Table Trimmers

—24 PAGES—



ELEANOR POWELL'S

COLLECTION '78

PRIZE WINNING RECIPES

GATHERED FROM THE VERY BEST COOKS IN SURRY COUNTY

The Mount Airy News

NOVEMBER 29, 1978

Recipe contestants have good taste

By ELEANOR POWELL
News Woman's Editor

A recipe contest featuring fruits and vegetables was recently sponsored by the Surry County Extension Homemakers and winners were announced in nine categories. Mrs. Ann Tyndall, Surry County Home Economics Extension Agent, said she chose to use fruits and vegetables in the contest to coincide with the Fall Food Show to be held at Reeves Community Center on November 30.

Categories open in the contest were: apples, cabbage, dried beans, peanuts, pumpkins, potatoes, squash, sweet potatoes and open class. Winners will be presented their awards at the Thursday show.

Hurley Simpson was declared first place winner in two categories--cabbage and dried beans. She says the recipe for Red Cabbage with Apples is fairly new to her but the Cream of Dried Baby Lima Bean Soup is one that has been in her family for many years. She also placed second with her Butternut Squash Casserole.

A member of the White Plains Extension Homemakers Club, she and her husband, Robah, reside at White Plains. Their daughter and son-in-law, Mr. and Mrs. Thomas Urso of Bronxville, N. Y., were here for Thanksgiving so they sampled some of Mrs. Simpson's good cooking. During the holiday Mrs. Simpson also had 14 other relatives in for Thanksgiving dinner.

Cabbage

Second place winner in the cabbage division was Myrtle Waugh, also of White Plains. Her winning entry was called Sweet and Sour Cabbage. Third place honors went to Lois Goodwill for her recipe called Scalloped Cabbage and Ham.

Dried Beans

Mrs. Simpson noted that her winning recipe for Cream of Dried Baby Lima Soup is made in a slow cooker. Roxie Ray, a member of Poplar Springs Extension Homemakers, placed second with her unusual recipe for Dried Beans with Peanut Butter. Third place went to Elizabeth Hampton of Elkin for her Old Fashioned Bean Bake.

Apples

Ruth Ann Whitaker captured first place in the apple division with her Apple Pie recipe. "The secret to this pie is using the right apples such as Magna-Bonum or a real tart apple and I always use this pastry recipe. When I have company, I serve this apple pie because it's always good," said the mother of three youngsters. She added, "This is the first time I've ever won any kind of contest." Ruth and her husband, Allen, live at Siloam with their children, Michael, John and Lori. She belongs to the Copeland Extension Homemakers Club.

Mimi Patterson, a home economist and nutritionist at the Surry County Health Department, used an original recipe called Crispy Apple Bake to win second place. She and her husband, David, like the combination of apples and cheese so she came up with the idea in this recipe. The Pattersons reside at 840 Cross Creek Drive and the have a 15-month-old daughter, Jennifer.

Lena Mae Inman placed third in that category with her applie pie. She is a member of the Pilot Knob Extension Homemakers.

Potatoes

The judges had a difficult time trying to decide who would win in this division. Elaine Whitaker's Potato Surprise Casserole is the result of experimentation. "This was the first time I had prepared the dish so I was indeed surprised to be the winner," Elaine commented. A busy housewife, she is a member of a newly-formed extension club called the Odds and Ends. Elaine and her husband, Van, reside in Dobson with their two children, Jon and Summer.

Aurie Ammerman, another one of Mount Airy's great cooks, was second place winner with her Potato Casserole Supreme. The recipe, which combines potatoes with sour cream, cottage cheese and cheddar cheese, came from Nashville, Tenn. Aurie and her husband, Hugh, reside at Knollwood with their two daughters, Mary and Karen, and their almost new son, Hugh.

Lola Frye's original recipe called Potato Boats came in third place.



Ann Tyndall and Charles Jackson sample dishes brought by contestants

Sweet Potatoes

This was the most popular category of all with 18 entries. Sweet potatoes were prepared in every different manner imaginable.

Our good cook from White Plains, Lola Frye, walked off with top honors for her Raisin Filled Sweet Potatoes. These individual nests of sweet potates are filled with raisins and walnuts and make a delicious and beautiful treat for any occasion. Mrs. Frye, who is a well-known caterer, lives at White Plains with her husband, Sam. She is also a member of the White Plains Extension Homemakers.

Virginia Leach won the judges' approval for second place with her sweet potatoe casserole which was served in a silver footed casserole dish. Annie Burris followed in third place for her entry called Cranberry Sweet Potato Casserole.

Peanuts

African Peanut Soup was Kathy Johnson's winning recipe in this section. She said this is an authentic African recipe that she adapted for Microwave cooking.

A member of the Beulah Extension Homemakers, she and her husband, William, reside on Route 9, Mount Airy, with their two children, James and Joannah.

Winning second place was Bertha Hanes who made one of the best Peanut Butter Pies you'll ever taste. Susan Johnson's entry, Peanut Oatmeal Chewies proved to be popular. She won third.

Pumpkin

Pumpkin Preserves? This unusual and almost unheard of recipe took blue ribbon honors for Myrtle Baker. She declares the recipe has been in her family for more than 50 years and that it's just no trouble at all to make them. She has always liked cooking and is especially fond of trying out anything new. She and her husband, Floyd, live at Pinnacle.

Aurie Ammerman's Golden Pumpkin Yeast Bread rated second. This was cut and served with Honey Butter. If that sounds great, then you should taste it. Aurie got this recipe from Farm Journal and she learned to make the Honey Butter at a Gourmet Cooking Class.

Another pumpkin recipe that is absolutely terrific is Lois Goodwill's Pumpkin Bread. It is moist and delicious. Her entry was judged as third place.

Squash

From Elkin, Roxie Roth brought a delicious dish called Squash Souffle. The judges thought it to be the best in that category so she won first place. Mrs. Roth, a member of the North Elkin Extension Homemakers and county commissioner, is also well known for her excellent cakes.

Hurley Simpson's Butternut Squash Casserole placed second and Mildred Payne's Yellow Squash Pie was third. Mildred said she had baked these pies for her family not telling them that they were made with squash. "They ate and ate and when they were finished I told them they were made from squash. They couldn't believe it," Mildred laughed.

Open Class

Vena Darnell won first place for her Holiday Broccoli Casserole and Alice Cockerham's Green Bean Casserole won second place honors. Both recipes were delicious.

Moisturizers de luxe...
each with its own unique texture that is "alive" with moisture and emollients or proteins...to restore depleted complexions and body skin.

Moisture Emulsion, 1.25 oz. jar, 3 oz. tube,

Intense Night Moisturizer. 1.25 oz.,

Luxiva Protein Body Toner, 7 oz.,



MERLE NORMAN
The Place for the Custom Face

171 N. Main St., Mt. Airy

789-1201

Belk

MAYBERRY MALL

for Christmas

master charge THE INTERBANK CARD

Belk 423 456 789 0

VISA



Save up to 40%

International silverplate holloware...the elegant gift

as seen on TV

In the tradition of opulence, gleaming silverplate, at very un-extravagant prices. Come, see napkin rings, candle holders, tea bells, trays with magnificent borders. Classic bonbon dishes, punch sets, chafing dishes and the ultimate gift: stately tea and coffee sets with oval trays. Pamper your taste for luxury... give International® silverplate. **from 4.88**

Take a head of





Hurley Simpson

1st Place Winner
Red Cabbage With Apples
Hurley Simpson

1-2½ lb. head cabbage, shredded
¾ cup boiling water
3 large apples, pared, cored and sliced
3 Tablespoons melted margarine
¼ cup vinegar
1½ teaspoon flour
¼ cup brown sugar, packed
2 teaspoons salt

Put shredded cabbage in kettles; add boiling water. Cook 10 minutes. Add apples; cook 10 minutes or until apples are tender. Makes 6 servings.

Frozen Cole Slaw
Ida Johnson

3 pounds shredded cabbage
2 Tablespoons salt
1½ cups sugar
1 cup vinegar
¼ cup water
1 teaspoon celery seed
1 teaspoon mustard seed
1 medium green pepper, chopped
1 medium onion, chopped

Combine cabbage and salt. Let stand 1 hour. Combine sugar, vinegar, water, celery seed and mustard seed; boil 1 minute. Let cool. Remove cabbage from salt by squeezing out the liquid. To cabbage, add the pepper and onion. Pour cooled dressing over the mixture and mix well. Place in freezer containers. Freeze. Makes 3 to 4 pints. (Thaw before serving).

Staff photos

by Larry Jones

and Eleanor Powell

3rd Place Winner
Scalloped Cabbage and Ham
Lois Goodwill

1¼ lbs. (2 qts.) coarsely cut cabbage
12 ounces cooked and diced ham (or 1 can Spam)
¼ cup shortening or ham drippings
¼ cup flour
salt if needed
2 cups milk
¾ cup grated American cheese
¼ cup chopped green or red pepper
1 Tablespoon butter or margarine
½ cup dry bread crumbs

Cook cabbage 7 minutes in boiling water. Melt shortening or ham drippings, stir in flour until smooth. Gradually add milk, stirring constantly. Cook until thick. Add chopped pepper and cheese to white sauce. Add diced ham. Place layers of cabbage alternately with layers of sauce mixture in a greased casserole dish. Melt butter or margarine and mix with crumbs. Sprinkle crumbs over top of mixture in casserole. Bake in moderate oven (350 degrees) for 30 minutes. Serves 6.

Cabbage Main Dish
Lydia Taylor

6 cups shredded cabbage
1 lb. ground beef
1 onion, chopped
1 can condensed tomato soup
salt and pepper to taste

Brown ground beef and onion. Salt and pepper to taste. Layer 3 cups cabbage, then ground beef and onion. (Drain off excess fat). Add remaining cabbage. Spread undiluted tomato soup over top. Cover and bake at 350 degrees for 1 hour. Serve with whole wheat muffins and fried apples for a balanced meal. Serves 4.

Corn Beef and Cabbage
Nora Cooley

1 medium cabbage

In kettle large enough to cover cabbage, put small piece of fat meat and cook meat about 30 minutes. Take meat out, and put in cabbage with small slice of margarine, salt and pepper to taste. When cabbage are done, slice corned beef and lay on top. Cook for a few minutes more.

Kraut Casserole
Nola Brown

2 cups drained kraut
1 can drained hominy
1 Tablespoon margarine
2 Tablespoons cooking oil
¼ cup water
2 hot dogs cut in small pieces

Stir in baking dish, bake in oven at 350 degrees for 40 minutes. Stir in hot dogs and bake the last 10 minutes.

Freezer Slaw
Lena Mae Inman

1 cabbage head
1 teaspoon salt-put in cabbage and let stand 1 hour-drain
1 pod sweet pepper
1 carrot, grated
1½ cups sugar
1 teaspoon mustard seed-tie in bag-boil 1 minute. Let cool-take 1 teaspoon celery seed-seed out and freeze.



Myrtle Waugh

2nd Place Winner
Sweet and Sour Cabbage
Myrtle Waugh

5 cups shredded or chopped cabbage
4 slices bacon, diced
2 Tablespoons brown sugar
2 Tablespoons enriched flour
½ cup water
⅓ cup vinegar
salt and pepper
1 small onion, diced

Cook cabbage in boiling, salted water 7 minutes. Fry bacon, remove bacon. Add sugar, flour to bacon fat, blend. Add water, vinegar, and seasonings. Cook until thick. Add onions, bacon, and cabbage. Heat through. Makes 4 to 6 servings.



