potatoes
Butter

Halve green peppers and remove seeds, core, etc. Stuff empty halves with prepared creamed potatoes. Top with pat of butter. Very decorative and delicious accompaniment with any meal.

Mrs. Joan McCoy

CHEESE MEAT LOAF

1 cup catsup
2 lbs. ground round beef
1½ cups diced cheese
2 eggs, beaten
1 large onion, chopped
1 large green pepper, chopped
2 tsp. salt
1 tsp. pepper
1 tsp. celery salt
1½ cups milk
2 slices bread, torn into small pieces

In a large bowl combine crumbled bread, chopped onion, pepper, diced cheese, salt, pepper, celery salt, and eggs. Stir until ingredients are moist. Add milk, stir. Add catsup, reserving a little for top of loaf, and add ground round a little at a time until each amount is well mixed.

Place heavy duty alumnimum foil in 8 inch square pan. Pour in loaf mix and shape loaf. Cover pan with foil and seal air tight. Bake in preheated oven at 350 degrees for 1½ hours. Uncover and let brown. For decoration add cheese strips and green pepper strips to top of loaf the last few minutes of baking. Half of this meat loaf can be frozen for later use.

Mrs. Shirley Brinkley

CRAB CAKES

1 lb. crab meat
1 egg
1 tbsp. mayonnaise
2 tbsp. plain flour
1 tsp. prepared mustard
1 tsp. chopped parsley
Salt and pepper
1 t. Worcestershire sauce

Mix all together and drop from teaspoon into hot fat. A little onion and chili powder added improves the taste.

Mrs. Sandy Hart

LASAGNE

1 large onion, chopped
2 cloves garlic, chopped
½ cup salad oil
2 lbs. ground beef
2 cans tomato paste
½ cup water
½ cup celery, chopped
¼ cup parsley
1½ tbsp. salt
2 tsp. sugar
1 tsp. basil
½ tsp. red pepper
2 bay leaves
2 pinches oregano
3-4 lb. canned tomatoes

Saute onion and garlic in salad oil. Add ground beef and brown. Add remaining ingredients and simmer slowly for 3 hours.

1 tbsp. salad oil
1 lb. Lasagne noodles
1 box cottage cheese
2 pkg. mozzarella cheese
½ cup Parmesan cheese

Oil a large casserole dish with the salad oil. Layer cooked noodles, meat sauce, cottage cheese, mozzarella cheese and Parmesan cheese. Continue to layer ingredients in the same order until all is used. Bake 15 minutes at 375 degrees. Let stand for 10 minutes before serving. Can be frozen for future use.

Mrs. Brenda King

SPAGHETTI

1 lb. hamburger
1 large onion
1 large green pepper
1 can tomato soup
1 soup can of water
½ cup catsup
1 box spaghetti

Brown hamburger with chopped onion and green pepper. Add other ingredients to meat mixture. Pour mixture over cooked spaghetti and cover with slices of cheese. Bake in oven at 350 degrees until cheese melts. Serve hot.

Mrs. Linda Golding

LASAGNE D'ITALIA

½ lb. lasagne noodles
2 tbsp. cooking oil
1 clove garlic, minced
1 medium onion, chopped
1 lb. ground beef
1½ tsp. salt
¼ tsp. pepper
1 tbsp. minced parsley
2 6-oz. cans tomato paste
1½ cups hot water
2 eggs, beaten
1 large pkg. cream cheese
½ lb. Mozzarella cheese
¼ cup grated Parmesan cheese

Cook noodles in salted water about 15 minutes. Drain. Heat oil in skillet; cook garlic and onion till soft. Add beef and seasonings and cook till crumbly. Add tomato paste and hot water. Simmer 5 minutes and set aside.

Blend beaten eggs with cream cheese in a bowl. In a baking dish, 9x13x2, put a thin layer of the meat sauce half the noodles, all the cream cheese and egg mixture and half of the Mozzarella cheese. Slice or grate Mozzarella cheese. Repeat with half the remaining meat sauce, the rest of the noodles, remaining meat sauce and Mozzarella. Sprinkle with Parmesan cheese. Bake 30 minutes. Let cool 10 minutes before serving. Serves 8. Bake at 350 degrees.

Mrs. Clara E. Jones

BAKED PORK CHOPS

Pork chops
Salt and pepper
Butter or margarine
Potatoes
Canned milk

Slice potatoes in bottom of casserole dish. Salt, dot with butter, and add canned milk to almost cover potatoes. Salt, pepper pork chops. Place on top of potatoes and bake about one hour. Turn after about 45 minutes in order to brown chops on both sides. Bake at 350 degrees.

Mrs. Clara Jones

SAUERBRATEN

4 to 5 lbs. beef chuck roast
1½ tbsp. salt
3 tbsp. minced onions
10 whole black peppers, or peppercorns, crushed
1 large bay leaf broken into 3 pieces
3 whole cloves
1 cup unflavored red wine vinegar
2 cups water
2 tbsp. cornstarch
2 tbsp. sugar
6 gingersnaps, crushed
½ cup dry red wine
½ cup sour cream

Have butcher cover roast with a thin layer of suet and tie securely; place in a larger container. Combine salt, onions, pepper, bay leaf, whole cloves, red wine vinegar and water. Pour over meat. Let stand 1½ to 2½ days, turning meat 2 or 3 times daily. Take meat out of liquid; dry. Brown meat on all sides in heaving frying pan. Place meat in roasting pan. Make sauce by adding cornstarch to drippings in frying pan. Strain the pickling liquid and stir into frying pan. Cook until thick and smooth, stirring constantly. Add sugar, crushed gingersnaps, red wine and cook until creamy. Pour sauce over meat. Cover and roast in a moderate oven (350 degrees) until meat is done, about 2 hours. Baste frequently with sauce; if sauce seems too thick, add water. When meat is done, remove to platter. Stir sour cream into gravy. Serve. Makes 6 servings.

Mrs. Bennie V. Fowler

PORK CHOP CASSEROLE

Brown 4 pork chops in 2 tbsp. shortening. Before browning roll pork chops in flour.

Line a baking dish with browned chops. Salt and pepper. Pour 2 cans of chicken and rice soup over the chops. Cover baking dish and bake for 45 minutes at 300 degrees.

Mrs. Margaret Hooker

HAM AND CHEESE STUFFED PEPPERS

4 large red or green peppers
¼ cup chopped onion
2 tbsp. butter
½ lb. cooked ham, ground
1 cup herb flavored bread stuffing
¼ tsp. pepper
2 tbsp. dried parsley flakes
1 can (No. 2) tomatoes
1 pkg. (8 oz.) sliced cheese

Cut slices from stem of peppers, remove the seeds. Cook peppers and slices in boiling water (salted), for about 3 minutes. Drain: preheat oven to 350, saute onions in butter until tender. Combine ham, bread stuffing, parsley, tomatoes and sauted onions. Take 2 slices of cheese from package without separating them. Cut into six strips; repeat with two more slices, placing 3 strips upright in each pepper. Cube the remaining cheese and stir into the ham mixture; pile mixture into peppers. Replace the top slices and arrange in a shallow baking pan. Bake for 20 minutes.

Mrs. Sandy Hart

TUNA NOODLE CASSEROLE

6 oz. (3 cups) medium noodles
1 can of tuna drained (7 or 9¼ oz.)
½ cup mayonnaise
1 cup diced celery
1/3 cup chopped onion
¼ cup diced green pepper
¼ cup pimento
1 tsp. salt
1 can cream of celery soup
½ cup milk
1 cup (¼ lb.) sharp cheddar cheese, shredded

Cook noodles in boiling salted water until tender; drain. Combine noodles, tuna, mayonnaise, vegetables and salt. Blend together soup and milk; heat throughly. Add cheese; heat and stir until cheese melts. Add to noodle mixture. Turn into ungreased 1½ quart casserole. Bake at 425 degrees for 20 minutes. Serves 6.

Mrs. Cathy Murphy

MEAT LOAF

1½ lbs. ground beef
1 egg
1 cup crushed crackers
½ cup catsup
1 medium onion, minced
1/3 cup milk
Green pepper diced, if desired
Salt & Pepper to taste

Mix ingredients and form in a loaf that will go into a pressure cooker. Put 1 cup water and 4 tablespoons butter under rack in pressure cooker. Add meat loaf, halved carrots, and quartered potatoes (salted) on top of rack. Cover and cook under pressure for 35 minutes.

Remove potatoes, carrots, and meat loaf. Remove rack. Add a thickening (flour & milk) to drippings. This makes a good gravy to go over the meat loaf.

Mrs. Ruth Hawks

Distribution
Transmission
Substation

Commercial Wiring
Industrial Wiring
Air Conditioning

Floyd S. Pike
Electrical Contractor, Inc.

Specializing in Power Line Construction

919—789—2171 P. O. BOX 868

Mount Airy, North Carolina
27030

SWEET AND SOUR CHICKEN

2 broiler-fryer chickens, cut up, (2-3½ lbs.)
8 oz. bottle Russian dressing
1 envelope dry onion soup mix
10 oz. jar apricot or peach preserves

Combine Russian dressing, dry onion soup mix and preserves. Pour over chicken parts which have been placed single layer, skin side up, in large shallow baking dish. Bake 1½ hours, at 350 degrees, basting occasionally. Serve hot with plain rice and the sweet and sour sauce. Serves 6-8.

Miss Linda Dixon

MEAT LOAF

1 lb. ground beef
2 tbsp. melted butter
1 egg, beaten
2 tbsp. chopped onion
¼ tsp. pepper
1 cup broken crackers
1 cup milk
1 tsp. salt
2 slices bacon

Combine all ingredients except bacon. Form loaf. Place strips of bacon across top. Bake for 1 hour at 375 degrees.

Mrs. Clara E. Jones

BAKED CHICKEN

Cut up one whole fryer. Roll chicken parts in egg and then in a flour, salt, and pepper mixture.

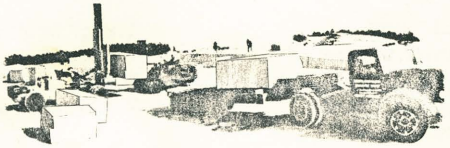
Melt one stick of butter and add one package of crushed crackers to butter. Roll chicken parts in this mixture. Bake for 1 hour at 375 degrees.

Mrs. Margaret Hooker

Compliments Of

THE NORTH CAROLINA GRANITE CORPORATION

SINCE 1889



QUARRIERS AND MANUFACTURERS
OF MOUNT AIRY GRANITE

TELEPHONES
AREA 919
786-5141
786-5155

MOUNT AIRY, NORTH CAROLINA 27030

Vegetables



EGGPLANT PARMEGIONA

1 large eggplant, peeled and cut in ¼-inch slices
Salt and Pepper
1 cup fine, dry bread crumbs
2 eggs, lightly beaten
Vegetable oil
1 lb. ground chuck, cooked
1½ cups tomato sauce, heated
½ lb. mozzarella cheese, sliced
1 tbsp. basil
¼ cup grated Parmesan cheese

Peel eggplant. Season with salt and pepper. Roll in bread crumbs; dip in egg and then again in bread crumbs. Depending upon the size of the eggplant, more bread crumbs and egg may be necessary. Place in the refrigerator for 30 minutes. Heat about 1/8 inch of oil in skillet. Fry eggplant slices until tender and golden brown on both sides. Add more oil when necessary. Drain on absorbent paper. Line a shallow 2 quart baking dish with some tomato sauce. Arrange a layer of eggplant slices over sauce. Add a layer of ground beef, mozzarella slices, more sauce, and a sprinkling of basil and Parmesan cheese. Repeat in layers until dish is full. Bake in a 350 degree oven for 25 to 30 minutes. Yields: 8 servings.

Mrs. Sue Cooke

GOURMET GREEN BEAN BAKE

2 pkgs. frozen green beans (or 1 qt. canned green beans)
1 can cream of mushroom soup
1/3 cup milk
1 tsp. soy sauce
Dash of pepper
1 can (3½ oz.) French fried onions

Cook and drain green beans. In a quart casserole dish, blend soup, milk, soy sauce, and pepper until smooth; stir in beans, and one-half of the onions. Bake at 350 degrees for 25 minutes or until hot. Top with remaining onions. Bake 5 minutes longer. Serves 6.

Mrs. Bobbie Collins

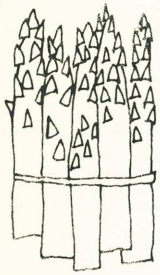
BEST-EVER GREEN BEANS

4 cups (1 lb.) green beans
¼ cup finely chopped onion
3 tbsp. butter
2 tbsp. flour
2 tbsp. sugar
2 tbsp. minced parsley
3/4 cup milk
2 tbsp. vinegar
1 cup dairy sour cream
5 slices bacon, diced cooked and drained

Cook beans in boiling salted water until tender: drain. Cook onion in butter until soft and transparent. Blend in flour, sugar, parsley and milk. Cook over low heat, stirring constantly, until mixture is smooth and comes to a boil. Stir in vinegar.

Add cooked beans and sour cream. Place over low heat, stirring occasionally, until of serving temperature, do not boil. Serve at once, topped with bacon. Makes 6 servings.

Mrs. Ben F. Venable



ASPARAGUS CASSEROLE

1 large can asparagus cuts, drain and save juice
1 can cream mushroom soup
1 hard boiled egg
Cracker crumbs or bread crumbs

In a buttered baking dish, alternate layers of asparagus and soup. Chop up boiled egg and sprinkle on top. Salt and pepper to taste. Add drained juice from asparagus. Bake at 350 degrees for 30 minutes. About 5 minutes before baking time is up, top with cracker or bread crumbs. Serve hot. This dish freezes well.

Mrs. Jane Needham

CURRIED RICE

1 stick butter
1 cup sliced onion
1½ cups rice (half brown, half white)
2 cans (10½ oz. each) consomme
1 tbsp. curry powder
1 large can mushrooms, juice and all

Melt butter in skillet, saute onion until pale yellow. Place in a large casserole dish. Add remaining ingredients and let stand all day. Before serving, bake covered in a 350 degree oven for 1½ hours. Serves 8.

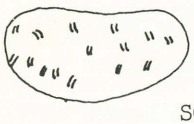
Mrs. Sue Cooke

HARVARD BEETS

Mix:
3 tbsp. sugar
2 tbsp. corn starch
Add:
3 tbsp. vinegar
3/4 cup of beet liquid
2 tbsp. butter
2 cups small whole or cut beets

Cook over low heat until liquid thickens. Stir often.

Mrs. Sandy Hart



SOUR CREAM BAKED POTATOES

Bake 4 medium potatoes until done. Scoop out the inside, whip with salt and pepper and about ½ cup of milk; add ½ tsp. onion flakes and 1 cup sour cream minus 2 tbsp. Stuff potatoes. Make a dent on top for 1 spoonful of cream and fill with Parmesan cheese.

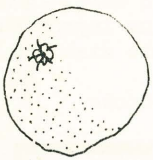
Mrs. Sandy Hart

STUFFED SWEET POTATOES

6 medium size sweet potatoes
3 tablespoons butter
½ tsp. salt
½ cup orange juice
1 cup drained, shredded pineapple
½ cup walnut meats
6 marshmallows
1 cup corn flakes, crushed

Bake potatoes in moderate oven--350 degrees, about 45 minutes. Scoop out insides; mash pulp with 2 tbsp. of butter, salt, and orange juice. Stir in pineapple and nut meats. Refill shells with the mixture. Cut marshmallows into small pieces and spread over top. Sprinkle top with corn flakes which has been mixed with remaining melted butter. Return to oven and bake at 400 degrees for about 15 minutes. Serves 6.

Mrs. Arrette Norman



SWEET POTATOES IN ORANGE CUPS

3 oranges
3 cups mashed sweet potatoes
½ cup heavy cream
½ tsp. salt
1 tbsp. brown sugar
6 marshmallows

Cut oranges in half and remove the pulp. Cut pulp into small pieces. Combine 1 cup pulp with potatoes, cream, salt, sugar, and mix well. Fill orange cups with mixture and top with 1 marshmallow. Bake in a preheated 350 degree oven for 20 minutes. Serves 6.

Mrs. Joan McCoy

SWEET POTATO CASSEROLE

3 cups cooked mashed sweet potatoes
1 cup white sugar
1 stick butter(melted)
2 eggs
1 tsp. vanilla

Crust:
1 cup brown sugar
1/3 cup butter (melted)
1/3 cup flour
1 cup chopped nuts

Mix the first five ingredients together and put in a casserole dish. Mix the crust ingredients together and pour over the potato mixture. Bake at 375 degrees for about 30 minutes or until brown.

