

Presbyterian
COOK BOOK

1933

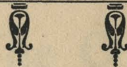
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Miss Henry Hunt

Tested and Tried

Recipes



COLLECTED AND PUBLISHED BY

Circle No. 3 -- Woman's Auxiliary

PRESBYTERIAN CHURCH

Mount Airy, N. C.



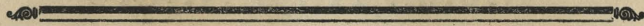
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MOUNT AIRY, N. C.

1933



The Ladies of the Presbyterian Church
appreciate the co-operation of all who have
contributed toward making the publication of
this Cook Book possible.



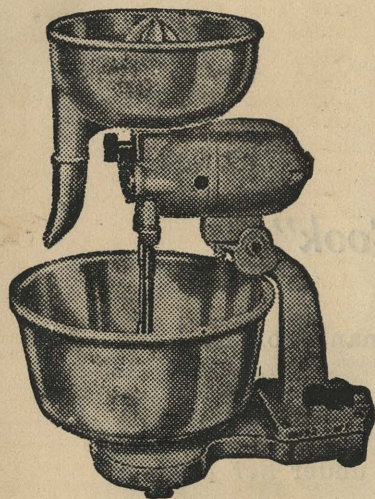
"The Cook"

But it's ho for the dominant woman,
The creature whose will is our law,
Who holds us, controls us, and scolds us,
And keeps us right under her paw.

It's ho for the dominant woman,
The queen of the kitchen, gadzook,
For the woman that, after all, rules us,
The woman who reigns, "is the cook."

—Selected.

Features of the *Sunbeam Mixmaster*



Easier to Use

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Four Speeds

Speeds for All Mixtures

Bowl Revolves

Automatically

Not Necessary to

Hold Mixer

No adjustment of stand ever necessary

Bowls easily removed

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Juice Extractor slips over top

Juice Extractor and Mixing Bowl

can be used at same time

Mayonnaise Oil Dropper--Automatic Mixture

Tested Performance--More MIXMASTERS

in use than any other mixer

... UNUSUAL IN ...

BEAUTY, UTILITY AND ECONOMY

Southern Public Utilities Co.

Mount Airy, North Carolina

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Appetizers

CANAPES

Canapes; are individual appetizers which may be served either hot or cold. They are generally used as a first course of a meal or as an hors-d'oeuvre and eaten with the fingers.

Preparation: Use a $\frac{1}{4}$ inch slice of bread for a foundation. Cut into desired shapes. Rounds, diamonds and crescents are popular. A fluted edge is attractive. Toast bread on one side, spread untoasted side with a thin layer of softened cream cheese. Garnish in any design you may desire.

Sometimes a slice of tomato or cooked beet, or an artichoke bottom is used as a foundation instead of bread. In such cases the canape is eaten with a fork.

Pastes: Combination of pastes are largely a matter of taste. Some suggestions:

Anchovy or sardine paste, hard-cooked eggs, and mayonnaise to moisten.

Caviar, lemon juice, and cayenne.

Cream cheese, butter, cayenne and salt to taste.

Cheese and pimentos.

Chopped ham, chicken, or crab meat, mix with butter, cream or mayonnaise.

Garnishes: Hard cooked, yellows mashed through strainer, use white to cut in strips and fancy rings and shapes of various kinds.

Olives, sliced or chopped fine. Stuffed olives are particularly good.

Green peppers, or cooked beets, cut into fancy shapes or minced, parsley, minced very fine. The stems may be saved and used too.

Cucumbers and onions sliced thin and used minced also.

Capers, pickles and pimentos cut in strips or minced.

Truffles cut fine or in fancy shapes.

Olives: Select large stuffed olives, remove pimento and replace with a blanched almond, take a strip of bacon cut in half, wrap each half around the olive, hold in place with toothpick, put in hot oven to brown bacon. Serve on a cracker or any way desired.

—Mrs. B. H. Williamson

—PCB—

TOMATO CANAPE

Spread rounds of white bread with mayonnaise. Place a thin slice of tomato on each round. Sprinkle with salt and place a bit of mayonnaise in center of each.

—PCB—

SHRIMP CANAPE

Cut 8 rounds of bread. Make a paste of 6 shrimps and 3 tbsp. of mayonnaise. Spread paste on bread or toasts. Chop olives fine and sprinkle over shrimp mixture.

Beverages

GINGER ALE PUNCH

Whip 1 pint pineapple ice into 4 or 5 bottles of 5 cent gingerale with Dover egg beater. Vanilla ice cream with pineapple syrup may be substituted for the pineapple ice.

—Mrs. Reid Jackson

—PCB—

ICED MINT TEA

Let 1 qt. of water come to a boil. Add 3 tablespoons of tea and boil 3 minutes. Strain this, pouring over 2 chopped lemons and one lime which has been soaked in 2 cups of sugar. Let stand for a while and strain, adding 1 qt. of cold water. Serve with mint leaves.

—Mrs. Jeffrey Smith

—PCB—

BLACKBERRY ACID

2 gal. blackberries, add 4 oz. tartaric acid dissolved in just enough water to barely cover berries. Let stand over night, strain and to each pint of juice add 1 pound sugar and boil about 20 minutes. Bottle or can air tight while hot. Can be weakened when wanted for punch or cold drinks.

—Mrs. Cleve Hale

—PCB—

DELICIOUS PUNCH

1 gal. orange crush syrup
4 gal. water
4 cans grated pineapple
2 doz. lemons
Ice

—Mrs. Jno. Sabotta

RUSSIAN TEA

One tbsp. tea steeped in one quart boiling water, strain and add juice 3 oranges, three lemons, and sugar to taste, put in tbsp. whole cloves. Let this come to boil and serve.

—Mrs. Carroll Hill

—PCB—

HOT CHOCOLATE

4 tbsp. grated chocolate or 8 tsp. cocoa

1 qt. milk

Sweeten to taste

Make paste of chocolate or cocoa, add milk and sugar, heat and serve with whipped cream.

—Contributed

—PCB—

GRAPE ICED TEA

3 tsp. tea

3 cups boiling water

1 pt. grape juice

4 tbsp. sugar

Juice of two lemons

Pour the boiling water on the tea. Cover closely and allow to stand for 5 minutes. Then stir it from bottom and strain. Add sugar, lemon juice and grape juice. Chill thoroughly. Serve in iced tea glasses.

—Mrs. J. Raymond Smith

—PCB—

COFFEE

The proportions for 1 cup:

Weak, 1 tbsp.

Medium, 2 tbsp.

Strong, 3 tbsp.

After dinner, 4 tbsp.

Allow one extra cup of water for steeping.

Breads, Waffles and Muffins

BEATEN BISCUIT

Of course I'll gladly give de rule I meks beat biscuit by,
 Dough I ain't sure dat you will mek dat bread de same as I,
 'Case cookin's like religion is, some's 'slected an' some ain't,
 An' rules don't no more mek a cook den sermons mek a saint.
 But soon as you is got dat dough mixed up all smooth an' neat,
 Den's when yo' genius gwine to show, to get dem biscuits beat!

BUTTERMILK BISCUITS NO. 1

3 cups flour
 3 teaspoons baking powder
 $\frac{1}{4}$ cup lard
 1 teaspoon salt
 1 $\frac{1}{2}$ cup butter milk
 Sift salt and baking powder with flour, add lard working it into flour. Then add milk. Roll out and cut. Bake in hot oven.

—Mrs. Ed. Banner
 —PCB—

BUTTERMILK BISCUITS NO. 2

1 quart flour
 $\frac{1}{2}$ tsp. soda
 4 teaspoons baking powder
 1 teaspoon salt
 Large lump of lard
 Buttermilk
 Sift flour, soda, baking powder and salt. Mix in lard and add enough buttermilk to make a soft dough. Place in ice box several hours or until ready for use. Work in more flour if needed to make dough stiff enough to roll. Always handle lightly and keep a soft dough. Bake in hot oven.

—Mrs. Martin Bennett

BEATEN BISCUITS

1 quart flour
 1 heaping teaspoon salt
 2 tablespoons lard
 Sweet milk
 Speck of soda
 Make a stiff dough. Work until flexible. Beat until it blisters. Cook in a moderate oven.

—Mrs. C. M. Whitlock
 —PCB—

BAKING POWDER BISCUIT

2 $\frac{1}{2}$ cups flour
 3 teaspoons baking powder
 1 teaspoon salt
 3 tablespoons shortening
 Sweet milk enough to make a soft dough

Note: This recipe may be used with whole wheat flour adding one tablespoon of sugar.

—Rumford Cook Book
 —PCB—

CHEESE BISCUITS

$\frac{1}{2}$ pound butter
 $\frac{1}{2}$ pound grated cheese
 $\frac{1}{4}$ teaspoon salt
 1 to 2 tablespoons milk
 Dash of cayenne
 Flour sufficient for soft dough
 Mix butter and cheese, add salt and pepper. Add flour

and milk to make dough that can be rolled. Roll and cut with small cutter. When almost done sprinkle with sugar to brown.

—Mrs. D. E. Hoffman

—PCB—

SUGAR BISCUITS

1 pound sugar
 ¼ pound butter
 4 eggs (well beaten)
 1 teaspoon soda
 1 cup milk
 Flour

Beat the sugar and butter together until smooth, add eggs, milk, (in which soda has been dissolved), then stir in enough flour to make dough stiff enough to roll out. Cut and bake.

—Old Salem Cook Book

—PCB—

QUICK BREAKFAST CAKE

1½ cups flour
 2½ teaspoons baking powder
 ½ teaspoon salt
 ¼ teaspoon cinnamon or mace
 ¼ cup sugar
 1 egg unbeaten
 3 tablespoon melted fat or Wesson oil
 ½ to ¾ cup milk

Mix together and put in pie pan. Cover with the following topping:

1 tablespoon flour
 3 tablespoons brown sugar
 ½ teaspoon cinnamon or mace
 1½ teaspoons melted butter
 Pinch of salt

Spread on top of cake and bake 30 to 35 minutes at 400 deg.

—Mrs. J. W. E. Prather

—PCB—

SALT RISING BREAD

Scald 1-3 cup of fresh milk, thicken with corn meal to a thin batter and keep in warm

place until morning.

1 pint fresh milk
 1 pint hot water
 1 teaspoon salt

To the milk, water and salt add enough flour to make stiff batter, put in the yeast meal and beat well. Set to rise in warm water in a crock. When it rises to top of crock take flour, 1 tablespoon sugar, 1 teaspoon salt, lump of lard size of turkey egg. Mix quickly. Put in pans to rise. When light bake.

—Mrs. T. N. Brock

—PCB—

LUNCH ROLLS

1 cake Fleischman's yeast
 1½ cups milk, scalded and cooled
 1 tbsp. sugar
 4 cups sifted flour
 3 tbsp. melted shortening
 1 egg 1 tsp. salt

Dissolve yeast and sugar in lukewarm milk. Add shortening and 2 cups flour. Beat thoroughly, then add egg, well beaten, balance of flour gradually, and salt. Knead lightly, using as little flour as possible. Place in greased bowl, cover and let rise in warm place about 3 hours. Make into rolls, brush with melted butter, place in pans to rise 30 min. or until double in bulk. Bake in hot oven.

—Mrs. Frank Carter, Jr.

—PCB—

ICEBOX ROLLS

Part A. Mix
 1 pint scalded and cooled sweet milk
 ½ cup sugar
 ½ cup mashed potatoes
 1 cake yeast dissolved in ½ cup luke warm water
 Part B. Sift together
 7 cups flour (more if needed)

1 teaspoon baking powder
 1/2 teaspoon soda
 1 teaspoon salt

Cut into Part B. 1/2 cup lard, add Part A and enough flour to make a soft dough. Let rise at room temperature until double in bulk. Push down and set in ice box until ready for use. Pinch off amount of dough needed for one meal. Roll 1/2 inch thick. Cut and let rise until double in bulk and bake. This dough can be kept several days.

—Miss Sue Ramsey Johnston
 Cooking Teacher

—PCB—

CINNAMON FRUIT ROLLS

Roll out piece of light roll dough to 1/2 inch thickness. Spread with 3 tablespoons melted fat.

Combine 1/2 cup brown sugar and 1 teaspoon cinnamon sprinkled over melted fat. Top with 1/2 cup chopped nuts and 1/2 cup raisins. Roll and slice 3/4 inch thick. Let rise and bake in oven 400 deg. for 10 to 12 minutes.

—Mrs. L. S. Wood

—PCB—

RUSSIAN BREAD

4 1/2 cups flour
 1 cake yeast
 1 1/4 cups scalded milk
 1/4 cup sugar
 1 1/2 cups raisins
 2 eggs
 1/4 cup butter
 Salt and cinnamon to taste

Make sponge of flour yeast and water, add eggs, sugar, butter, raisins, cinnamon and salt. Mix to a soft dough. Knead thoroughly and allow to rise well. Makes 2 loaves.

—Mrs. Vance Price

SALLY LUNN

1 cake yeast
 2 cups milk scalded and cooled
 1 tablespoon sugar
 4 tablespoons butter, melted
 4 cups flour
 2 eggs
 1 teaspoon salt

Dissolve yeast and sugar in luke warm milk. Add butter, then flour, eggs well beaten and salt. Beat until smooth. Pour into well greased pans. Cover and let rise in a warm place until double in bulk. Sprinkle granulated sugar over top and bake in hot oven; serve hot. Break apart with fork.

—PCB—

NUT BREAD NO. 1

2 cups flour
 1 cup sweet milk
 1/2 cup chopped nuts
 1/4 cup sugar
 1/2 teaspoon baking powder
 1 teaspoon salt

Mix dry ingredients and add milk. Pour into greased pan and let stand 20 minutes. Bake in moderate oven. This makes delicious sandwiches. Cut thin and spread with creamed butter.

—Mrs. Bruce Yokley

—PCB—

NUT BREAD NO. 2

1 package dates chopped fine
 1/2 pound English walnuts (1 cup) chopped
 1 cup flour
 1/2 cup sugar

2 eggs, beaten separately
 1 teaspoon baking powder
 1 tablespoon brandy or vanilla

Mix eggs, sugar, flour, etc., then nuts and dates. Bake in slow oven 350 deg. for 45 minutes. Then reduce heat

and cook 15 minutes. Slice thin and spread with butter or cream cheese

—Mrs. J. Dillon Simpson

—PCB—

NUT BREAD NO. 3

2 cups flour
2 teaspoons baking powder
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter
 $\frac{1}{2}$ cup chopped nuts

Mix flour, baking powder, sugar, salt and nuts. Add milk. Fold in beaten egg. Let stand 10 to 20 minutes and bake in slow oven.

—Mrs. Grey Sydnor

—PCB—

NUTBREAD (1 Loaf)

3 eggs
 $\frac{1}{2}$ cup sugar
1 cup flour
1 lb. dates chopped
2 cups nuts (walnuts)
1 tsp. baking powder
2 tsp. wine

Mix like cake and bake in loaf pan slowly.

—Mrs. W. J. Byerly.

—PCB—

BOSTON BROWN BREAD

$2\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups post bran
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
1 cup molasses, Porto Rico
2 cups sweet milk
1 pkg. raisins

Dissolve soda in molasses. Mix dry ingredients and add milk and molasses. Steam 3 hours in baking powder cans.

—Mrs. Will Prather

—PCB—

FRENCH TOAST

3 slices bread
1 egg well beaten

$\frac{1}{4}$ tsp. salt
1 tbsp. milk

Beat egg, add salt and milk. Dip bread into it and fry in butter. Serve with sugar.