Three or four





Elaine Whitaker

1st Place Winner
Potato Surprise Casserole
Elaine Whitaker

Complete this delicious meal with a green vegetable, fruit salad and hot crusty rolls.

¼ cup chopped onion
1 Tablespoon butter or maragarine
3 Tablespoons all purpose flour
1 cup dairy sour cream
½ cup milk
¾ cup (3 oz.) shredded sharp cheddar cheese
2 Tablespoons snipped parsley
½ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon pepper
3 cups cooked, pared, sliced potatoes
4 hard-cooked eggs, sliced
2 tomatoes, peeled and sliced
¾ cup soft bread crumbs
1 Tablespoon butter or margarine, melted

In saucepan, cook onion in the 1 Tablespoon butter or margarine until tender. Blend in flour. Stir in sour cream, milk, cheese, parsley, salt, paprika and pepper. Stir over low heat until cheese melts.

Combine sauce and potatoes. In 1 ½-quart casserole, spread half the potato mixture. Top with egg and tomato slices. Spoon remaining potato mixture atop. Combine bread crumbs and remaining 1 Tablespoon butter; sprinkle atop casserole. Bake in 350 degree oven for 40 to 45 minutes. Garnish with egg and tomato wedges. Makes 4 servings.

Potato Casserole
Myrtle Baker

6 medium potatoes
8 slices cheese
1 onion
1 can cream of chicken

Layer:
1st: potatoes
2nd: onions
3rd: cheese

Makes about three layers, top with soup. Bake at 375 degrees for 1 hour. Makes 4 to 6 servings.

3rd Place Winner
Potato Boats
Lola Frye

4 cups mashed potatoes—(4 medium-sized potatoes baked)
2 Tablespoons pimento
2 Tablespoons green bell pepper-chopped real fine
6 Tablespoons sweet pickles-chopped real fine
2 Tablespoons mayonnaise
1 Tablespoons pickle juice
1 Tablespoons parmesan cheese

Mix together and pack in potato jackets-top with strips of cheese and broil until cheese melts. Makes 6 servings.

Potato Boats

Bake potato until done, and scoop out of skins. Make potato salad and fill potato skins. Cover with cheese and heat until cheese melts.

Festive Potato Casserole
Susan Johnson

4 large potatoes, peeled and cut into 1-inch cubes
1 3-ounce jar pimentos, drained and chopped
1 can cream of celery soup, undiluted
1 can cream of mushroom soup, undiluted
½ cup grated sharp cheddar cheese
½ teaspoon salt
⅛ teaspoon pepper
¼ cup mayonnaise

Place potatoes in a well-greased shallow 2-quart casserole, and sprinkle with chopped pimento. Combine soups, cheese, mayonnaise, salt and pepper. Pour over potatoes. Cover and bake at 350 degrees F. for one hour or until potatoes are tender, stirring occasionally. During last few minutes of cooking, remove the covering and allow potatoes to brown slightly. Sprinkle with paprika before serving. Yield: 8 to 10 servings.

Aunt V's Potato Salad
Bertha Hanes

3 pounds all-purpose potatoes
Marinade-
1 cup corn oil
¼ cup wine vinegar
1 Tablespoon celery seed
1 Tablespoon lemon juice
1½ teaspoon salt
1½ teaspoons Worcestershire sauce
¾ teaspoon sugar
dash pepper
2 garlic cloves, crushed
1¼ cup mayonnaise
1 cup small, pitted ripe olives

Peel potatoes, cook in boiling water (salted) until fork tender, about 25 minutes; drain. Cool slightly for easier handling. Cut into 1-inch cubes. Marinade: Meanwhile, in large bowl place oil, vinegar, celery seed, lemon juice, salt, Worcestershire, sugar, pepper and garlic; stir until well mixed. Add warm potatoes and toss lightly. Cover and refrigerate (about 4 hours) to marinate, tossing occasionally. To serve, remove potatoes from marinade with slotted spoon to another large bowl. Discard marinade. Add mayonnaise and olives and stir until well combined. Serve at once or cover and refrigerate until serving time. Makes 10 servings.



Aurie Ammerman

2nd Place Winner
Potato Casserole Supreme
Aurie Ammerman

6 medium potatoes, boiled
2 cups cottage cheese
1 cup sour cream
2 Tablespoons green onion, chopped
1 teaspoon salt
2 teaspoons sugar
⅛ teaspoon garlic powder
1 cup grated cheddar cheese

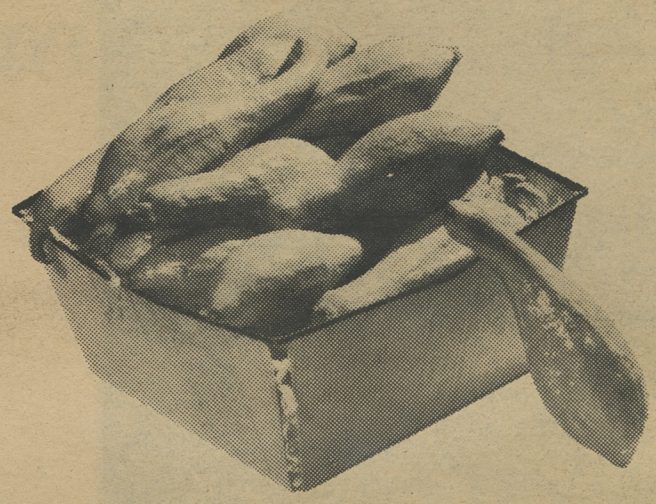
Peel and dice potatoes. Combine with cottage cheese, sour cream, onion, and seasonings. Pour into a lightly 1 ½-quart baking dish. Top with grated cheese. Bake at 350 degrees for about 45 minutes. Serves 10 to 12.

Mom's Old Fashioned Potato Soup
Izzetta Sprinkle

10 medium-sized new potatoes
1 quart half and half, half milk and half cream
2 onions, finely chopped, sauted
2 teaspoons salt or to taste
½ teaspoon pepper

Peel potatoes and cut into thirds. Place in a large saucepan with just enough cold water to cover. Cover and cook 30 minutes. Break up potatoes with fork. Add half and half, onion, salt and pepper. Simmer, stirring for a few minutes. Add water if needed to make a more soupy consistency. Makes about 2 quarts or 8 to 10 servings.

Seven or eight fresh





Roxie Roth

Squash

1st Place Winner
Squash Souffle
Roxie Roth

7 Tablespoons butter (½ cup)
7 Tablespoons flour
2 cups milk
2 eggs-beaten
1 cups grated cheese (sharp)
2 cups cooked and mashed squash
1 teaspoon salt
dash black pepper
1 Tablespoon sugar (if desired)

Melt butter. Add flour and mix well. Add eggs and milk. Cook until thick. Add squash and cheese and cook at least one hour in top of double broiler (I cook 1½ hours) on low heat. Put in casserole dish lined with brown crumbs. Top with crumbs made from melted butter and Ritz cracker crumbs. Put in 400 degree oven 25 minutes before serving. Freezes well.

2nd Place
Butternut Squash Casserole
Hurley Simpson

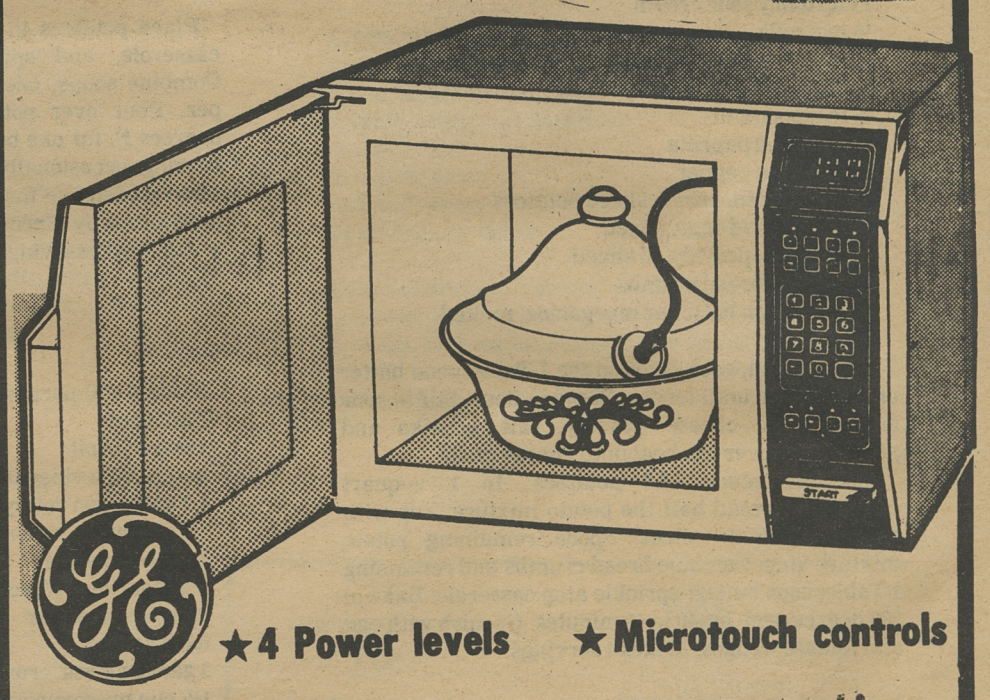
¾ cups sugar
1 Tablespoon flour
¾ teaspoons salt
1 teaspoon ground ginger
½ teaspoon nutmeg
2 eggs
2½ cups cooked butternut squash
1½ cups milk
2 Tablespoons light molasses
2 Tablespoons melted butter or margarine

Combine sugar, flour, salt, ginger and nutmeg; beat in eggs. Stir in squash, milk, molasses and butter. Blend well and pour into ½ quart casserole dish. Bake at 350 degrees for 1 hour and 25 minutes or until firm in the center. Yield: 6 to 8 servings.

NEVER TOO EARLY TO SHOP

See The JET 110 From General Electric





★4 Power levels ★Microtouch controls

★Time or microthermometer temperature cooking

PLUS A SPECIAL, SLOW-COOKING SIMMER 'N' COOK CYCLE

BOLES HARDWARE

master charge VISA

Old Hwy. 52 368-2592 Pinnacle, N.C.

Try them in pies or soup



Mildred Payne

3rd Place Winner
Yellow Squash Pie
Mildred Payne

3 large eggs
1 cup brown sugar, firmly packed
¼ cup granulated sugar
⅛ teaspoon salt
dash cinnamon
3 Tablespoons margarine (melted)
1 small can evaporated milk
2 cups mashed, cooked yellow squash
2 9 inch pie shells

Beat 2 whole eggs and one egg yolk. Add sugars, cinnamon, salt, milk, melted margarine, squash which has been put through blender or food mill. Beat remaining egg white until stiff but not dry. Fold in squash mixture. Fill pastry shells. Bake at 425 degrees for 8 minutes; reduce heat to 325 degrees and bake 20-25 minutes longer. Serve cold or cool with whipped topping or cream.

Winter Squash Soup
Aurie Ammerman

3 large onions, chopped
1 cup celery
1 clove garlic
4 Tablespoons butter
3 cups chicken stock
2 cups cooked squash
1 teaspoon rosemary
½ teaspoon savory
2 Tablespoons parsley
2 cups heavy cream
salt and pepper
nutmeg

Saute' onions, celery, and garlic in 2 Tablespoons butter until golden. Add to chicken stock with cooked squash, rosemary, savory and parsley. Bring to a boil, then simmer 10 minutes. Add 2 Tablespoons butter. Remove from heat and add cream. Season with salt and pepper. Dust with nutmeg.