Mrs. Bennie V. Fowler

STRING BEAN CASSEROLE

½ can mushroom soup
1 medium onion, diced
2 tbsp. butter
6 oz. cheddar cheese, grated
5 oz. can water chestnuts, sliced
1 quart green beans, canned
½ tsp. salt

Saute onions in butter; add cheese to melt. Remove from heat and add chestnuts. Add remaining ingredients and mix together well. Bake in a casserole dish for 20 minutes at 350 degrees.

Mrs. Mary Cooke

Compliments Of

MT. AIRY AWNING MFG.
1426 Fancy Gap Road
Mt. Airy, N.C.

Compliments Of

B L U - V U E
Motel & Restaurant
U.S. 52 & 52 A
Mt. Airy, N.C.

SUMMER SQUASH CASSEROLE

5 medium yellow squash
1/3 cup butter or margarine
1/3 cup chopped onion
2 hard-boiled eggs, chopped
½ cup grated cheddar cheese
1 cup crushed corn chips

Boil squash until almost tender. Melt butter in skillet; add onion and saute until tender. Add squash; mix well and spoon into a 1 quart casserole dish. Add chopped eggs and cheese. Sprinkle with corn chips. Place in a 350 degree oven for 10-15 minutes or until cheese melts. Serves 4.

Mrs. Brenda King



SQUASH CASSEROLE

2 lb. sliced yellow squash
Salt and pepper to taste
1 tsp. sugar
¼ stick butter
½ pkg. dry onion soup mix
1 cup sour cream
Finely crushed cracker crumbs

Boil squash just until tender and drain well. Add all the above ingredients except the cracker crumbs and blend. Turn into buttered casserole, sprinkle crumbs over top and bake for about 20 minutes at 375 degrees, or until crumbs are golden brown and mixture begins to bubble. Serves 6.

Mrs. Barbara Anderson

VEGETABLE SOUP

2 large onions (ringed)
3 large carrots (sliced)
3 ribs celery (diced)
2 large potatoes (cubed)
2 lbs. stew beef
1/3 cup flour
3 tbsp. margarine
2 12-oz. cans V-8 Juice
Pepper corns
Salt to taste
Pepper to taste

Slice onions, carrots, and celery into 3/4 inch pieces. Cut potatoes in cubes. Trim fat from stew beef. Cut into 1½ inch pieces. On a piece of wax paper, combine flour, 1 tsp. salt, ¼ tsp. seasoned pepper. Roll meat and coat well. Melt butter in pressure cooker. Brown meat. Then add all vegetables and toss lightly. Pour in V-8 juice. Add 2 cups water or more if needed. Cooker should be 2/3 full. Sprinkle all with salt and pepper to taste. Throw in a few pepper corns. Cover pressure cooker securely. Place on high heat. Bring to 15 lbs. pressure. Immediately lower heat; cook 10 minutes. Remove and place cooker carefully under cold running water. When pressure has been reduced, remove lid and serve.

Mrs. Bennie V. Fowler

CORN CASSEROLE

1 cup grated cheddar cheese
½ cup milk
1 can cream corn
1 can whole kernel corn
2 slices bacon
1 small bag corn chips

Combine cheese, milk, and cream and whole kernel corn. Fry bacon crisp and drain. Do not use bacon drippings. Break bacon in small pieces and add to corn mixture. Cook mixture in a saucepan until cheese melts. Place mixture in a casserole dish, add crushed corn chips to top, and bake in moderate oven until chips are lightly browned. Serve hot. Moderate oven is 350 to 375 degrees.

Mrs. Bennie V. Fowler

MUSTARD BEANS

1½ cups sugar
3/4 cup cider vinegar
¼ cup prepared mustard
¼ tsp. salt
¼ tsp. celery seeds
¼ tsp. tumeric
3 cans (16 oz. each) wax beans, well drained

Combine all ingredients except beans in a large pan and bring to a boil. Add beans and simmer 5 minutes. Pack beans in hot sterilized jars. Pour boiling liquid over beans. Chill. The beans are best if prepared a day or so ahead of time. Serves 10-12.

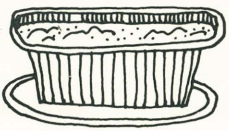
Mrs. Sue Cooke

PINTO BEAN CASSEROLE

1 lb. ground beef
½ cup chopped onion
1 tsp. shortening
2 tsp. chili power
3/4 tsp. worcestershire sauce
1 can tomatoes
2 cups drained pinto beans
1 cup corn bread batter

Brown meat and onions in shortening. Add seasons and tomatoes; cover and simmer 15 minutes. Add beans. Pour meat mixture in greased casserole dish and top with corn bread batter. Bake in 425 degree oven for 20 minutes.

Mrs. Loretta Francis



Compliments Of

Ellis'

Of Mount Airy



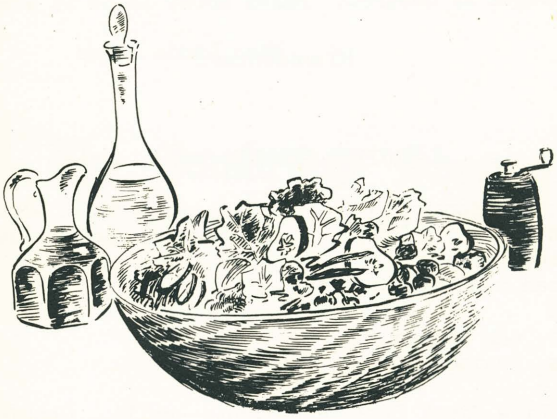
MAYBERRY MALL

TELEPHONE 789–6095

52 BY PASS

MOUNT AIRY, N.C. 27030

Salads and Salad Dressings



VEGETABLE SALAD

1 cup vinegar
½ cup sugar
½ cup salad oil
1 cup Italian Salad Dressing
1 tsp. salt
16 oz. can green beans, (french-sliced), drained
16 oz. can English peas, drained
2 heads Lettuce
1 small can pimento, chopped fine
1 green pepper, chopped or cut in rings
3 small onions, sliced in rings (separated)
1½ cups chopped celery, (coarsely chopped)
1 avocado, peeled and sliced
2 cans asparagus, drained

Combine vinegar and sugar in saucepan and bring to a boil; cool. Add salad oil and salt, and salad dressing. Drain beans, peas, and pimento; combine with pepper, onion rings, and celery. Pour dressing over vegetables and stir well.

Spread asparagus and avocado in a large pan (not aluminum) or baking dish. Pour vegetables mixture over asparagus and avocado. Let marinate overnight. Drain before serving. Serve on lettuce leaf. Garnish with tomato wedges if desired. Makes about 12 to 15 servings.

Miss Linda Dixon

FRUITED CHICKEN SALAD

3 cups cubed cooked chicken
1 cup diced celery
11-oz. can mandarin oranges, drained
8 3/4 oz. can pineapple tidbits, drained
½ cup toasted almonds
3/4 cup mayonnaise
½ tsp. salt
¼ to ½ tsp. curry powder

Combine first five ingredients--chill. Combine mayonnaise, salt, and curry and add to first. Toss slightly. Serves 6.

Miss Linda Dixon

CHICKEN SALAD

1 small head of lettuce, torn
1 cup celery, sliced diagonally
1 tomato, cubed
1½ lbs. cooked cooled turkey or chicken (Takes 4 lbs. raw chicken breasts)

Combine ingredients and mound on serving dish.

Dressing

1 tsp. lemon juice
¼ cup evaporated milk
2 tbsp prepared mustard
1 egg yolk
2 tbsp. granulated sugar
½ tsp. garlic salt
2 tbsp. fine chopped onion
2 tbsp. fine chopped green pepper
1 cup mayonnaise

Mix all ingredients and refrigerate 30 minutes before pouring over chicken salad.

Mrs. Barbara Anderson

Compliments Of

The Cambridge Shop

MAYBERRY MALL

MT. AIRY, N. C.

The Finest In Men's Wear

KIDNEY BEAN SALAD

1 can kidney beans, washed and drained
2 hard boiled eggs, chopped
2 tbsp. sweet pickle cubes
½ onion, chopped
½ tsp. celery salt

Mix all ingredients together and chill in the refrigerator for 1 hour before serving.

Mrs. Margaret Frye

MACARONI SALAD

1 pkg. Skinner's Macaroni
1 cucumber
1 tomato
½ head lettuce
2 radishes
¼ cup milk
1 tbsp. mayonnaise

Cook macaroni according to pkg. directions. Cool by running cold water over macaroni. Cut up cucumber, tomato, lettuce, radishes, and add to macaroni. Toss lightly. Mix milk, mayonnaise together. Fold into salad. Add salt and pepper according to taste.

Mrs. Margaret Frye





MODERN SHELL
SOUTH & LEBANON STREETS
MOUNT AIRY, N. C.
24 HOUR WRECKER SERVICE

BILL ANDERSON
OWNER

PHONES - DAY 786-6630
NIGHT 786-5272

LYNN ZIGLAR'S CHICKEN SALAD

2½ cups diced cooked chicken
1 cup finely chopped celery
1 cup sliced white grapes
½ cup shredded browned almonds
2 tbsp. minced parsley
1 tsp. salt
1 cup mayonnaise
2 tbsp. celery seed
½ cup whipping cream, whipped

Combine all ingredients and chill. Serve in pastry shells, on lettuce or as a tidbit in bread cases prepared by cutting rounds from unsliced bread and scooping out the centers with kitchen shears.

Mrs. Bennie V. Fowler

BEAN SALAD

1 can green beans (16 oz.)
1 can wax beans (16 oz.)
1 can kidney beans (16 oz.)
½ cup chopped green pepper
½ cup chopped onion
½ cup vinegar
½ cup salad oil
3/4 cup sugar
1 tsp. salt
½ tsp. pepper

Drain and rinse beans. Add the rest of the vegetables, and spices. Refrigerate. Shake or invert container occasionally. Can be served after about an hour, but is much better if served four or five hours after preparation.

Mrs. Shirley Brinkley

Compliments Of

HARRIS
TRACTOR &
IMPLEMENT CO.
Phone 386-8803
Dobson, N.C.

PIRATE'S INN
Mayberry Mall
Mt. Airy, N.C.
Specializing in Pizzas
Spaghetti Dinner
Domestic & Imported Beer
Including 4 Draft Beers

BEAN SALAD

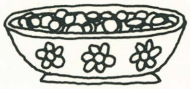
2 cans green beans, washed and drained
1 can kidney beans, washed and drained
1 small can pimentoes, chopped
1 stalk of celery, chopped
1 medium onion, cut in rings

Combine all ingredients.

Dressing:
1 cup sugar
1 cup vinegar
2 tbsp. cooking oil

Combine ingredients; bring to a boil. Pour over beans; chill. Yield; 25 servings.

Mrs. Elaine Whitaker



GERMAN POTATO SALAD

8 medium potatoes
2 hard boiled eggs
1 onion, diced
3 slices bacon
1 raw egg, beaten
3 teaspoons vinegar

Boil potatoes in jackets until done. Dice potatoes and mix in chopped eggs and onion and crumbled bacon. (The bacon should be fried crisp.) Add hot drippings and well beaten egg. Mix to thickness of mayonnaise; add vinegar. Serve warm or cold. Salt and pepper to taste.

Mrs. Jane Needham

THOUSAND ISLAND DRESSING

1 pint mayonnaise dressing
½ cup chili sauce and tomato catsup together (¼ cup each)
1½ tsp. onion, chopped firmly into pulp
1 tbsp. vinegar
1 tsp. paprika powder
Salt & Pepper to taste
2 eggs, hard boiled and mashed

Combine all ingredients and mix to a smooth consistency. Makes 2 3/4 cups.

Mrs. Sandy Hart

SNAPPY SALAD DRESSING

1 tsp. dry mustard
½ tsp. salt
2 tsp. flour
3 tbsp. sugar
Few grains cayenne
2 egg yolks
1/3 cup vinegar
½ cup whipping cream

Mix mustard, salt, flour, sugar and cayenne. Beat egg yolks; add. Slowly add vinegar; cook over boiling water, stirring constantly, until thick; cool. Whip cream stiff; fold into vinegar mixture. Makes 1½ cups.

Mrs. Bennie V. Fowler

MTN. VIEW GUITAR SHOP
1333 WEST PINE STREET
MT. AIRY, N. C. 27030
REPAIRS AND ACCESSORIES
NEW AND USED INSTRUMENTS
BUY - SELL OR TRADE

OWNED AND OPERATED BY: ARNOLD MOONEYHAN

SALAD DRESSING

1 cup sugar
1 cup wesson oil
1 medium size bottle catsup
1 medium onion

Chop onion and place all ingredients into a jar or other suitable container and shake vigorously. Pour over crisp salad.

Mrs. Loretta Francis

ANDY'S FAVORITE SALAD DRESSING

½ cup sugar
1¼ cups catsup
1/3 cup vinegar
1 chopped onion
Dash of Worcestershire Sauce
3/4 cup salad oil

Combine all ingredients and place in a jar. Shake to mix thoroughly and pour over salad.

Mrs. Barbara Anderson

Compliments Of

PAULINE'S
DRESS SHOP
Dobson, N.C.
Phone 386-8881

AUSTIN-BLACKWELDER
FURNITURE CO., INC.
G E APPLIANCE
MOHAWK CARPET
Phone 386-8311
P. O. Box 384
DOBSON, N. C. 27017

DELICIOUS FROZEN SALAD

3 tbsp. sugar
3 tbsp. flour
3 tbsp. vinegar
3 eggs
1 pint whipping cream
1 medium can (#2 can) crushed pineapple
1 small bottle maraschino cherries
1 cup chopped pecans
¼ lb. marshmallows

Beat eggs; add flour, sugar, and vinegar. Add pineapple juice and cherry juice and cook in a double boiler until thick. Add pineapple, cherries, marshmallows, and nuts to cooked mixture. Let cool. Whip cream, sweeten to taste; add to mixture and freeze.

Mrs. Janet Beason

7-UP SALAD

6 oz. bottle 7-up
3 tsp. sugar
1 tsp. vanilla
8 oz. cream cheese
1 pkg. lime jello
½ cup boiling water
½ cup nuts (chopped)

Soften cream cheese; mix sugar, nuts, jello together. Stir all together. Add water, vanilla, and 7-up. Place in mold or glass dish and chill in refrigerator for 4-5 hours.

Mrs. Jane Needham



STRAWBERRY CREAM SQUARES

2-3 oz. pkgs. strawberry gelatin
2 cups boiling water
2-10 oz. pkgs. frozen strawberries
1-13 oz. can crushed pineapple
2 large bananas, diced
2 cups sour cream

Dissolve the two packages of gelatin in the 2 cups of boiling water. Add two packages of frozen strawberries Stir occasionally till thawed. Add crushed pineapple and bananas, finely diced. Pour half of mixture into a 8x8x2 inch baking dish. Chill until firm. Spread the sour cream evenly over the chilled layer of gelatin then pour the remaining half of the mixture on top. Chill until firm and cut into squares for serving.

Mrs. Jeannie Welch

CONGEALED FRUIT SALAD

1 pkg. lime gelatin
2 tbsp. mayonnaise
1-3 oz. pkg. cream cheese
1½ cups hot water
1 can fruit cocktail
1 cup nuts, chopped
1 cup miniature marshmallows

Mix gelatin, mayonnaise and cream cheese with fork until well mixed and light in color. Add hot water and juice from fruit cocktail to gelatin mixture and allow to cool. When gelatin mixture begins to set, add nuts and marshmellows. Pour in a mold or shallow dish and chill. Serves 6-8.

Mrs. Jeannie Welch



STRAWBERRY SALAD

2 small boxes strawberry jello
1 small can crushed pineapple
1 10 oz. pkg. or 1 pint frozen strawberries
2 large bananas
1½ cups boiling water
1 cup cool whip or sour cream

Mix jello and the 1½ cups boiling water together; place in refrigerator and let cool. Mix pineapple, strawberries, and sliced bananas together and pour one half of mixture over jello and let set up. Add cool whip and then add remaining fruit mixture. Keep refrigerated.

Mrs. Joann Chilton

DREAM WHIP CONGEALED SALAD

1 pkg. Dream Whip
1 carton cottage cheese
1 box mixed fruit jello
1 can (8 oz.) crushed pineapple

Boil pineapple, jello, and ½ cup water, stirring constantly for about two minutes. Cool. Whip Dream Whip as directed on package. Add 1 teaspoon of vanilla instead of ½ teaspoon. Fold cottage cheese and Dream Whip into jello mixture. Pour into dish or mold of your choice and refrigerate.