—PCB—

MILK TOAST

1 cup milk
 $\frac{1}{4}$ tsp. salt
2 slices buttered toast
Lump of butter
Pepper

Heat milk, salt, butter and pepper. Do not boil. Pour heated milk over toast. Serve hot.

—PCB—

CINNAMON TOAST

Slice bread $\frac{1}{2}$ inch thick. Spread with following mixture and toast. Lovely for afternoon tea.

$\frac{1}{4}$ lb. butter
1 tsp. cinnaman
 $\frac{1}{2}$ cup brown sugar

Cream butter and sugar, add cinnaman.

—Contributed

Note:—This is nice spread between slices of bread as for a sandwich and placed in hot waffle iron.

—PCB—

POPOVERS

2 eggs
1 cup milk
1 cup flour 1 tsp. salt

Beat eggs without separating, add milk and salt, then flour, beating all the time. Strain batter thru sieve. Have gem pans well greased and hot. Bake in moderate oven 40 minutes. If they fall when taken from oven, they have not baked long enough.

—Miss Mae Snell, Thomasville, N. C.

BRAN MUFFINS

1 cup bran
 1 cup flour
 1 egg
 1 cup buttermilk
 2 tbsp. melted shortening
 1 tsp. sugar
 1 tsp. baking powder
 1 scant tsp. soda
 Pinch salt

Dissolve soda in $\frac{1}{4}$ cup hot water, mix all other ingredients together, add liquids, well beaten egg and melted shortening. Mix well, cook in greased muffin tins in hot oven. Makes 9 muffins.

—Mrs. Cleve Hale

—PCB—

HUCKLEBERRY MUFFINS

$\frac{1}{4}$ cup lard and butter mixed
 $\frac{1}{2}$ cup sugar
 1 egg
 $1\frac{1}{2}$ cup flour
 $\frac{1}{2}$ tsp. salt
 3 tsp. baking powder
 $\frac{1}{2}$ cup milk
 1 cup huckleberries

Cream shortening, add sugar gradually and cream well. Add beaten egg. Sift dry ingredients together, add alternately with milk—add huckleberries. Pour into greased tins. Bake at 350 deg. for 30 minutes. Makes 12 muffins.

—Gold-Medal Cook Book

—PCB—

GRAHAM MUFFINS

$\frac{1}{2}$ pt. buttermilk
 $\frac{1}{2}$ tsp. soda
 2 cups graham flour
 $3\frac{1}{2}$ tsp. baking powder
 2 tsp. fat, preferably wesson oil

Sift flour, soda and baking powder. Add buttermilk and fat. Put in well greased muffin pan and bake in hot oven about 20 minutes.

—Mrs. D. V. Price

FLOUR MUFFINS

$\frac{1}{4}$ lb. butter and lard, mixed
 2 eggs
 1 tsp. salt
 1 tbsp. sugar
 4 cups flour
 4 tsp. baking powder

Cream butter and eggs together, add dry ingredients alternating with enough sweet milk to make smooth batter. Cook in well greased muffin tins in hot oven.

—Mrs. W. J. Byerly

—PCB—

CORNMEAL MUFFINS**NO. 1**

$\frac{1}{2}$ cup cornmeal
 $\frac{1}{2}$ cup wheat flour
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ tsp. salt
 2 tsp. baking powder
 1 egg
 $\frac{1}{2}$ cup sweet milk
 2 tbsp. melted butter

Sift dry ingredients three times. Beat egg, add milk, mix with dry ingredients. Add butter last. Bake in moderate oven 25 minutes in well greased muffin pans.

—Mrs. Edward Ashby

—PCB—

CORNMEAL MUFFINS NO. 2

1 cup corn meal
 $\frac{3}{4}$ cup flour
 3 tsp. baking powder
 1-3 tsp. soda
 $\frac{1}{2}$ tsp. salt
 2 tbsp. sugar
 1 egg
 1 cup sour milk or buttermilk
 4 tbsp. melted butter

Sift dry ingredients together. Add egg, milk and melted butter. Bake in greased muffin tins in moderate oven, starting at 350 deg. and increasing to 385 deg. for 20 minutes. Makes 12 muffins.

—Royal Cook Book

CORN BREAD

1 cup corn meal
 1 cup flour
 4 tsp. baking powder
 1 tsp. sugar
 1/2 tsp. salt
 1 egg
 1 1/2 cups milk
 1 tbsp. lard melted

Sift dry ingredients. Add beaten egg and milk to make stiff batter. Add shortening and beat until batter is light and thoroughly mixed. Pour into greased shallow pan. Bake in hot oven 425 deg. for about 25 minutes.

—Selected

—PCB—

PONE CORN BREAD

1 cup water
 1 cup buttermilk
 1/2 tsp. soda
 1/2 tsp. salt
 Meal to handle

Sift enough meal into water and buttermilk to make dough—add soda and salt. Shape into pones, place in greased pan and bake in hot oven 45 minutes to one hour.

—Mrs. W. E. Merritt

—PCB—

FRIED CORNBREAD

1 cup meal
 1/2 cup flour
 1 cup sweet milk
 1 egg
 1 tsp. baking powder
 1 tsp. salt
 Pinch of soda

Mix as for any bread and drop by tablespoonsful in boiling lard.

—Mrs. J. M. Hollingsworth

—PCB—

FRITTER BATTER

1 1-3 cups flour
 2 tsp. baking powder
 1/4 tsp. salt

1 egg
 2-3 cup milk

Note: Sift flour, salt and baking powder, beat eggs, add milk, stir into flour. This batter may be used with any vegetable, fruit or meat.

—Mrs. Moir Martin

—PCB—

CORN BATTER CAKES

1 pt. buttermilk
 2 eggs
 1 tsp. soda
 1 tsp. baking powder
 Salt

Meal to make batter

Beat eggs well, add buttermilk and sift soda, baking powder and meal into it to make batter, fry on greased iron.

—Mrs. Ed. Merritt

—PCB—

CORNBREAD STICKS

2 eggs
 2 cups buttermilk
 1/4 tsp. salt
 2 cups corn meal
 1/2 tsp. soda dissolved in 1/2 cup boiling water

Beat egg, add buttermilk, stir in corn meal and soda water. Have bread stick pans well greased and very hot, bake quickly.

—Mrs. M. S. Martin

—PCB—

HOT CAKES

1 egg
 1 1/2 cups flour
 2 tsp. baking powder
 2 cups buttermilk
 Pinch of soda
 1 scant tsp. salt

Soak a little light bread in water and squeeze. Add beaten egg, salt, buttermilk and flour to make batter, soda and baking powder. Fry on hot griddle.

—Mrs. Howard Foy

FLANNEL CAKES

2 eggs
 1½ cups buttermilk
 1 cup sweet milk
 1½ tsp. soda
 1 tsp. salt
 Flour

Separate eggs. To yolks add milk, buttermilk, salt and flour to thicken. Fold in beaten whites and add soda last.

—Mrs. J. M. Hollingsworth
 —PCB—

BUTTERMILK PANCAKES

1 pt. buttermilk
 2 tsp. baking powder
 ½ tsp. soda
 2 eggs ½ tsp. salt
 Flour to make batter

Make a stiff batter and fry. Can be left over like buckwheat and added to if desired.

—Mrs. Will Prather
 —PCB—

BUCKWHEAT CAKES NO. 1

1 cake yeast
 1 qt. warm water

Enough buckwheat to make very stiff batter. Let stand 24 hours in a warm room.

Take off about 1 quart the mixture the next morning and add 1 tsp. soda dissolved in boiling water.

1 teaspoonful molasses and pinch of salt. Fry on greased gridiron.

Do not put rest of mixture you have back into yeast mixture but each night you can add water and buckwheat to yeast mixture for cakes to be made next morning. This yeast mixture can be kept as long as you wish if not mixed with soda and molasses mixture.

Mrs. W. E. Merritt

BUCKWHEAT CAKES NO. 2

2 eggs
 1 cup flour
 1 cup buckwheat
 4 tsp. sugar
 2 tsp. of baking powder
 Butter size of egg (melted)
 1 tsp. salt
 Milk to make soft batter and fry on griddle pan.

—Mrs. B. H. Williamson
 —PCB—

PAN CAKES

1 cup flour
 1 egg
 1 tsp. baking powder
 1 tsp. salt
 2 tsp. sugar
 Butter size of walnut
 Sweet milk to make medium batter

Sift flour, baking powder, salt and sugar in mixing bowl, add egg, milk and butter to make thin batter. Cook on alumnum griddle until golden brown. Serve with brown sugar syrup, made by melting brown sugar.

—Mrs. B. H. Williamson
 —PCB—

SPOON BATTER BREAD NO. 1

2 eggs
 2 cups buttermilk
 ¼ tsp. soda
 1 tsp. baking powder
 8 level tbsp. corn meal
 ½ tsp. salt
 Butter, size of small egg

Melt butter in baking dish. Mix eggs, buttermilk, corn meal, soda, baking powders and salt. When the butter has melted, pour these ingredients in dish, with melted butter and bake 30 minutes in oven 400 deg. F.

—Mrs. B. H. Williamson

SPOONBREAD NO. 2

- 2 eggs well beaten
- 2 cups buttermilk
- 1 cup water
- 1 cup cornmeal
- ½ tsp. soda
- ½ tsp. baking powder
- 1 tsp. salt

Bake in greased baking dish until thickens. Serve from dish.

—Mrs. Martin Bennett

—PCB—

SPOONBREAD NO. 3

- 1 cup meal
- 1 tbsp. lard
- 1 cup buttermilk
- 1 egg beaten
- 1 tsp. salt
- 2 tsp. baking powder
- Pinch of soda

Stir into this enough boiling water to make soft batter. Beat until cool. Bake slowly in buttered casserole.

—Mrs. Joe Brock

—PCB—

BAKED GRITS

- 2 cups cold boiled grits
- 1 cup sweet milk
- 1 egg
- 1 tsp. salt
- 1 tsp. baking powder
- 3 tbsp. cornmeal
- 3 tbsp. melted butter or bacon fat

Mix all ingredients and pour into well greased baking dish. Bake 20 to 30 minutes in hot oven. Grated cheese may be added to this.

—Miss Elizabeth Merritt

—PCB—

WAFFLES NO. 1

- 2 cups flour
 - 4 eggs
 - 4 tsp. baking powder
 - 7 tbsp. melted butter
 - 1 tsp. salt
 - ¼ tsp. sugar
 - 2 scant cups sweet milk
- Sift flour, salt, sugar and

baking powder, add egg yolks well beaten and milk needed. Lastly add melted butter and stiffly beaten egg whites. Makes a very light waffle.

—Mrs. Grey Sydnor

—PCB—

WAFFLES NO. 2

- 2 eggs, beaten separately
- 2 cups sour milk
- 2 cups flour
- 6 tbsp. melted shortening
- 2 tsp. baking powder
- 1 tsp. soda
- Salt

Sift dry ingredients. To milk add egg yolks, then dry ingredients, then melted fat and lastly egg whites, beaten stiff.

Note:—Sour cream may be used instead of sour milk and fat.

—PCB—

CHOCOLATE NUT WAFFLES

- 2 cups flour, sifted
- 4 tsp. baking powder
- ½ cup sugar
- 1 tsp. salt
- 2 egg yolks
- 1½ cups milk
- ½ cup shortening
- 2 squares of melted chocolate or 3 tbsp. cocoa
- ½ cup chopped nuts
- 1 tsp. vanilla
- 2 egg whites

Mix and sift dry ingredients. Beat egg yolks and milk together and add to dry ingredients. Melt shortening and chocolate together. Let mixture cool and add nuts and vanilla. Fold in egg whites beaten stiff and bake on waffle iron. Serve with syrup.

—Mrs. B. H. Williamson

Note:—Mashed bananas may be used in this receipt in place of nuts and chocolate.

Cakes, Cookies and Fillings

Cakes are classified as butter cakes and sponge cakes. Butter cakes contain fat, while sponge cakes do not.

Some Rules For Cake Making

Have eggs and butter perfectly fresh.

Always separate whites and yolks of eggs unless the recipe directs otherwise.

Measure everything before beginning.

Beat butter to a cream before adding the sugar, then beat until very light before adding the well-beaten yolks of the eggs. Add the milk and the flour, the latter only a little at a time, mixing well before adding more. Sift the baking powder into the last cup of flour. Last of all add the stiffly-beaten whites stirring only enough to mix them well with the batter.

Have pans well greased beforehand, then flush them with cold water shaking it out well, and in putting batter into them be careful not to touch sides or bottom with the spoon or the cake will stick. It is well to line the pans with greased paper for fruit cake, pound cake or any cake rich in butter.

Loaf cakes should be baked in a moderate oven. Layer cakes may be baked more quickly.

Do not jar the stove or open and close the oven door for some time after the cake is put in. If necessary to look at a cake while baking do it as quickly as possible, and open and close the door carefully.

When a cake is done, turn it out gently on a cake sieve and do not handle it while hot. If cake should stick, a damp cloth laid over the bottom of the inverted pan will sometimes remedy it.

ANGEL FOOD CAKE

11 egg whites
 1/4 tsp. salt
 1 1/2 cups sugar
 1 tsp. cream of tartar
 1 cup flour
 1 tsp. almond flavoring

Add salt to egg whites, and when half beaten, sift in cream of tartar; continue to beat and when stiff, spoon in the sugar, then add flavoring, and lastly fold in flour slowly (flour and sugar should be sifted separately four times). Moisten pan with cold water,

shake free from water and pour in batter.

To Cook

Place on lower rack in cold oven; upper unit off, lower unit medium. Set heat control for 350 degrees. There should be about 35 or 40 minutes of gradual heating before 350 degrees is reached. Total time of baking is 1 hour. Remove cake from oven when brown and dry around edge, and invert, leaving in pan until thoroughly cold.

—Mrs. D. V. Price

STUFFED ANGEL FOOD CAKE

1 angel food cake
 1/2 cup shredded cocoanut
 1 cup crushed raspberries,
 fresh peachès or pineapples
 (chopped nuts if desired)
 Whipped cream

Cut a thin slice from top of cake, taking care not to break outer wall. Now, take scissors and carefully cut out some of inside of cake, being always careful to preserve outer wall. Crumble cake which has been removed and mix with cocoanut and crushed fruit and enough whipped cream to hold ingredients together. Fill cake cavity with this mixture. Replace top, wrap in waxed paper and let stand in refrigerator several hours.

Before serving if desired, cover with whipped cream or white icing. If this has been in refrigerator long enough, it will slice nicely. Serve on small plate.

—Mrs. Dio C. Lewis

—PCB—

ANGEL CAKE WITH NUT AND WHIPPED CREAM FILLING

Make angel food and bake in layers and put together with this filling. Whip cream very stiff, sweeten and flavor to taste, add chopped almonds. put layers together with this cover with icing and put nuts on top.

—PCB—

SPONGE CAKE

5 whole eggs
 1 cup granulated sugar
 Pinch salt
 1/2 cup warm milk
 1 1/4 cup flour
 Few drops vanilla

1/4 tsp. baking powder

Beat very light eggs, adding sugar gradually, beating steadily, adding vanilla then add carefully warm milk, then flour in which the baking powder has been sifted, pour into well greased pans. Bake 400 deg. F. 20 min. Makes two 7 in. layer cakes. Use any icing desired. Is good for strawberry short cake.

—PCB—

POUND CAKE

1 lb. butter
 10 eggs
 1 lb. sugar
 14 oz. flour

Beat eggs separately and very thoroughly, adding whites last, folding them carefully in. Bake in a very moderate oven for 1 1/2 hours or test with a straw. The success of a pound cake is the baking.