Squash Pickles
Eva Wilmoth

4 cups sliced yellow squash
4 cups sliced zucchini squash
2½ cups sugar
2 cups sliced onion
2 cups vinegar
3 sweet green peppers-chopped
2 teaspoons each-mustard seed
celery seed
2 teaspoons tumeric

Sprinkle salt over squash, onions and pepper. Let stand one hour to drain. Mix sugar, vinegar, tumeric, mustard seed and celery seed. Pour this mix over squash, onions and pepper. Bring to boil. Put into sterilized jars and seal. Place jars in water (hot). Bring to boil-turn back heat and simmer 10 minutes. Serve after 24 hours.

Squash Pickles
Lena Mae Inman

1½ gal. squash sliced
6 onions, sliced
3 bell peppers, sliced
⅓ cup salt
⅛ teaspoon garlic salt
Soak in ice cubes 3 hours and drain
3 cups sugar
1½ teaspoon celery salt
2 tablespoons turmeric
5 cups vinegar

Bring to boil 10 minutes and can.

Squash Casserole
Annie Burrus

2 cups cooked squash
1 small onion, cut fine
1 egg
1 teaspoon salt
1 can Cream of Chicken soup
½ cup green pepper, finely cut
½ stick margarine
½ pkg. Pepperidge Farm dressing

Mix everything together except dressing. Spread in baking dish and bake at 350 degrees for 25 minutes or until ingredients begin to bubble; then cover top with dressing mixed with ¼ stick margarine and brown.

Squash Supreme
Myrtle Waugh

1 quart cooked squash
1 small onion or onion salt
½ teaspoon garlic salt
1 Tablespoon sugar
1 can Cream of Chicken soup
½ stick of margarine
salt and pepper to taste

Mix squash, onion, garlic salt, sugar, salt, pepper and soup. Pour into baking dish. Cover with Pepperidge Farm seasoned stuffing, and dot with butter. Bake in moderate oven for 30 min.

Better-Made-With-Squash "Pumpkin" Pie
Dovie Cude

1 quart winter squash pulp (mashed)
1 cup (minus 2 tablespoons) sugar
⅔ cup light-brown sugar
¼ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon ginger
1 teaspoon nutmeg
4 eggs
½ tall can evaporated milk
½ teaspoon salt
2 cups milk

Mix sugar, spices, and eggs together well. Add squash and milk. Pour into two unbaked 10-inch pie shells. Bake at 300 degrees until mixture is firm (This may take more than one hour). Makes two 10 inch pies.

Gift Ideas from Santa



LADIE'S' FASHIONS

DRESSES
By Andrea Gayle or Youth Beat

SWEATERS
By Lyn Les, Shirley Original, Oliver and Organically Grown

DISCO SCARVES

LINGERIE, LOUNGEWEAR, SHOES, ETC.
"We Also Have Gift Certificates"

MEN'S FASHIONS



SUITS...
By Botany 500 and Warren Sewell

MALE JEANS
H.I.S. SHIRTS
SWEATERS, TIES, BELTS

For That Special Man...Velour Loungewear

SO FOR THAT BEST DRESSED MAN...SHOP OUR MEN'S DEPT.

The Cavalier Shop

PLAZA SHOPPING CENTER—DOBSON, N.C.—PHONE 386-8424



Lola Frye

Select yellow or red

1st Place Winner
Raisin Filled Sweet Potatoes
Lola Frye



1 18-ounce can sweet potatoes
2 Tablespoons margarine, softened
1 egg
1 teaspoon salt
dash ground cinnamon
dash ground ginger
¼ cup sugar
2 teaspoons cornstarch
1 teaspoon grated orange peel
½ cup orange juice
½ cup grated orange

In bowl, mash potatoes, add margarine. Then egg, salt, cinnamon and ginger. Drop in ⅓ cup portions on greased baking sheet. Shape into small nest, and bake in 350 degree oven till edges are brown, about 15 to 20 minutes. Meanwhile, in sauce pan, combine sugar and cornstarch and add orange peel, juice and raisins. Cook, stirring constantly, until thickened. Fill potato nest. Makes 6 servings.

RECIPE FOR SAVINGS

USE EQUAL AMOUNTS:

Desire **Sacrifice**
Determination **Patience**

BLEND FOR NECESSARY CONSISTENCY.

ADD:
Goal to produced desired amount.

SET ASIDE UNTIL DOUBLED.

This recipe can easily be increased and is excellent to have on hand for special occasions.

We still know the value of your dollar.

PLANTERS NATIONAL BANK

We've got some great ways to prove it.

MEMBER FDIC



SALES LADIES
DEBBIE YORK — KAREN LLEWELLYN

OUR NEW LADIES' DEPARTMENT CAN DRESS YOU FROM CASUAL TO FORMAL

The Cambridge Shop

MAYBERRY MALL MT. AIRY

786-5070

Use them in cakes, pies or patties

Sweet Potato Patties
Kate Hinson

1 cup sweet potatoes
⅓ cup sugar
2 Tablespoons flour
coconut

Roll in coconut. Mix all ingredients.

Sliced Sweet Potato Pie
Heath Clark

Pastry for double crust deep pie pan.

2 to 3 sweet potatoes
1 cup brown sugar
1 cup white sugar
1 teaspoon nutmeg
1 teaspoon cinnamon
pinch mace
butter
1 cup milk, scalded
1 teaspoon vanilla

Boil potatoes until done. Slice and layer, sprinkling with sugars and spices and dot with butter. Pour milk and vanilla over and cover with top crust-slash. Bake in slow oven for 1 hour at 325 degrees.

Sweet Potato Cake
Nola Brown

1 stick margarine
1 cup sugar
2 eggs
1 cup mashed sweet potatoes
2 cups all-purpose flour
½ teaspoon salt
2 teaspoons baking powder
¼ teaspoon soda
½ teaspoon cinammon
½ teaspoon nutmeg
¼ teaspoon cloves
⅔ cup milk
½ cup chopped nuts

Cream margarine. Add sugar gradually and cream well. Add eggs, beating well after each. Add sweet potatoes. Mix well. Sift together rest of dry ingredients; add alternately with milk to the creamed mixture, beginning and ending with dry ingredients. Add nuts. Mix well. Bake in a greased 12x8x2 inch loaf pan in a moderate oven (350 degrees), 45 to 50 minutes. Top with caramel icing, if desired.

Caramel Icing

2 cups brown sugar
1 stick margarine
½ cup milk

Let come to quick boil and boil for 1 minute bubbling all over. Remove from heat. Beat until ready to spread on cake.

Baked Apples Filled with Spikes Sweet Potatoes
Aurie Ammerman

Wash and core, without cutting all the way through, the required number of Winesap apples. Pare apples making certain to leave some skin around the bottom. Place apples in a baking dish. Fill each center with sugar, lemon rind and lump of butter. Pour small amount of water in bottom of dish. Cook, uncovered, in hot oven until tender (about 35 minutes). Mash cooked and peeled sweet potatoes. Beat potatoes until fluffy. Beat in butter, salt, nutmeg, cinnamon, cream or sherry and brown sugar. Fold in chopped pecans and raisins. Fill apple with sweet potatoes mixture, leaving a tablespoon of the mixture on top. Place marshmallows on each apple. Bake again in moderate oven until hot.

Sweet Potato Puff
Louise Transou

3 cups sweet potatoes
¾ cup brown sugar
¼ cup white sugar
1 teaspoon vanilla
¼ teaspoon butternut flavoring
¼ teaspoon cinnamon
1 egg
½ cup milk
2 Tablespoons melted butter
½ teaspoon salt
¾ cup coconut

Bake at 350 degrees for 1 hour.

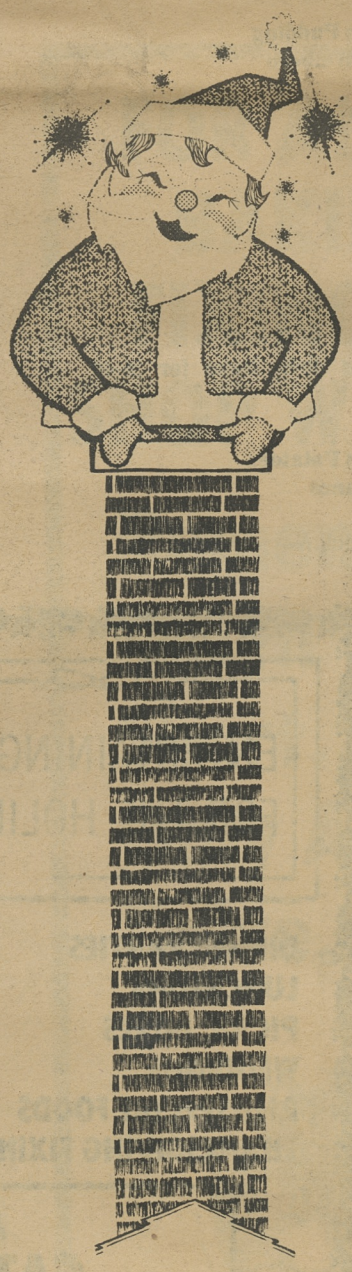
Topping

1 cup brown sugar
¼ stick butter
2 teaspoons flour
1 cup pecans
½ cup coconut

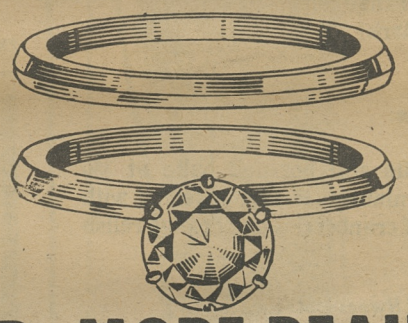
New England Yam Bake
Brenda Hardy

1 20-ounce can pineapple slices
8 small sweet potatoes-peeled and cooked; or 2-17 ounce cans yams
¼ cup flour
3 Tablespoons brown sugar
½ teaspoon cinnamon
⅛ teaspoon salt
3 Tablespoons margarine
¼ cup chopped nuts
2 cups miniature marshmallows

Drain pineapple, reserving ¼ can syrup, and yams. Line sides of 10x6 baking dish with pineapple; arrange yams in center. Pour pineapple syrup over yams. Combine flour, brown sugar, cinnamon, and salt. Cut in margarine until mixture resembles coarse crumbs. Stir in nuts. Sprinkle mixture. Serves 6-8.



LEONARD'S
JEWELERS SINCE 1893
221 North Main St. Mount Airy, N.C.
PHONE 786-5491



LARGER, MORE BEAUTIFUL DIAMONDS FOR THE HOLIDAYS

1/4 Carats. . . . . $135.00 UP
1/3 Carat . . . . . $165.00 UP
3/8 Carat . . . . . $220.00 UP
1/2 Carat . . . . . $295.00 UP
3/4 Carat . . . . . $430.00 UP
1 Carat. . . . . $1495.00 UP

Yam bake, casseroles, pudding

2nd Place Winner
Sweet Potato Casserole
Virginia Leach

4 cups cooked sweet potatoes, creamed and mixed with:
1 cup sugar
½ teaspoon salt
½ stick butter
½ cup milk
1 teaspoon butter flavoring
1 Tablespoon brandy or sherry
2 eggs, beaten

Topping

⅓ cup flour
⅓ stick butter
1 cup brown sugar
1 cup chopped nuts

Bake at 350 degrees for 35 minutes.