Mrs. Cathy Murphy

STRAWBERRY AND GRAHAM CRACKER SALAD

1 cup whipped cream
1 lb. package marshmallows
½ cup milk
1 large can of fruit (strawberries, pineapple)
Graham cracker crumbs

Line bottom of baking dish with crushed graham cracker crumbs. Heat milk and marshmellows over medium heat until marshmellows melt. Cool and add fruit and whipped cream. Mix well and put in dish and cover top with graham cracker crumbs. Let set in refrigerator about 2 hours and serve.

Mrs. Bobbie Collins

CREAM CHEESE SALAD

1 pkg. lime or lemon jello
¼ tsp. salt
1 small can crushed pineapple
2 cups hot water (include pineapple juice)
½ cup chopped nuts, black walnuts are good
½ cup diced celery, opt.
2 pkgs. cream cheese, 3 oz. each
½ pint whipping cream

Dissolve jello in 1 cup boiling water and let cheese melt in it and add other cup water. Let set until thickened and add other ingredients and fold in whipped cream. Let set in refrigerator until firm.

Manufacturers of
Quality Draperies
THE DRAPERY HOUSE
825 W. Pine Street
Phone 789–1831
Mount Airy, N.C.

Compliments Of
FOY LUMBER CO. INC.
541 West Pine Street
Mount Airy, N.C.

ORANGE SALAD

2 pkgs. orange jello
2 small cans pineapple, drained and diced
2 bananas, diced
2 cups small marshmallows
1 cup pecans, chopped

Mix these ingredients together and let congeal. Follow package directions as to the amount of boiling water to use.

Juice from pineapple
2 tbsp. cornstarch
1 egg, beaten
½ cup sugar
8 oz. pkg. cream cheese
Cool Whip, small

Mix pineapple juice, cornstarch, egg, and sugar together and cook over low heat until thick. Combine cream cheese (softened) and cool whip and mix until of a smooth consistency. Fold in cooked mixture into cool whip mixture. Pour over top of congealed mixture. Cool in refrigerator and serve.

Mrs. Loretta Francis



CHURCH SUPPER FAVORITE

1 pkg. each lemon and lime gelatin
2 cups boiling water
1½ cups cold water
½ cup chopped pecans
1 cup mashed bananas
1 No. 2 can crushed pineapple, drain and reserve juice
1½ cups small marshmallows

Dissolve jello in boiling water, add cold water. Add pecans, bananas, and pineapple. Chill until almost set; cover with marshmallows.

Topping

2 tsp. butter
1 tsp. lemon juice
1 egg, slightly beaten
½ cup sugar, mixed with 3 tbsp. flour
2 cups whipped topping
Cheese or Coconut

Melt butter in saucepan; pour in reserved juice and lemon juice, egg and sugar-flour mixture. Cook over low heat till thick. Cool. Stir in whipped topping. Spread over marshmallows. Top with coconut for dessert; cheese for salad.

Mrs. Barbara Anderson

Compliments Of

SQUARE REXALL PHARMACY
W. Pine Street

Phone 786-7438
Toast, N.C.

YUM-YUM SALAD

1 No. 2 can crushed pineapple
Juice of one lemon
1 cup sugar
Pinch of salt
2 pkg. plain gelatin

Bring first four ingredients to a boil. In the meantime, dissolve 2 packages of plain gelatin in one cup cold water. Pour into hot mixture, cool and add:

1 cup grated mild cheddar cheese
½ pint cream, whipped

Chill in molds or in a flat pan. If you wish the salad to be green colored, add cake coloring to the whipped cream before combining with the salad. Serve with mayonnaise topped with a cherry.

Miss Linda Dixon

STRAWBERRY CONGEALED SALAD

1 pkg. strawberry gelatin
1 cup boiling water
1 pkg. 5 oz. frozen strawberries
1 small can crushed pineapple
1 large ripe banana, diced
1 cup sour cream
1 pkg. Dream Whip

Dissolve gelatin in water; add berries, stirring occasionally until thawed. Add pineapple and bananas. Pour mixture in an 8-inch square pan. Whip the envelope of Dream Whip and mix the sour cream with it. Spread over top of fruit mixture. Chill until firm. Cut in squares and serve on lettuce.

Mrs. Mary Cooke



SCANDIAVIAN SALAD

Dressing:
½ cup Mazola oil
1 cup sugar
1 cup vinegar
2 tbsp. water
½ tsp. paprika

Salad:
1 can sugar peas, drained
1 can French cut beans
1 bunch celery
1 large onion
1 can pimentoes, drained and chopped

Mix dressing ingredients together and put in jar. Shake. Pour over vegetables. Cover and let stand 24 hours in refrigerator. Pour off when ready to serve.

Miss Mary Keller

COCA-COLA SALAD

1 can Bing cherries
1 small can crushed pineapple
1 pkg. red rasberry gelatin
1 small pkg. cream cheese
1 cup nuts, chopped
2 small Coca-Colas

Drain juice from cherries and pineapple. Add juice to water to make 1½ cups. Bring juice and water mixture to a boil; dissolve gelatin in hot liquid. Blend in cream cheese. Let cool and add cherries, pineapple, nuts, and Coca-Colas. Chill until thickened. Yields 12 servings.

Mrs. Margaret Lovill

CONGEALED SALAD

1 box lemon gelatin
1 box lime gelatin
1 large can condensed milk
1 cup chopped nuts
1 large can crushed pineapple, drained
1 carton cottage cheese, (Light n' Lively saves calories

Dissolve gelatin in one cup boiling water. Mix all other ingredients together. Stir into gelatin. Place in refrigerator until congealed. This salad will make 12 generous servings.

Mrs. Elaine Whitaker

FIVE CUP SALAD

1 cup drained crushed pineapple
1 cup drained fruit cocktail
1 cup frozen coconut
1 cup minature marshmallows
1 cup sour cream

Combine all ingredients and mix well. Place in the refrigerator and serve chilled.

Mrs. Bobbie Collins

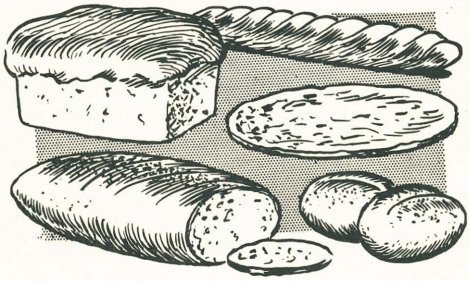
MANDARIN SALAD

1 cup pineapple tidbits, well drained
1 cup mandarin orange slices, well drained
1 cup sour cream
Maraschino cherries as garnish
1 cup flaked coconut
1 cup miniature marshmallows
1 cup chopped pecans

Mix all ingredients. Chill several hours or overnight. Garnish with cherries.

Mrs. Bennie Fowler

Breads



Compliments Of

WPAQ



Pledged To The Best In Radio

NONDIRECTIONAL
CLEAR CHANNEL

10,000 WATTS
740 KC

BOX 907 - PHONE (919) 786-6111
MOUNT AIRY, NORTH CAROLINA 27030

WPAQ ..... first in news coverage. Hear John Brandon at 7:30 a.m., 8:00 a.m. 8:30 a.m., 12 o'clock, and 5:30 p.m. If you're not listening to WPAQ, you're really missing something. WPAQ ..... 740 Kilocycles .... NEWS WITH YOU IN MIND.

BUTTERMILK ROLLS

1 pkg. dry granular yeast
2 cups buttermilk
5 cups sifted flour
3 tbsp. sugar
1 tsp. salt
¼ tsp. baking powder
¼ tsp. soda
4 tbsp. shortening

Heat about ½ cup of the buttermilk to lukewarm. Sprinkle the package of yeast over the lukewarm milk and stir until dissolved. Allow to stand a few minutes and then add remaining buttermilk. Blend well.

Sift flour with dry ingredients and work in shortening as for biscuits. Add buttermilk mixture and blend well. Grease the top of the dough. Cover and store in the refrigerator.

About two hours before serving time, turn the dough out on a lightly floured board and knead gently. Make into rolls and place on greased baking sheet. Brush tops with melted butter.

Allow to stand in a warm place until about double in bulk. Bake at 400 degrees for 12 to 15 minutes or until done.

If you are planning to put part of the rolls in the freezer, bake that portion just until they barely begin to brown. Remove from oven, cool, package, and freeze. To serve place frozen rolls in a hot oven to thaw and finish browning. That way they taste freshly baked.

Mrs. Bennie V. Fowler

CORN BREAD STICKS

½ cup flour (self-rising)
½ cup corn meal
¼ cup grated parmesan cheeze
1½ tsp. minced onion
1 egg
3/4 cup milk
Dash of poppy seeds

Combine and mix all ingredients well. Place cups of muffin pan half full. Bake at 425 degrees for 15 minutes.

Mrs. Margaret Hooker

ANGEL FLAKE BISCUITS

1 pkg. dry yeast
5 cups self-rising flour
¼ cup sugar
2 cups buttermilk
1 cup shortening

Mix the package of dry yeast with 2 tablespoons of warm water. Mix well. Place shortening in flour and mix well. Add other ingredients (yeast mixture last). Makes 30-35 biscuits. This dough can be made up and kept in the refrigerator for a week or longer; it is ready for making biscuits when needed. Bake at 450 degrees for 10-15 minutes in a preheated oven.



Mrs. Bennie V. Fowler

CHEESE BISCUITS

2 cups flour
4 tsp. baking powder
1 tsp. salt
½ cup shortening
1 cup grated cheese
2/3 cup milk

Sift dry ingredients together. Cut in shortening and grated cheese. Add enough milk to make a soft dough. Roll dough thin and cut out biscuits. Bake biscuits on a greased sheet at 450 degrees for 10-12 minutes.

Mrs. Judy Smith

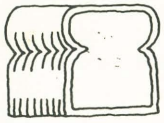


SWEET POTATO BREAD

3 cups sugar
4 eggs
1 cup cooking oil
2/3 cup water
3 1/3 cup flour
1 tbsp. cinnamon
2 tsp. baking soda
1 tsp. salt
2 tsp. nutmeg
2 cups sweet potatoes (cooked and mashed)
1 cup raisins
1 cup chopped nuts

Cream sugar and eggs. Blend in oil. Add water, flour, cinnamon, baking soda, salt and nutmeg. Beat in mashed sweet potatoes mixing well. Add raisins and nuts. Pour into four greased and floured 1 lb. coffee cans. Bake at 325 degrees for 1 hours.

Mrs. Bennie V. Fowler



DATE BREAD

2½ cups sifted flour
4 tsp. baking powder
½ tsp. salt
½ cup sugar
1¼ cups chopped dates
2 eggs, slightly beaten
1¼ cups milk
¼ cup melted shortening

Sift flour with baking powder, salt, and sugar. Add dates. Add eggs, milk, and shortening to dry ingredients. Stir only enough to dampen all the flour. Pour into a greased loaf pan. Bake in a moderate oven (350 degrees) for 1 hour. Makes 1 (1 lb.) loaf.

Figs or prunes can be used instead of dates. The prune bread is delicious when spread with butter and sprinkled with cinnamon and warmed in the oven.

Mrs. Shirley Brinkley

CINNAMON ROLLS

2 cups self-rising flour
3 tbsp. granulated sugar
1/3 cup shortening
3/4 cup milk

Glaze:
1 cup confectioners' sugar
1 tsp. vanilla
3 tbsp. milk

Mix dry ingredients with shortening. Add milk and stir until well blended or the consistency of biscuit dough. Roll dough about $\frac{1}{4}$-inch thick on floured board. Roll to oblong shape about 9-inches by 20-inches. Dot surface with margarine and sprinkle with mixture of 3/4 cup granulated sugar and 3 tsp. ground cinnamon.

Roll up and seal edges. Cut into $1\frac{1}{2}$-inch slices and place close together on lightly greased baking pan with edges to keep syrup from dripping. Drop 1/8 tsp. vanilla on top of each. Bake at 450 degrees for 12-15 minutes or until lightly browned. Remove from oven and frost with glaze mixture of confectioners' sugar, milk, and vanilla.

Miss Linda Dixon

APPLE TOAST

Cut six apples into quarters; core. Peel and cut them into slices. Place 1 ounce of butter in a saucepan, and then sprinkle the apples with two ounces of white powdered sugar. Add two tablespoons of water. Place the sauce pan on the heat and let apple mixture stew quickly, tossing the apples up with a spoon for a few minutes. When tender cut 3 slices of bread $\frac{1}{2}$-inch thick. Place 2 ounces of butter in a frying pan. Add the bread and fry to a golden brown. Then place in a dish and add hot apples. Sprinkle sugar oven apple toast.

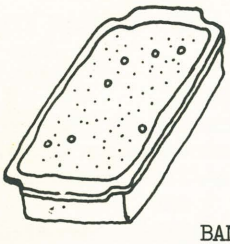
Mrs. Judy Smith

STRAWBERRY NUT BREAD

1 cup butter or margarine
1½ cups sugar
1 tsp. vanilla
¼ tsp. lemon extract
4 eggs
1 cup strawberry jam
3 cups sifted all-purpose flour
1 tsp. salt
1 tsp. cream of tartar
½ tsp. baking soda
½ cup dairy sour cream
1 cup broken walnuts

In mixing bowl, cream butter or margarine, sugar, vanilla and lemon extract till fluffy. Add eggs, one at a time, beating well after each addition. Sift together flour, salt, cream of tartar, and soda. Combine jam and sour cream. Add jam mixture alternately with dry ingredients to creamed mixture beating till well combined. Stir in nuts. Pour mixture into a greased and floured loaf pan and bake at 350 degrees for 50 to 55 minutes or till done. Cool 10 minutes in pan; remove and cool completely on wire rack.

Mrs. Bennie V. Fowler



BANANA BREAD

1 stick margarine
1 cup sugar
2 eggs
3 bananas
2 cups plain flour, sifted
1 tsp. soda

Soften margarine, add all ingredients together, mashing bananas. Mix well. Pour into greased, floured loaf pan and bake at 325 degrees for 1 hour. Makes 1 loaf.

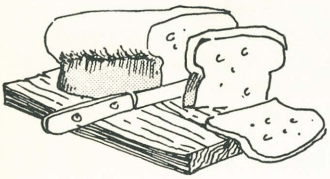
Mrs. Cathy Murphy

BANANA BREAD

½ cup shortening (butter is best)
3/4 cup sugar
1 egg
1 tsp. soda
2½ tbsp. buttermilk
1 tsp. salt
2 cups flour
2 large or 3 small bananas (crushed)
1 tsp. vanilla

Cream butter and sugar. Add egg. Sift together dry ingredients and add alternately with milk. Add bananas and vanilla. Bake in a loaf pan for one hour until done at 325 degrees.

Mrs. Charlie R. Hart, Jr.



BANANA NUT BREAD

2½ cups sifted flour
3 tbsp. baking powder
½ tsp. salt
3/4 cup walnuts or pecans
1 cup sugar
1/3 cup soft butter
1 egg
3 small bananas, cut up
½ cup milk

Mix flour, baking powder, salt, and set aside. Blend nuts for 8 to 10 seconds in a blender and add to dry ingredients. Put sugar, butter, egg, bananas, and milk into blender and blend for 15 seconds. Pour this mixture over the set aside dry ingredients and mix until well moistened. Pour batter into greased 5 x 3 x 9 inch loaf pan and bake in a preheated oven at 350 degrees for 1 hour.

Mrs. Joan McCoy

PASTRY

2 cups sifted plain flour
1 tsp. salt
2/3 cup vegetable shortening
1 egg, slightly beaten
2 tbsp. cold water
2 tsp. lemon juice

Cut shortening into flour the size of small peas. Make a well in center of flour mixture and pour in egg, water, and lemon juice. Blend liquid into flour mixture with a fork. Chill dough and roll out. Bake at 425-450 degrees for 7-10 minutes. Makes two pie crusts.

Mrs. Bennie V. Fowler



NO ROLL PIE CRUST

1 cup all purpose flour
½ tsp. salt
¼ cup crisco
2 tbsp. soft margarine
2 tbsp. ice water

Place all ingredients together in pie pan and work till you can pat out crust in pie pan. It is not necessary to use rolling pin.

Mrs. Bennie V. Fowler

COURTESY OF

Jones Funeral Home and Chapel

"CHAPEL ON THE HILL"

PHONE 786-2121 MOUNT AIRY, NORTH CAROLINA

Compliments Of

The Mount Airy News

PUBLISHED EACH TUESDAY AND FRIDAY
JAMES E. JOHNSON, PUBLISHER

TELEPHONE (919) 786-4141

P. O. BOX 808 MOUNT AIRY, N. C. 27030

Desserts and Sweets



BEST CHEESE CAKE YET!