—Mrs. T. N. Brock

—PCB—

CUP CAKES

1/2 cup crisco or butter
 1 cup sugar
 4 egg whites beaten
 2 cups flour
 2 tsp. baking powder
 1/2 to 3/4 cup milk
 1 tsp. vanilla

Cream sugar and shortening. Add flour and milk. Fold egg whites in last. Bake in muffin tins and serve with jelly.

—Mrs. Martin Bennett

—PCB—

ONE-TWO-THREE-FOUR CAKE

1 cup butter
 2 cups sugar
 3 cups flour
 4 eggs

3 level tsp. baking powder
 1/4 tsp. salt
 1 cup cold water
 Cream egg yolks, sugar and butter together, add water. Sift in dry ingredients and beat smooth. Add 1 tsp. vanilla. Lastly fold in stiffly beaten whites of eggs, cutting and folding until batter is smooth. This is almost like a pound cake when cooked solid.

—Salem Cook Book

—PCB—

WHITE CAKE (LAYER)

3/4 cup butter
 2 cup sugar
 3 cups flour
 1 cup water
 2 tsp. baking powder
 8 egg whites
 1 tsp. vanilla

Mix as any other white cake. Especially nice for strawberry short cake.

—Mrs. Robt. Lovill

—PCB—

SILVER CAKE

8 egg whites
 1 cup butter
 2 cups sugar
 4 cups flour
 2 tsp. baking powder
 1 cup milk
 Pinch salt

Cream sugar and butter. Add milk and flour. Flavor with lemon and vanilla. Fold in whites. Bake 2 hours. Pre-heat oven to 300 degrees.

—Mrs. Moir Martin

—PCB—

NEVER FAIL WHITE CAKE

2 cups sugar 3/4 cup butter
 6 egg whites
 3 level cups flour
 2 level tsp. baking powder
 Pinch of salt
 1 cup sweet milk
 Cream butter and sugar.

Add beaten egg whites and other ingredients.

Bake in oven 375 degrees for 25 minutes.

—Mrs. J. M. Hollingsworth

—PCB—

LIGHTNING CAKE

1 1/2 cups flour
 1 1/4 cups sugar 2 eggs
 1-3 cup butter (melted)
 2-3 cup milk

Sift dry ingredients together, add the milk to melted butter and pour into flour, break into this eggs and beat all together until smooth and light. Bake in two layers.

—Mrs. C. M. Whitlock

—PCB—

ONE EGG CAKE

1 egg
 1/4 cup sugar
 2 1/4 cup flour
 1 cup sweet milk
 1/4 cup butter
 1 tsp. salt
 4 tsp. baking powder

Cream butter and sugar. Add other ingredients. Bake in muffin tins or in layers.

—Contributed

—PCB—

LADY BALTIMORE CAKE

1 cup butter
 2 cups sugar
 3 1/2 cups flour
 6 egg whites
 1 cup sweet milk or water
 2 tsp. baking powder
 1 tsp. vanilla

Mix as you would cake batter and bake in three layer-cake pans, oven 400 degrees for 20 minutes.

Filling: Dissolve 3 cups granulated sugar in one cup boiling water, cook until it threads, then pour it over the stiffly beaten whites of 3 eggs. To this add 1 cup chopped

raisins, 1 cup chopped nut meats, pecans preferred and 5 figs cut in very thin strips will stack and ice the whole cake.

—Mrs. B. H. Williamson

—PCB—

GOLD CAKE

1 cup sugar
 $\frac{3}{4}$ cup butter
 $\frac{1}{2}$ cup sweet milk
 $1\frac{1}{2}$ cups flour, full measure
 8 egg yolks
 1 whole egg *$\frac{1}{2}$ tsp baking powder*
 1 tsp. vanilla

Cream butter and sugar, add eggs well beaten, then alternate with flour and milk. Flavor. May be cooked in loaf or in layers. Is very rich, and white icing much better than a richer one. Temperature for cooking solid preheat 325 degrees F. Then cut top unit off. Bake 40 to 50 minutes, layers may be cooked faster.

—Mrs. B. H. Williamson

—PCB—

UPSIDE DOWN CAKE

Put $\frac{1}{4}$ lb. butter, 1 cup brown sugar in a large "skillet" or frying pan, let them melt. Add cup pecans or other nuts if you prefer. Then cover with rings of pineapple.

Cake part: Beat yolks of 3 eggs until lemon colored, 1 cup white sugar, 5 tbsp. pineapple juice, 1 cup flour, 1 tsp. baking powder, last add well beaten whites of three eggs. Bake in moderate oven about twenty-five minutes. Can use peaches instead of pineapple if prefer. Put your cake part right in the skillet over the pineapple then when done. turn upside down in tray or plate. Serve with whipped cream.

—Miss Lena Hatcher

SPICE CAKE NO. 1

3 eggs
 1 cup sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sour milk
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ tsp. soda
 $1\frac{1}{2}$ tsp. cinnamon
 1 tsp. cloves
 $\frac{1}{2}$ tsp. all spice

Cream, butter and sugar. Add other ingredients. Beat well. Bake in biscuit pan 30 minutes. Moderate oven.

—Mrs. M. S. Martin

—PCB—

SPICE CAKE NO. 2

2 cups sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sweet milk
 $3\frac{1}{2}$ cups flour
 4 eggs
 2 tsp. cream of tartar
 1 tsp. soda
 2 tsp. each cinnamon and cloves
 $\frac{1}{2}$ tsp. ginger
 $\frac{1}{2}$ tsp. nutmeg

Mix as you would any other cake and bake in layers. Put together with sea foam or caramel filling.

—Mrs. J. C. Hollingsworth

—PCB—

JELLY ROLL

3 eggs
 1 cup sugar
 5 tbsp. water
 1 cup flour
 1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 1 tsp. flavoring
 $\frac{1}{2}$ cup jelly or jam

Mix as you would a sponge cake. Pour into shallow pan and bake 15 minutes in oven 375 degrees. When baked, turn upside down on a cloth sprinkled with powdered sugar. Cut off edges of cake.

Spread with jelly and roll carefully, wrapping in towel until cool.

—Mrs. B. H. Williamson
—PCB—

JAM CAKE

1/4 cup butter
2 cups sugar
4 eggs (beaten separately)
1 tsp. soda dissolved in 1 cup sour milk
3 1/4 cups flour
1 tsp. spice
1 tsp. cloves
1 tsp. cinnamon
1 cup jam or strawberry preserves

Bake in layers and put together with chocolate or caramel filling.

—Mrs. Ed Banner
—PCB—

STRAWBERRY SHORT CAKE

6 egg whites beaten stiff, add 2 cups sugar, 1 tbsp. vinegar, 1 scant tsp. vanilla.

Bake in Mary Anne pans very slowly in moderate oven about 45 minutes, until crisp through and through.

—Mrs. E. C. Ashby
—PCB—

ICE BOX CAKES

1/2 lb. butter
1/2 lb. confectioners sugar
6 eggs
1/2 lb. blanched almonds
1 1/2 dozen macaroons
1 1/2 dozen lady fingers
1 tsp. vanilla

Cream butter and sugar, add egg yolks beaten until light. Add almonds chopped fine and crushed macaroons. Put in vanilla and beaten whites.

Line bottom of loaf pan with macaroons and the sides with lady fingers on end. Pour in the mixture and set in ice

box for at least 36 hours. Serve with whipped cream.

—Miss Katherine Price
—PCB—

DATE ICE BOX ROLL

3 cups rolled Graham cracker
2 cups chopped dates
2 cups diced marshmallows
1 cup broken nuts
1/2 tsp. salt
1 1/2 tsp. vanilla
5 tbsp. cream

Mix with a fork and shape into roll. Chill 24 hours. Top with whipped cream or ice cream.

—Mrs. B. Y. Graves
—PCB—

DATE CAKE

1 1/4 lbs. flour
1 lb. butter
1 lb. brown sugar
6 eggs
3 packages dates
1 lb. English walnuts
2 level tsp. pastry spice
1 rounding tsp. baking powder
Flavor. Bake 2 hours like fruit cake.

—Mrs. John Prather
—PCB—

DATE TART

1/2 cup flour
1/8 tsp. salt
1 tsp. baking powder
2 eggs
1/2 cup sugar
1/2 tsp. vanilla
1 cup chopped nuts
1 pkg. dromedary dates sliced
Sift dry ingredients, beat eggs, add sugar slowly, add vanilla, nuts and dates. Stir in dry ingredients. Bake in shallow pan lined with oiled paper in moderate oven 300 deg. F for 1 hour. Cut in squares when cool and serve with whipped cream or small ball of vanilla ice cream.

—Mrs. J. Raymond Smith

WHITE FRUIT CAKE NO. 1

4 cups sifted cake flour
 1 tsp. baking powder
 1/2 tsp. soda
 1/2 tsp. salt
 1 lb. sultana raisins
 1/2 lb. citron (finely cut)
 1/2 lb. crystallized orange peel
 1/2 lb. crystallized lemon peel
 1/2 lb. crystallized pineapple
 1/2 lb. crystallized red cherries
 10 egg whites, stiffly beaten
 1 lb. blanched almonds
 (chopped)
 1 cup butter
 1 1/2 cups sugar
 1 tbsp. lemon juice

Sift flour once. Measure. Add baking powder, soda and salt, and sift together three times. Sift 1 cup of flour mixture over fruits and nuts; mix thoroughly. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add remaining flour mixture to creamed mixture, a small amount at a time. Beat after each addition until smooth. Add lemon juice, fruits, and nuts. Fold in egg whites. Pour into paper-lined tube pan or small bread pans. Bake in slow oven (250 deg.F), 2 1/2 hours. Then increase to 300 deg.F for 15 minutes. Makes 6 lb. cake.

—Swans Down Cook Book

—PCB—

WHITE FRUIT CAKE NO. 2

3/4 cup butter well creamed
 1 1/2 cups sugar, add slowly
 2 cups flour
 6 egg whites
 1 1/2 tsp. baking powder
 1/4 tsp. salt
 1 cup almonds blanched and chopped
 1 cup raisins (white)
 1/2 cup citron

1/8 lb. candied pineapple
 1 cup. shredded cocoanut
 Beat hard and add 1/2 tsp. almond and 1/2 tsp. vanilla. Add the cocoanut last.

Bake 1 1/2 hours, 325 deg. F in loaf pan.

—Miss Katherine Price

—PCB—

FRUIT CAKE NO. 1

1/4 lb. butter
 30c. candied cherries
 1 package figs
 Cinnamon (2 dashes)
 1 1/2 cups brown sugar
 4 eggs
 1/2 box raisins
 3 pieces candied pineapple
 3 cups flour
 1 piece citron
 3 cups nuts (almonds and English walnuts)
 1/4 lb. orange peel
 1/4 lb. lemon peel
 1/2 glass jelly
 1 cup wine
 1 tsp. baking powder
 2 tsp. salt

Cream sugar and butter. Add egg yolks and beat vigorously for two minutes. Sift together, spices, salt, baking powder and two cups of the flour and add alternately with the fruit juices (wine and jelly) to the first mixture. Then add the fruit and nuts which have been mixed with the other flour. Fold in the egg whites beaten stiff and bake in a slow oven 275 deg. for 4 hours. Line pan with wax paper. Place a pan of water under cake while it bakes.

—Contributed

—PCB—

FRUIT CAKE NO. 2

1 lb. flour
 1 lb. sugar
 3/4 lb. butter
 3 lbs. raisins, cut

- 10 eggs
- 1 lb. currants
- 1 lb. citron, cut fine
- 2 small cups wine
- 1 lb. almonds blanched and chopped
- 1 lb. English walnuts, cut
- 2 large nutmegs, grated
- 3 tbsp. cinnamon
- 2 tbsp. cloves
- 1 tsp. spice
- 2 tbsp. extract lemon
- 1 tsp. soda

Make a batter as for pound cake. Use extra flour to dredge fruits and nuts with. Grate nutmegs, add fruits to batter. Then extract and lastly wine which has had soda well dissolved in it. Grease pan thoroughly and line bottom with several layers of paper, sides also. Bake about 4 hours in slow oven.

—Mrs. B. H. Williamson

—PCB—

APPLE SAUCE CAKE

- 1 cup butter
- 2 cups sugar
- 3 eggs
- 2 cups apple sauce, cold, sweetened
- 4 slices crystallized pineapple
- 1/4 lb. crystallized cherries
- 5 cups flour
- 1 lb. raisins
- 1 cup nuts
- 1 cup watermelon preserves (chopped)
- 1 cup preserved cherries; or jam
- 1 tsp. soda mixed in sauce
- 1 tbsp. nutmeg
- 1 tbsp. cinnamon
- 1 tbsp. cloves

Mix same as fruit cake. Batter should be stiffer than ordinary cake. Bake from 2 to 4 hours. Start at 275 deg. increase to 300 deg.

—Mrs. Annie Mae Clark

FUDGE CAKE

- 1 cup butter
- 1/4 lb. chocolate
- 2 cups white sugar
- 1 1/2 cups flour
- 1 cup nuts (pecans) chopped
- 4 eggs
- 1 tsp. vanilla

Melt chocolate and butter, add sugar, drop in eggs 1 at a time alternating with flour, add nut meats last. Cook 60 minutes at 325 deg. F. When cool cut in squares.

—Mrs. T. N. Brock

—PCB—

LITTLE FUDGE CAKES

- 2-3 cup butter
- 1 1/2 cups sugar
- 2 1/2 cups flour
- 1 cup water
- 2 squares chocolate melted
- 2 eggs
- 1/4 tsp. salt
- 1/2 tsp. soda
- 1 tsp. baking powder
- 1 tsp. vanilla

Cream, butter and sugar. Add eggs and flour, in which soda, baking powders and salt has been sifted, alternate with water. Add melted chocolate and flavoring. Bake in paper cups 15 minutes in slow oven.

—Mrs. John Prather

—PCB—

SOUR CREAM CAKE

- 1 cup sugar
- 1 2-3 cups flour
- 1 level tsp. soda
- Pinch of salt
- 1 cup sour cream
- 2 eggs (yolks and whites beaten separately).
- 2 squares of melted chocolate
- 1/4 cup boiling water
- 1 tsp. vanilla

—Mrs. J. H. Folger

DEVILS FOOD CAKE NO. 1

2 eggs
2 cups brown sugar
 $\frac{1}{2}$ cup butter
2 squares chocolate
 $\frac{1}{2}$ cup boiling water
2 cups flour
Pinch of salt
 $1\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ cup sour milk

Pour boiling water over chocolate and when cool add butter. Stir soda into milk.

—Mrs. William Sydnor

—PCB—

DEVILS FOOD CAKE NO. 2

1 cup grated chocolate
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup sweet milk
Yolk of 1 egg
1 tsp. vanilla
1 cup butter
1 cup sugar
3 eggs
 $\frac{1}{2}$ cup cold coffee
1 tsp. soda

Cook together until the consistency of cream, chocolate, sugar and milk. Take from fire. Add egg yolk and flavoring. When cool, add to cake mixture. Cook in 3 layers in oven 400 deg. F. 20 minutes.

—Contributed

—PCB—

DEVILS FOOD CAKE NO. 3

Which will keep for months

1 cup butter
1 cup sugar
1 cup brown sugar
1 cup sweet milk
4 cups flour
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ cup chocolate
 $\frac{1}{2}$ cup boiling water
4 eggs
1 tsp. cream of tartar
 $\frac{1}{2}$ tsp. soda
1 tsp. all spice
1 tsp. cloves

1 tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
2 cups raisins
1 cup citron
1 cup English walnuts
 $\frac{1}{2}$ cup lemon peel candied
 $\frac{1}{2}$ cup orange peel candied

Cream butter and sugar, add molasses and egg yolks. Mix spices, cream of tartar and soda in flour. Dissolve chocolate in water and add: citron, raisins and nuts cut fine which have been dredged in flour. Fold in whites well beaten. This makes 3 large layers and will keep for months. Put together with caramel icing.