3rd Place Winner
Cranberry Sweet Potato Casserole
Annie Burris

3 cups mashed sweet potatoes (boiled or baked)
1 stick melted margarine
2 eggs (well beaten)
1 teaspoon vanilla
¾ cup sugar

Beat well and bake at 350 degrees for 15 minutes.

Topping

1½ cups cranberry orange relish
1 cup brown sugar (dark)
⅓ cup melted butter
⅓ cup plain flour
1 cup chopped pecans

Cover potatoes while still hot and bake at 350 degrees for 10 or 15 minutes. Before covering with topping use 1½ cups of cranberries and orange relish and then add topping.

Mashed Sweet Potatoes
Myrtle Waugh

Cook 8 potatoes until soft. Peel, mash and moisten with orange juice and small amount of pulp. Season with ¾ cup sugar, ½ stick of margarine, 1 teaspoon vanilla, ½ teaspoon cinnamon.

Serve in orange shells topped with a marshmallow and browned in oven. Add crushed pineapple if desired. Makes 12 servings.



Virginia Leach, Annie Burris

Sweet Potato Pudding
Mrs. Boyd Welborn

2 cups sweet potatoes, grated
1 cup sugar
½ cup butter
½ cup milk
1 egg
juice of one orange
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Mix and put into baking dish. Bake for 35-40 minutes at 325 degrees.

Ham with Sweet Potatoes
Bertha Hanes

2½ pound ham, cut 1 inch thick
¼ teaspoon ground cloves
¼ teaspoon ground mustard
2 Tablespoons brown sugar
4 slices pineapple
3 sweet potatoes, cut in half lengthwise
½ cup pineapple juice

Place ham in pan. Sprinkle with cloves, mustard and sugar. Cover with a layer of pineapple, then sweet potatoes. Pour juice over top. Bake about 1½ hours at 350 degree. Orange sections and orange juice may be used instead of pineapple.

Sweet Potato Casserole
Lena Mae Inman

2 cups mashed potatoes
¾ cup sugar
¼ cup milk
2 eggs
½ stick margarine
1 teaspoon vanilla

Mix ingredients together. Put in one dish and add topping.

Topping

1 stick margarine
½ cup butter
1 small can of crush pineapple, drained
1 egg
¼ cup plain flour

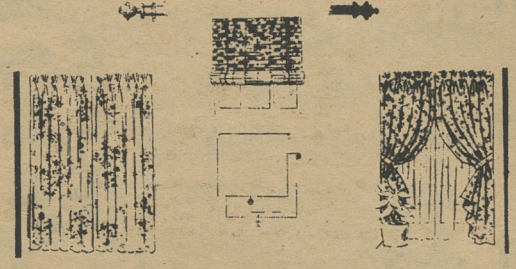
Bake at 350 degrees for 30 minutes or until golden brown.

Sweet Potato Casserole
Ima Chappell

3 cups cooked, mashed sweet potatoes
½ cup sugar
2 eggs beaten
½ teaspoon salt
½ stick margarine, melted
½ cup milk
1½ teaspoons vanilla
½ cup brown sugar
⅓ cup all-purpose flour
1 cup chopped nuts
⅓ stick margarine, melted

Combine potatoes, sugar, eggs, salt, ½ stick margarine, milk, and vanilla extract. Spoon into a 1½ quart casserole dish. Combine brown sugar, flour, nuts, and ⅓ stick margarine. Spread over sweet potato mixture. Bake at 350 degrees for 35 minutes. Yield 8 servings.

Colorful accents for the Home



THE DRAPERY HOUSE
Mount Airy, N.C. 825 W. Pine St. 786-2131

ENTERTAINING FOR THE HOLIDAYS



DINNER PARTIES
LUNCHEONS
PICNIC BOXES
WEDDINGS
ANY SPECIAL FOODS
THANKSGIVING FIXINGS

PLACE ORDERS NOW FOR CHRISTMAS CAKES, COOKIES, PIES, ETC.

ANNIE BELLE CATERING SERVICE
1010 Barbara Ave. 786-4937

With five or six



Ruth Ann Whitaker with sons, Michael and John

1st Place Winner
Apple Pie
Ruth Ann Whitaker

4 medium apples
⅔ cup sugar
⅓ cup brown sugar
2 Tablespoons flour
¼ teaspoon salt
¼ teaspoon ground cinnamon
⅛ teaspoon lemon extract
⅛ teaspoon vanilla
½ stick margarine

Combine all filling ingredients. Fill pie shell and cover with top crust. Bake in 400-425 degree oven for 15-20 minutes depending on your oven. Reduce heat to 300 degrees and bake until the apples are done and the crust is brown.

Pastry

2 cups flour
1 teaspoon salt
1 cup Crisco
½ cup sweet milk
1 Tablespoon vinegar

With pastry blender, cut in shortening until texture is uniform. Add milk and vinegar. Work dough into a firm ball with your hand. Divide into two parts. On a floured surface roll bottom crust and fill with apple mixture. Cover with top crust.



FOR ALL YOUR BAKING OR FIXING NEEDS SHOP WITH US...

Remember— When You Run Short...We're Only A Short Drive.....

OONA'S 52 SELF SERVICE
Route 1, Goose's Mill
Mt. Airy, N. C.
WE WELCOME FOOD STAMPS

On the move with Life Stride boots!

Life Stride tapers the fashion boot to the look that's right today! Lean and leggy, with refined toe and slimmed-down heel, it's the perfect choice with blazered skirts and dresses.



•All Leather
•Top Gore

COUNTESS

•Camel
•Brown
•Black

$54

Boyles
— SHOE STORE —

SHOP DAILY 9 A.M. TO 9 P.M. MONDAY-FRIDAY
FREE GIFT WRAPPING PURCHASES OVER $5

"Your Christmas Shoe Store"

You can bake pies and apple crisp



Mimi Patterson

2nd Place Winner
Crispy Apple Bake
Mimi Patterson

3 medium apples, peeled, cored and sliced
¼ cup water
1 Tablespoon lemon juice
½ cup flour-all purpose
½ cup sugar
½ teaspoon salt
1 teaspoon cinnamon
¾ cup oatmeal, quick-cook
½ cup shredded Cheddar Cheese
⅓ cup shortening

Place apples in baking dish (9 inch)-cover with water and lemon juice. Mix flour, sugar, salt, cinnamon, oatmeal and cheese together. Cut in shortening-until well mixed. Sprinkle mixture over the apples. Bake at 350 degrees F. for 25 to 30 minutes. Serve warm with cool-whip topping or serve cold for breakfast.

Apple Crisp
Ima Chappell

4 cups peeled and sliced apples
¼ cup water
¾ cup all-purpose flour
1 cup sugar
1 teaspoon ground cinnamon
½ teaspoon salt
½ cup butter or margarine, softened
Vanilla ice cream (optional)

Spread apples evenly in a greased 13x9x2 inch baking dish; pour water over top. Combine flour, sugar, cinnamon, and salt; stir lightly to mix. Cut in butter with a pastry blender or two knives until mixture resembles coarse crumbs. Sprinkle evenly over apples. Bake at 350 degrees for 35 or 40 minutes. Top with vanilla ice cream, if desired. Yield: 6 servings.

3rd Place Winner
Apple Pie
Lena Mae Inman

1½ cup chopped apples
¾ cup white sugar
¾ stick melted margarine
1 Tablespoon flour
1 egg (well beaten)
1 teaspoon cinnamon
⅛ teaspoon salt

Put apples in unbaked pie shell. Mix ingredients and pour over apples. Bake at 350 degrees.

Glazed Apples
Shelia Norman
Beth Norman

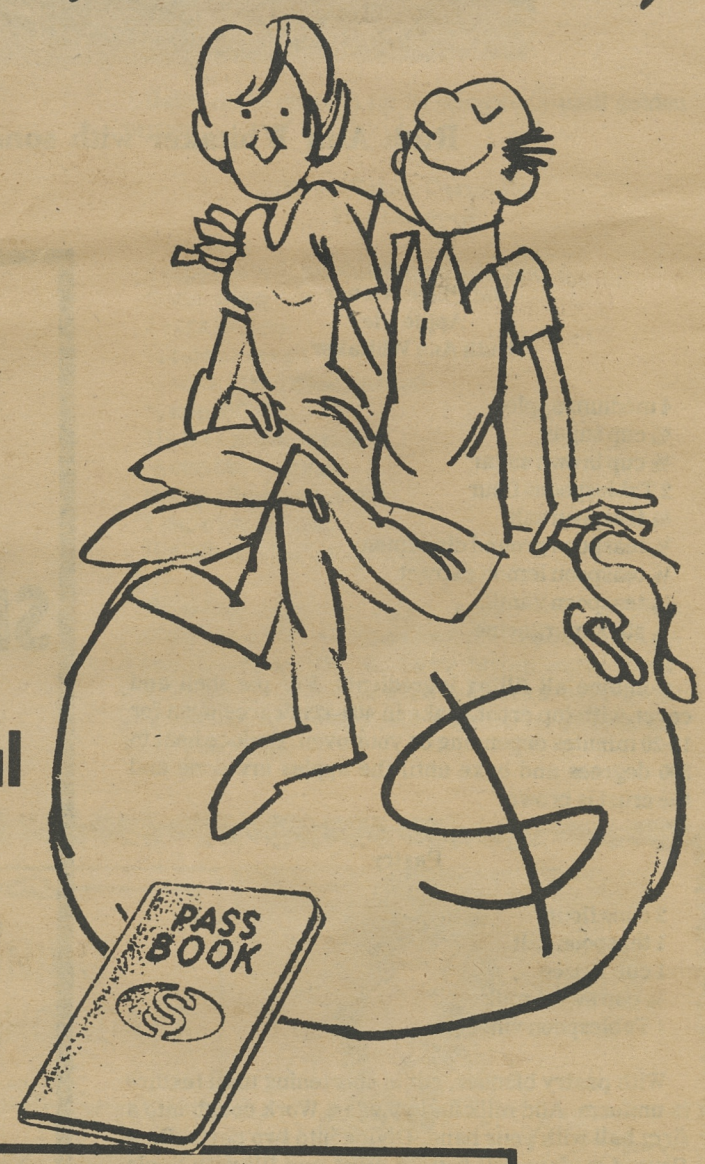
4 apples (large)
1¼ cups sugar
3 Tablespoons cinnamon drops (optional)
2 Tablespoons lemon juice

Peel apples and cut into half and core. Place the halves into a sauce pan. Sprinkle the sugar and cinnamon drops over the apples. Cook at high heat until they start boiling, and turn down to low heat and cook until the syrup has cooked almost out. (about one hour) Place on a platter to cool. These are good to serve with ham or your favorite meat. Can be fixed ahead of time.

There's a lot of Interest in Cooking

and

You'll find a lot of Interest in Our Savings Plans



Check With Workmen's Federal For A Plan To Suit Your Needs!

NEW OFFICE HOURS:
MONDAY-THURSDAY 9 A.M.-5 P.M.
FRIDAY 9 A.M.-6 P.M.

MAKE LIFE RICHER

WORKMEN'S FEDERAL SAVINGS

AND LOAN ASSOCIATION

EQUAL HOUSING LENDER

1910 MOUNT AIRY, NORTH CAROLINA 1978
Branch Offices: PILOT MOUNTAIN
SPARTA
KING, N.C.

MEMBER FSLIC
Federal Savings & Loan Insurance Corp.
Your Savings Insured to $40,000

"Where Thousands Save Millions"



Myrtle Baker

Pumpkin

1st Place Winner
Pumpkin Preserves
Myrtle Baker

5 pounds pumpkin
4 pounds sugar
3 lemons, sliced thin
1 orange, sliced thin

Remove peel. Cut raw pumpkin in slices ¼ inch thick and about 1 inch long. Place in large crock or container. Add sugar. Let stand overnight. Drain liquid from pumpkin, and boil the liquid until it spins a thread. Add sliced pumpkin, lemon and orange, and a dash of salt. Cook until thick and clear. Pour into hot jars and seal.