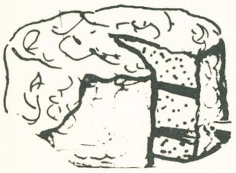
Make graham cracker crust from cracker crumbs and melted margarine or butter. Press onto bottom of an 8-inch pan.

Cake:

3 pkgs. (8 oz. each) cream cheese, softened
4 whole eggs
2 teaspoons vanilla
1 cup sugar

Set oven at 350 degrees and mix above ingredients until smooth and well blended. Pour over crumb crust and bake for 20 minutes. Remove from oven. Set oven at 475 degrees. Mix 2 cups dairy sour cream, 4 tbsp. sugar, and 1 tsp. vanilla until smooth. Spoon over cake and return to oven for 5 minutes. Cool in refrigerator at least 5 hours or overnight. Make fruit glaze if desired. (Canned cherry pie filling is good). This cheese cake freezes beautifully. Serves: 12.

Mrs. Janet Beason



BLINTZ BUBBLE RING

2 3-oz. pkgs. cream cheese
2 pkgs. refrigerated biscuits (20 biscuits)
½ cup sugar
1 tsp. ground cinnamon
3 tbsp. butter or margarine--melted
½ cup chopped pecans

Cut cream cheese into 20 pieces; roll into balls. Roll each biscuit to about a 3-inch diameter. Combine sugar and cinnamon. Place one cheese ball and 1 tsp. cinnamon mixture in each biscuit; pinch dough to seal. Pour melted butter into bottom of 5 cup ring mold or a round casserole dish. Sprinkle half the nuts and half the remaining cinnamon mixture into the mold. Place half the rolls atop the mixture, seam side up; repeat layers. Bake in 375 degree oven for 20 minutes till browned. Cool 5 minutes in pan; invert onto serving plate.

Mrs. Bennie V. Fowler

EVERYDAY POUND CAKE

1 cup sugar
1/3 cup shortening
1/3 cup butter
3 eggs
2 cups self-rising flour
1 cup milk
1 tsp. vanilla

Cream shortening, butter, and sugar. Add eggs one at a time, mixing well after each addition. Sift and measure flour. Add flour alternately with milk, starting and ending with flour. Add vanilla and mix well. Bake in a tube pan for 1 hour at 350 degrees.

Mrs. Mary Cooke

DEVIL'S FOOD CUP CAKES

1 egg
½ cup shortening
½ cup sour cream
1 tsp. soda
½ cup cocoa
2 cups flour
2 tsp. vanilla
1 cup sugar
½ cup hot water

Combine all ingredients and mix well. Bake at 350 degrees. Pour batter into baking cups, muffin pans or in layers. If desired, frost cup cakes.

Mrs. Judy Smith

Mountain Top Homes
in Beautiful
BELAIR SPRINGS
Cottages For Sale
Choice View Lots
owners
Mr. & Mrs. Wade H. Davis
Mt. Airy, N.C.

Compliments Of
WESTSIDE
VARIETY CENTER
Phone 786-6285
1314 W. Pine St., Ext.
Mount Airy, N.C.

MISSION SUNDAY FUDGE CAKE

Sift together: 1 cup sifted flour, ½ teaspoon soda, ¼ teaspoon salt

Cream: ½ cup margarine, and add gradually 1 cup firmly packed brown sugar, creaming well.

Blend in: 3 eggs, one at a time, 1½ squares (1½ oz.) chocolate, melted and cooled. Beat mixture for one minute.

Combine: ½ cup buttermilk, 1 tsp. vanilla. Add alternately with dry ingredients to creamed mixture, beginning and ending with dry ingredients. Blend thoroughly after each addition. Use low speed with an electric mixer.

Fold in: ¼ cup finely chopped nuts and ½ cup shredded coconut.

Pour into a well greased floured pan, 8 x 8 x 2 inches
Bake in a slow oven (325 degrees) for 45 to 55 minutes.
Cool and frost with chocolate mallow frosting.

Mr. Tom Doughtery

CHOCOLATE MALLOW FROSTING

Melt: 1 square (1 oz.) chocolate and 2 tbsp. butter or margarine.

Add: Chocolate mixture to 1½ cups sifted confectioners' sugar.

Blend in: 1 teaspoon vanilla and 2 to 3 tbsp. cream until of proper consistency.

Add: 6 marshmallows; cut in eights. Or use miniature marshmallows.

Mr. Tom Doughtery

WALDORF ASTORIA CAKE

2 cups sifted cake flour
½ cup butter
Pinch of salt
2 tsp. vanilla
4 squares chocolate
1½ cups milk
2 eggs
2 cups sugar
1 cup walnuts
2 tsp. baking powder

Cream together butter, sugar, and melted chocolate. Add eggs and mix well. Sift dry ingredients together. Add dry ingredients alternately with milk to creamed mixture. Mix well. Add vanilla and nuts. Bake in two layer cake pans, well greased and floured, at 350 degrees for 30 minutes or in a tube pan for 1 hour. Frost with Waldorf Astoria Icing.

Mrs. Loretta Francis

WALDORF ASTORIA ICING

½ cup butter
1 egg, beaten
1 tsp. vanilla
½ cup nuts
2 squares chocolate
1½ cups powdered sugar
1 tsp. lemon juice

Melt butter and chocolate. Add egg, sugar, vanilla and lemon juice. Beat until smooth. Add nuts and spread on cake.

Mrs. Loretta Francis



GERMAN SWEET CHOCOLATE CAKE

1 pkg. (4 oz.) Baker's German Sweet Chocolate
½ cup boiling water
1 cup butter or margarine
2 cups sugar
4 egg yolks, unbeaten
1 tsp. vanilla
2½ cups sifted cake flour
½ tsp. salt.
1 tsp. baking soda
1 cup buttermilk
4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, and beat well after each addition. Add melted chocolate and vanilla. Mix well. Sift together flour, salt, and soda. Add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten egg whites. Pour into three 8 or 9 inch layer pans, lined on bottoms with paper. Bake at 350 degrees for 30 to 40 minutes. Cool. Frost tops only.

COCONUT-PECAN FROSTING

Combine 1 cup evaporated milk, 1 cup sugar, 3 egg yolks, ½ cup butter or margarine, 1 tsp. vanilla. Cook and stir over medium heat until thickened about 12 minutes. Add 1 1/3 cups coconut and 1 cup chopped pecans. Beat until thick enough to spread. Makes 2½ cups. Use on German Sweet Chocolate Cake and others also.

Mrs. Shirley Brinkley

Compliments Of

ALADDIN'S LAMP
Mayberry Mall

ORANGE DATE NUT CAKE

6 oz. pkg. dates, chopped
1 cup walnuts or pecans, chopped
4 cups flour
1 tsp. soda
½ tsp. salt
1 lb. margarine
2 cups sugar
1½ cups buttermilk
4 eggs
2 tbsp. orange rind

Mix ingredients in the order that they appear. Mix well. Bake in a greased tube pan for 1½ hours at 300 degrees.

FROSTING:

1. Bring to a boil 1½ cups of sugar and 1 cup orange juice. Pour over cake while hot and let stand over night. Or.....
2. Mix 1/3 cup shortening
   2 tbsp. corn syrup
   ¼ tsp. salt
   3½ cups confectioners sugar
   1 tbsp. grated orange peel
   ¼ cup orange juice

   Combine these ingredients, adding more juice to thin frosting if necessary.

Mrs. Linda Whitaker

SIDES MOBILE HOMES
1125 W. Lebanon Street
Mount Airy, N.C.
Jerry Johnson, Mgr.
Phone 789-2334
Wide Selection Of
New & Used Models

CARROT CAKE

1 cup butter or shortening
2 cups sugar
2 cups self-rising flour
½ tsp. cinnamon
½ tsp. nutmeg
3 eggs, separated
2½ tbsp. hot water
1½ cups shredded carrots
2 cups chopped nuts

Cream butter and sugar until light and fluffy. Sift dry ingredients together and add to creamed mixture. Add egg yolks and water. Mix well. Add carrots and nuts. Fold in stiffly beaten egg whites. Bake in a greased tube pan 1 hour at 350 degrees. Makes 20 servings.

Mrs. Margaret Lovill

ICE BOX GRAHAM CRACKER CAKE

½ cup butter or margarine
1 cup sugar
3 tsp. cream
1 cup chopped walnuts
2¼ cups graham cracker crumbs
1 cup crushed, drained pineapple
1 egg

Cream butter and sugar; add egg, cream, and pineapple. Mix well. Line oblong bread pan with heavy wax paper. Place a layer of graham cracker crumbs ½-inch deep on bottom. Over crumbs, place 3 or 4 tablespoons pineaaple juice then 1/3 of pineapple mixture. Sprinkle with nuts. Add another layer of crumbs and repeat as before until all ingredients are gone. Cover with wax paper and place in the refrigerator for at least 24 hours.

Mrs. Linda Whitaker

PETER PAUL MOUND CAKE

2 cups sugar
2 eggs
3/4 cup butter
3 cups flour
4 tbsp. cocoa
2 cups buttermilk
2 tsp. soda
½ tsp. salt
1 tsp. vanilla

Cream together butter and sugar. Add eggs and mix. Sift flour, salt, cocoa, and soda together. Add vanilla to buttermilk. Add dry ingredients alternately with buttermilk to mixture. Mix well. Pour mixture into three 9 inch cake pans that have been well greased. Bake at 350 degrees for 45 minutes.

FILLING:

1 cup sugar
1 cup milk
30 large marshmellows
14 oz. pkg. coconut

Combine sugar and milk and bring to a boil. Add marshmellows and stir constantly until melted. Add coconut and pour mixture between layers of cake reserving ½ cup. Prepare a fudge frosting of your choice and spread on cake. Put the remaining ½ cup filling on top of cake.

Mrs. Margaret Frye

DATE ROLL

3 cups sugar
1 cup milk
½ lb. dates, chopped
1 tbsp. butter
1½ cup nuts, chopped

Cook sugar and milk until a drop forms a soft ball in water. Add dates; cook 15-20 minutes. Remove from heat; add butter and nuts. Roll up in a damp cloth; cut when cool.

Mrs. Margaret Lovill

MOM'S POUND CAKE

5 eggs
½ lb. butter
3 cups sugar
3 cups plain flour, sifted
1 cup sweet milk
1 tsp. baking powder
1 tsp. vanilla flavoring
½ tsp. lemon flavoring

Cream butter and sugar. Add eggs, one at a time. Add flavorings to milk. Add baking powder to flour and sift. Add milk mixture and flour to cake batter alternately ending with flour. Bake in a greased and floured tube pan for 1 hour, or until done, at 325 degrees. Ice with maple frosting.

Mrs. Linda Whitaker

STRAWBERRY CAKE

Sift together:
1 pkg. white cake mix
3 tbsp. flour
1 pkg. strawberry jello

Mix:
4 eggs
1 cup cooking oil
½ cup drained strawberries

Add liquids to dry ingredients. Mix well and bake in greased, floured pan 30 to 40 minutes at about 325 degrees.

Icing:
Cream together: 1 lb. of sifted confectioners sugar and 1 stick margarine. Add ½ cup drained strawberries and spread.

Mrs. Sandy Hart

GRAHAM CRACKER CAKE

2 cups sugar
1 cup butter or
2 sticks margarine
5 eggs
1 cup sweet milk
1 small can crushed
pineapple, drained
1 cup chopped nuts
1 cup coconut
2 tbsp. baking powder
2 tsp. vanilla
1 lb. box graham crackers,
crushed

Cream sugar and butter. Add eggs one at a time and beat well. Add remaining ingredients and mix well. Bake in 9 inch cake pans at 325 degrees for 35 minutes. Makes 3 layers.

ICING

Use juice from pineapple and mix with 1 stick of margarin Combine mixture with 1 box powdered sugar, and spread ove cake layers.

Mrs. Bobbie Collins



CARROT CAKE

2 cups sugar
1½ cups salad oil
4 eggs, well beaten
2 tsp. soda
2 cups all-purpose flour
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. salt
1 cup chopped pecans
3 cups grated carrots

Mix sugar and salad oil together. Add well beaten eggs and mix well. Combine dry ingredients and stir in. Mix until smooth. Add chopped nuts and grated carrots. Bake in three greased 9-inch pans at 325 degrees about 30 minutes.

Mrs. Sandy Hart

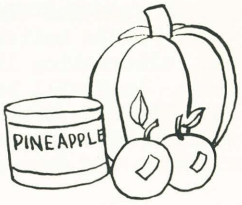
PUMPKIN PIE CAKE

2 cups sifted cake flour
½ teaspoon salt
2 teaspoons cinnamon
1½ teaspoons soda
2 teaspoons baking powder
2 cups sugar
1 cup corn oil
4 eggs
1 can pumpkin (No. 303 can or 2 cups)

Combine the ingredients as they are listed. Bake in a loaf pan or tube cake pan for 35 minutes at 350 to 375 degrees.

Icing: Cream together--One 8 oz. package cream cheese, one stick of butter or margarine, and one box powdered sugar plus 1 teaspoon vanilla. Pour over cool cake.

Mrs. Joann Chilton



APPLE SAUCE CAKE

2 cups applesauce
2 cups raisins
1¼ cups butter
2 cups nuts
2 eggs
2 cups sugar
1 tsp. cinnamon
1 tsp. allspice
1 tsp. nutmeg
3¼ cups flour
2 tsp. soda
2 tbsp. cocoa

Line bottom of pan with wax paper. Cream butter and sugar. Add egg to above mixture; sift flour with cocoa, soda, spices, and add to butter mixture. Dust raisins and nuts with flour and add to mixture. Cook at 350 degrees for 1 hour and 15 minutes or until done.

Mrs. Sandy Hart

MARBLE CAKE

2½ cups flour
1 tsp. baking soda
¼ tsp. salt
½ cup butter or margarine
1 cup sugar
2 eggs
2 tbsp. lemon juice
¾ cup milk
½ tsp. vanilla
1 tsp. cinnamon
½ tsp. cloves
¼ tsp. nutmeg
¼ tsp. baking soda
1 tbsp. molasses

Sift, then measure the flour. Sift three times with 1 tsp. soda and the salt. Cream butter until light. Add sugar gradually; slowly add eggs which have been beaten. Combine lemon juice and milk. Alternately add dry ingredients and liquid, beating after each addition. Divide batter into two parts. To part one, add vanilla. To part two, add the well mixed ¼ tsp. soda and the spices, then molasses. Blend well. Place batter in greased loaf pan by spoonfuls, alternating light and dark. Bake 45 to 50 minutes. Loaf will break open at top. (Personal hint--take the cake from the oven just before the batter in the break is done, but not too underdone. This will keep the cake moist.) Bake at 350 degrees.

Mrs. Clara Jones

PASTEL POUND CAKE

1 pkg. white or yellow cake mix
1 pkg. jello (3 oz. of any flavor)
¾ cup water
½ cup salad oil
4 eggs, unbeaten

Mix all ingredients together for 3 minutes on medium speed of mixer. Pour mixture into a tube pan that has been greased and floured first. Bake at 350 degrees for 50-55 minutes. Cool in pan for 15 minutes and turn out. Serve with fruit cocktail or any fruits or berries.

Mrs. Linda Whitaker

ONE HUNDRED DOLLAR CAKE

1 cup butter
2½ cups sugar
5 eggs
3 cups flour
5 tsp. strong coffee
1 tsp. soda
4 tsp. cocoa
1 cup buttermilk
2 tsp. vanilla
½ tsp. salt

Cream butter, sugar, and whole egg, one at a time. Sift dry ingredients together. Mix coffee with buttermilk and add dry ingredients and liquids to batter alternately; add vanilla. Bake in 3 layer pans at 350 degrees about 40 minutes.

Filling:

Mix ½ cup butter with 2 cups or more powdered sugar and flavor with strong black coffee. Add 1 tsp. lemon juice, mix well; add 1 cup ground nuts. Use between layers.

Outside frosting:
1 box confectioners sugar
1 egg yolk
3 tsp. strong coffee
1 stick butter
1 tsp. vanilla
2 tsp. cocoa

Use soft butter, add other ingredients and beat until creamy.

Mrs. Sandy Hart

GEHL
SALES AND SERVICE
case
MOUNT AIRY TRACTOR COMPANY, INC.
MOUNT AIRY, NORTH CAROLINA
PHONE 786-6970

ITALIAN CREAME CHEESE CAKE

1 stick butter or margarine
½ cup crisco
2 cups sugar
5 egg yolks
1 tsp. soda
2 cups plain flour
1 cup buttermilk
1 tsp. vanilla
1 cup nuts, chopped
1 cup coconut
5 egg whites, beaten

Cream butter, crisco, and sugar; add egg yolks. Sift flour, add soda. Add to mixture with buttermilk. Add flour first and last. Stir in nuts and coconut. Fold in egg whites. Bake in three 9-inch cake pans at 350 degrees for 20 minutes or until done.