—Mary F. Graves

—PCB—

CHOCOLATE POTATO CAKE

2 cups sugar
1 cup butter
2 cups flour
 $\frac{1}{2}$ cup milk
1 cup mashed potatoes
1 cup walnut meats
1 cup melted chocolate
4 eggs
2 tsp. baking powder
1 tsp. vanilla
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. all spice
1 tsp. cloves

Cream butter and sugar, add well beaten eggs. Sift dry ingredients, add alternately with potato which has milk added to it. Chocolate and flavoring, last of all nuts.

—Mrs. E. C. Ashby

—PCB—

ROXBURY CAKES

$1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup molasses

$\frac{1}{2}$ cup sour milk
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. cloves
 1 tsp. cinnamon
 $\frac{1}{2}$ cup black walnut meats
 $\frac{1}{2}$ cup raisins, cut
 1 tsp. soda dissolved in sour milk
 2 eggs
 Mix batter as any cake, then add molasses, broken nut meats, raisins and seasonings, sprinkle fruit and nuts with small amount of flour from quantity measured. Cook in paper cups, in moderate oven 20 to 30 minutes. Sprinkle with sugar when done.

—Mrs. B. H. Williamson

—PCB—

GINGER BREAD NO. 1

2 eggs
 1 cup molasses
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup buttermilk
 $\frac{1}{2}$ cup lard or butter (melted)
 $2\frac{1}{2}$ cups flour
 1 tsp. soda (in milk)
 $\frac{1}{2}$ tsp. salt
 Flavor with ginger and cloves. Bake in moderate oven 375 deg. F.

—Mrs. W. J. Byerly

—PCB—

SOFT GINGER BREAD

$\frac{1}{2}$ cup sugar
 1 cup molasses
 $\frac{1}{2}$ cup lard or butter
 1 tsp. each ginger, cinnamon, cloves
 2 tsp. soda, dissolved in 1 cup boiling water
 2 eggs
 $2\frac{1}{2}$ cups flour
 Pinch salt

Mix as for cake, adding eggs last. Bake in slow oven. Black walnut meats and raisins may be added.

—Mrs. Sadie Y. Payne

SCOTCH SHORTBREAD 1

$2\frac{1}{2}$ cups Swans Down flour
 $\frac{1}{2}$ cup powdered sugar
 $\frac{3}{4}$ cup butter

Sift flour once, measure and sift three times, cream butter, add sugar, cream thoroughly. Work in flour with finger tips and press into greased pan, 8x8x2 inches. Prick with fork and bake 350 degrees F. for 45 minutes. Cool slightly and cut in squares before removing from pan.

—Mrs. Judson Ashby

—PCB—

SCOTCH SHORTBREAD 2

2 1-3 cups sifted flour
 $\frac{1}{2}$ cup sugar
 1 cup butter

Makes 1 tin 9x6x $\frac{1}{2}$ inches.

Cream butter, add sugar gradually. Work in flour with hands. Then press into greased pan $\frac{1}{2}$ inch in thickness. Prick with fork. Bake in slow oven 300 deg. F. for 35 min. After baking cut into small squares or oblongs for serving. Either white or brown sugar may be used. Especially nice for afternoon tea.

—Better Homes & Gardens

—PCB—

SOUR CREAM DOUGHNUTS

2 eggs
 1 cup sour cream
 1 cup sugar
 4 cups flour
 $\frac{1}{2}$ tsp. salt
 1 tsp. each soda and baking powder
 $\frac{1}{2}$ tsp. nutmeg

Make a soft dough, cut with doughnut cutter and fry in deep fat until brown. Roll in powdered sugar. 4 tbsp. butter and 1 cup sour milk may be used instead of sour cream

—Mrs. E. F. McKinney

PLAIN TEA CAKES NO. 1

2 cups brown sugar
 1 scant cup lard or butter
 2 eggs
 1½ tsp. soda
 Flour sufficient for a soft dough.

Cream sugar and butter, add well beaten eggs and soda dissolved in 2 tbsp. buttermilk. Roll thin and bake in moderate oven.

—Mrs. T. B. Ashby

—PCB—

PLAIN TEA CAKES NO. 2

1½ cups white sugar
 1 cup brown sugar
 1 large cup lard
 1 tsp. soda
 2 tsp. baking powder
 1 cup buttermilk
 3 eggs
 Flour sufficient for soft dough.

Cream butter and sugar, add well beaten eggs and soda dissolved in buttermilk. Add baking powder to flour. Flavor with nutmeg. Roll thin and bake.

—"Aunt Mandy" at Mrs. J. C. Hollingsworth.

—PCB—

ICE BOX COOKIES

1 cup white sugar
 1 cup brown sugar
 ¾ cup butter
 ¾ cup crisco
 4 cups flour
 3 eggs
 1 tsp. soda
 ½ cup nut meats
 ½ cup dates
 1 tsp. vanilla

Melt shortening, add sugar, then other ingredients. Make into rolls and keep in refrigerator. Slice thin and bake when needed.

—Mrs. Jim Yokley

HERMIT COOKIES

¾ cup butter
 1½ cups brown sugar
 3 eggs well beaten
 ¾ tsp. soda
 2½ cups flour
 ½ tsp. cinnamon
 ½ tsp. nutmeg
 1 cup raisins
 1 cup chopped nuts

—Mrs. T. E. Smith

—PCB—

FRUITED MACAROONS

½ cup shortening
 ½ cup sugar
 ¼ tsp. salt
 1 egg
 2 cups flour
 1 tsp. baking powder
 2 tbsp. milk
 ½ cup candied fruits or dates
 ½ cup chopped nuts
 1 cup shredded cocoanut
 1 tsp. vanilla

Cream butter and sugar well, then add well-beaten eggs. Sift dry ingredients and add to the mixture alternately, with milk. Add dates, nuts, cocoanut and vanilla. Bake 10 to 12 minutes on a greased pan at 425 deg. F.

—Mrs. John L. Ashby, Jr.

—PCB—

DATE COOKIES

1 box Graham crackers, large
 1 lb. package of dates
 1 cup nut meats

Roll crackers chop dates and nuts. Mix all ingredients with small amount of milk. Make into loaf and place in ice box. Slice thin and serve. No cooking required.

—Mrs. Howard Foy

—PCB—

DATE NUT COOKIES

½ cup butter
 3 cups flour
 ¾ or 1 cup sugar

2 tsp. baking powder
 $\frac{1}{4}$ tsp. soda or more if milk
 is sour
 $\frac{1}{2}$ tsp. salt
 1 tsp. vanilla
 1 egg
 $\frac{1}{2}$ to 1 cup chopped walnut
 meats
 1 cup chopped dates
 Buttermilk sufficient for a
 stiff dough.

Add baking powder, soda
 and salt to flour. Cut butter
 into this. Beat egg and cream
 sugar with this. Add vanilla.
 Mix with flour. Add dates,
 nuts and buttermilk. Roll out,
 cut with biscuit cutter. Spread
 top of each with a thick mix-
 ture of cream and brown sug-
 ar and bake in oven about 400
 degrees F. until brown.

—Mrs. Judson Ashby

—PCB—

OAT MEAL COOKIES

2 eggs
 $1\frac{1}{4}$ cups brown sugar
 2 cups flour
 2 cups oatmeal (uncooked)
 1 cup chopped raisins
 $\frac{3}{4}$ cup lard
 2 tsp. cinnamon
 1 tsp. salt
 4 tsp. baking powder
 $\frac{1}{2}$ tsp. soda dissolved in 5
 tbsp. sweet milk

Mix as you would any cook-
 ie batter and bake in mode-
 rate oven.

—Mrs. B. Y. Graves

—PCB—

CHRISTMAS COOKIES

1 qt. molasses (bright Porto
 Rico)
 $\frac{3}{4}$ lb. light brown sugar
 $\frac{3}{4}$ lb. lard and butter mixed
 Grated rind of two oranges
 2 level tbsp. cinnamon
 2 level tbsp. ginger
 2 level tbsp. cloves

1 level tbsp. soda
 4 lbs. or 16 cups flour

Warm molasses luke warm.
 Stir in sugar (which has been
 rolled free of lumps) until
 dissolved. Add butter and lard
 which has been warmed. Stir
 in spices and grated orange
 peel. Add small quantity of
 flour and beat till smooth.
 Then add soda, which has
 been dissolved in a tsp. of
 warm water. Add remainder
 of flour and work until slick.
 This will get so slick that no
 flour will be needed for roll-
 ing. Roll very thin and bake
 quickly. This will make about
 $\frac{1}{2}$ bushel of cakes.

—Mrs. E. A. Mickey

—PCB—

PEANUT BUTTER COOKIES

2-3 cup fat
 2 cups light brown sugar
 2 eggs
 2-3 cup peanut butter
 1 tsp. vanilla
 $\frac{1}{4}$ tsp. salt
 3 tbsp. cream
 $3\frac{1}{2}$ cups flour
 2 tsp. soda

Cream fat and sugar. Add
 eggs and peanut butter. Beat
 until creamy. Add other in-
 gredients. Mix lightly. Drop
 portions from end of spoon on-
 to greased baking sheet. Press
 with spoon. Bake 12 minutes
 in moderate oven.

—Mrs. E. A. Mickey

—PCB—

CHOCOLATE CRISPIES

2 squares Baker's chocolate
 (melted)
 $\frac{1}{2}$ cup butter or other short-
 ening
 1 cup sugar
 2 eggs unbeaten
 $\frac{1}{2}$ cup sifted flour
 $\frac{1}{2}$ tsp. vanilla

½ cup nuts finely chopped

To melted chocolate, add butter, sugar, eggs, flour and vanilla. Beat all together well. Spread mixture on baking sheets 12x16 or in 3 pans 8x8 inches. Sprinkle with nuts and bake in hot oven (400 deg.) for 15 minutes. While warm, cut or mark in 2 inch squares. Cool and break into squares. Makes 48.

—Mrs. Gray Sydnor

—PCB—

GINGER SNAPS

2 cups molasses (black)
1 cup lard
1 tbsp. ginger
1 tbsp. soda dissolved in molasses

Flour sufficient for dough to roll. (Dough just as soft as can handle). Roll thin on cloth, cut and bake in moderate oven.

—Miss Mary F. Graves

—PCB—

CREAM CHEESE COOKIES

1 cake creamed cheese
¼ lb. butter
1 cup flour
Jelly (tart) grape, apple
1 cup finely chopped nuts
Cinnamon

Soften butter and cheese in double boiler. Add flour, mix well. Place in refrigerator until firm enough to roll out.

Roll out, sprinkle with cinnamon. Spread with jelly and nuts and roll up like a jelly roll. Let stand in refrigerator over night. Cut in ½ in. cakes and bake in slow oven 380 deg. F. for 20 minutes or until brown. Take out and sprin-

kle with granulated sugar.

—Mrs. B. H. Williamson

—PCB—

COCOROONS

Beat 2 egg whites with ½ tsp. salt until stiff. Put in 1 cup sugar slowly. Add slowly 2 cups corn flakes, then 1 cup Baker's canned cocoanut (southern style) and ¼ tsp. flavoring. Drop on to waxed paper on greased pan and bake 10 minutes in moderate oven. 400 degrees F.

—Mrs. E. C. Ashby

—PCB—

FILLED COOKIES

2 cups sugar
2 eggs
1 cup lard
1 cup buttermilk
2 level tsp. soda
2 level tsp. baking powder
Flour sufficient to make a stiff dough

Mix as usual to make a dough. Roll out. Cut with biscuit cutter. Place one tsp. of filling on cookie; place another cookie on top and press edges down firmly. (Place cookies on baking sheet before filling).

Filling:

2 cups raisins
2 cups sugar
1½ cups chopped walnut meat
2 cups water
4 tbsp. flour
1 tsp. butter

Mix all ingredients except walnuts and boil until thick. Then stir in walnuts. If all of mixture is not used, it will keep indefinitely in refrigerator.

—Mrs. Judson Ashby

Fillings

CHOCOLATE FILLING NO. 1 THAT NEVER HARDENS

1 pt. milk
 $\frac{3}{4}$ large cake chocolate
 2 eggs
 $1\frac{1}{4}$ cups sugar
 $\frac{1}{4}$ cup flour
 Vanilla

Put chocolate and milk into top of double boiler and allow to get very hot. Beat all other ingredients together, then pour hot milk over them. Cook until thick in double boiler, stirring all the time.

—Mrs. C. M. Whitlock

—PCB—

CHOCOLATE ICING NO. 2

1 cup cocoa
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ cup butter
 Pinch of salt 2 cups sugar

Boil one minute. After it gets cold beat.

—Mrs. Annie May Clark

—PCB—

CHOCOLATE FILLING NO. 3 (Uncooked)

6 tbsp. butter
 2 cups confectioners sugar
 3 squares melted chocolate
 3 tbsp. cold coffee
 1 tsp. vanilla

Cream all this together thoroughly.

—Mrs. Judson Ashby

—PCB—

CARAMEL FILLING

$\frac{1}{2}$ cup white sugar browned
 $\frac{1}{4}$ cup water
 1 cup sweet milk
 3 cups white sugar
 $\frac{1}{2}$ tsp. soda

Butter size of egg

When sugar is dark brown,

add water and stir constantly until it syrups. Add all ingredients and stir 8 minutes or until it forms a soft ball in water.

—Mrs. Will Prather

—PCB—

CARAMEL FILLING NO. 2

Cook 4 cups light brown sugar with 1 cup milk or water until it forms a soft ball in cold water as you remove from fire add 2 tbsp. butter and 2 tsp. vanilla. Let this get thoroughly cold and beat until creamy. If the milk curdles add pinch soda. This makes enough for layer cake.

—Mrs. J. W. Lovill

—PCB—

WHITE FROSTING

(Good for cocoanut)

2 level cups white sugar
 1 cup water
 2 egg whites (unbeaten)

Boil sugar and water slowly until a small ball is formed in water. Pour this very slowly over the unbeaten egg whites. Beat until very light and fluffy. Add vanilla.

—Mrs. C. M. Whitlock

—PCB—

SEA FOAM FROSTING

4 cups brown sugar
 1 cup water
 2 egg whites
 Vanilla

Boil sugar and water until it threads when dropped from spoon. Pour boiling hot over the beaten egg whites, stirring all the time, and beat until light. Flavor.

—Mrs. Martin Bennett

LEMON FILLING FOR SPICE CAKE

1 egg yolk
Small piece of butter
Yellow rind of lemon grated
Juice of one lemon
Sugar (pulverized) until it is
the right consistency.

Make about as stiff as hard
sauce.

—Mrs. Moir Martin

—PCB—

LEMON FILLING FOR CAKE

1 cup sugar
 $\frac{1}{4}$ cup butter
2 eggs

Rind and juice of 2 lemons

Cream sugar and butter,
add eggs, rind, juice of lem-
ons. Cook in double boiler un-
til thick.

—Contributed

—PCB—

FILLING FOR WHITE CAKE

$2\frac{1}{2}$ cups white sugar
 $\frac{1}{2}$ cup karo syrup
 $\frac{1}{2}$ cup water
2 egg whites

Cook sugar, syrup and wa-
ter until it threads, pour on
beaten egg whites until ready
to spread.