Pumpkin Cake
Jane Bell

2 cups pumpkin
2 cups sugar
2 cups flour
2 teaspoons soda
2 teaspoons cinnamon
4 whole eggs
1 cup Wesson oil
1 teaspoon salt

Mix sugar, oil, spices, soda and salt and pumpkin. Add flour alternately with eggs. Bake in 9x13 pan for 35 minutes at 350 degrees.

Cream Cheese Frosting

Cream together 1 8-ounce package cream cheese and 2 sticks margarine. Add 1 box powdered sugar and 1 teaspoon vanilla. Beat until fluffy.

Pumpkin Pudding
Kate Hinson

1 pt. pumpkin
½ cup sugar
1 teaspoon vanilla
2 teaspoons flour
¼ cup margarine
1 egg

Sprinkle nuts on top. Mix all ingredients.

Choose a large





HINKLE'S BOOK STORE

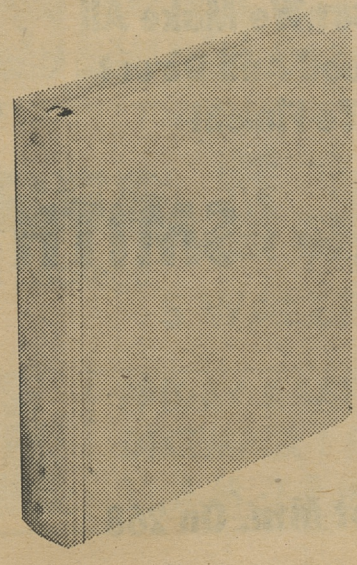
786-5183

REG. $12 **SALE $6.95**

A WHALE OF AN ALBUM!



© 1978 THE C.R. GIBSON CO.



40 PAGES (20 SHEETS)

SELF ADHESIVE PHOTO ALBUM

- 3-ring binder for easy flipping and filling
- Holds any size photo — in any arrangement
- Needs no glue or corners
- Each page with special protective covering for your photos
- Refills available #K60

It's a Whale of an Album — At a Whale of a Value — From The C.R. Gibson Company

Cook and make pudding and preserves

3rd Place Winner
Pumpkin Bread
Lois Goodwill

Cream together:
1 cup shortening
3 cups sugar
4 eggs

Sift together and add:
3½ cups plain flour
2 teaspoons salt
1½ teaspoons soda
1½ teaspoons cinnamon

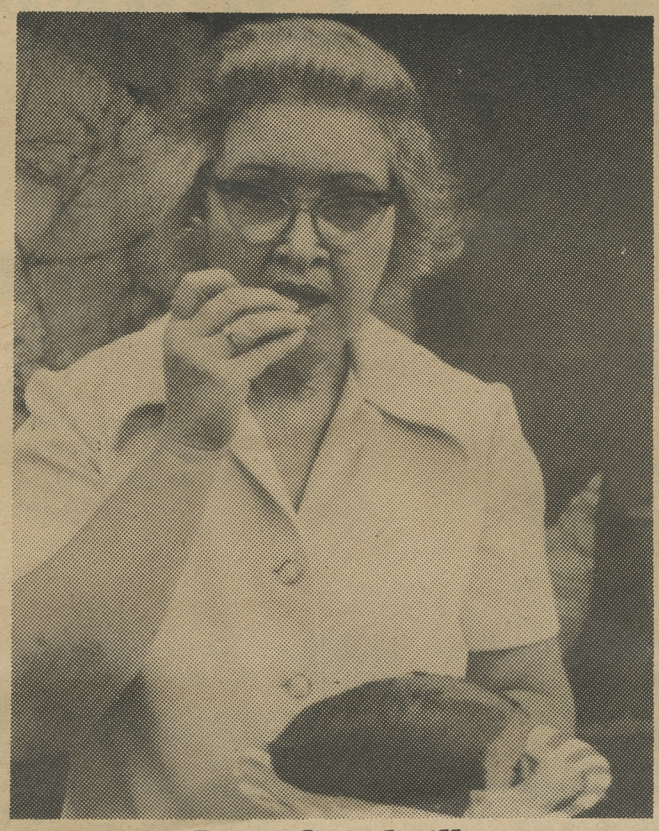
Add:
2 cups pumpkin
⅔ cup water

Grease and flour 3 loaf pans. Fill ½ full with batter. Bake at 350 degrees about 1 hour. For richer bread you may add: 1 cup nuts and 1 cup chopped dates or 1 cup raisins.

Pumpkin Cake
Lena Mae Inman

2 cups pumpkin
2 cups flour
2 teaspoons cinnamon
4 whole eggs
2 cups sugar
2 teaspoons soda
1 teaspoon salt
1 cup Wesson oil

Combine ingredients and bake in 3 9" pans at 350 degrees for 25 min.



Lois Goodwill

Icing

1 8-ounce pkg. cream cheese
2 sticks margarine
1 box powdered sugar
1 teaspoon vanilla
Cream cheese and margarine with mixer adding sugar, and vanilla.

2nd Place Winner
Golden Pumpkin Yeast Bread and Honey Butter
Aurie Armerman

1 cup milk
1 cup pumpkin
¼ cup shortening
¼ cup sugar
2 teaspoons salt
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon cardamon
2 pkg. yeast
½ cup warm water
6½ cups flour
2 eggs

Scald milk. Stir in pumpkin, shortening, sugar, salt, spices. Cool to luke warm. Sprinkle yeast on warm water; stir to dissolve. Add 3 cups flour, milk mixture and eggs to yeast. Beat with electric mixer at medium speed 2 minutes, scraping the bowl occasionally. Mix in enough remaining flour to make a stiff dough. Knead on floured board 8-10 minutes, adding 1½ cups raisins if desired. Place in lightly greased bowl, cover and let rise 1-1½ hours. Punch down and form into loaves. Place in 2 greased 9x5x3 loaf pans. Brush top of loaves with melted butter. Cover and let rise about 50 minutes. Bake at 375 degrees for about 35 minutes.

Honey Butter

Whip 2 sticks butter and gradually add 1 cup honey and 1 teaspoon cinnamon.

The Holidays Can Be A Joy If You Let Us Cater It To You. We Specialize In Everything You Need For Any Occasion

We Not Only Plan Weddings From Beginning To End, But We Make All The Flowers And Food And Direct It From Start To Finish!

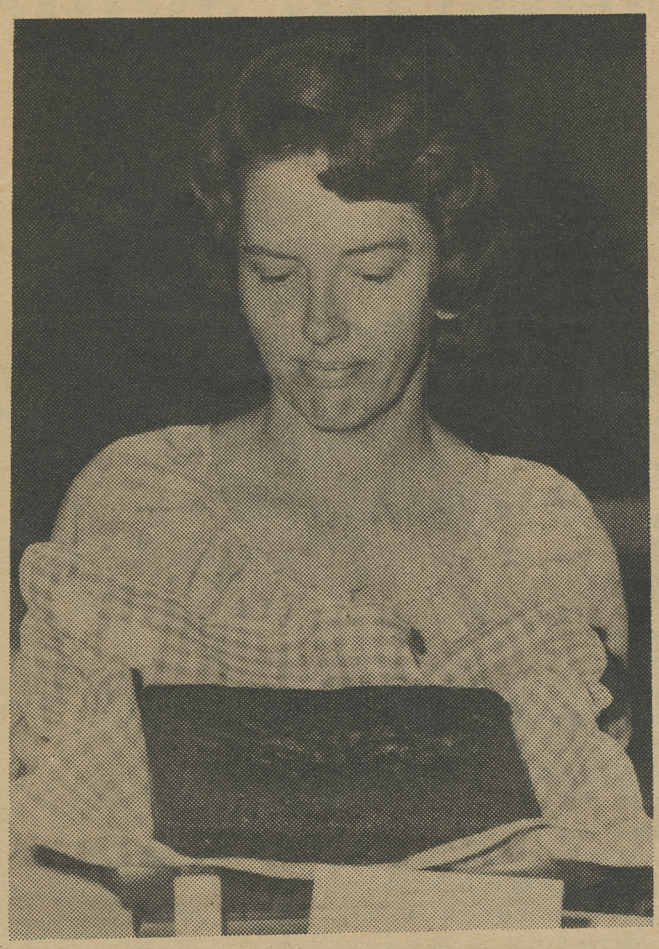
READY-MADE CHRISTMAS DECORATIONS AND MADE BY ORDER SPECIAL DESIGN

SMITH CATERERS AND FLOWERS
Owners
FRED AND GLADYS SMITH

5 Miles West Of Pilot Mtn. On 268

CALL (919) 374-2683 or 374-5228

Then turn out a loaf of pumpkin bread



Mary Sue Johnson

Pumpkin Date Nut Bread
Mary Sue Johnson

⅔ cup butter
2 cups sugar
3 eggs
½ cup water
1½ cup canned pumpkin
2⅓ cup sifted plain flour
2 teaspoons soda
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
⅔ cup chopped pecans
⅔ cup cut dates

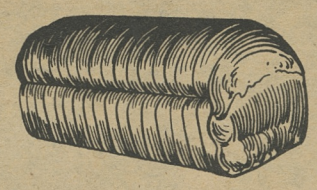
Cream butter; add sugar gradually; add eggs; beat well. Blend in water, pumpkin, and sifted dry ingredients. Fold in pecans and dates. Pour into 2 greased loaf pans. Bake at 350 degrees F. for one hour. Makes 2 loaves.

Delicious served with whipped topping or frosted with cream cheese icing.

Havest Time Pumpkin Bread
Ida Johnson

1⅔ cups plain flour
¼ teaspoon baking powder
1 teaspoon soda
¾ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon cloves
1⅓ cups white sugar
⅓ cup salad oil
2 eggs
1 cup cooked pumpkin
⅓ cup water
⅓ cup chopped pecans

Sift and measure flour. Add baking powder, soda, salt and spices; sift together two times. Toss nuts lightly in flour mixture. Beat sugar and oil in mixer at slow speed. Add eggs one at a time. Add pumpkin. Add flour mixture and water alternately. Beat until thoroughly mixed. Pour into a greased and floured loaf pan. 10x5". Bake in a 350 degree F. oven for one hour. Makes one loaf.



ROSES Christmas Gift Package

20 ~~14~~ PORTRAITS IN LIVING COLOR

2-8X10
2-5X7
10 WALLETS



NO LIMIT ALL AGES

$1.95 DEPOSIT WHEN PHOTOGRAPHED

$9.95 ON DELIVERY

2 BIG DAYS

Portraits will be delivered within three weeks.

FREE with package



5 WALLETS 1 - 5 X 7



DAYS: FRIDAY & SATURDAY
DATES: DECEMBER 1 & 2
HOURS: 11 A.M.-7 P.M.

REGAL STUDIOS

MOUNT AIRY, N.C.



Kathy Johnson

Peanuts for soup?