Icing

8-oz. pkg. cream cheese
½ cup crisco
1 tsp. vanilla
1 box confectioner's sugar

Have cream cheese at room temperature. Mix all ingredients. If mixture is too thick, add milk. Spread between layers and on top and sides.

Mrs. Bennie V. Fowler

SWEET POTATO CAKE

1½ cups wesson oil
2 cups sugar
4 egg yolks
2½ cups sifted cake flour
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. vanilla
Pinch of salt
1½ cup grated sweet potatoes
1 cup chopped nuts
4 tbsp. hot water
3 tsp. baking powder

Combine all ingredients and mix well. Pour in a greased and floured tube pan and bake at 350 degrees for 1 hour.

Mrs. Margaret Lovill

GERMAN SWEET CHOCOLATE UNCOMPLICAKE

4 oz. pkg. Bakers German Sweet Chocolate
2 1/3 cups sifted cake flour
1½ cups sugar
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
2/3 cup butter or margarine
1 cup buttermilk
1 tsp. vanilla
2 eggs
Easy Coconut Pecan Filling and Frosting

Melt chocolate over low heat; cool. Sift flour, sugar, soda, baking powder, and salt together. Soften butter. Add flour mixture to softened butter, plus 3/4 cup of the buttermilk, and the vanilla. Mix to dampen flour; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add chocolate, egg, and remaining ¼ cup buttermilk. Beat 1 minute. Pour mixture into two 9-inch layer pans lined on bottoms with paper. Bake at 350 degrees about 35 minutes. Cool in pans 15 minutes and remove. Cool on racks. Frost.

Mrs. Loretta Francis

CHOCOLATE POUND CAKE

2 sticks margarine
½ cup shortening
3 cups sugar
5 eggs
3 cups flour
2 tsp. baking powder
½ cup cocoa
½ tsp. salt
1¼ cups milk
1 tbsp. vanilla

Cream margarine and shortening, adding sugar gradually. Add eggs one at a time, beating well after each addition. Sift together flour, baking powder, salt, and cocoa three times. (You'll be tempted not to do this--but do!) Add to mixture alternately with milk. Add vanilla. Pour batter into tube pan that has been well greased and floured. Bake at 300 degrees for about 2 hours with a pan of water in the bottom of the oven.

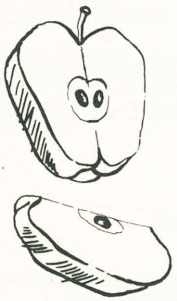
Mrs. Linda Golding

FRESH APPLE CAKE

2½ cups flour, sifted
1 tsp. cinnamon
1 tsp. allspice
1 tsp. soda
1 cup butter
2 cups sugar
4 eggs
½ cup water
3 medium apples, grated
1 cup walnuts, chopped
1 tsp. vanilla
Pinch of salt

Mix flour, spices, and soda together and set aside. Cream butter and sugar together. Add eggs one at a time and mix well after each addition. Add dry ingredients and water alternately. Mix well and fold in apples and nuts to mixture. Add vanilla. Pour mixture into a greased tube pan lined with wax paper. Bake at 325 degrees until done.

Mrs. Margaret Frye



RAW APPLE CAKE

1½ cups cooking oil
2 cups sugar
3 eggs
3 cups flour
1 teaspoon salt
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon vanilla
3 cups raw apples, chopped well
1 cup nuts (walnuts or pecans)

Combine all ingredients and mix well. Bake at 325 degrees for 1 hour and 15 minutes in a tube pan.

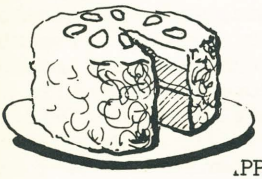
Mrs. Bennie V. Fowler

LEMON CHEESE CAKE

1 pkg. Jello instant lemon pudding mix
2 cups milk
½ tsp. lemon extract
8 oz. pkg. cream cheese

Cut cream cheese into small pieces and place in a blender. Add 1 cup milk and blend until cream cheese is soft. Add the remaining milk, pudding mix, and lemon extract. Blend until smooth. Pour mixture into a graham cracker pie crust. Let stand in the refrigerator for 1 hour before serving.

Mrs. Margaret Frye



.PPLE CAKE

Mix together:
1½ cups crisco oil
3 large eggs
2 cups sugar

Fold in:
1 cup nuts
3 cups chopped apples

3 cups flour (sift three times)
1 tsp. salt
1 heaping tsp. soda

2 tsp. vanilla

Bake in a 3 quart pan for one hour at 300 degrees.

Topping

1 cup brown sugar
1 stick butter
¼ cup condensed milk

Boil for 2½ minutes and pour on top of cake.

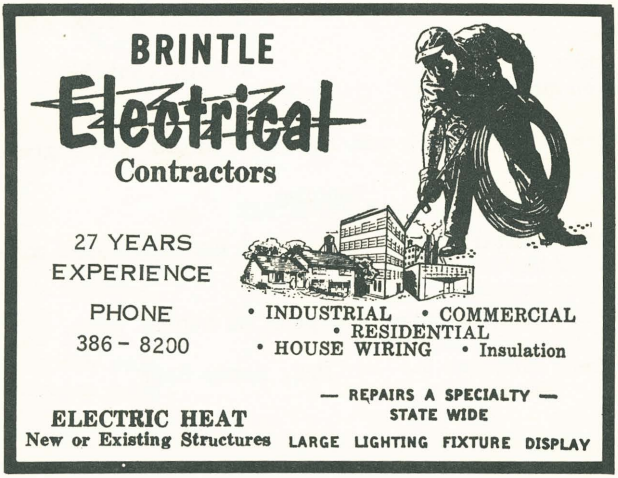
Mrs. Sandy Hart

GERMAN CHOCOLATE POUND CAKE

1 bar German Sweet Chocolate
2 cups sugar
1 cup crisco
4 eggs
2 tsp. vanilla
2 tsp. butter flavoring
1 cup buttermilk
3 cups flour
½ tsp. soda
1 tsp. salt

Partly melt chocolate over hot water in double boiler. Remove and stir rapidly until melted. Cool. Cream sugar and crisco. Add eggs, flavoring and buttermilk. Sift together flour, soda, salt; add to crisco and sugar. Mix well. Blend in chocolate. Pour into a well greased and floured 9-inch tube pan. Bake at 300 degrees for 1½ hours. Remove from pan while hot and cover in cake container until cool.

Mrs. Bennie V. Fowler



BLACKBERRY CAKE

3 eggs
1 stick margarine
1½ cups sugar
2 cups sifted flour
1 tsp. baking powder
1 cup buttermilk
1 cup black walnuts
½ tsp. soda
½ tsp. salt
½ tsp. each of: nutmeg, allspice, ground cloves, cinnamon
12 oz. jar blackberry jelly or jam

Beat eggs, margarine and sugar together. Add flour, baking powder, buttermilk (to which soda has been added), salt, spices and jelly. Mix well. Fold in black walnuts. Bake in 3 layer pans, well floured and greased, for 30-45 minutes at 350 degrees.

FILLING: Combine 1½ cups sugar and 3/4 cup sweet milk, cooking until slightly thick. Pierce layers with fork and pour filling on layers. This cake is better if let stand for a day or two before cutting. If you can wait this long, be sure it is well covered.

Mrs. Bennie V. Fowler

CINNAMON-BUTTER CAKE

1 cup nuts, chopped in blender
2 tbsp. brown sugar
2 tsp. cinnamon

Mix together and set aside.

Mix together:
1 box butter cake mix
4 eggs
¼ cup water
¼ cup sugar
½ cup cooking oil
1 cup sour cream
1 tsp. rum extract
½ tsp. vanilla

Grease and flour tube pan. Pour 2/3 of batter in pan; top with sugar-cinnamon mixture, add remaining batter. Bake at 325 degrees for 50-60 minutes.

May be iced with your favorite icing or glaze, or served as a coffee cake warm without icing.

Miss Linda Dixon

CHERRY-O CHEESE CAKE

Crust:
1 9-inch baked pastry shell, cooled, or 1 9-inch crumb crust

Filling:
8 oz. pkg. cream cheese, softened
1 can sweetened condensed milk
1/3 cup fresh lemon juice
1 tsp. vanilla flavoring

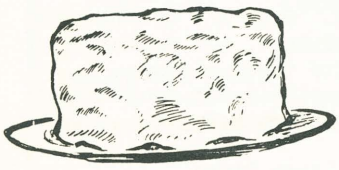
Glaze:
1 lb. 5 oz. can cherry pie filling, or

1 lb. can sour pitted cheeries
¼ cup sugar
1 tbsp. cornstarch

In a medium size bowl, beat softened cheese until light and fluffy. Gradually stir in sweetened condensed milk until thoroughly blended. Stir in lemon juice and vanilla. Turn into crust. Refrigerate 2 or 3 hours. Garnish top of pie with chilled cherry pie filling or glaze made from sour cherries.

For cherry glaze using sour cherries, drain cherries, reserving juice. In a small saucepan, combine sugar and cornstarch; stir in juice. Cook over low heat; stir constantly until thickened and clear. Add a few drops of red food coloring. Add cherries. Cool. Spread, over top of chilled pie.

Mrs. Shirley Brinkley



Surry Concrete Products Inc.

CONCRETE & CLINCHLITE BLOCKS

PHONE 786-5131

QUALITY READY-MIX CONCRETE

COMPLETE LINE OF MASONRY SUPPLIES

P.O. BOX 209 MOUNT AIRY, NORTH CAROLINA

Schafer Building Supply Co.

"SCHAFER" THE TRADEMARK OF QUALITY

786-4111 TELEPHONE: 786-4112

P.O. BOX 834
MOUNT AIRY
NORTH CAROLINA 27030

CHEESE CAKE

Crust: Combine
26 graham crackers, rolled fine, about 1 3/4 cups
½ cup butter
1 tbsp. brown sugar

Line bottom of 9-inch spring form with this mixture.

Filling: Combine and beat at medium speed for 20-25 minutes.
24 oz. pkg. cream cheese
4 eggs
1 cup sugar
1 tsp. vanilla

Place cheese mixture in spring form. Bake 40 minutes at 325 degrees. Cool for 35 minutes. While cooling, beat together the following for 10 minutes:

1 pint sour cream
3/4 cup sugar

Pour over top of baked cake. Bake at 400 degrees for 10 minutes--watch carefully. It should brown very slightly on top. Refrigerate at least overnight.

Miss Linda Dixon

PINEAPPLE CAKE

1 pkg. 1-layer-size yellow cake mix
1-8 3/4 oz. can (1 cup) crushed pineapple
½ cup flaked coconut
1/3 cup brown sugar
3 tbsp. margarine or butter, melted

Prepare cake mix according to package directions. Pour into greased and floured 8x8x2 inch baking pan. Bake in 350 degree oven for 30 to 35 minutes. Combine pineapple, coconut, brown sugar, and margarine; spread atop cake. Broil 4 to 5 inches from heat for 5 to 7 minutes or till golden. Serve warm.

Mrs. Bennie V. Fowler

PINK CLOUD CAKE

3/4 cup shortening
1½ cup sugar
1½ tsp. vanilla
2¼ cups sifted cake flour
3 tsp. baking powder
1 cup milk
5 stiffly beaten egg whites

Cream shortening and sugar till light. Add vanilla and mix well. Sift together flour, baking powder, and 1 tsp. salt. Add to creamed mixture alternately with milk, beating after each addition. Fold in egg whites. Bake in 2 greased and floured 9 x 1½-inch round pans at 375 degrees for 18-20 minutes.

While cake is baking, dissolve one 3 oz. pkg. strawberry gelatin in one cup boiling water. Add ½ cup cold water and let stand for 20 minutes.

When cake is done, let stand in pans 5 minutes then remove to racks placed on waxed paper. Make even rows of holes in top of layer with fork tines. Pour gelatin mixture over layers. Chill for 1-2 hours on racks in refrigerator. Drain 16 oz. pkg.strawberries. Reserve syrup.

Prepare 1 pkg. whipped topping mix using ¼ cup strawberry juice and ¼ cup milk instead of ½ cup milk. Fold strawberries into mixture. Use as filling between layers and on top of cake. Prepare another package whipped topping mix according to package directions. Frost cake completely with this. Refrigerate.

Miss Linda Dixon

Mount Airy Builders Supply Inc.

1124 West Lebanon Street Telephone 786-8301
MOUNT AIRY, NORTH CAROLINA 27030

PUMPKIN-RUM CAKE

2 pkgs. pound cake mix
16 oz. can pumpkin
1½ tsp. pumpkin pie spice
1 cup sugar
1 cup orange juice
2 inches stick cinnamon
¼ cup rum

Prepare pound cake mixes together according to package directions, decreasing water to a total of 2/3 cup and adding the pumpkin and pie spice. Turn into well greased and floured 10-inch fluted tube pan. Bake in 325 degree oven 1 hour and 20 minutes or till cake tests done. Cool in pan 10 minutes; remove to cooling rack and cool 20 minutes more. Place on serving plate. Using long-tined fork or skewer, punch holes in top of cake at 1-inch intervals. In saucepan, combine sugar, orange juice and cinnamon stick; bring to boiling. Remove cinnamon; stir in rum. Spoon orange mixture very slowly over cake, a small amount at a time, allowing cake to absorb sauce. Continue till all syrup is used. Spoon any syrup that runs onto plate back over cake. Chill till serving time. Makes 12-16 servings. Note: Delicious served with whipped topping flavored with cinnamon.

Miss Linda Dixon

CHOCOLATE BUTTER CREAM FROSTING

1/3 cup soft butter or margarine
1/8 tsp. salt
3 cups confectioners sugar, sifted
¼ cup milk
3 squares (1 oz. each) unsweetened chocolate melted
1½ tsp. vanilla

Beat butter or margarine, salt, and 1 cup confectioners sugar until light and fluffy. Blend in melted chocolate. Then add rest of sugar alternately with molk and vanilla. Mix until smooth and creamy. Add more sugar to thicken or milk to thin frosting if needed for good spreading consistency. Frosts two 8 or 9-inch layer cakes or a 13 by 9-inch cake.

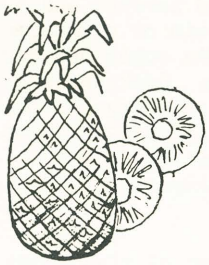
Mrs. Shirley Brinkley

LEMON PIE

1 can sweetened condensed milk
½ cup lemon juice
2 tbsp. sugar
2 eggs, separated
1 graham cracker crust

Beat egg yolks, milk, and sugar together. Gradually add lemon juice as you beat the mixture. The mixture will thicken as you beat. After it has thickened, pour the mixture in the graham cracker crust. Use the egg whites to make a meringue for the pie. Brown in the oven. The lemon filling will become very firm after it has been refrigerated for a while.

Mrs. Bennie V. Fowler



COCONUT-PINEAPPLE PIE

3 eggs
1½ cups sugar
½ stick soft butter or margarine
2 cups coconut
1 small can crushed pineapple
1 tsp. vanilla
2 pie shells (unbaked)

Combine eggs, sugar, and butter. Beat until smooth. Add coconut, pineapple, and vanilla. Stir and pour into two 8-inch, uncooked pie shells. Bake in a 350 degree oven for 25-30 minutes or until golden brown.

Mrs. Bennie V. Fowler

STRAWBERRY SATIN PIE

1 baked 9-inch pastry shell
½ cup sliced almonds, toasted
Creamy Satin Filling (recipe below)
3 cups fresh strawberries
¼ cup sugar
2 tsp. cornstarch
Few drops red food coloring
Whipping cream

Cover bottom of cooled pastry shell with almonds. Pour chilled creamy satin filling over almonds into shell. Divide strawberries as follows: Reserve a few perfect whole berries for center of pie. Crush ½ cup berries and set aside. Cut remaining berries in half. Arrange halved berries and whole berries atop filling.

Combine crushed berries and ½ cup cold water. Cook 2 minutes; strain or sieve the berry juice to remove the pulp. Mix sugar and cornstarch; gradually stir in berry juice. Cook and stir till thick and clear. Tint with red food coloring. Cool slightly; spoon over pie. Refrigerate till serving time. Top with whipped cream if desired.