—Mrs. J. M. Hollingsworth

ORANGE ICING NO. 1 (CUP CAKES)

1 orange
1 lemon
1 egg white
Sugar sufficient quantity, to
ice 12 cakes

Grate the lemon and orange
rind using the juice of $\frac{1}{2}$ the
lemon and juice of the whole
orange. Strain through thin
rag. Begin to add sugar to
unbeaten egg white adding
the juice as needed. Add sug-
ar until thick enough to
spread.

—Miss Barrett

—PCB—

ORANGE FILLING NO. 2

1 cup sugar
1 egg
 $\frac{1}{2}$ cup cold water
1 tbsp. butter
1 tbsp. flour

Dissolve in little water. Rind
and juice of two large oranges.
Boil all ingredients together
until thick enough to spread,
a little lemon may be added
if desired.

—Mrs. R. A. George

Note: 1 cup shredded cocoa-
nut may be used.

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Candies

A Little Taffy Now and Then
Is Relished By the Best of Men

DATE CANDY

3 cups sugar
1 cup nuts
1 cup milk
1 package dates
(small size)
1 tablespoonful butter

Mix sugar, milk, dates and butter. Cook until it forms a soft ball when tested in cold water. Remove from stove and beat until almost cold. Add nuts, pour on wet linen towel. Roll and cut. Stir constantly while cooking so dates won't stick to pan.

—Contributed

—PCB—

CREAM WALNUT

2 cups sugar
Pinch of cream of tartar
 $\frac{1}{2}$ cup water
1 teaspoon vanilla
1 cup chopped black walnuts

Cook sugar, water and cream of tartar together, without stirring until it forms a soft ball in cold water. Remove from stove and set pan in cold water for 3 minutes. Beat until it becomes white and creamy. Flavor with vanilla and add walnut meats. Pour into buttered tins and mark in squares.

—Mrs. D. E. Hoffman

—PCB—

SEA FOAM

Make a syrup of 3 cups of brown sugar and just enough water to cover it. Cook until it will spin or form a soft ball

in cold water. Pour very slowly over the stiffly beaten whites of 2 eggs, beating hard until it is stiff. Flavor with vanilla and drop by spoonfuls on a buttered dish.

—Contributed

—PCB—

DIVINITY

3 cups of sugar, 1 tablespoon vinegar, $\frac{1}{2}$ cup white Karo syrup, fill with cold water. Boil these ingredients together until syrup will spin or form a hard ball in cold water.

Remove from fire and pour very slowly into 2 stiffly beaten egg whites. Beat thoroughly and when nearly cold drop by teaspoonfuls on oil paper topping each with $\frac{1}{2}$ nut kernel.

—Mrs. J. G. Powell

—PCB—

PEANUT BRITTLE

2 cups sugar
Butter, size of walnut
1 cup chopped peanuts

Put sugar and butter in pan, stir constantly until sugar dissolves. Add peanuts. Stir until thoroughly mixed, pour on waxed paper, spread very thin and mark in squares.

—Mrs. W. M. Johnson

—PCB—

PEANUT PASTE

1 qt. pounded peanuts
3 eggs
 $1\frac{1}{2}$ lbs. brown sugar

Mix sugar and peanuts to-

gether and add eggs. Grease a pan with butter, spread the paste in it and bake in a moderately hot oven until a light brown. When done cut in squares.

Presbyterian Cook Book

—PCB—

MINTS

1/8 lb. butter
2 cups sugar
1 cup water
1 teaspoonful essence of mint
or 5 drops of oil of peppermint

Boil water and butter, move over low heat and add sugar. Pour it slowly and do not stir. Let boil until it will form a hard ball and tingle against cup, when dropped in water. Pour into buttered platter. Cool quickly. Pull just as soon as cool enough and when nearly hard pull out in ropes and cut in inch lengths with scissors. Put in tin box between layers of oiled paper and let stand before using. Add mints and coloring after pouring up.

—Mrs. E. F. McKinney

—PCB—

CREAMED MINTS

4 cups of sugar
1-3 cup of boiling water
1/4 lb. butter
2-3 tsp. oil of peppermint

Stir sugar, boiling water and butter together until partly dissolved. Cook at high heat until brittle in cold water. Do not stir. Pour on well greased marble slab. When cool enough to pull, add mint and pull until very white and porous. Stretch out and cut in small pieces with sharp scissors. Coloring may be added just before pulling if desired.

—Contributed

BUTTER SCOTCH

1 cup brown sugar
1/2 cup water
1 dessert spoonful vinegar
Butter size of walnut

Mix all together, let come to boil and boil about twenty minutes or until it spins a thread. Add flavoring if desired. Remove from stove and pour into well greased pan.

—Mrs. B. Y. Graves

—PCB—

COCOANUT CANDY

2 lbs. sugar
1 freshly grated cocoanut
2 tablespoonfuls vinegar
1 cup water

Boil sugar, water and vinegar to soft ball stage, add cocoanut and boil again until it can be picked up in fingers, set aside to cool and when luke warm beat until creamy. Pour on a buttered platter.

—Mrs. B. Y. Graves

—PCB—

FONDANT

1 lb. sugar
1 cup cold water

Mix well together, put on stove and cook without stirring until a soft ball is formed when dropped into cold water. Turn into greased bowl, beat hard until smooth and white, and can be kneaded like dough in the hands. This can be put away and kept until needed. Various kinds of candies may be made from this, dividing into several portions, using different flavor for each different coloring, etc.

—Woman's Club Cook Book

STUFFED DATES

Wash and stone dates and stuff with shredded cocoanut. Mix with enough marshmallow cream to hold it together. Roll in granulated sugar and lay on waxed paper. Nuts may be used for stuffing if preferred.

—Mrs. R. J. Banks

—PCB—

STUFFED DATES NO. 2

Make a stiff paste of confectioners' sugar and cream. Fill pitted dates with this mixture. Press a nut kernel inside of date. Pinch date together and roll in granulated sugar.

—Mrs. D. C. Rector

—PCB—

PULL CANDY

3 cups brown sugar
1 cup white sugar
1 cup water
2 tbsp. vinegar

Put on stove and stir until it begins to boil, then cook until it forms a hard ball in cold water. Pour out, let stand until cool, then pull. Add vanilla.

Nut meats may be added if desired. Cut with scissors when stiff enough.

—PCB—

FRUIT BON BONS

1 lb. figs
1 lb. raisins
1 lb. dates
½ lb. English walnuts
½ lb. fresh cocoanut
2 tbsps. sugar
½ tea cup wine or cream

Use fresh fruit and run through food chopper, mix well and roll into ball. These can be iced, rolled in grated cocoanut or in powdered sugar.

—Mrs. E. C. Ashby

COCOANUT BALLS

Mix 2 cups sugar, ¼ tsp. cream of tartar, ¼ tsp. salt, and ½ cup condensed milk diluted with ½ cup water. Cook to soft ball stage. Remove from fire and add 1 tbsp. butter. When cool add flavoring and beat until creamy. Add 1 cup shredded cocoanut, browned in the oven, and drop from spoon into small balls on a buttered plate, or mold on a buttered plate and mark into squares.

—PCB—

POPCORN BALLS

Put 3 quarts of slightly salted popped corn in large saucepan, and pour over it a mixture prepared by combining 1 tbsp. butter, 1 cup molasses and ½ cup sugar, which has been boiled until the mixture becomes brittle in cold water. Pour mixture gradually over corn, stirring constantly.

Shape into balls, the trick being to use as little pressure as possible. Let stand in cool place until brittle.

—PCB—

TAFFY

2 cups white sugar
2 tbsp. vinegar
Enough water to wet well
Butter size of walnut

Cook together until brittle enough to break when tapped against cup after testing in cold water. Pour into buttered platter, when cool pull with finger tips until very white. Pour few drops of vanilla on it. Pull some more and when too hard to pull anymore stretch out on linen cloth and cut with scissors.

—Mrs. C. M. Whitlock

DIVINITY FUDGE

3 cups white sugar
 1 tbsp. vinegar
 $\frac{1}{2}$ cup white Karo syrup
 $\frac{1}{2}$ cup cold water
 2 egg whites

Mix well, boil until it will spin a thread. Remove from stove and beat very slowly into beaten egg whites. Beat thoroughly and when nearly cold pour into greased pan and cut in squares.

—Mrs. C. M. Whitlock

—PCB—

CHOCOLATE FUDGE NO. 1

3 cups white sugar
 1 cup sweet milk
 $\frac{3}{4}$ large cake chocolate
 $\frac{1}{4}$ lb. butter
 Pinch of salt
 Nuts (if desired)

Cook sugar, milk and chocolate until a soft ball is formed when dropped in cold water. Remove from fire, add butter and set aside to cool. When cool, add vanilla and nuts and beat until it holds its shape when dropped by spoonful on oiled paper. This can be poured into greased pan and cut if desired.

—Mrs. C. M. Whitlock

—PCB—

CHOCOLATE FUDGE NO. 2

(Can't Fail)

2 $\frac{1}{2}$ level cupfuls (1 $\frac{1}{4}$ lbs.),
 sugar
 1 level tsp. baking powder
 2 squares (2 oz.) chocolate
 (grated)
 1 cupful ($\frac{1}{2}$ pint) milk
 2 heaping tbsp. butter

1 tsp. vanilla extract

Put sugar, baking powder, chocolate, milk and butter into sauce pan, bring to boiling point, boil until forms soft ball in cold water. Remove from fire, add vanilla, pecans or walnuts and beat until creamy. Pour into buttered tins and cut into squares when half cold.

—Nancy Fulton

—PCB—

CREAM CANDY

$\frac{1}{4}$ lb. butter
 2 lbs. sugar (confectioners)

Cream butter and then add sugar gradually, soften with Pet milk or pure cream. Mix until like dough, then divide and flavor with dry coconut, chocolate, mapleine cherries, vanilla, nuts, etc.

Chocolate Coating

$\frac{1}{2}$ lb. block bitter chocolate, add $\frac{1}{4}$ block parowax. Put in double boiler and let dissolve, add pinch salt just before taking off stove. Stick creams with hat pin and dip when chocolate is cooled. Dry on oiled paper.

—Mrs. E. C. Ashby

—PCB—

NEEDHAMS

1 small potato (boiled or baked)
 Mash potato
 Mix with 1 lb. confectioners sugar
 2 oz. coconut
 Spread in butter dish and pour over 2 oz. melted chocolate. Let harden and cut in squares.

—Mrs. Geo. K. Hale

Cereals, Cheese and Eggs

Cheese is valuable protein food, a meat substitute. Eggs may be added to foods for thickening purposes or to give lightness as well as food value.

Cereals: Pick over and wash whole cereals.

Pick over and soak coarse cereals.

Use a double boiler.

Cereals should cook from 1 to 4 hours

There are cooked and uncooked cereals

THE FOLLOWING AMOUNT OF CEREAL IS 100 CALORIE PORTION:

Food	Amount	Food	Amount
Corn flakes	1 1-4 cups	Oatmeal (cooked)	1 cup
Cornmeal (cooked)	2-3 cup	Puffed corn	1 1-4 cups
Farina (cooked)	3-4 cup	Puffed rice	1 1-3 cups
Grapenuts (cooked)	3 tbsp.	Puffed wheat	1 2-3 cups
Hominy (cooked)	4-5 cups	Shredded wheat	1 biscuit

WELSH RAREBIT

1 tbsp. butter
 1 tsp. flour
 1/2 cup milk
 1/2 lb. soft cheese cut in small pieces
 1/4 tsp. salt
 1/4 tsp. mustard
 Few grains cayenne
 Toast or crackers

Melt butter, add flour and stir until well mixed, then add milk gradually, while stirring constantly, and cook two minutes. Add the cheese and seasoning and stir until cheese is melted.

—Mrs. B. H. Williamson

CHEESE STRAWS

1 cup grated cheese
 2-3 cup flour
 4 tsp. water
 1 tsp. butter
 1/8 tsp. salt
 Dash cayenne

Put into mixing bowl and mix with hands until thoroughly mixed. Roll very thin, cut in strips, bake in slow oven.

—Mrs. Gene Paddison

—PCB—

CHEESE ROSE

1 cup grated cheese
 1 pt. sweet milk

1 cup bread crumbs
 1/8 tsp. salt
 3 beaten egg yolks

Mix well and let thicken on stove. Remove and cool. Beat into this well beaten whites of 3 eggs. Brown in moderate oven.

—Miss Mary F. Graves

—PCB—

EGG AND ONION

Brown slightly 2 very young spring onions (chopped) in butter. Drop 6 eggs in pan and stir until done, add salt and pepper to taste.

—Mrs. J. K. Hale, Jr.

—PCB—

DEVILED EGGS

6 hard cooked eggs.

Cut eggs in half, put yolks in bowl, mash thorough, season with mayonnaise or butter, salt and pepper, nuts, pickles or olives may be minced and added. Stuff this mixture back into egg whites, garnish with piece of parsley.

—PCB—

CHEESE, CARROTS OR APPLES

1/2 pound cheese grated and creamed with seasoning. Use mayonnaise or cream to soften with. Roll in shape of carrots, put sprig of parsley in top for stem. Make the apples round, using paprika to tint. Put whole clove in bottom and leaf in top.

—PCB—

GENERAL SUGGESTIONS FOR MAKING OMELETTE

Allow 1 tsp. liquid, 1/8 tsp. salt and a speck of pepper to each egg used. The liquid may be water, milk or cream. The amount of fat may vary with the size of the pan. There

should be enough to oil it well.

It is not wise to make too large an omelette. Two small ones are apt to be more successful than a very large one. From four to six eggs is as much as should be put into one omelette.

TO FOLD AND TURN AN OMELETTE: Hold the omelette by the handle. Loosen the omelette in the pan then place a spatula under the part nearest the handle. Tip the pan to a nearly vertical position, folding one-half of the omelette over on the other and rolling it on to a hot serving dish. If the omelette is very puffy it may be necessary to make two 1-inch incisions opposite each other and at right angles to the handle in order to make it fold well.

—PCB—

OMELETTE

1 egg
 1 tsp. liquid
 1/8 tsp. salt
 Speck pepper
 Fat

Separate the egg. Beat the yolk slightly, add the liquid and seasonings, then beat until thick and lemon-colored. Fold in the stiffly beaten egg white. Heat a frying pan, add fat enough to grease well. Turn in omelette mixture. Spread evenly over the pan and cook slowly. When well cooked and delicately browned underneath, put in a moderate oven and cook until the top is dry and firm but not brown. Fold and turn onto a hot platter.

Variations: ((Meat Omelette). Spread chopped, cook-

ed meat over omelette before folding. Ham is particularly good.

Oyster Omelette: The addition of an egg to each cup of creamed oysters improves the mixture.

Cheese Omelette: Sprinkle grated cheese over omelette before placing in the oven. Serve with medium white sauce to which cheese has been added.

Orange Omelette: Make omelette using orange juice for the liquid and omitting the pepper. Garnish with sections of orange and sprinkle with powdered sugar.

—PCB—

EGGS, SAMUEL BUTLER

Prepare as many slices of toast as there are eggs to be

cooked. Place a slice of broiled bacon on toast, on the bacon a poached egg, above the egg, a large cooked fresh mushroom (or a wreath of small mushrooms). Piece of sweet red pepper, arranged on top. Serve with or without sauce.

—Greensboro Cook Book

—PCB—

BAKED EGGS

Hardboil $\frac{3}{4}$ doz. eggs. Skin and slice. Place in baking pan alternately a layer of eggs and a very thin layer of cracker crumbs, bits of butter and salt. Add 2-3 cup sweet milk and sprinkle pepper over top. Place in oven and bake a light brown.