Peanuts

1st Place Winner
African Peanut Soup
Kathy Johnson



½ pound lean stew beef meat
1 Tablespoon oil
1½ cups water
1 medium onion (chopped)
1 teaspoon salt
⅛ teaspoon pepper
dash paprika
1 large can evaporated milk
1 Tablespoon cornstarch or flour
1 (16-oz.) can tomatoes
¾ cup finely chopped peanuts

Cook meat in pressure cooker about 25 minutes or until meat is tender. Add water, oil, onion, salt, pepper and paprika. Cook in microwave oven 10 minutes on full power. Blend milk into cornstarch or flour. Stir into soup and cook in microwave for 1½ minutes on full power. Add tomatoes and peanuts and cook 3 minutes in microwave oven on full power. Serve hot.



SERVE UP A GREAT

CHRISTMAS DINNER



Anyone Can Make A Chicken Turn Out To Perfection!



Chicken Is Such A Versatile And Economical Way To Make A Plain Meal A Fantastic Success!!

IF YOU'VE HEARD A LOT OF GOOD THINGS ABOUT

Tyson

IT'S TRUE

Dobson, N. C., Phone 386-8151

An Equal Opportunity Employer M/F



CHICKEN 'N SWISS EXTRAORDINAIRE
(1975 Winner)

2 whole broiler-fryer chicken breasts, halved, skinned, boned
1 teaspoon Ac'cent flavor enhancer
½ cup flour
¼ cup Mazola corn oil
4 thick slices French bread
4 slices Swiss cheese
1 tablespoon margarine
½ pound mushrooms, sliced
⅔ cup dry white wine
1 teaspoon salt
¼ teaspoon pepper

Sprinkle chicken with flavor enhancer. Roll in flour. Heat corn oil in fry pan over medium heat. Add chicken and brown on all sides. Reduce heat; cover tightly and cook about 15 minutes or until fork can be inserted with ease. Place bread topped with cheese slices on baking sheet. Heat in 200°F oven while preparing mushrooms. Remove chicken from fry pan. Add margarine to fry pan; add mushrooms and cook over low heat about 3 minutes. Push mushrooms aside; add wine and stir to loosen browned bits. Add salt and pepper. Return chicken to fry pan and simmer until sauce is slightly thickened. Place chicken piece on top of each bread slice and spoon mushrooms and sauce over chicken. Makes 4 servings.

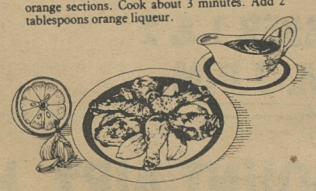


SUNSHINE CHICKEN
(1976 Winner)

6 broiler-fryer chicken thighs
6 broiler-fryer chicken drumsticks
1 teaspoon salt
1 teaspoon basil
1 teaspoon Ac'cent flavor enhancer
¼ teaspoon freshly ground pepper
½ cup soy sauce
½ cup catchup
¼ cup honey
¼ cup Mazola corn oil
2 cloves garlic, crushed
Poached Oranges (recipe follows)

Sprinkle chicken with salt, basil, flavor enhancer and pepper. Mix together soy sauce, catchup, honey, corn oil and garlic. Place chicken skin side up in shallow baking pan. Baste with sauce. Bake in 350°F oven, basting frequently, 1 hour or until tender. Serve with Poached Oranges and remaining basting sauce, mixed with sauce from Poached Oranges. Makes 4 to 6 servings.

Poached Oranges: Mix together ¾ cup water, 1½ cups sugar, 3 tablespoons slivered orange peel. Cook until slightly thickened. Add 3 cups fresh orange sections. Cook about 3 minutes. Add 2 tablespoons orange liqueur.



Chicken breasts are boned, halved and pounded very thin. Get out the kitchen mallet and exercise your arm muscles. Once the chicken breasts are nice and flat, spread them out and start things rolling.

Stove Top chicken flavor stuffing mix is prepared according to package directions. Stuffing is placed on each chicken breast and rolled, jelly roll fashion. After dipping the rolls in egg and reserved crumbs, they may be fried immediately, or may be refrigerated until you're ready for dinner.

Wonderful for company or as a special surprise for the family, Chicken Rolls a la Russe are right for spring.

Chicken Rolls a la Russe

1 package (6 serving size) chicken flavor or cornbread stuffing mix
6 boned whole chicken breasts, halved and pounded about 1/4-inch thick
1 egg, beaten
Shortening or salad oil for frying

Finely crush 1 cup of the Stuffing Crumbs; set aside. Prepare stuffing mix as directed on package, using remaining crumbs and reducing water to 1-1/2 cups. Spread each chicken piece with stuffing, dividing mixture evenly. Roll up and tuck in ends. Dip rolls in egg, then in reserved crumbs. Fry in hot shallow oil in large skillet until golden brown on all sides, about 15 minutes. Makes 6 servings.

Note: Coated chicken rolls may be refrigerated and then fried shortly before serving.

Peanut Butter Pie , Oatmeal Chewies



Bertha Hanes , Susan Johnson

2nd Place Winner
Peanut Butter Pie
Bertha Hanes

1 cup powdered sugar
⅔ cup peanut butter (any type)
8 ounces cream cheese
¼ cup milk, or less
Crust-(flour or graham crackers)
Frozen non-dairy whipped topping, thawed

Cream together the powdered sugar, peanut butter and cream cheese. Mix in enough milk to give it a good texture. Pour into prepared crust and top with thawed topping.

You can also use 3 ounces cream cheese, 1 cup powdered sugar, ⅓ cup peanut butter and ¼ cup milk. When they are mixed together, fold in one 4½ ounce carton of frozen non-dairy whipped topping, thawed, and spoon the filling into a baked and cooled graham cracker crust. Sprinkle with peanuts, if desired.

3rd Place Winner
Peanut Oatmeal Chewies
Susan Johnson

½ cup margarine, softened at room temperature
1½ cups packed brown sugar
2 eggs
½ cup chunk style peanut butter
1½ cups old-fashioned or quick cooking oats, uncooked
1 cup plain flour, sifted

Cream margarine and brown sugar until light and fluffy. Blend in eggs and peanut butter. Add oats and flour; mix well. Spread into 13x9 inch greased and floured baking pan.

Bake in 325 degrees F. for 35 minutes.

Cool and cut into bars. Makes 3 to 4 dozen bars.

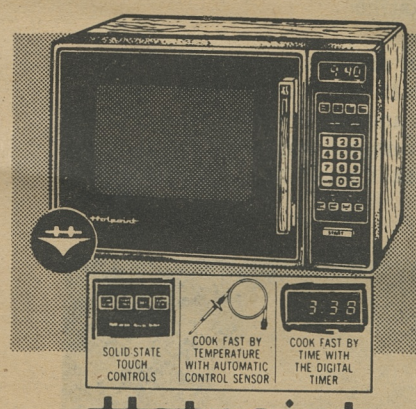
Hotpoint

GIFTS FOR THE HOLIDAYS

Give Hotpoint . . . and you give a gift that looks great, performs beautifully, and is built to last. And now is the time to give it.

For mom, Hotpoint offers a great choice of work and energy-saving appliances. Like a dishwasher with Energy Saver Dry cycle, or a range with self-cleaning oven, or a microwave oven that puts a meal at her fingertips in minutes.

For all the family, Hotpoint keeps giving for years to come. Enjoy an energy-saving refrigerator or washer with the Handwash® System. Whatever the choice . . . Hotpoint gives you a lot of appliance for your money!



Hotpoint

▩ Microwave oven with large 1.3 cu. ft. capacity ▩ 4 Power level settings ▩ Indicator lights ▩ Handsome black glass front ▩ Deluxe recipe guidebook.
Model RE940W



Hotpoint

▩ Deluxe 30″ oven-range ▩ Automatic oven digital clock ▩ 3 Plug-in & 1 stay-up 3-in-1 "Power Saver" Calrod® surface units ▩ Window door.
Model RB747V



Hotpoint

▩ 2-Speed washer with 2 agitators for heavy soil or small delicate loads ▩ Bleach & fabric softener dispensers ▩ Variable water levels ▩ Energy saving features.
Model WLW2700T

CHECK US FOR THAT PERFECT CHRISTMAS GIFT
GIVE HOTPOINT THIS YEAR



Hotpoint

▩ 15.7 Cu. ft. refrigerator-freezer ▩ 3 Adjustable shelves ▩ Energy Saver switch ▩ Reversible door ☐ Equipped for optional icemaker ▩ Meat keeper ▩ Rolls-out on wheels.
Model CTF16EW

Hotpoint

A Lot of Appliance for Your Money

RIVERSIDE BUILDING SUPPLY INC.

511 E. Pine St.
(Across The River From Riverside Park)
Mt. Airy, N.C.
PHONE 789-2141

BUILDER MART
Over 400 Builder Marts

—STORE HOURS—
MONDAY - FRIDAY 7 A.M.-5:00 P.M. SATURDAY 7:30 A.M.-12 NOON

DIAL 789-0123 FOR TIME & TEMPERATURE

A bag of dried beans

Dried Beans
1st Place Winner
Cream of Dried Baby Lima Soup
Hurley Simpson

(Made in a slow-cooker)
1 cup dried baby limas
3 cups water
1 teaspoon salt
¾ cup cream
2 Tablespoons margarine

Put the beans, water and salt into the slow-cooker and cook on low 10 to 12 hours, or overnight. Strain the mushy, soft beans and puree with a little cooking liquid. Mix with remaining cooking liquid and add the cream and butter-reheat if necessary.



Roxie Ray

2nd Place Winner
Dried Beans with Peanut Butter
Roxie Ray

Take ½ lb. dried beans and soak in hot water overnight. Put in slow cooker-2 cups water, cured meat or cooking oil, one garlic button (medium size), one teaspoon of salt, 1 teaspoon sugar, and 1 heaping teaspoon of peanut butter. Cook until done. Serve this with cornbread.

Visit Our BAKERY-DELI



(Left to right) Sheri Buffmyer, Ann Dobbs, Erik Tilley and Dianne Mabe. Not pictured are David Dowdy and Evelyn Elliot.

We're Here To Serve You

In Store Bakery

★ Cookies ★ Cakes ★ Pies
★ Pastries ★ Tarts
★ Special Orders

In Store Delicatessen

★ Sandwiches ★ Chicken
★ Vegetables ★ Cheese
★ Barbecue ★ Kosher Meats



Thrifti Mart
LOWEST FOOD PRICES ANYWHERE

North Park Shopping Center—Mount Airy

Old fashioned beans, leather britches



Elizabeth Hampton

3rd Place Winner
Old Fashioned Bean Bake
Elizabeth Hampton

¼ cup unsulphured molasses
1 Tablespoon vinegar
1 Tablespoon prepared mustard
3-1 lb. cans baked beans in tomato sauce
2 medium onions, sliced
2 tomatoes, sliced

Combine molasses and mustard. Add vinegar and mix well. Turn beans in casserole on baking pan, stir in molasses mixture. Arrange onion and tomato slices over beans. Bake in 375 degree oven for 35 minutes. Yield: 8 servings.