CREAMY SATIN FILLING

½ cup sugar
3 tbsp. cornstarch
3 tbsp. all-purpose flour
½ tsp. salt
2 cups milk
1 slightly beaten egg
½ cup whipping cream
1 tsp. vanilla

Combine sugar, cornstarch, flour, and salt. Gradually stir in milk. Bring to boiling, stirring constantly. Lower heat; cook and stir till thick and bubbly. Stir a little of the hot mixture into beaten egg; return to remaining hot mixture. Bring just to a boil, stirring constantly. Cool, then chill thoroughly. Beat well. Whip cream; fold into egg mixture with vanilla. Use in Strawberry Satin Pie.

Mrs. Bennie V. Fowler

OLD FASHIONED PUMPKIN PIE

3 eggs
3 cups pumpkin
1½ cups brown sugar
2 teaspoons cinnamon
1½ teaspoons ginger
¼ teaspoon salt
2 unbaked pie shells

In a large bowl, beat eggs until foamy. Add pumpkin. sugar, spices, and salt. Mix thoroughly and pour into pie shells. Bake at 350 degrees for 35-40 minutes. Serve with whipped cream.

Mrs. Jeannie Welch

PUMPKIN PIE

3
2 cups strained, mashed pumpkin
2 1½ cups sugar
2 cups scalded milk
3 eggs, slightly beaten
3 tablespoons melted butter
1 tsp. cinnamon
1/3 tsp. cloves
3/4 tsp. nutmeg
¼ tsp. salt
2 unbaked pie shells

Mix ingredients thoroughly in order given and pour into unbaked pie shells. Bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees and bake for about 45 minutes, until firm.

Mrs. Ruth Hawks



EASY COCONUT-PECAN FILLING AND FROSTING

3/4 cup evaporated milk
1½ cup brown sugar
1½ cup granulated sugar
1½ cup butter or margarine
1 tsp. vanilla
3 egg yolks, beaten
1 1/3 cups coconut
1 cup chopped pecans

Combine milk, sugars, butter, and vanilla. Bring to a full boil, stirring constantly. Remove from heat. Mixture may appear curdled. Quickly stir small amount of hot mixture into egg yolks; then stir egg mixture into hot mixture. Return to boil, stirring constantly. Remove from heat and add coconut and pecans. Cool to spreading consistency, beating occasionally.

Mrs. Loretta Francis

CHERRY DELIGHT

1 can cherry pie filling
1½ cups graham cracker crumbs
1 stick margarine, softened
¼ cup sugar
8 oz. pkg. cream cheese softened
½ cup sugar
2 eggs

Combine graham cracker crumbs, margarine, and sugar. Line the bottom of a baking pan with this mixture. Beat cream cheese and sugar till smooth. Add eggs one at a time. Beat until of a whip cream consistency. Pour over crumb mixture. Bake at 325 degrees for 25 minutes. Do not preheat oven. Let cool and pour pie filling over top. Keep refrigerated until ready to serve.

Mrs. Loretta Francis

CHOCOLATE PIE

3 cups granulated sugar
pinch of salt
7 tablespoons cocoa
4 eggs
2 cups flaked coconut
1 teaspoon vanilla
1 tall can evaporated milk, undiluted
1 stick margarine, melted

Mix sugar, salt, and cocoa together; add eggs and mix well. Stir in vanilla and milk. Add melted maragrine, then coconut. Pour into 2 unbaked pie shells. Bake in a 350 degree oven about 40 minutes or until firm. *A cup of nuts for each pie may be added, if desired.

Mrs. Joann Chilton

EASY PECAN PIE

3 eggs
1 cup sugar
½ cup corn syrup
¼ cup butter or margarine, melted
1 cup pecans
1 pie crust

Preheat oven to 375 degrees. Beat eggs slightly in a two quart bowl. Stir in sugar, corn syrup, and melted butter or margarine. Stir in pecans. Pour into an unbaked shell. Bake near center of oven 35 to 40 minutes, or until filling is slightly firm. Center of pie may look soft when pie is gently shaken, but will become firm when cooled.

Mrs. Bobbie Collins



QUICK FRUIT PIE

1 stick margarine
2 eggs
1 cup sugar
½ cup coconut
½ cup nuts
½ cup raisins
1 teaspoon vinegar
pinch of salt

Melt margarine. Beat eggs and add all other ingredients. Mix well. Bake for 30 minutes at 325 degrees in an unbaked pie crust.

Mrs. Joann Chilton

COOL WHIP PIE

1 can Bordon's Sweetened Condensed Milk
1 lemon, juice and rind
1 16 oz. can pineapple, drained
1 10 oz. container cool whip
½ cup chopped pecans
2 graham cracker crust

Mix sweetened condensed milk, lemon juice, and rind together well. Add drained pineapple. Fold in cool whip and nuts. Pour mixture in graham cracker crust, chill for at least 2 hours and serve.

Mrs. Bennie V. Fowler

Compliments Of

W.E. REID CO.
Dobson, N.C.
Everything For
The Entire Family
Mr. & Mrs. William Carter
owners
386-8179

OLD FASHIONED BUTTERSCOTCH PIE

½ cup milk
6 tablespoons butter
2 cups brown sugar

Combine and boil at low heat, stirring occasionally. The longer the mixture boils at low heat, the better the flavor. While mixture is boiling, add the following:

2 egg yolks
5 tablespoons flour
2 cups milk

When thick, add 1 teaspoon vanilla to mixture and pour into two baked pie crusts. Add meringue.

Mrs. Joann Chilton



FRESH STRAWBERRY PIE

1 cup sugar
2 tablespoons cornstarch
1 cup water

Boil together until clear and thick (only takes a minute). Add the following:

4 tablespoons strawberry jello
pinch of salt
¼ teaspoon of lemon juice

Place fresh sliced or whole strawberries in a baked pie crust and pour above mixture over strawberries. Let set till firm then serve.

Mrs. Joann Chilton

FRESH STRAWBERRY PIE

1 baked pie shell
1 quart sliced fresh strawberries
1 3/4 cups water
3 tbsp. corn starch
1 cup sugar
4 tbsp. strawberry jello

Bring water to a boil. Mix corn starch and sugar; pour into boiling water and cook until clear and thick. Stir in jello after mixture is thick. Cool. Add fresh strawberries. Pour into pie shell. Refrigerate and let set until like jello. Cover with whipping cream and serve.

Mrs. Brenda King

BROWN SUGAR PIE

3 eggs
3 cups brown sugar
3 tbsp. flour
½ cup butter
1 cup sweet milk
1 tsp. vanilla

Mix eggs, sugar, flour, and milk. Mix well. Season with vanilla. Bake in unbaked crusts at 400-425 degrees until done. This recipe makes two pies.

Mrs. Judy Smith

Compliments Of

THE STYLE SHOP
Dobson, N.C.
Fabrics & Notions
Custom Sewing
386-8431

Compliments Of

DOBSON DRUG STORE
386-8853
Dobson, N.C.
Mrs. Viola Pardue
Pharmacist

CHOCOLATE PIE

2 egg yolks, beaten
1 cup sugar
3 tbsp. cocoa
2 tbsp. flour
1 cup milk
1 tbsp. vanilla
2 tbsp. butter

Add beaten egg yolks, sugar, cocoa, flour, and vanilla to a saucepan. Add milk and mix well. While cooking over medium heat, add butter. Stir constantly until mixture has thickened. Pour into a 9 inch baked shell. Top with meringue.

Mrs. Margaret Frye

PEACH COBBLER COLONIAL

Batter:
1 cup all purpose flour
½ tsp. salt
1 tsp. baking powder
3 tbsp. butter
3/4 cup sugar
½ cup milk

Fruit mixture:
3½ cups fresh (or canned) peaches
1 tsp. cinnamon
1 tbsp. lemon juice

Topping:
2 tbsp. flour
1 cup boiling water or peach juice
½ cup sugar

Batter: Sift flour; measure. Sift with salt and baking powder. Cream butter; add sugar gradually. Add dry ingredients alternately with milk. Mix well.
Fruit mixture: Place drained fruit in greased 9 x 9 x 2 inch baking dish. Cover with batter. Pour boiling water very slowly over entire mixture. Bake at 350 degrees for about 1 hour, until topping is lightly browned.

Mrs. Judy Smith

CHOCOLATE MERINGUE PIE

2 egg whites
1/8 tsp. salt
1/8 tsp. cream tartar
½ cup chopped nuts
½ cup sugar
½ tsp. vanilla

Beat egg whites with salt and cream of tartar until foamy. Add sugar, 2 tablespoons at a time beating well after each addition. Continue beating until very stiff peaks form. Fold in nuts and vanilla. Spoon into lightly greased 8-inch pie pan to form nest like shell; build sides up ½ inch above edge of pan. Bake in slow oven (300 degrees) for 50-55 minutes. Cool and add filling.

Filling:
1 bar German sweet chocolate
3 tbsp. water
1 cup whipping cream or 2 cups dream whip

Over low heat stir chocolate in water until melted; cool until thickened. Add 1 tsp. vanilla. Whip cream; fold in chocolate mixture. Pile into meringue shell. Chill for 2 hours. Makes 6-8 servings. Garnish with whipped cream and chocolate curls.

Miss Mary Keller

GREEN OAKS
RESTAURANT
& CAFETERIA
Dobson, N.C.
Home Cooked Food
386-8545

Compliments Of
CLIFFORD O. SCOTT
Sturdivant Life
Insurance Company
Dobson – Mt. Airy
386-8184

BLACKBERRY PIE

1 cup milk
1 cup flour
1 cup sugar
1 tsp. vanilla
1 cup butter, melted

Combine the above ingredients together and mix well. Place 2 or 3 cups of blackberries in the bottom of a baking dish. Pour batter mix over the berries. Bake for 1 hour at 350 degrees.

Mrs. Margaret Hooker



FRENCH APPLE PIE

Filling:
4 cups peeled sliced apples
1 tsp. cinnamon
½ cup sugar

Place filling in a baking dish.

Topping:
1 cup flour
½ cup butter
½ cup brown sugar

Mix topping ingredients together and sprinkle over apple mixture. Pat down over apple mixture and bake at 400 degrees for 35-45 minutes.

Mrs. Loretta Francis



ONE MINUTE COOKIES

2 cups sugar
½ cup cocoa
½ cup milk
½ cup coconut
1 stick margarine
2 cups quick oatmeal
½ cup peanut butter
1 tsp. vanilla

Mix sugar, cocoa, milk, and margarine. Boil one minute after mixture begins to boil. Remove from heat. Mix in oatmeal, peanut butter, coconut, and vanilla. Drop on wax paper by teaspoonfuls.

Miss Mary Keller

Chinese Chews

¼ cup butter
3 tsp. sugar
1½ cups flour
3 eggs
2¼ cups brown sugar
3/4 cup coconut
1 cup nuts, chopped
Confectioners' sugar

Cream butter; add sugar, and beat well. Blend in flour to form a smooth dough. Pat out dough in a well greased square or oblong pan. Bake in a 375 degree oven for 15 minutes. In the mean time, separate eggs and beat egg yolks until thick. Gradually add brown sugar beating constantly. Add coconut and nut meats. Fold in stiffly beaten egg whites. Spread over baked mixture and return to oven for 25 minutes. While hot, cut into squares and dust with confectioners' sugar.

Mrs. Ben Venable



CHOCOLATE DROPS

½ cup butter or margarine, softened
1 cup sugar
1 egg
2 oz. melted unsweetened chocolate, cooled
1/3 cup buttermilk
1 tsp. vanilla
1 3/4 cup flour
½ tsp. soda
½ tsp. salt
1 cup chopped nuts
Vanilla Butter Icing (recipe below)

Mix thoroughly butter, sugar, egg, chocolate, buttermilk and vanilla. Stir in flour, soda, salt and nuts. Cover and chill 1 hour.

Heat oven to 400 degrees. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet. Bake 8-10 minutes or until almost no imprint remains when touched. Immediately remove from baking sheet; cool. Frost with Vanilla Butter Icing. Makes 4½ dozen cookies. To make Chocolate Cherry Drops, omit nuts. Stir in 2 cups cut-up candied or maraschino cherries.

Mrs. Bennie V. Fowler

VANILLA BUTTER ICING

Blend ¼ cup soft butter or margarine and 2 cups confectioners' sugar. Stir in 1 tsp. vanilla and about 2 tbsp. light cream. Ice Chocolate Drop cookies.

Mrs. Bennie V. Fowler

Compliments Of
CITGO
YORK OIL COMPANY, INC.
POST OFFICE BOX 67
WHITE PLAINS, N. C. 27031
ASTROSTAR SUPREME
DUKE TIRE AND TUBES
PHONES
S & H
GREEN STAMPS
WHITE PLAINS 786-5505
DOBSON 386-8872
SILOAM 374-5491

CHOCOLATE OATMEAL COOKIES

1½ cups sugar
½ cup cocoa
½ cup milk
2 tbsp. butter
½ cup peanut butte
1 tsp. vanilla
2 cups oatmeal

Combine sugar, chocolate, and milk. Heat to boiling and cook 3 minutes. Remove from heat. Add butter, peanut butter, vanilla, and oatmeal. Drop by teaspoonfulls on waxed paper. Yields 24 cookies.

Mrs. Loretta Francis

HOLLIDAY FRUIT BALLS

1 lb. graham cracker crumbs
1 lb. candied pineapple, chopped
1 lb. raisins
1 lb. marshmallows
3 lbs. English walnuts, chopped
1 stick butter
1 can evaporated milk
2 cans coconut

In a saucepan, melt margarine or butter and marshmallows in milk over low heat, stirring constantly. Mix together remaining ingredients except coconut and pour milk over it. Stir together until well mixed. Form into 1½-inch balls and roll in coconut. Yields: 200 balls.

Mrs. Sue Cooke

Compliments Of
WARREN FLOWER & GIFT
Custom Flower Arranging
Surry Plaza Shopping
Toast, N.C.
Linda Warren – Sue Graham
789-4651
Linda 789-1564 Sue 789-3264

PINEAPPLE COOKIES

1 cup shortening
1½ cups sugar
1 egg
¼ tsp. lemon flavoring
9 oz. can crushed pineapple
3½ cups sifted plain flour
½ tsp. nutmeg or allspice
1 tsp. soda
½ tsp. salt
½ cup nuts

Cream together shortening, sugar, egg, and flavoring. Add and stir in the pineapple (undrained). Sift dry ingredients together and stir into mixture. Add nuts. Chill in freezer for 10 minutes or in refrigerator for 1 hour. Drop by rounded teaspoonfulls about 2 inches apart onto a lightly greased baking sheet. Bake for 8-10 minutes at 400 degrees.

Mrs. Lorette Francis

COCONUT MACAROONS

2/3 cup sweetened condensed milk
3 cups (two 4 oz. cans) coconut
1 tsp. vanilla flavoring
¼ tsp. almond extract

In a medium size mixing bowl, blend together all ingredients. Drop by teaspoonfulls onto a well greased cookie sheet about 1 inch apart. Bake in a 350 degree oven for 8-10 minutes. Remove at once from the cookie sheet onto cookie cooler racks.

Mrs. Shirley Brinkley

SANTA'S WHISKERS
Holiday Cookie

1 cup butter or margarine
1 cup sugar
2 tbsp. milk
1 tsp. vanilla or rum flavoring
2½ cups sifted all-purpose flour
3/4 cup finely chopped red and green candied cherries
½ cup finely chopped pecans
3/4 cup coconut

In mixer bowl, cream together butter, and sugar; blend in milk and vanilla. Sift flour, candied cherries and nuts. Form 2 rolls, each 2 inches in diameter and 8 inches long. Roll in coconut. Wrap and chill several hours, or overnight. Slice ¼ inch thick; place on an ungreased cookie sheet. Bake in 375 degree oven for 12 minutes, or till edges are golden. Makes 5 dozen.

Mrs. Bennie V. Fowler

CHEWY NOELS
Holiday Cookie

2 tbsp. margarine
1/3 cup sifted all-purpose flour
1/8 tsp. salt
1/8 tsp. baking soda
1 cup brown sugar
1 cup chopped nuts
2 beaten eggs
1 tsp. vanilla
Confectioners' sugar

In a 9 x 9 x 2 inch pan, melt butter or margarine. Sift together flour, soda, salt; stir in brown sugar and nuts. Stir in eggs and vanilla. Carefully pour batter over butter in the pan. Do not stir. Bake in 350 degree oven for 20-25 minutes. Sprinkle with confectioners' sugar. Place waxed paper under wire rack and cool. Sprinkle cookies again with confectioners' sugar if desired. Cut into 24 bars.