—Mrs. Jas. M. Cabaniss

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Cocktails

HONEYBALL COCKTAIL

Halve and remove the seeds and chill the melons, then sprinkle them in lime or lemon juice, sweeten very slightly, and fill in mixture of cube pears, halved and seeded white grapes, marashino cherries diced to give color. These fruits should be well chilled and sprinkled lightly with powdered sugar. Top with green sprigs and serve on lace doilies or border with green leaves.

—PCB—

OYSTER OR SHRIMP COCKTAIL

(With Sauce)

64 large oysters (chilled)
8 lemons (juice of)
8 tsp. vinegar
8 tsp. horse radish
8 tsp. tomato ketchup
90 drops tobasco sauce
Serve very cold

—Mrs. B. H. Williamson

—PCB—

CRABMEAT COCKTAIL

(Serves 8)

1 cup crab meat
1 cup diced celery
 $\frac{1}{4}$ cup chopped ripe olives
 $\frac{1}{4}$ cup chopped sweet pickles
2 tbsp. lemon juice
 $\frac{1}{4}$ tsp. salt $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ cup mayonnaise

Mix with part of mayonnaise, chill, serve in cocktail glasses at once, use remaining mayonnaise on top.

—PCB—

FRUIT COCKTAIL

Remove quarters from 2 grapefruits, leave in large pieces, dice 1 small can pineapple, seed 1 small can white

cherries, 1 small bottle red cherries cut very fine. Chill all the fruit in separate containers. After it has been well drained, take 2 ounces grapefruit juice, 2 ounces lime or lemon juice with 1 ounce pineapple juice, add sugar to this until you have a tart syrup. Chill, just before serving. Mix the fruit in cocktail glasses, sprinkle with the red cherries and last pour small amount juice over each glass.

—PCB—

CRANBERRY JUICE COCKTAIL

1 quart cranberry juice
sweetened with 1 cup sugar
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ cup lemon juice
1 quart ginger ale

Combine fruit juices and chill. When ready to serve add cold ginger ale. May add garnishing of whipped egg white.

—Mrs. Will Hollingsworth

—PCB—

LOBSTER COCKTAIL

Allow $\frac{1}{4}$ cup lobster meat cut for each cocktail. Season with two tablespoons each tomato catsup and sherry wine, 1 tablespoon lemon juice, 6 drops tobasco sauce, 4 olives. Chill thoroughly. Serve in cocktail glasses.

—Mrs. William Merritt

—PCB—

FRUIT COCKTAIL

Remove pulp from grape fruit and mix with shredded pineapple, bananas cut in slices, then quartered, strawberries cut in halves, using half as much pineapple and

bananas as grapefruit, allowing 4 strawberries to each serving. There should be 2 cups of fruit. Pour over a dressing made of $\frac{1}{2}$ cup of sherry wine, 3 teaspoons apricot brandy, $\frac{1}{2}$ cup sugar, few grains salt. Chill thoroughly. Serve in cocktail glasses. Garnish with candied cherries.

—Mrs. William Merritt

—PCB—

TOMATO AND KRAUT JUICE COCKTAIL

1 can tomatoes
1 tsp. salt
1 small onion
2 bay leaves Pinch sugar
6 ounces kraut juice

Put the tomatoes with all ingredients except kraut juice on stove and let simmer 10 minutes. Strain and chill. Add the kraut juice which has been chilled, just before serv-

ing, and more seasoning if necessary.

—PCB—

TOMATO COCKTAIL

1 can tomato juice
 $\frac{1}{2}$ tsp. table salt
 $1\frac{1}{2}$ tsp. lemon juice
 $\frac{1}{2}$ tsp. Worcestershire sauce
5 drops tobasco

Mix in given order and serve cold. —Mrs. W. Fulton

—PCB—

OYSTER COCKTAIL

8 small raw oysters
1 tbsp. tomato ketchup
 $\frac{1}{2}$ tbsp. vinegar or lemon
juice

2 drops tobasco Salt
1 tsp. celery finely chopped
 $\frac{1}{2}$ tsp. Worcestershire sauce

Mix ingredients. Chill thoroughly and serve in cocktail glasses or cases from green peppers placed on a bed of crushed ice.

—Mrs. William Merritt

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Desserts

Desserts; sometimes called "sweets," are served near the close of the meal. The recipes given here do not cover all desserts. Others will be found in the chapters on Fruits, Cakes, and similar foods.

BOILED CUSTARD

1 pint sweet milk
1-3 cup sugar
3 eggs
1 tsp. vanilla

Put milk in top of double boiler, let get hot but not scalding, beat the eggs together, add sugar, pour into milk and stir until it thickens. Pour into bowl, flavor and chill. May be served with whipped cream or can be frozen.

—Mrs. B. H. Williamson

—PCB—

FROZEN MINT PUNCH

2 cups fresh mint leaves
2 cups sugar
4 cups water
 $\frac{1}{2}$ cup lemon juice

Mix sugar, mint leaves and water, boil for 10 minutes. Strain and add lemon juice. Freeze and serve in punch cups.

—Mrs. T. N. Brock

—PCB—

MAPLE PARFAIT

$\frac{3}{4}$ cup Maple syrup
(Log Cabin)
8 egg yolks
1 pint cream

Beat yolks light and creamy—Over them pour the syrup which has been heated. Put in double boiler and cook until thick. Add tsp. vanilla, beat until cold, then fold in the stiffly beaten cream and freeze.

—Winston Cook Book

STRAWBERRY CREAM

NO. 1

20 marshmallows
 $\frac{1}{4}$ cup water
1 cup crushed berries
1 tblsp. orange juice
1 cup cream
1 tblsp. sugar

Melt marshmallows in the liquid, cool fold in beaten cream and crushed fruit, mix well and freeze.

—PCB—

STRAWBERRY CREAM

NO. 2

Crush 1 qt. strawberries, add $\frac{3}{4}$ cup sugar or sweeten to taste. In thru sieve add 2 tbsps. lemon juice and the cream which has been whipped and sweetened. Freeze.

—Mrs. B. H. Williamson

—PCB—

ORANGE MOUSSE

Dissolve one package of orange jello in one pint of hot water. Stir into this two and one half cups of sugar. When cool add juice of 6 oranges and 2 lemons. Then add one and one half pints of thick cream, whipped and sweetened. Mix well and freeze.

—Mrs. T. G. Fawcett

—PCB—

ORANGE ICE

Boil together 4 cups water and 2 cups sugar for 5 minutes. When cold add 2 cups orange juice and $\frac{1}{4}$ cup lemon juice. When made in kelvina-

tor use $\frac{1}{2}$ this recipe and use $\frac{3}{4}$ tsp. gelatine soaked in 1 tbs. cold water. Pour hot water and sugar over the gelatine, then cool before adding the fruit juice. Freeze.

—Good Housekeeping
—PCB—

LEMON ICE CREAM

1 pkg. vanilla arrowroot pudding
1 cup boiling water
2 eggs
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup lemon juice
 $1\frac{1}{2}$ tsp. grated lemon rind
1 cup whipping cream whipped

Combine the arrowroot pudding and boiling water and bring to a boil, stirring constantly. Beat eggs slightly, add sugar, then pour into the hot pudding mixture. Add lemon juice and rind. Cool. Pour into the freezing tray of refrigerator and freeze until beginning to set. Then fold in cream whipped stiff.

—Mrs. E. C. Ashby
—PCB—

BUTTERMILK SHERBET

2 cups buttermilk
 $\frac{1}{2}$ cup granulated sugar
1 cup canned crushed pineapple
1 egg white (unbeaten)
 $1\frac{1}{2}$ teaspoonful vanilla

Combine buttermilk, sugar and crushed pineapple, which has been drained of a little of the juice. Place in the freezing tray of Kelvinator and freeze to a mush-like consistency. Remove to a bowl, add the egg white and vanilla, and beat until light and fluffy. Return to tray and freeze until firm enough to serve. Serves six.

—Good Housekeeping

CHOCOLATE ICE CREAM

2 cups sweet milk
1 tbs. corn starch
1 cup sugar
2 oz. unsweetened chocolate
2 egg yolks
1 tsp. vanilla
1 cup cream, whipped
 $\frac{1}{4}$ tsp. salt

Scald milk. Combine corn starch, sugar and salt, and add scalded milk. Cook 10 minutes. Add hot mixture to slightly beaten egg yolks. Add melted chocolate and then cook until thick and chocolate all dissolved. Cool, add vanilla. Fold in cream, whipped and turn into refrigerator tray.

—Mrs. R. W. Sparger
—PCB—

RASPBERRY SHERBET

$1\frac{1}{2}$ cup raspberry juice
Juice of $\frac{1}{2}$ lemon
Rind of 1 lemon
2 cups water
1 cup sugar
Pinch salt
1 egg white

Make a syrup of the water, sugar and grated lemon rind, boil 10 minutes, cool, strain out rind, add fruit juices and pour into freezing tray, freeze to a mush. Beat egg white until stiff, beat into partly frozen fruit mixture. Return to refrigerator until frozen.

—PCB—

BANANA MOUSSE

1 pint cream
1 cup bananas
2 egg whites
Pinch salt
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ tsp. vanilla

Mix and freeze. A little lemon may be added.

—Mrs. Haywood Merritt

PINEAPPLE DESSERT

- 1/2 can pineapple, diced and cooked in juice until transparent
 1 banana, sliced
 1 orange
 1/2 cup nut meats
 1 pt. cream, whipped. Sweeten to taste.

—PCB—

PINEAPPLE MOUSSE

- 1 lb. marshmallows
 1 can crushed pineapple
 Cut marshmallows and let set, with pineapple overnight. Add 1 pint of cream, whipped, and serve very cold.

—Mrs. J. D. Smith, Sr.

Note:—White grapes and nuts may be added to this recipe.

—PCB—

BROWN SUGAR TAPIOCA

- 2 1/2 cups brown sugar
 3 cups water
 1 tsp. vanilla
 1/2 cup minute tapioca
 1 cup raisins
 1/2 cup pecan meats

Put sugar, water, raisins, tapioca in double boiler. Cook until thick. Add vanilla and nuts. Cool and serve with whipped cream.

—Mrs. Haywood Merritt

—PCB—

CREAM PUFFS

- 1 cup boiling water
 1/2 cup lard and butter mixed
 1 cup flour
 3 eggs

Put water on stove, add lard, butter and flour. Let cook until mixture leaves side of pan and sticks well together, remove from fire and cool, add eggs one at a time beating well as each egg is added. Drop by spoonfuls on buttered tins, let cook 25 to 30 minutes in hot oven. When

done cut off tops and fill with cream filling.

Filling

- 1 pint milk
 1 tbsp. butter
 4 tbsp. flour
 1 cup sugar
 2 eggs
 1/2 tsp. vanilla (cook in double boiler until thick)

—PCB—

DATE TORTE

- 1 box pitted dates
 1 cup powdered sugar
 1 tsp. baking powders
 Dash salt
 3 egg whites
 1 cup walnut meats, chopped
 Set dish in pan of hot water and bake 20 minutes. Serve with whipped cream.

—PCB—

BAVARIAN DATE SLICES

(serves 8)

- 1 pkg. strawberry Jello
 1 pt. boiling water
 1/2 cup almonds, blanched and chopped
 12 dates, seeded and cut
 12 marshmallows, finely cut
 1 cup cream, whipped
 1/4 tsp. salt
 6 drops almond extract

Dissolve jello in boiling water. Chill. When slightly thickened beat with a rotary egg-beater until of consistency of whipped cream. Fold in almonds, dates and marshmallows, then the whipped cream to which has been added the salt and almond flavoring. Turn into a loaf pan. Chill until firm. Serve in slices.

—Mrs. Moir Martin

—PCB—

JELLIED PEACHES

- 2 cups boiling water
 1/2 cup sugar
 2 tbsp. granulated gelatine
 2 cups cold water

- 1 cup syrup from can of peaches
 3 tbsp. lemon juice
 1 1-3 cups peaches cut in cubes

Pour hot water over sugar and when sugar has dissolved add gelatine soaked in cold water. Then add peach syrup and lemon juice and strain.

When mixture begins to thicken, add peaches. Turn in mold which has been dipped in cold water and chill thoroughly. Serve with cream.

—Mrs. T. E. Smith
 —PCB—

AMBROSIA

Mix juice and pulp of eight oranges, and 1 cup shredded cocoanut. Sugar to taste. Chill and serve topped with whipped cream.

—Mrs. William Hadley

Note:—Other fruits may be added. Bananas, white grapes and pineapple are nice.

—PCB—

FOOD FOR THE GODS

- 1 cup chopped dates
 1 cup walnut meats
 1 cup sugar
 5 tbsp. graham cracker crumbs
 1 tsp. baking powder
 3 eggs

Separate eggs. Combine all ingredients, reserving the well

beaten whites for last. Turn into ungreased pan. Bake in slow oven for 40 minutes. Serve with whipped cream.

—Mrs. Haywood Merritt
 —PCB—

BROWN BETTY

- 3 tbsp. butter
 2 cups fine bread crumbs
 3 cups stewed sweetened apples

Melt butter and add crumbs—stirring until they have absorbed it all. Grease a baking dish, put layer of bread crumbs, then layer of apples. Repeat until dish is full with bread crumbs on top. Dot with butter and bake in moderate oven.

—Contributed

—PCB—

CUP CUSTARD

- 1 qt. milk
 6 eggs
 6 tbsp. sugar
 ¼ tsp. salt
 Vanilla

Scald milk. Beat eggs and add sugar and salt, then scalded milk. Strain and add a little vanilla. Bake about 20 minutes in a slow oven about 325 to 350 deg. To test, insert a steel knife into custard and if it comes out clean the custard is finished.

—Mrs. G. Kellock Hale, Jr.

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FRUITS

Fruits: Most ripe fruits are edible in raw state but may be cooked to change the flavor to soften the fibre, or to sterilize the product.

—PCB—

BAKED APPLES

Pare apples and core. Stuff with raisins, nuts, and powdered sugar. Brush with butter and cinnamon. Put in a baking dish and add a little water to the apples. Bake in a moderate oven until done.

—Mrs. J. L. Ashby, Jr.

—PCB—

PINEAPPLE APPLES

Peel and core large smooth apples. Cut into slices $\frac{1}{2}$ inch thick, making rings like pineapple. Put in baking dish in layers. Sprinkle each layer with brown sugar, butter and spice. Add a little water and bake in moderate oven until done.

—Mrs. D. C. Rector

—PCB—

GLAZED APPLES

Select 6 smooth tart apples, remove core, cream together $\frac{1}{2}$ cup brown sugar, piece of butter size of egg and $\frac{1}{2}$ cup toasted bread crumbs. Place apples in pan, half fill core cavities with above mixture. Put 2 raisins in each. Finish filling cavities with mixture and pile on top, putting a raisin on each. Sprinkle over with cinnamon and brown sugar. Add just enough water to make a little steam and bake thoroughly.

—Mrs. J. G. Powell

BAKED PEARS

Place canned pears or fresh pears, peeled and cut in half in a baking dish. Sprinkle with sugar, cloves, raisins and a little butter. Add $\frac{1}{2}$ inch water. When done, cover top of pears with marshmallows and brown.

—Mrs. Reid Jackson

—PCB—

BAKED BANANAS

Peel bananas and put whole in baking dish. Sprinkle with sugar and spice and a little butter. Add a little water. Bake in moderate oven and serve hot. —Contributed

—PCB—

SPICED PEARS

Put layer of canned pears, round side up in biscuit pan. Cover with brown sugar, cinnamon and spice. Dot thickly with butter. Put in stove and bake slowly until brown. Put no water. Serve with any meat.