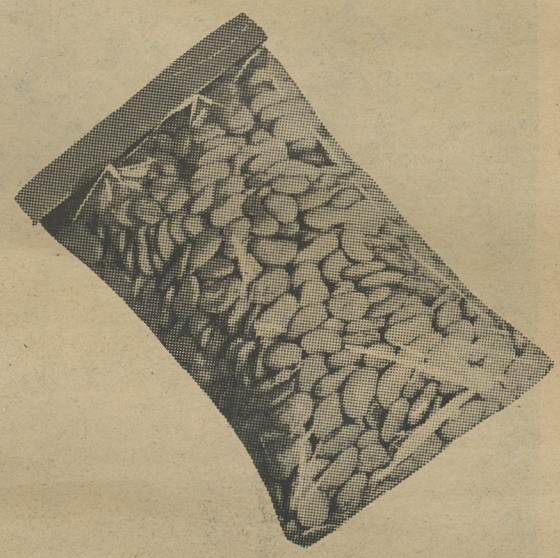
Bean Chowder

¾ cup dry beans
3 cups water
1½ teaspoon salt
¾ cup diced potato
1 small onion, chopped
¾ cup canned tomatoes
1½ teaspoon flour
1/3 cup shredded green pepper
1 to 2 tablespoons butter, margarine or drippings
1½ cups milk

Wash beans. Add water, boil two minutes, then remove from heat. Let soak one hour. Or, add water and let soak overnight in a cool place. Add salt and cook until almost done.

Add potato and onion, then cook 30 minutes. With the longer-cooking beans, you may need to add more water.

Mix flour with a little of the tomatoes and add to beans. Add rest of the tomatoes, green peppers and fat. Cook 10 minutes, stirring occasionally to prevent sticking. stir in milk and reheat quickly. Serves four.



Leather Britches-Dried Beans
Mrs. Floyd Baker

String green beans; use needle and thread (white) to string beans. Hang up and let dry the night before you cook them. Remove thread and soak in cold salt water. Next day put in container. Season with meat or other seasonings and cook until tender. Cut beans with food chopper before serving.

Poinsettias

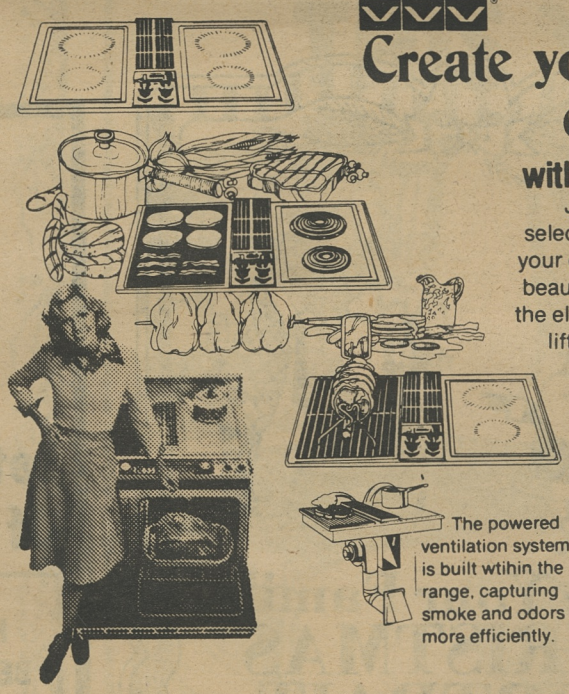


ARTIFICIAL AND FRESH POTTED POINSETTIAS
$2.95 up to $10.00
CHRISTMAS TREES ALSO



HOLIDAY WREATHS
(ARTIFICIAL AND FRESH)
DURING CHRISTMAS SEASON WE'RE OPEN 8:30 A.M.-9:00 P.M.
HAROLD'S LAWN AND GARDEN CENTER
789 W. Lebanon 786-8876

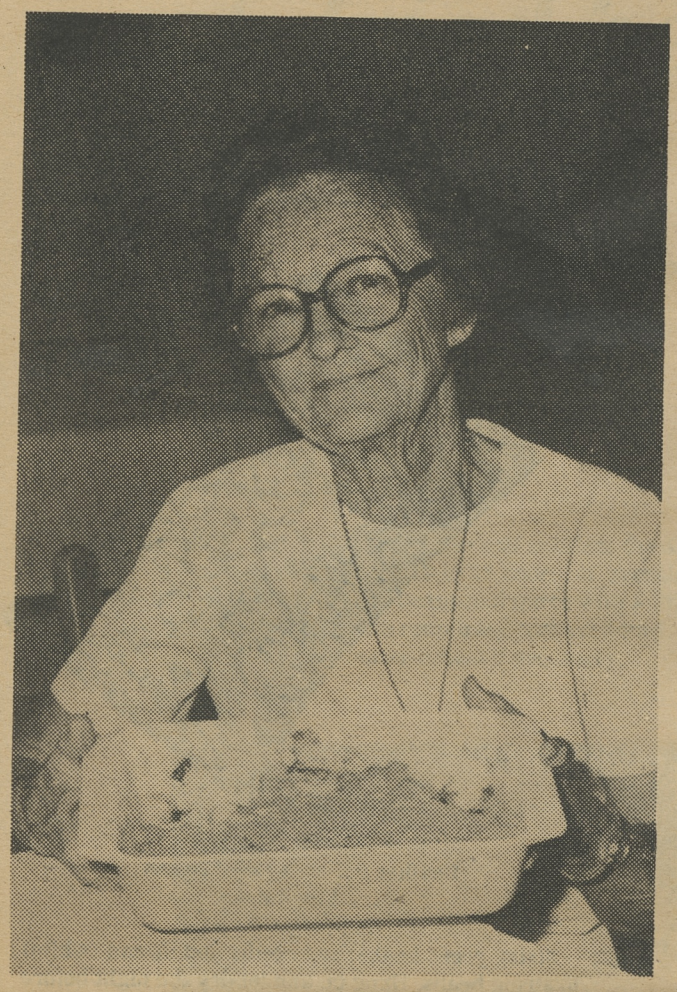
JENN-AIR



Create your own home cooking center
with JENN-AIR GRILL-RANGE
Jenn-Air's incredibly versatile model selection lets you create a range to meet your every need! In cooktops, choose the beauty of smooth white glass-ceramic or the electric conventional-element. Simply lift out either cartridge to convert your range to a Char-Flavor grill in seconds! Convected or Conventional radiant heat in your oven at the flip of a switch! The Conventional cooks your present recipes without change —Convected, your Jenn-Air cooks cooler and faster. (Turkeys, roasts and hams cook at 50° lower temperature, reducing cooking time as much as 30%!)
The powered ventilation system is built wtihin the range, capturing smoke and odors more efficiently.
Visit our showroom or phone for the brochure describing Jenn-Air's complete line of ranges and cooktops.
OPEN FRIDAY NIGHTS 'TIL 9
Brannock & Hiatt
FURNITURE COMPANY, INC.
420 N. Main St. 786-8659 Mt. Airy, N.C.

Winning casserole calls for





Vena Darnell

1st Place Winner
Holiday Broccoli Casserole
Vena Darnell

2 pkgs. chopped frozen broccoli (Cook and drain)
Mix:
1 can cream of chicken soup
½ cup mayonnaise
½ teaspoon curry powder
2 Tablespoons lemon juice

Put broccoli in casserole-pour cream mixture over broccoli. Sprinkle ½ cup bread crumbs and dribble 3 Tablespoons melted margarine over top. Bake until bubbly in 350 degree oven. Last few minutes of cooking place wedges of sliced cheese down the center.

Looking for something different to serve with roast beef or roast chicken. Why not try Casserole Baked Onions for a change.

Casserole Baked Onions

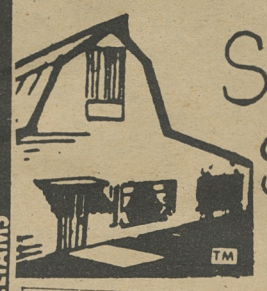
6 medium yellow onions
½ cup white vermouth or dry sherry
3 tablespoons butter
½ teaspoon salt
¼ teaspoon fresh ground black pepper

Peel and slice the onions thin. Butter an ovenproof casserole with one tablespoon of the butter, layer in the onions, dotting with the remaining 2 tablespoons of butter as you go along. Sprinkle on salt and pepper, pour on the wine and cover tightly. Bake 1 hour at 325 degrees. Serves six.

2nd Place Winner
Green Bean Casserole
Alice Cockerham

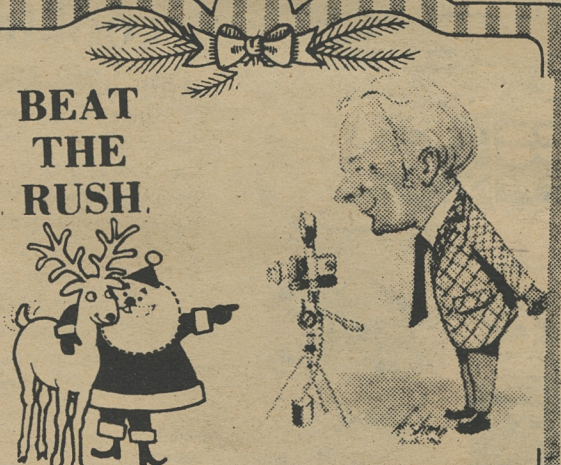
Heat 1 quart can of green beans; drain and add 1 can mushroom soup, ¼ cup milk, 1 teaspoon dry onion flakes and stir in ⅓ can onion sticks-pour into greased casserole. Top with onion sticks and bake 15 minutes.

YARNS BRUNSWICK • MERINO WOOL
COLUMBIA MINERVA • ELSA WILLIAMS
SUSAN BATES • PARAGON • SPINNER IN



Stitch'n Time Shoppes Ltd.
ART—NEEDLEWORK YARN & CRAFT SUPPLIES
Felt & Burlap By The Yard
NEW SHIPMENT JUST ARRIVED
CROSS-STITCH, BOOKS, AND GRAPHS
READY FOR CHRISTMAS
VISIT OUR CROSS STITCH CORNER
NEEDLEPOINT
MACRAME
CREWEL
LATCHHOOK
SUNSET DESIGNS • D.M.C.





BEAT THE RUSH.
Have Your Family
CHRISTMAS PORTRAIT
Made Early!
Call For Special Prices
SEIVERS STUDIO
Hwy. 52 By-Pass
THRUWAY SHOPPING CENTER
786-6868



Turkey Lovers...
Let Us Take The Time And Worry Out Of Fixing The Turkey For You!
PLACE YOUR ORDER BEFORE DECEMBER 15, 1978 AND PICK UP BY NOON DECEMBER 24th
10 To 12 Lb. Turkey
$25.00 PLUS TAX
Including: 1 Qt. Giblet Gravy
1 Pan Dressing
RESERVE NOW FOR CHRISTMAS PARTIES
Holiday Inn®
PILOT MOUNTAIN, N. C.
PHONE: 368-2237

More ideas for sweet potatoes

Sweet Potato Casserole
Jean McKinney

3 cups mashed sweet potatoes
1 cup sugar
½ teaspoon salt
⅓ stick margarine, melted
½ cup evaporated milk
1 teaspoon butter flavoring
1 teaspoon sherry
2 eggs, beaten

Combine and turn into greased baking dish. Sprinkle with topping made by blending 1 cup brown sugar, ⅓ cup flour, ⅓ stick margarine, and 1 cup chopped pecans. Bake 35 minutes at 350 degrees.

Sweet Potato Crunch
Kate Hinson

2 cups potatoes
½ cup sugar
½ can nuts
¼ stick margarine

Mix all ingredients and add two spoons of flour and then mix. Bake at 360 degrees for about 30 minutes. Double your recipe if you want more.



Hatteybelle Eidson

Sweet Potato Casserole
Hatteybelle Edison

3 cups sweet potatoes, mashed
¾ cups sugar
⅓ stick margarine
1½ teaspoon salt
½ cup milk
1 Tablespoon sherry extract
1 Tablespoon butter & nut flavoring
2 eggs

Mix above and put in dish.