Mrs. Bennie V. Fowler

FUDGE BARS

4 tbsp. butter or margarine
1 cup brown sugar
1 cup grated coconut
½ cup chopped nuts
6 oz. can evaporated milk, or 2/3 cup
8 oz. pkg. cream cheese, softened
1 egg
2 cups fudge frosting mix, 8 oz. box
1 roll chocolate chip refrigerated cookie dough

Line square or oblong baking pan with foil. Melt butter or margarine in pan. Sprinkle brown sugar, coconut and nuts over butter. Slowly pour evaporated milk over all ingredients in pan. In a small mixing bowl, beat cream cheese and egg till smooth. Measure 2 cups dry frosting mix by lightly spooning into measuring cup. Add to cheese mixture. Mix till well blended. Carefully spread cheese mixture over mixture in pan. Slice cookie dough into ¼-inch thick slices. Arrange slices over top of cheese mixture. Bake at 350 degrees for 35-40 minutes. Cut into bars and serve.

Mrs. Loretta Francis

MOUNT AIRY GLASS COMPANY, INC.
P.O. Box 510
Mount Airy, N.C.
Phone 786-2161
786-2162

Compliments Of
SAWYERS AUTO REPAIR
127 North S. Street
Mount Airy, N.C.

ICE CREAM COOKIES

6 tbsp. margarine or butter
6 tbsp. confectioners' sugar
1 beaten egg yolk
1 tsp. vanilla
1 cup sifted flour

Cream butter and sugar. Add vanilla, egg yolk, and beat well. Add flour and mix well. Drop from spoon onto ungreased cooky sheet. Bake at 350 degrees for 15 minutes. If desired, you may decorate with fruits, nuts, or candy. Makes 2 dozen.

Mrs. Joan McCoy



APPLE PUDDING

1 stick margarine
1 cup sugar
1 cup flour (self-rising)
1 egg, beaten
½ tsp. cinnamon
½ tsp. nutmeg
¼ tsp. salt
2 cups apples, peeled and chopped

Melt butter in a 2 quart baking dish in the oven. Mix sugar, flour, egg, spices and salt in a mixing bowl. Add butter to mixture. Place apples (raw) in a baking dish and cover with mixture. Bake at 350 degrees until golden brown, and apples are cooked.

Mrs. Jane Needham

BLUEBERRY CRUMB PUDDING

1 cup zwieback crumbs
¼ cup sugar
¼ tsp. cinnamon
3 tbsp. butter
2 cups fresh blueberries

Combine crumbs, sugar, and cinnamon; cut in butter. Place 1 cup blueberries in a 10x6x1½ inch baking dish; cover with half the crumb mixture. Repeat layers.

Bake in a 350 degree oven for 30 minutes. Cut in squares and serve warm; top with ice cream. Makes 6 servings.

Mrs. Elaine Whitaker



CHOCOLATE PUFF PUDDING

1 pkg. vanilla pudding, (not instant)
½ cup dry milk
1 cup water
3 eggs, separated
1 tbsp. butter
6 oz. pkg. chocolate chips
2 tsp. vanilla
1/3 cup dry milk

Mix pudding and ½ cup dry milk in a 2 quart saucepan. Stir in water until smooth. Cook and stir over medium heat until thick. Take off heat and stir in egg yolks--well beaten. Continue to cook and stir until mixture bubbles. Take off heat and add butter, chocolate chips, and vanilla. Stir until chocolate melts. Let stand until needed. Beat egg whites and 1/3 cup dry milk until stiff. Fold in chocolate mixture. Pour into a deep, ungreased 1 quart baking dish. Set dish in a shallow pan holding an inch of hot water. Bake in a 350 degree oven (not preheated) about 65 minutes, or until no imprint remains when touched lightly in center with finger. Serve hot with Sunshine Dessert Sauce. Serves 6.

Miss Mary Keller

PERSIMMON PUDDING

2 cups persimmon pulp
1½ cups sugar
1 cup buttermilk
2 cups plain flour
1 tsp. vanilla
3 tbsp. butter
2 eggs
1 tbsp. cinnamon
½ tsp. salt
1 tsp. soda

Sift flour, sugar, soda, salt, and cinnamon and add to persimmon pulp, milk, butter, eggs and vanilla. Pour into a greased baking dish and bake for 1-1½ hours at 325 degrees.

Mrs. Ruth Hawks

CHOCOLATE LOGS

1-lb. box powdered sugar
1 cup flaked coconut
1 cup chopped pecans
1 tsp. vanilla
1 cup graham cracker crumbs
½ cup crunchy peanut butter
1 cup butter, melted
¼ block paraffin
6-oz. pkg. semi-sweet chocolate chips

Throoughly mix the sugar, coconut, pecans, vanilla and graham cracker crumbs into peanut butter. Pour melted butter over the mixture and blend well. Shape dough into 2 x 1½ inch logs. Melt paraffin and chocolate chips together over boiling water. Working quickly, dip logs into the chocolate and place on waxed paper to dry. (To dip logs, insert a small fork into side of each log and dunk log in melted chocolate. To remove each chocolate from folk, simply roll it off the fork, with the pricked side down, onto the waxed paper. Be sure to leave the chocolate mixture in double boiler over hot water.) Yields: 4 dozen logs.

Miss Linda Dixon

HOLIDAY DATE BALLS

1 cup margarine (2 sticks)
¼ cup sugar
2 tsp. vanilla
2 cups sifted flour
2 cups finely chopped pecans
8 oz. pkg. chopped dates
Powdered sugar

Cream margarine, sugar and vanilla until light and fluffy. Add flour and mix lightly. Add pecans and dates; mix until well blended. Shape dough into balls, using a heaping teaspoon for each. Chill for an hour or two or longer. Place 1 inch apart on ungreased baking sheet. Bake at 350 degrees for 20 minutes or until lightly browned. Roll immediately in powdered sugar. Cool, then sprinkle with powdered sugar.

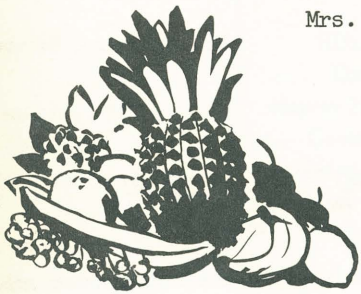
Mrs. Bennie V. Fowler

PINEAPPLE-COCONUT ICE

1 egg
1/3 cup corn syrup
½ cup sour cream
1 cup crushed pineapple, drained
½ cup flaked coconut

Combine egg and corn syrup in a mixing bowl and beat until creamy. Add sour cream, pineapple, coconut, beating after each addition. Pour into ice cube trays and freeze approximately 2 hours.

Mrs. Joan McCoy



HEAVENLY HASH

1 carton sour cream
½ cup bananas, sliced
½ cup small marshmallows
½ cup nuts, chopped
½ cup fruit cocktail
½ cup cherries
½ cup pineapple, cut into small chunks

Drain fruit cocktail and pineapple before adding to mixture. Mix all ingredients together and fold in sour cream. If desired, substitute another choice of fruit for pineapple. Let the mixture stand awhile before serving. Can be used as a salad or dessert.

Mrs. Margaret Frye

GRATED-APPLE SNOW

2 cups grated raw apples
¼ cup fresh lemon juice
1/8 tsp. ground nutmeg
1/8 tsp. salt
6 tbsp. sugar
2 large egg whites
Grated unsweetened chocolate

Combine the first 4 ingredients with 2 tbsp. of sugar and chill. Beat the egg whites until they stand in soft, stiff peaks; then gradually beat in the remaining 4 tbsp. sugar. Continue beating until the egg whites are very stiff; then fold into the apple mixture. Serve in sherbet glasses. Sprinkle with grated ununsweetened chocolate. Makes 6 servings.

Mrs. Arrette Norman



GLORIFIED RICE

2/3 cup minute rice
2/3 cup water
½ cup pineapple juice
½ tsp. salt
1 cup marshmallows (cut up)
10 marashino cherries, diced
3/4 cup drained crushed pineapple
½ cup chopped nuts
2 cups sweetened whipped cream

Combine rice, water, juice, and salt in a saucepan. Mix to moisten rice. Bring to a boil over high heat. Cover and cook over low heat 5 minutes. Add marshmallows, cherries, pineapple, and nuts. Fold in whipped cream. Cool to room temperature. Chill one hour and serve.

Miss Mary Keller

SUNSHINE DESSERT SAUCE

2/3 cup dry milk
¼ cup soft butter
1 tbsp. water
1 tsp. vanilla
1 egg
1 cup 10-X confectioners' sugar

Mix all ingredients together and beat with an electric mixer at high speed until smooth and creamy enough to pour.

Miss Mary Keller

Compliments Of

INMAN ELECTRIC COMPANY, INC.
Electrical Contractors
786-2345
Mount Airy, N.C.

HOLLAND'S
Opticians
Harvey Holland, owner
Contact Lenses
Sales & Service
Mount Airy, N.C.
Phone 786-6305

FABULOUS FUDGE

Mix in a heavy 2-quart saucepan 2¼ cups sugar, 3/4 cup evaporated milk, 1 cup marshmallow creme or 16 large marshmallows, ¼ cup butter or margarine, and ¼ tsp. salt.

Cook, stirring constantly, over medium heat to a boil (mixture will be bubbling all over top). Boil and stir 5 minutes more. Take off heat.

Stir in 6 oz. pkg. (1 cup) semi-sweet chocolate morsels until completely melted. Stir in 1 tsp. vanilla and 1 cup chopped nuts. Spread in buttered 8-inch square pan. Cool. Cut into 30 pieces.

Mrs. Bennie V. Fowler

MAPLE FROSTING

¼ cup butter
⅔ tsp. salt
¼ cup maple syrup
2 tsp. vanilla
3 cups confectioners sugar
¼ cup milk

Combine butter, salt, syrup, vanilla, and 1 cup sugar. Add milk and remaining sugar alternately. Mix until smooth and creamy. Spread on cooled cake.

Mrs. Linda Whitaker

Compliments Of

MOODY FUNERAL HOME
and CHAPELS
Mount Airy – Dobson, N.C.
Stuart, Va.
"We strive for a quality of service
that will give you service of quality"

HOMEMADE CHERRY ICE CREAM

1 envelope unflavored gelatin
¼ cup cold water
½ cup boiling water
1 cup sugar
14 oz. can sweetened condensed milk
10 oz. jar marichino cherries, chopped
1/8 tsp. salt
1 tsp. vanilla
½ gallon milk
2 cups cream

Soften gelatin with cold water. Add hot water and set aside to cool. Mix sugar and condensed milk. Add cherries, cherry juice, salt, and flavoring to condensed milk mixture. Stir in the ½ gallon of milk and the cream until sugar is dissolved. Slowly pour in gelatin mixture while stirring. The mixture fills a gallon and a half freezer about half full. For freezing, use one part ice cream salt to eight parts ice.

Mrs. Bennie V. Fowler



HOME MADE ICE CREAM

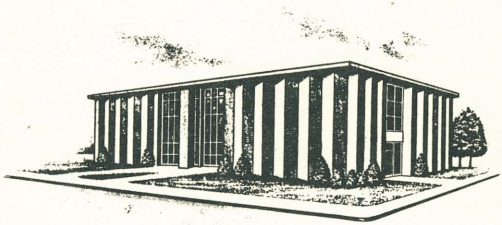
4 eggs
2 cups sugar
13 oz. can evaporated milk
2 tbsp. vanilla
½ gallon milk

Place eggs in mixing bowl and beat. Add sugar, mix. Add 1 can evaporated milk and 2 tbsp. vanilla. Add as much milk as mixer bowl will hold. Mix all ingredients together. Pour into freezer unit. Add remainder of milk to bowl to remove what is left in bowl. Mix. Add remainder of milk to freezer unit. (Begin turning or plug in freezer.

Mrs. Shirley Brinkley

WORKMEN'S FEDERAL SAVINGS

and Loan Association



Main Office - MAIN STREET AT RAWLEY AVENUE

POST OFFICE BOX 150
MOUNT AIRY, NORTH CAROLINA 27030

Miscellanous



INSTANT RUSSIAN TEA

1¼ cups Tang
2½ cups pre-sweetened lemon flavored instant tea
1 teaspoon cinnamon
1 teaspoon ground cloves

Mix all ingredients well. Use 1 tablespoon per cup of tea. Dissolve mixture with boiling hot water.

Mrs. Jeannie Welch

RUSSIAN TEA

8 tea bags
10 cups hot water
In a large container mix:
1 large can frozen orange juice (using directions on can)
1 large can frozen lemonade (using directions on can)
½ of a 46 oz. can of pineapple juice
Add 1½ cups sugar

Tie two sticks of whole cinnamon and two teaspoons whole cloves in a cloth bag and let this simmer for 20 minutes. Do not boil. Makes 1½ gallons. Store in refrigerator and heat amount needed.

Mrs. Sandy Hart

INSTANT HOT CHOCOLATE

6 oz. jar powdered coffee creamer
½ cup powdered sugar
8 quart pkg. dry powdered milk
2 lb. box Nestle's Quick

Mix well and store in dry tight container. Use 1/3 cup for 1 cup hot chocolate. Add boiling water.

Miss Linda Dixon

FRUITED COLD DUCK PUNCH

2 cups sliced strawberries
2 cans mandarin orange segments with syrup
2 cans grapefruit segments with liquid
2 cups seedless white grapes
46-ounce can lemon-pink punch
2 bottles Cold Duck

Mix all ingredients except Cold Duck. Add Cold Duck just before serving. 40 punch cup servings.

Mrs. Barbara Anderson

PARTY PUNCH

Sugar Syrup:

Combine 3 cups sugar and 3 cups of water. Stir while cooking until sugar is dissolved. Bring to boiling point. Boil 7 minutes, without stirring. Cool. Makes 3 cups of sugar syrup.

Pour 3 cups of boiling water on $\frac{1}{4}$ cup of tea leaves; steep and strain. When cool, add the following juices:

3 cups orange juice
2 small cans frozen lemonade or 1 cup lemon juice
3 cups pineapple juice
Add sugar syrup to mixture

When ready to serve, add $1\frac{1}{2}$ quarts ginger ale and ice cubes. You may add sliced strawberries, lemon, orange or cherries. Serves 50.

Mrs. Sandy Hart

CLAMDIGGER SANDWICH SPREAD OR DIP

1 can (7½ or 8 oz.) minced clams
1 pkg. (8 oz.) cream cheese, softened
1 tbsp. grated onion
1 tbsp. lemon juice
1 tsp. chopped parsley
1 tsp. Worcestershire sauce
¼ tsp. salt
1/8 tsp. liquid hot pepper sauce
Bread, if used as a sandwich spread
Crackers or raw vegetables if used as a dip

Drain clams and reserve liquid. Cream the cheese. Add seasonings and clams. Mix thoroughly. Chill at least 1 hour to blend flavors. When used as a dip, it may be necessary to thin mixture by adding clam liquid gradually until of dipping consistency. Yields 1 1/3 cups.

Miss Linda Dixon

MRS. HUNTER'S VEGETABLE SANDWICH FILLING

2 whole ripe tomatoes
1 green pepper
1 cucumber
½ medium onion
1½ tbsp. plain gelatin
½ cup boiling water
Salt and Pepper to taste

Chop vegetables fine or run through medium-coarse blade of food chopper. Add salt and pepper to taste. Soak gelatin in small amount of cold water, then add ½ cup of boiling water and stir to dissolve; let cool and add vegetables, mixing thoroughly. Let mixture stand in refrigerator overnight or until congealed. When making sandwiches, stir amount of mixture to be used with fork, spread both sides of sandwich bread with mayonnaise and spread genorously with sandwich mixture. For nice sandwiches, use one slice whole wheat, and one slice white. Yield: Approximately 3 dozen sandwiches of standard size.

Mrs. Janet Beason

MRS. CARR'S VEGETABLE SANDWICH FILLING

2 medium ripe tomatoes, cut fine
1 large cucumber, very finely chopped
1 small onion, grated
1 cup grated cabbage
1 cup finely cut celery
2 tbsp. finely chopped green pepper

Add salt to taste, and at least 1 tsp. of black pepper, maybe even more. Cover with vinegar and let stand for 1 hour. Drain well. If you're going to use filling immediately, you may mix the mayonnaise with it. If you plan to use it at different intervals, store in a covered container in refrigerator without mayonnaise. The mayonnaise can be spread on bread and not mixed with filling. It is the black pepper and vinegar that gives the vegetables a good keeping quality. It will keep for several days. Yield: Filling for about 3 dozen sandwiches, standard size. Note: Cabbage may be omitted, if desired, and other ingredients increased proportionately to substitute for cabbage.