—Mrs. B. H. Williamson

—PCB—

FRIED PINEAPPLE

Drain and wipe dry canned pineapple. Cover light with flour. Fry in hot butter until brown. Sprinkle with brown sugar before removing from pan. Very good with fried or broiled chicken.

—Contributed

—PCB—

APPLE FRITTERS

3 apples
1 tbsp. lemon juice
2 tbsp. sugar
 $\frac{1}{2}$ tsp. ground cinnamon
Fritter batter

Frying fat

Powdered sugar

Jelly or sauce

Pare, core and cut apples into thick slices. Marinate 20 minutes in lemon juice, sugar and cinnamon, then dip each slice into fritter batter and cook in a little fat until golden brown. Drain, sprinkle with powdered sugar and serve hot.

—Contributed

Note: Any other fruit may be used in a similar manner.

BAKED RHUBARB

4 cups rhubarb (cut small)

2 cups granulated sugar

 $\frac{1}{4}$ tsp. cinnamon12 whole cloves $\frac{1}{2}$ tsp. mace

1 large orange

Place ingredients together in a greased casserole, adding the grated rind of the orange as well as the juice and pulp. Cover and bake at 350 deg. F. until rhubarb is tender. If very juicy, uncover during last 15 minutes of baking.

—Contributed

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Macaroni and Spaghetti Dishes

CORN AND MACARONI

2 cups macaroni
 1½ cups medium white sauce
 1 cup corn
 1 tsp. salt
 ¼ tsp. pepper
 ½ tsp. paprika
 3 slices of bacon

Cook the macaroni until tender in salt water. Add to the white sauce, the seasoning, corn and cooked macaroni. Pour into a greased baking dish and over the top lay the bacon cut in squares. Bake fifteen minutes, or until the bacon is crisp, in a 500 deg. oven. This will serve six people.

—Mrs. J. W. Lovill

—PCB—

ITALIAN SPAGHETTI

1½ cup raw spaghetti
 1 can tomato soup
 ½ tsp. salt
 2 or 3 slices bacon
 1½ cups cheese
 2 tbsp. chopped onions
 ¼ tsp. paprika

Boil spaghetti in salt water until tender. Care not to cook too long, drain. Partially, fry bacon and remove from pan. Slightly yellow the onion in the fat, to this add the soup and cheese. Heat for few minutes. Pour over the spaghetti in baking dish. Place the slices bacon on top and bake brown.

—Miss Johnston, Cooking Teacher.

Note: Any left over beef loaf or ground meat is very good added to this.

MACARONI CHEESE

Cook 1½ cups macaroni in salt water until tender, drain and put layer in baking dish, with butter and cheese with few crushed crackers. Continue this until all the macaroni has been used. Let cheese and crackers cover top. Pour either milk or water over this and bake in moderate oven until brown.

—Mrs. Will Hollingsworth

—PCB—

SPANISH MACARONI

Fill baking dish with boiled macaroni, cheese and green peppers, chopped fine, a layer of each till dish is filled. Pour over this 1 can of tomato soup. About 2 dozen whole stuffed olives. Bake.

—Selected

—PCB—

SCALLOPED SPAGHETTI AND SALMON

3 cups cooked spaghetti
 1½ cups milk
 1 tsp. salt
 ½ tsp. pepper
 ¾ tsp. paprika
 ½ green pepper cut
 ½ cup dried bread crumbs
 3 tbsp. butter melted

Put 1 tbsp. butter in baking dish, cover this with ½ bread crumbs, then with alternate layers of other ingredients, until all are used. Add the milk, sprinkle with the remaining bread crumbs and dot with butter. Bake at 500 deg. for 12 minutes. Serves 6.

—Mrs. J. W. Lovill

CHICKEN AND MACARONI

Boil a chicken tender, take out all the bones, and pick up the meat fine, boil $\frac{1}{2}$ pound macaroni until tender. Butter a deep baking dish, put on the bottom a layer of cooked macaroni, then a layer of chicken, bits of butter, pepper and salt. Then some of the chicken stock. Continue this until all is used. Pour cup rich milk over the whole and bake until brown.

—White House Cook Book

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THE SECRET OF ROASTING BEEF

Briefly, the steps to success are, not to cover the pan during the roasting, and not to add water. The beef is seared in a hot oven (500) for 20 to 30 minutes and then the heat is reduced to complete the cooking. As a rule, rare beef requires 16 minutes to the pound, medium 22 minutes, well done, 30 minutes, each with an oven temperature of 300 degrees. The best way of determining when roast beef is cooked is to use a meat thermometer.

—Mrs. M. S. Martin
—PCB—

GARNISHES FOR MEATS

Toasted points:

Eggs
Mushrooms
Potatoes
Peas
Parsley
Lettuce
Water cress:
Lemon
Pastry shells
Jelly
Paper frills
Sauces
Croutons

—PCB—

FILET MIGNON (STEAK)

Select nice cut, broil on hot grill until semi-rare. Serve on toast garnished with peas, asparagus and Hollandaise sauce. Mushrooms may be added also. Serve very hot.

BEEF STEAK WITH OYSTER BLANKET

Wipe a sirloin steak. Cut $1\frac{1}{2}$ inch thick. Broil 5 minutes. Remove to plank. Spread with butter and sprinkle with salt and pepper. Clean one pt. of oysters. Cover steak with oysters. Sprinkle salt and pepper over oysters and dot with butter. Place in oven and cook until oysters are plump.

—Mrs. William Merritt
—PCB—

SWISS STEAK

$2\frac{1}{4}$ lbs. round steak, 1 to $1\frac{1}{2}$ inch thick

1 cup flour (sifted) beaten into steak on both sides

Melt fat in pan and sear steak on both sides. Then put in hot casserole (greased) and add 1 tbsp. butter, 1 cup hot water, cover and let cook until tender. Add $\frac{3}{4}$ tsp. salt just before it is done. Cook about 2 hours in slow oven, hot at first, then reduce heat. Can vary by adding 1 cup tomatoes.

—Mrs. T. B. Ashby
—PCB—

BROILED STEAK WITH MUSHROOMS

Select T bone or sirloin 1 to 2 inches thick, remove outer skin from edge.

This may be broiled inside the stove or on top. The pan must be very hot, spread thin layer of butter on one side of steak this side down, leave it

only long enough to sear then turn continue this until it is done as you like, remove to buttered platter. Salt. Drop mushrooms in pan and let saute until brown. Pile on top of steak make gravy by adding water and salt to pan. Pour this around steak but not on mushrooms.

—PCB—

SPANISH STEAK

2 lbs. round steak (cut thick)
1 cup chopped green peppers
½ cup chopped onion
1 cup flour
2 cups tomatoes
Salt and pepper

Pound the flour, salt and pepper into the steak. Brown the steak on both sides. Put green pepper and onion over steak and add tomatoes. Cook in a moderate oven (375 deg.) for 2 hours. An iron frying pan with tightly fitting top is best to use.

—Miss Stroud

—PCB—

MEAT LOAF NO. 1

1 lb. round steak
1 lb. pork
½ cup oatmeal
1 cup tomatoes
1 tbsp. green pepper
1 tbsp. pimento
1 tbsp. bacon fat
1-3 cup celery

Have meat ground together. Add oatmeal, tomatoes and bacon fat. Chop peppers, pimento and celery in small pieces and add. Shape in loaf. Place in cold oven. Set at 350 deg. and bake for 1 hour.

—Mrs. E. C. Ashby

—PCB—

MEAT LOAF

1 lb. steak or beef, ground
1 lb. veal, ground
1 lb. pork, ground

1 large onion, cut fine
1 can tomato soup
About 4 stale biscuits, crushed
1 tsp. salt
A dash of pepper
3 strips of bacon

Mix the meats together. Add ½ can of soup to this. Add bread crumbs and onions. Mix well. Form into two balls and place in a baking dish. Fill the can of soup with water. Pour this and the rest of the soup over the meat balls. Place the bacon over the meat. Place in a moderate oven and cook 2 hours.

—Mrs. W. H. Foy

—PCB—

MEAT LOAF

1 lb. round steak, ground
½ lb. pork, ground
1 can vegetable soup
Yolk of one egg
Bread crumbs enough to form loaf

Salt and pepper to taste

Drain the liquid from the soup. Mix meat, egg and bread crumbs and form in loaf. Bake about 1½ hour.

—Mrs. R. B. Crawford, Jr.

—PCB—

CHIPPED BEEF

Have beef cut very thin and leave in whole pieces, place butter in frying pan and broil each piece on both sides. Remove to platter as it browns, the butter left in pan to this, add 1 tbsp. flour, mix and add 1 cup milk. When it thickens pour over beef.

—PCB—

ROAST BEEF

Brown a 5 pound roast on all sides in real hot vessel on top of stove, add ¾ cup vinegar, 2 tbsp. Worcestershire

sauce, and 2 cups boiling water, cover and cook about 3 hours. Turn often and add just little boiling water as needed about one hour before roast is cooked, add salt.

—Mrs. E. C. Ashby

—PCB—

ROAST LEG LAMB

Rub in salt and pepper, and roll in flour. Have roaster very hot, with sizzling fat drippings, sear roast on all sides. Reduce heat and cook until well done. Just enough water to keep from burning about one pint. Baste frequently.

—Irene Smith

Note: If desired, take 1 cup onions, and pour over roast about $\frac{1}{2}$ hour before done and let brown, basting into the lamb. Carrots and potatoes may also be added, making a nutritious meal.

CREAMED SWEET BREADS

Select sweet breads, look over them carefully, removing bad pieces. Cook in salt water until tender. Cut in small pieces, and add them to rich cream sauce. Mushrooms diced may be added.

—PCB—

FRIED SWEET BREADS

Cook tender in salt water, leave them in medium sized pieces, roll in flour and fry brown.

—PCB—

BRAINS

They should be looked over and the thin skin removed. Parboil until tender, in salt water, drain and use any way you like. Mashed with butter and egg, and fried down until well mixed and dry or they may be cut and added to cream sauce.

—White House Cook Book

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BOILED TONGUE

Wash large fresh tongue and just cover with water in the pot. Put in a pint of salt and a small red pepper (hot). Add more water as it evaporates, so as to keep the tongue covered until done. When it can be easily pierced with a fork, skin.

—White House Cook Book
—PCB—

MASHED LIVER

Bacon drippings. Add 1 red pepper, 1 green pepper, one onion, salt and pepper to taste. Cook until tender 1 hog liver cut in small pieces. Cover with boiling water. Add first mixture to liver. Cook until liver is done. Mash to mush. Good either cold or sandwiches.

—Mrs. William Sydnor
—PCB—

FRIED LIVER AND ONIONS

Use only veal liver, peel the edges from each, slice, salt, pepper and flour each piece, fry several pieces of bacon. Saving the slices to garnish with, using the fat to fry liver in. Watch it closely, only fry long enough to brown both sides, remove from pan. Garnish with onions having been boiled in salt water and seasoned.

—PCB—

SPARE RIBS WITH SWEET POTATOES AND FRIED APPLES

Cut between the bones of spare ribs, and sprinkle each with salt, pepper and flour. Brown in two tbsp. of pork fat. Add two cups of hot water and simmer gently until tender, or about forty-five minutes. Remove meat to hot platter. Skim two tablespoons

of fat from frying pan. Add two tablespoons of flour and stir until brown. Then add the liquid from the pan and stir until sauce boils. Season with $\frac{1}{4}$ tablespoon salt and a few grains of pepper. Strain over meat and keep hot until ready to serve.

Mashed Sweet Potatoes

Boil and mash four sweet potatoes. Season to taste with one tsp. salt and two tsp. powdered sugar and add cream to moisten. Beat until light. Force through pastry bag and rose tube in mounds on greased tin sheet. Brush with melted butter and put in hot oven until heated through. Transfer from tin sheet to platter of spare ribs, using a broad spatula and pancake turner.

Fried Apples

Cut two apples in thick slices without paring. Remove cores. Fry in hot pork fat first on one side and then the other side until soft and brown. Arrange on platter around the spare ribs alternating with mounds of mashed sweet potatoes.

—Mrs. Lucian Wrenn
—PCB—

PORK STEAK WITH DRESSING

On one half of a slice of pork steak arrange a mound of well-seasoned bread dressing (other stuffing may be used). Fold the slice in the middle so that the dressing is covered. Tie into shape with a string. Salt and pepper and saute' lightly on both sides. Place in baking dish. Add $\frac{1}{2}$ cup of hot water to frying pan, pouring it over and around the meat. Arrange thick slices of pared parsnips around

the meat. Sprinkle with salt. Cover closely and bake in moderate oven (350 degrees) for thirty minutes. Serve with mound of spinach which has been cooked until tender and mixed with a hot sour sauce.

—Mrs. Lucian Wrenn

—PCB—

PORK CHOPS WITH RICE

Have pork chops cut 1 inch or more thick. Brown them in frying pan, as they brown place them in roaster. Wash as much rice as you think you will need for number of chops used. Put 2 tbsp. on each chop. Then add 1 tbsp. Campbell's tomato soup and salt as you like. Then add boiling water up to top of chop, but not to the rice. Baste them every now and then, cook for two or more hours. The rice should be nice and tender when they are done.

—Mrs. T. B. Ashby

—PCB—

STUFFED PORK CHOPS

6 pork chops (1 in. thick)
2 tbsp. butter
1 onion
1 tbsp. green pepper
2 tbsp. celery
1 tbsp. salt
2 cups bread crumbs
Little water or milk

Split chops making a pocket. Melt butter and cook onion until brown, remove pan from stove and add other ingredients. Moisten very slightly with water or milk. Fill chops with dressing and fasten. Place chops in flat pan and brown on both sides. Cover bottom of pan with water and place in oven to bake at 350 degrees until tender.

—Mrs. Joe Brock

BOILED STUFFED LEG OF LAMB

Have small tender leg of lamb, and remove bone. Make force meat of $\frac{1}{2}$ lb. Mushrooms cut in pieces, $\frac{1}{2}$ cup chopped boiled ham, $\frac{1}{2}$ cup bread crumbs and 2 tbsp. of melted butter. Season with salt and pepper, and put into lamb in place of the bone. Tie up well, wrap in piece of cheese cloth and boil in salted water, having juice of 1 lemon, 1 onion and a few sprigs of parsley in it. Serve with currant jelly sauce.

Currant Jelly Sauce

4 tbsp. butter melted with $\frac{1}{2}$ tumbler currant jelly and $\frac{1}{2}$ glass white wine.

—Mrs. P. Lester Hawks

—PCB—

BREADED VEAL OR LAMB CHOPS

Trim them carefully, salt and pepper, drip in beaten egg and roll in cracker crumbs, fry until brown on both sides. Pour water around them and let simmer for at least 30 minutes.

—PCB—

CREAMED HAM

Chop cold boiled ham, add to rich cream sauce with plenty of salt, pepper and butter. Fill patties just before serving.

Perfection salad makes a good combination.

—Mrs. James F. Yokley

—PCB—

HAM SOUTHERN STYLE

Cut a piece of ham 2 inches thick preferably, country cured, boil until tender, into a skillet put 3 tbsp. butter and 4 tbsp. brown sugar, melt together. Put ham in this and

let broil in the brown sugar and butter. Add 1 cup chopped pineapple and small amount of juice. Let this continue to broil inside the stove until well browned.

—Mrs. Bruce Yokley

—PCB—

BOILED HAM

2 lbs. brown sugar
1 small box whole cloves
1 cup sweet pickle juice
1 cup vinegar

The water in which ham is boiled should be changed every 20 minutes. Boil ham 20 minutes per lb. Weigh ham. Soak over night, trim edges. Boil in clear water into which has been added 1 cup vinegar. Should be boiled in three waters, amount of time in each water being 1-3 of whole time necessary to cook ham.