Topping

1 cup brown sugar
⅓ cup flour
⅓ cup margarine
1 cup nuts.

Mix and put on potatoes. Bake 35 minutes at 350 degrees.

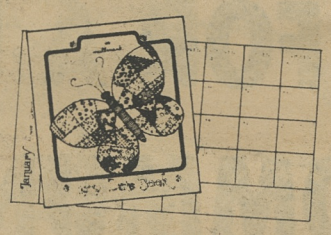
Sweet Potato Casserole
Alice Cockerham

Place pineapple slices on greased pie plate and top with one marshmallow covered with mashed sweet potatoes that have been sweetened and flavored and top with coconut and place in oven to brown.

Put a Little of Yourself In Your Christmas Gift
Homemade cookies — the gift that's fun to make and fun to get. Create a smiling Santa or a happy snowman with Hallmark cookie cutters, then pack them in an attractive gift container. Cookie cutters **30¢** and **50¢**. Gift containers **90¢** and **$1.25**

Free Hallmark Date Book
Come in today and pick up your free copy of this helpful memory-jogger. The purse-sized Hallmark Date Book includes monthly calendar pages for all the dates you'll want to remember in 1979.





We Also Carry Old-Fashioned
ICE CREAM BOXES
Perfect For Filling With
Homemade Holiday Goodies!

65¢ **75¢** **$1.00**

ALADDIN'S
MAYBERRY MALL, MT. AIRY, N.C.
ALSO ELKIN VILLAGE, ELKIN, N.C.
use our bridal registry
Mt. Airy 789-3700 — Elkin 835-6702

GIVE SOMETHING FOR THE HOME THIS YEAR!



SHOP WITH US...
Satisfaction Guaranteed
CARTER FURNITURE CO., INC.
"Gifts For The Home Since 1917"
22 N. Main St.
786-2670

Cooking Contest judges



Millie Clark, Patsie Brevard, home economists, served as judges along with Charles Jackson

Poinsettias



ARTIFICIAL AND FRESH POTTED POINSETTIAS

$2.95 up to $10.00

CHRISTMAS TREES ALSO



HOLIDAY WREATHS

(ARTIFICIAL AND FRESH)

DURING CHRISTMAS SEASON WE'RE OPEN 8:30 A.M.-9:00 P.M.

HAROLD'S LAWN AND GARDEN CENTER

789 W. Lebanon 786-8876

RECIPE FOR A HEALTHY COMMUNITY!

The Ingredients Are:

Its People And Its Industry Working Together, Making The Wheels Of Progress Turn Are The Ingredients For A Healthy Community. We At Surry-Yadkin Electric Membership Corporation Are Pleased To Have A Vital Part In The Development And Economy Of This Area.

ACTION ELECTRICS—RURAL AMERICA BUILDERS

"Serving Over 13,500 Farms, Homes, And Businesses In Five Counties"

EMC/S *Surry-Yadkin Electric Membership Corp.*

DOBSON, N.C. PHONE 386-8241

"Owned By Those We Serve"

Everything you need to know about cooking

Most cookbooks don't tell you the difference between a boil and a simmer. Not knowing can ruin recipes: make expensive meat and shellfish shrink and toughen, fragile fish fall apart and too much liquid boil away, among other things.

One new basic cookbook not only describes the difference, it provides temperatures and photographs as well.

In fact, "Better Homes and Gardens Complete Step-by-Step Cook Book" (Meredith Press $14.95) does for basic cookery what French chef Jacques Pepin did for French cuisine in 1976 in "La Technique."

(Incidentally, Pepin's 1976 $25 hardcover book was recently published as a $8.95 large format paperback by WallabyPocket Books.)

The Meredith book teaches 122 cooking techniques, including poaching, baking, egg cookery, sauce and soup making, and making puddings and frozen desserts.

The book also contains 540 recipes, but the discussions and 1,100 illustrations of technique steps are the most important elements for both experienced and beginning cooks.

In some cases, directions are included for converting conventional range-top or oven recipes to slow-cooker use.

Egg cookery tips include directions for freezing leftover whites and yolks and safe storage time and recipe usage after thawing.

On the debit side:

— The editors still recommend moderate temperatures for fish cookery, despite recent studies showing high temperatures yield moister, better tasting results.

— They say natural cheese (instead of the process varieties) makes grainy, stringy sauces but fail to tell the reader that too high temperatures, not the cheeses, are at fault. Perfectly creamy sauces with natural cheese are possible when properly cooked.

— Their directions for clarifying butter suggest discarding the milky liquid left in the pan after melting. That's wasteful; the milk solids with the little fat clinging to them make a delicious low-calorie substitute for butter or margarine on boiled or steamed vegetables.

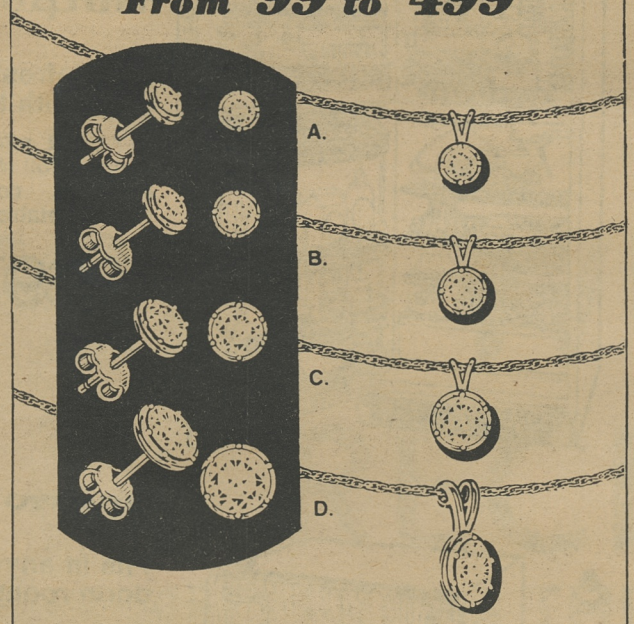
— Their directions for caramelizing sugar fail to warn the unwary to avoid splattering when adding water to the syrup — its extremely high temperature can cause painful burns.

Pumpkin Bread
Mary Ellen Graham

3 cups sugar
1 cup cooking oil
4 eggs
2 cups pumpkin
⅔ cup water
1½ teaspoons salt
3⅓ cups flour
2 teaspoons soda
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg

Mix as you would a cake. Bake at 350 degrees for 1 hour. Yield: 2 loaves.

LATEST
Affordable
DIAMOND STUD EARRINGS AND MATCHING PENDANTS
From $99 to $499



For that luxurious touch...our exquisite diamond stud earring and matching pendants. A diamond touch in the **right place** at the **right price.** Crafted in precious 14K gold.

A. EARRINGS	$149	PENDANT	$ 99
B. EARRINGS	$249	PENDANT	$149
C. EARRINGS	$299	PENDANT	$199
D. EARRINGS	$499	PENDANT	$299

Enlarged to show detail

MULLINS Jewelers
211 N. Main St. Mount Airy, N.C.
PHONE 786-6417
EAR PIERCING DAILY

Happy Holidays



DRESS-UP
A standout for the holidays. A short velvet eton jacket in black, teal or cinnamon, $00...with matching scarf, $00... richly colored floral velveteen skirt, $00... pretty satiny shirt, $00... and the touch of a satin rose, $00...

JOHN MEYER
Designed by Pat Ashley

If You Are In Doubt, Give A Gift Certificate

From....
F. Rees Co.
Downtown Mount Airy

Santa's Showcase of Kitchen Helpers



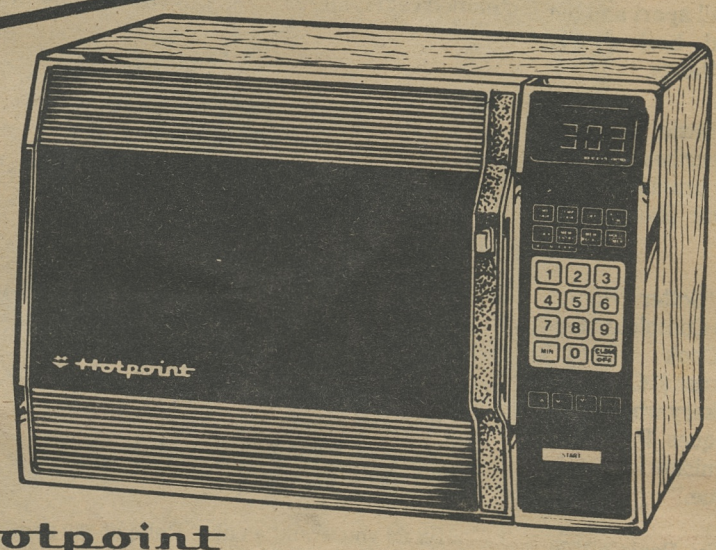


Whirlpool

Here are merry microwave meals for Christmas!

Microwave oven features dual-speed Mealtimer™ clock . . . variable power control. . .cookbook. . .oven light. . .black glass, metal-screen, see-through door. #51746

$269.87



Hotpoint

Cooks entire meals in less than a fourth the time of conventional cooking methods.

3-way cooking: time, temp, and simmer. . .3 power levels . . .defrost with digital countdown. . .solid state controls . . .and memory programs for your microwave oven. #51755

$419.76

Hotpoint

Oven that keeps on cleaning every time you cook.

30" range features automatic oven timer . . .surface unit "on" light. . .removable trim rings. . .oven interior light. . .4 quick heat surface units. . .glass door. #52806

$269.87





Hotpoint

End defrosting chores for good with this no-frost unit.

15.7 cu. ft. refrigerator-freezer features full storage doors. . .handy egg rack. . .covered butter bin. . . twin vegetable crispers. #53530

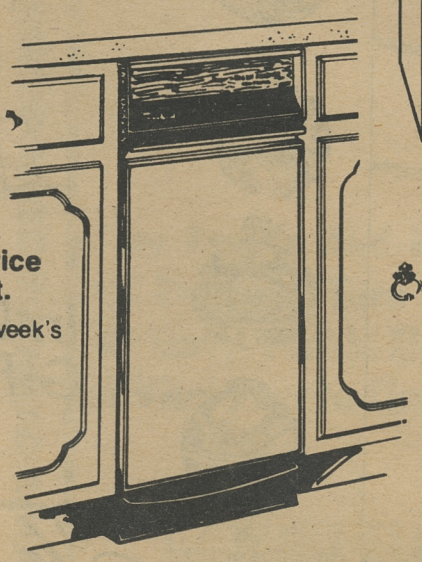
$369.74

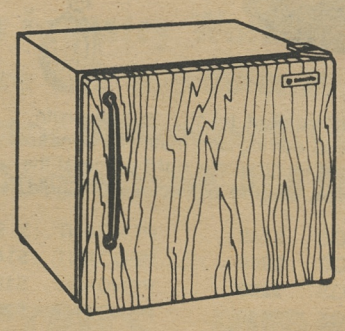
Whirlpool

Make kitchen chores easier at a price that won't weigh down your budget.

Trash Masher® compactor reduces a whole week's worth of household trash to approximately a fourth its original size! Bags it, too. #50566

$199.98





SANYO

Fits in anywhere—great for dorm room, bar, or office.

Cube refrigerator has 2 adjustable shelves. . .meat tray. . .bottle rack. 18 1/2" high and only 46 lbs. #53810

$89.96

HIGHWAY 52 BY-PASS
MOUNT AIRY, N.C.
PHONE 789-5021

master charge
VISA
STP #3

LOWE'S