Mrs. Janet Beason



CHEESE BALL

8 oz. package cream cheese
8 oz. jar cheddar cheese
1 teaspoon garlic salt
1 teaspoon paprika
1 teaspoon chili powder
1 cup chopped pecans

Combine cheeses, garlic salt, paparika, and chili powder. Mix well. Form cheese mixture into ball. Place chopped pecans on wax paper. Roll ball of cheese in chopped pecans. The cheese ball is great for parties and for gifts.

Mrs. Jeannie Welch

EIGHT DAY PICKLES

1st day---Soak 1 peck cucumbers in cold water.
2nd day---Drain; add 1 cup salt to the drained water and heat. Pour over cucumbers. Cover.
3rd day---Drain and pour off salt water mixture. Add ¼ pound alum to cucumbers. Cover with fresh hot water.
4th day---Drain and pour off alum mixture. Mix one quart vinegar to each gallon of water it takes to cover cucumbers. Heat and pour over cucumbers. Cover.
5th, 6th, 7th days---Drain, heat, and repour the same mixture.
8th day---Drain and pour off mixture. Pack cucumbers in jars. Heat 1 cup vinegar, 1 cup sugar, and 1 small onion, pickling spices (to taste) for each quart of pickles. Boil for one minute and pour over cucumbers and seal. Cool and store.

Mrs. Ruth Hawks

SALT PICKLES

2 cups vinegar
1 cup salt
6 cups water

Pack cold cucumbers in jars and pour hot vinegar mixture over them. Put sealed jars in water and heat until they change color. Cool and store.

Mrs. Ruth Hawks

SQUASH PICKLES

8 cups thinly sliced squash
2 cups sliced onion
2½ cups sugar
2 cups vinegar
2 teaspoons mustard seed
2 teaspoons celery seed
½ teaspoon dry mustard
3 green peppers, sliced

Layer squash, onions and green peppers. Sprinkle with salt and let stand for one hour. Drain other ingredients and pour over vegetables. Bring all to a boil. Spoon into jars, seal and process in simmering water bath for 10 minutes. Chill at least 24 hours before serving. (The amount of salt is not specified--use just enough to lightly cover top of squash-green pepper mixture.

Mrs. Bennie V. Fowler

PICKLED GREEN BEANS

5 gallon crock of beans
1 pint of canning salt

Cook beans until soft enough to slightly mash with a fork. Then rinse in cold water until cool. Use pint of salt to five gallon crock of beans. Place a layer of beans in a container then sprinkle layer of beans with salt. Continue this process until all the beans and salt have been used. Cover beans with cold water and keep beans under water by weighing them down with plate and rock for 3 weeks. After 3 weeks, spoon off scum, heat beans and water in kettle and seal beans in jars.

If you think beans are too salty, pour off some of the salt water and replace with fresh water before canning. Before serving, rinse beans in fresh water, heat and serve.

Mrs. Ben F. Venable

14 DAY PICKLES

2 gallons cucumbers cut lengthwise and measured after cut. Place cucumbers in a large crock or stainless steal container.
Dissolve and mix together:
1 gallon boiling water
1 pint salt
Pour mixture over cucumbers. Let stand one week, stir every day. Drain and pour over:
1 gallon boiling water, let stand 24 hours. Then drain and pour over:
1 gallon boiling water
2 tablespoons powdered alum
Let stand 24 hours. Drain and pour hot over pickles:
2 quarts vinegar
8 pints white sugar
Handful of pickling spices
Reheat vinegar mixture and pour over cucumbers 4 mornings in sucession, then can in jars. Keep under water and vinegar at all times. When you are ready to can the pickles, heat the vinegar to boiling point and place pickles in jar. Pour hot vinegar mixture over cucumbers in jars and then seal.

Mrs. Ben Venable

PICNIC VEGETABLES

2 pints white vinegar
1½ cups sugar, dash salt
4 carrots, pared and cut in strips
3 stalks celery, cut in strips
4 green peppers, pared and cut in strips
½ cup thinly sliced onion rings
2 cloves garlic
2 tsp. oregano leaves
2 tsp. dill seed

In a large kettle, combine vinegar, sugar, salt, and 2 cups water. Bring to boiling, stirring; remove from heat; let cool completely. Add all the rest of ingredients.

Pack in quart jars with tight-fitting lid. Refrigerate, covered, at least 2 weeks before serving. Makes 3 quarts.

Mrs. Ben F. Venable

SAUSAGE AND CHEESE BALLS

1 lb. lean hot or mild sausage
10 oz. sharp cheddar cheese
3½ cups Bisquick Mix

Grate cheese. Break sausage into bits. Have at room temperature. Mix ingredients together in a large bowl. Note: You might want to add 2 or 3 tablespoons of water. Roll into size of large marbles. Place on a cookie sheet far enough apart that they do not touch each other. Cook at 325-350 degrees for about 20 minutes or until puffy and golden brown. Makes about 100 sausage-cheese balls.

Mrs. Cathy Murphy

DRIED-BEEF CORNUCOPIAS

¼ lb. cream cheese
1 tsp. prepared mustard
2 tbsp. grated onion
20 slices dried beef
Minced parsley

Beat cream cheese, mustard, and onion until smooth. Spread a teaspoon of the mixture on each slice of beef. Roll into a cornucopia and fasten with a cocktail pick. Sprinkle open end lightly with parsley. Makes 20.

Mrs. Sue Cooke

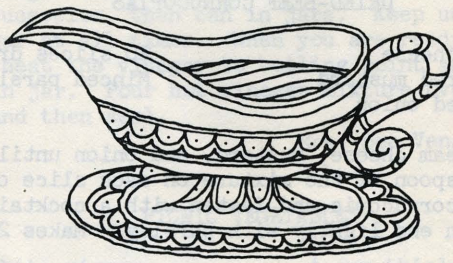
For Discount Prescriptions
RANDLEMAN DRUG CO.
Decoupage Supplies
Unusual Giftware
786-8316
City Wide Delivery
Mount Airy, N.C.

JELLIED PEPPER RINGS

4 large green peppers
1 pkg. lemon gelatin
2 cups boiling water
1 cup finely chopped celery
1 cup shredded cabbage
1 cup finely chopped cucumber
1 cup shredded carrots

Cut the stem ends from the peppers and remove seeds and membranes. Dissolve gelatin in boiling water. When cold and somewhat thick, add celery, carrots, cabbage, and cucumbers. Pour this into the pepper shells and chill until firm. Cut each stuffed pepper into four to six crosswise slices. Serve on lettuce with mayonnaise. Serves six.

Mrs. Arrette Norman



BARBECUE SAUCE FOR SPARERIBS, PORK CHOPS, AND CHICKEN

1 cup catsup
½ cup chili sauce
¼ cup vinegar
1/3 cup brown sugar
1 medium onion, chopped
1 teaspoon dry mustard
2 teaspoons worcestershire sauce
½ cup chopped celery
½ teaspoon salt
Pepper to taste
Garlic (optional)

Combine all ingredients in a saucepan. Bring to a boil; then simmer for 15 minutes.

Mrs. Bobbie Collins

BRANDIED FRUIT

2/3 cup chopped maraschino cherries
2/3 cup diced canned sweetened peaches
2/3 cup diced pineapple
2 cups sugar
1 package dry yeast

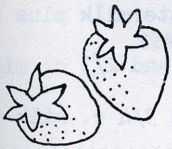
Mix all ingredients well and place in a 4 cup jar. Cover but do not seal. Stir every day or so until all sugar is dissolved. At the end of two weeks, and every two weeks thereafter, add one cup drained chopped fruit and one cup sugar in this order:

After first two weeks add: 1 cup sugar & 1 cup pineapple

After second two weeks add: 1 cup sugar & 1 cup peaches

After third two weeks add: 1 cup sugar & 1 cup cherries

When there is over 3 cups of fermented fruit, it may be divided into two portions. Divide just before adding fruit and sugar, then add fruit and sugar to each portion. Never refrigerate. Keep in a warm spot. Do not close tightly. Stir occasionally. Serve spooned over vanilla ice cream, orange shervet or plain cake.



Miss Linda Dixon

PLAY DOUGH FOR CHILDREN

1 cup flour
½ cup salt
1 cup water
1 tbsp. oil
2 tsp. cream of tartar
Food coloring

If you desire dough to be a color, add food coloring to water. Mix all ingredients together in a sauce pan and cook over medium heat until stiff. Remove from heat and knead. To keep dough fresh, store in a plastic bag.

Mrs. Mary Cooke

ABBREVIATIONS USED IN RECIPES

Cup	c.	Medium	med.
Tablespoon	tbsp. or T.	Large	lge.
Teaspoon	tsp. or t.	Package	pkg.
Pound	lb.	Square	sq.
Ounce	oz.	Dozen	doz.
Minutes	min.	Slice	sl.
Seconds	sec.	Pint	pt.
Gallon	gal.	Quart	qt.

SUBSTITUTIONS

1 T. cornstarch = 1½ T. flour
1 c. sifted all-purpose flour = 1 c. plus 2 T. sifted cake flour
1 c. sifted cake flour = 1 c. minus 2 T. sifted all-purpose flour
1 t. baking powder = ¼ t. baking soda plus ½ t. cream of tartar
1 c. bottled milk = ½ c. evaporated milk plus ½ c. water
1 c. sour or buttermilk = 1 c. sweet milk into which 1 T. vinegar or lemon juice has been stirred
1 c. sweet milk = 1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream = 1/3 c. butter and 2/3 c. milk in any sour milk recipe
1 c. sour, thin cream = 3 T. butter and 3/4 c. milk in sour milk recipe
1 c. molasses = 1 c. honey
1 c. honey = 3/4 c. sugar plus 1/4 c. liquid
1 1-oz. sq. unsweetened chocolate = 3 T. cocoa plus ½ T. shortening
1 cup raw rice = 3 cups cooked rice, approximately
2½ cups raisins = 1 pound
3 cups coarsely chopped nuts = 1 pound
1 lemon (medium) = 3 tablespoons juice
1 orange (medium) = ½ cup juice
1 pound dried apples = 5 cups, approximately
1 pound shelled walnuts or pecans = 4 cups, approximately
1 cup pitted prunes = 22 to 25 prunes
1 pound dates measure about 2 cups

IN MEASURING, REMEMBER....

A few grains, or a pinch, or a speck = less than 1/8 t.
3 t. = 1 T.
16 T. = 1 c.
2 c. = 1 pt.
8 oz. = 1 c.
16 oz. = 1 lb.
2 c. fat = 1 lb.
1 egg (med.) = 3 T.
1 egg white = 2 T.
1 egg yolk = 1 T.

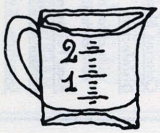
2 c. granulated sugar = 1 lb.
2 2/3 c. powdered sugar = 1 lb.
2 2/3 c. brown sugar = 1 lb.
4 c. sifted flour = 1 lb.
2 c. or 4 sticks butter = 1 lb.
1 oz. = 2 T. fat or liquid
1 lb. grated cheese = 1 c.
1 oz. chocolate = 1 square
1 lb. = 453.6 grams

OVEN TEMPERATURES

Temperature	Term
250-300	Slow
325	Moderately slow
350	Moderate
375	Moderately quick
400	Moderately hot
400-450	Hot
475-500	Extremely hot

STANDARDIZED CAN SIZES

Size	Weight
No. 2½	29 oz. or 3 5/8 c.
No. 2	20 oz. or 2½ c.
No. 303	16 oz. or 2 c.
No. 300	15 oz. or 1 7/8 c.
No. 211	14 oz. or 1 3/4 c.
No. 1¼	14 oz. or 1 3/4 c.
No. 1	10½ oz. or 1 1/3 c.
Buffet	7½ oz. or 9/10 c.



EMERGENCY COUNTERDOSES for the Home

POISONS

Acids - 18
Bichloride of Mercury - 6
Camphor - 1
Carbon Monoxide - 16
Chlorine Bleach - 8
Disinfectant
with chlorine - 8
with carbolic acid - 12
Food Poisoning - 11
Furniture Polish - 17
Gasoline, Kerosene - 17
Household Ammonia - 10
Insect & Rat Poisons
with arsenic - 2
with sodium fluoride - 14
with phosphorous - 5
with DDT - 11
with strychnine - 15
Iodine Tincture - 4

EMERGENCY TELEPHONE NO. _____

DO THIS FIRST

- Send for a doctor—immediately.
- Keep the patient warm.
- Determine if patient has taken
  (1) A POISON: something not meant to be taken internally ... or
  (2) AN OVERDOSE: a food or drug taken in excessive quantity.
- While waiting for doctor, give appropriate counterdose below.
- Do not force any liquids on the patient—if he is unconscious.

To Find the Correct Counter dose

- In one of the lists printed at left, find substance causing the trouble.
- Next to that substance is a number. This refers to counterdose bearing same number in the section below.

Keep all poisons and medicines out of reach of children

(1) Induce vomiting with an emetic such as
- Finger in throat, or
- Tablespoon of mustard in half glass of water, or
- Soap & warm water, or
- Salt & warm water.

(2)
- Give a mixture of
  2 tablespoons of activated charcoal
  1 tablespoon of milk of magnesia,
  6 tablespoons strong tea.
- Induce vomiting. (See #1)

(3)
- Induce vomiting. (See #1)
- Give 2 tablespoons epsom salt in 2 glasses of water.
- Then give large quantities of hot coffee or strong tea (instant or regular).

Lye - 10
Mushrooms - 11
Oil of Wintergreen - 9
Pine Oil - 17
Rubbing Alcohol - 9
Turpentine - 17
Washing Soda - 10

OVERDOSES

Alcohol - 9
Barbiturates - 3
Belladonna - 15
Bromides - 11
Codeine - 13
Headache & Cold Compounds - 9
Salicylates (aspirin) - 9
Iron Compounds - 7
Morphine, Opium - 13
Paregoric - 13
'Pep' Medicines - 2
Sleeping Medicines - 3

(4)
- Give 2 ozs. thick starch paste. Mix cornstarch (or flour) with water.
- Then give 2 ozs. salt in quart of warm water. Drink until vomit fluid is clear.
- Finally, give glass of milk.

(5)
- 4 oz. hydrogen peroxide.
- 1 tablespoon sodium bicarb in quart of warm water.
- Induce vomiting. (See #1)
- Then give 4 oz. mineral oil. Positively do NOT take vegetable or animal oil.

(6)
- For each tablet swallowed give white of 2 raw eggs in glass of milk.
- Give mixture as in #2.
- 1 ounce of epsom salt in a pint of water.

(7)
- Induce vomiting. (See #1)
- Give 2 teaspoons of sodium bicarb in a glass of warm water.

(8)
- Give 1 teaspoon of aromatic spirit of ammonia in glass of water.
- Hot coffee or strong tea plus white of raw egg.

(9)
- Give mixture as in #2.
- Induce vomiting. (See #1)
- Tablespoon sodium bicarb in quart of warm water.
- Give strong tea or coffee.

(10)
- Give 2 tablespoons vinegar in 2 glasses of water.
- Give white of 2 raw eggs or 2 ounces of olive oil.
- Do NOT induce vomiting!

(11)
- Induce vomiting. (See #1)
- Give 2 tablespoons epsom salt in 2 glasses of water.
- Then give large quantities of hot coffee or strong tea.

(12)
- Induce vomiting. (See #1)
- Then give 2 ounces of castor oil.
- Next give glass of milk or whites of 2 raw eggs.

(13)
- Give mixture as in #2.
- 2 tablespoons epsom salt in 2 glasses of water.
- Keep patient awake.

(14)
- Give 2 tablespoons of milk of magnesia.
- Give glass of milk.
- Induce vomiting. (See #1)

(15)
- Give mixture as in #2.
- Give artificial respiration.
- Keep patient quiet.

(16)
- Carry victim into fresh air.
- Make patient lie down.
- Hot coffee or strong tea.

(17)
- Give 4 oz. mineral oil.
- Then give hot coffee or strong tea.

(18)
- Give 1 oz. milk of magnesia in large quantity of water.
- Do NOT induce vomiting!

"Come Bank With Us"

PNB
PLANTERS NATIONAL BANK
Member F. D. I. C.

501 North Main Street

Mount Airy , N. C.

HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young. When selected, give your entire thoughts to preparation for domestic use. Some wives insist upon keeping them in a pickle, others are constantly getting them into hot water. This may make them sour, hard, and sometimes bitter; even poor varieties may be made sweet, tender and good, by garnishing them with patience, well sweetened with love and seasoned with kisses. Wrap them in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with peaches and cream.

Thus prepared, they will keep for years.



THE NORTHWESTERN BANK

MEMBER FEDERAL DEPOSIT INSURANCE CORP.

Serving Western Piedmont North Carolina

MOUNT AIRY, N.C.

DOBSON, N.C. ELKIN, N.C.