2nd. Pour off last water and leave second water plain.

3rd water. Use three cups brown sugar, $\frac{1}{2}$ box cloves, complete time for boiling. Remove skin and part of fat. Rub rest of brown sugar into ham and stick cloves into ham and stick other cloves in fat. Pour pickle juice over and allow to brown slowly.

—Mrs. Gene Smith

—PCB—

HAM TIMBALES

4 eggs
 $1\frac{1}{4}$ cup milk
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{4}$ tsp. paprika
1 tsp. onion juice
1 cup chopped ham

Beat eggs slightly, add milk, pepper, salt, paprika and onion juice. Add ham, turn into buttered moulds, bake in pan of hot water until firm. Serve with Bechamel sauce.

—Modern Cookery

ROAST TURKEY

Select your turkey. After the turkey has been dressed, wash out with soda water, often times the inside of a fowl is sour. This acts as a corrective and destroys that unpleasant taste which we so often experience in the dressing. Tie the neck close to the body by drawing the skin over it. Put on ice for 24 hours. When ready to cook, wipe the turkey dry inside and out with a clean cloth, rub the turkey inside and out with salt, then stuff the breast and body with dressing, tie the legs to body. Rub over with soft butter, place in roaster with out top until it begins to brown. Have about 1 pint water in roaster. Baste the turkey often. Add water as you need it and turn occasionally, so it will be a golden brown on all sides. Bake about 3 to $3\frac{1}{4}$ hours.

Gravy: Put the neck, heart, liver and gizzard into a pan with 1 pint of water. Boil until tender, take out neck and throw away, cut up liver, gizzard and heart fine and leave in stew pan to simmer. When the turkey is done it should be added to gravy that is left in the roaster. Be sure the fat has been removed and the gravy browned. The turkey may be garnished with fried oysters. Thin slices of ham, lemon slices, meat balls or parsley.

Dressing; loaf bread crumbled up fine in a bowl. Season, with Tyme savory dressing, small amount crumbled sage, and pepper, have the butter melted $\frac{1}{2}$ lb. Mix this lightly into the bread with a spoon. Handle just as little as pos-

sible, stuff the turkey with this.

—Mrs. T. G. Fawcett

—PCB—

DRESSING FOR CHICKEN OR TURKEY

Toast $\frac{1}{2}$ gal. coarse bread crumbs. Mix these with stock from chicken or turkey, add small piece melted butter, salt and pepper to taste, 1 cup very finely chopped celery, liver of chicken or turkey chopped very fine, two hard boiled eggs mashed fine with fork. Add fluid to this until it is soft, but not too soft to make into small cakes, flavor of onion may be used or 1 pt. oysters may be mashed and added. Cook in hot oven until brown, but not dry. Garnish with sprigs of parsley.

—Mrs. B. H. Williamson

—PCB—

OYSTER STUFFING

Mix $\frac{3}{4}$ cup toasted bread crumbs, $\frac{3}{4}$ cup cracker crumbs, and $\frac{1}{2}$ cup melted butter. Add 3 tbs. lemon juice, salt and pepper to taste, and $1\frac{1}{2}$ cups oysters and moisten with oyster liquor.

—PCB—

DRESSING FOR CHICKEN OR TURKEY

Toast and grind stale wheat bread crumbs, either stale biscuits or stale light bread. Make a loaf of very short corn bread, grind crusts and crumble inside of loaf. Have twice as much wheat bread as corn bread crumbs. Mix well with chicken broth, small piece of butter. Season highly with black pepper, and poultry seasoning. (Sold at all grocery stores). Bake in small cakes or in a biscuit pan and cut in squares.

—Mrs. J. C. Hollingsworth

ROAST HEN

Proceed as you would for turkey. They may or may not be stuffed as you desire.

—PCB—

BROILED QUAIL

Pick, split down back and leave on ice 24 hours or longer. When ready to cook, salt and flour. Have butter in roaster very hot. Brown them well on both sides. Add small amount hot water, cover and cook until tender on top of stove or in oven. Serve on toast.

—Mrs. B. H. Williamson

—PCB—

FRIED CHICKEN

Wash and cut up a young chicken, wipe dry. Season with salt and pepper. Dredge with flour. Have in frying pan 2-3 lard and 1-3 butter. Have pan and grease hot, put chicken in and fry brown on both sides. Cover with close fitting top, and leave covered throughout the cooking. If cooked in this way the meat will be juicy and tender. Remove from fire and make gravy with flour and half milk and water.

—White House Cook Book

—PCB—

SMOTHERED CHICKEN

Select young chicken about 3 lbs. Split down the back, season with salt and pepper. Use lot butter. Dredge well in flour. Put in baking pan with top. Add one cup water. Let cook in moderate oven until tender, baste occasionally, add extra water if needed for gravy, take off top to brown.

—PCB—

CHICKEN PIE

Cut up chicken as for frying, boil until tender, line deep pan with pastry, put in chicken. Dot with butter, salt and

pepper. Pour small amount stock over this. Put on top crust and bake $\frac{1}{2}$ hour in hot oven.

—Contributed

—PCB—

CREAMED CHICKEN

1 hen boiled until tender, cut up in medium pieces. No fat or skin, make rich cream sauce not too thick. Add chicken, one small can mushrooms, diced, one can peas which have been drained and washed, heat well and serve in bread cups which have been toasted well all sides.

—PCB—

CHICKEN CROQUETTES

2 cups chicken ground
1 cup rice cooked
1 egg, salt, pepper, chopped parsley and green pepper if desired.

Mix all ingredients and moisten with chicken stock, form into cones. Dip in egg and cracker crumbs. Fry in deep fat. Serve with white sauce.

—Mrs. C. M. Whitlock

—PCB—

SALMON CROQUETTES

1 can salmon
1 tbsp. flour
1 tbsp. butter

Drain the fluid from salmon, put the butter and flour to melt. Add the salmon fluid, when this thickens add to the salmon which has been mashed and freed from bone. Few drops of lemon juice gives flavor. Make into oblong cakes, dip in egg roll in cracker crumbs and fry golden brown.

—PCB—

CHICKEN MOUSSE

1 large cup chicken cut fine
1 large cup celery and pimento cut

1 cup cold stock
1 cup boiling water
1 cup mayonnaise
1 cup whipped cream
2 tbsp. Knox gelatine

Soak gelatine in cold stock. Add boiling water. Let cool, add mayonnaise and whipped cream. When this begins to thicken add chicken and celery, put in moulds or pan and cut in squares. Serve as you wish.

—Mrs. Geo. K. Hale, Jr.

—PCB—

CHILI CON CARNI

2 young chickens: Season with salt, pepper and saute' in butter. Remove seed and veins from 8 red peppers. Cover with boiling water, and cook until soft, mash and rub through a sieve. Add 1 tsp. salt and one onion finely chopped. Add this to chicken, cover with water and cook until tender. Remove to serving dish and thicken sauce three tbsp. each of butter and flour cooked together. Canned pimentos may be used instead of red peppers.

—Mrs. William Merritt

—PCB—

CHICKEN A LA KING

1 chicken
2 small cans mushrooms
1 small can peas
 $\frac{1}{2}$ can pimento
 $\frac{1}{2}$ lb. butter
 $\frac{1}{2}$ pt. cream
Chicken stock

Cook chicken. Cut into large pieces. Cut celery and mushrooms and cook together 20 minutes in salt water. Make rich cream sauce, thinned with chicken stock. To this add chicken, celery, mushrooms, peas, pimento, cream, butter.

Heat thoroughly and stir as little as possible.

—Mrs. W. Fulton

—PCB—

CHICKEN MAYONNAISE

2 chickens put through meat chopper

1½ cans peas

1½ boxes gelatine

1 large box Indian relish

1 doz. eggs

1 cup blanched almonds cut fine

2 cups mayonnaise

Mix well, season and thin with chicken stock until real soft. Dissolve gelatine in 1 cup cold water and melt with hot stock or over hot water. Let congeal and cut in squares.

—Mrs. Robt. Lovill

—PCB—

FRIED OYSTERS

2 doz. large oysters

2 eggs

½ lb. cracker meal

½ lb. vegetable shortening

1 tsp. baking powder

½ tsp. salt

Drain all the liquid from two dozen large oysters (Lynhaven). Beat 2 eggs just enough to mix the yolk and to this add salt, and dip the oysters one by one in the eggs making sure that all parts of the oysters have been covered with the eggs. Lift them gently out of this (careful not to pierce them with a fork) and roll them in the Cracker Meal to which the baking powder has been added. Use your hands to pack the cracker meal around each oyster.

Now heat to boiling 2 lbs. of vegetable shortening (Fluffo, Snowdrift, or Crisco) in a deep pan. Lay the oysters in a wire basket, six at a time, and

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immerse in the boiling fat. Lift the basket out when oysters are a golden brown, and lay them on wax paper until ready to serve.

—Mrs. L. B. Pendergraph
—PCB—

BAKED OYSTERS

1 qt. oysters and two cups of bread crumbs
1 tsp. salt
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ tsp. paprika
1 cup chicken or turkey broth mixed with oyster water
Butter baking dish. Arrange a layer of oysters in bottom of dish. Mix butter and bread crumbs. Sprinkle oysters with crumbs. Continue arranging in layers until dish is filled. Pour broth and oyster water over this and sprinkle with pepper and bake 20 min. Oven 350 degrees.

—Mrs. W. Fulton
—PCB—

FRIED FISH

Clean, wash and dry fish. Mix beaten egg and little milk. Have cracker meal seasoned with salt and pepper. Dip fish in egg, then in cracker meal and fry in deep fat.

—Mrs. J. Dillon Simpson
—PCB—

SPENCER STYLE FISH

Clean fish and let stand in pan of sweet milk for a few minutes. Then roll in cracker crumbs. Place in pan which has been greased with olive oil and also sprinkle a little olive oil over fish. Bake in oven about half an hour. When done cover with following sauce:

Melted butter size of egg
Parsley chopped very fine (about 2 tbsp. when chopped)
Juice of 2 lemons

—Mrs. E. C. Ashby

BAKED MACKEREL WITH POTATOES

Split the fish down the back. Wipe dry and lay in a greased baking tin. Salt well and sprinkle with lemon juice.

Take two medium sized potatoes and one small onion, slice them and place on the fish. Over all this lay four or five strips of breakfast bacon and add one cup of water. Baste often during the cooking. Just before removing from the oven add $\frac{1}{2}$ cup of water in which a tsp. of flour has been added. Let brown, and remove from the fire.

—Mrs. L. B. Pendergraph
—PCB—

BAKED FISH WITH STUFFING

Bake any fish with the following stuffing:

$\frac{1}{2}$ cup cracker crumbs (4 crackers)
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ cup stale bread crumbs
Few drops onion juice
 $\frac{1}{4}$ cup melted butter
 $\frac{1}{4}$ cup hot water $\frac{1}{4}$ tsp. salt
Mix ingredients in order given.

—Mrs. William Merritt
—PCB—

PLANKED HADDOCK

Skin and bone a haddock or any fish. Remove to buttered plank. Sprinkle with salt and pepper. Brush over with melted butter. Bake 30 min. Garnish with mashed potatoes. Bake until potatoes are well browned, then fish should be done. Garnish with parsley and slices of lemon. Sprinkle with finely chopped parsley.

—PCB—

BAKED FISH WITH TOMATO SAUCE

2 lbs. fish
2 cups tomatoes

1 slice onion
 1 tsp. sugar
 3 tbsp. butter
 1 cup water
 1/8 tsp. pepper 3 tbsp. flour
 3/4 tsp. salt 3 cloves

Cook tomatoes, water, onion, cloves and sugar 20 minutes. Melt butter. Add flour and stir into hot mixture. Add salt and pepper. Cook 10 minutes. Strain. Add half sauce and bake 35 minutes basting often. Remove to platter. Add remaining sauce.

—PCB—

FISH CHOWDER

Select three or four lbs. of fresh fish. Cut the flesh in small pieces for serving. Cover the bones and trimmings with cold water, bring slowly to boiling point and simmer about half an hour. Cut 1/4 lb. of salt pork in small pieces and cook gently until delicately colored. In this fry one

minced onion until soft but not brown. Add bacon and onion to the simmering bones and then strain. Add 1 or 1 1/2 qts. sliced potatoes that have been parboiled in salted water and drained, 1 tbsp salt and few grains of pepper, and simmer gently about 15 minutes. Add 3 cups scalded rich milk, 1 doz. crackers split and spread with butter and 2 or 3 tbsp. butter. Serve hot in hot soup plates.

—PCB—

BAKED FISH

Salt and dress fish
 Bacon strips
 2 tbsp. butter
 2 slices of lemon
 Juice out of jar of olives
 1 tbsp. tomato ketchup
 1 tbsp. Worcestershire sauce
 Cook one hour in oven 400-450 degrees. Baste every few minutes. —Clara Hammocks, Mrs. Sydnor's Cook

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Pies and Pastry

"What moistens the lip, what brightens the eye,
What calls back the past like the rich Southern pie."

GENERAL RULES FOR PIE CRUST

1. Have all ingredients and utensils cold.
2. Handle the pie dough quickly and lightly.
3. Bake in hot oven 400 deg. F.
4. Bake meringue in slow oven 325 deg. F.
5. One inch circumference of most pies is 100 calories.
6. In making meringue 1 tbsp. of sugar to 1 egg white is a good proportion to use.

—PCB—

PIE CRUST. NO. 1

- 1½ cups pastry flour
- 1½ tsp. baking powder
- 4 to 6 tbsp. milk
- ¼ cup crisco
- ½ tsp. salt

Cut shortening with two knives or a fork until fine. Add only enough milk to hold. Bake in hot oven 450 deg. for about 15 minutes.

—Mrs. Geo. K. Hale

—PCB—

NEVER FAIL PIE CRUST (2 crusts)

- 1½ cups flour
- ¾ tsp. salt
- ½ tsp. baking powder
- 4 tbsp. shortening
- 1-3 cup ice water
- 1 tsp. vinegar in water

Sift flour, salt and baking powder, cut in shortening until like coarse meal. Add enough ice water to gather

up all dough. Roll out to fit pan. Prick well. Set in oven 450 degrees for 10 minutes, then reduce heat to 375 degrees till brown.

—Mrs. D. E. Hoffman

—PCB—

PIE PASTRY NO. 3 (Standard Recipe)

- 1 cup flour
- 1 tsp. salt
- ¼ cup lard

Cut fat in flour with spatula, make up with ice water.

Hot Water Pie Crust

- 1 cup pastry flour
- ¼ cup fat
- ¼ cup boiling water
- ¼ tsp. baking powder
- ½ tsp. salt

Sift dry ingredients together, cut in fat, add boiling water to make stiff dough. Chill before rolling out.

—Mrs. B. H. Williamson

—PCB—

CARAMEL PIE NO. 1

- 1 cup brown sugar
- 1 egg
- 2 tbsp. melted butter
- 1 tbsp. cream
- Pinch salt
- Flavor to taste with vanilla

Beat eggs, add sugar and mix well, add melted butter and salt. Put into uncooked shell and bake in slow oven about 350 deg. until brown.

—Mrs. Carl Simmons

CARAMEL PIE NO. 2

$\frac{3}{4}$ cup brown sugar
1 cup milk
2 egg yolks
1 heaping tbsp. flour
 $\frac{1}{2}$ tsp. salt

Mix sugar with flour and stir into hot milk—add eggs last. Cook 15 minutes in double boiler, stirring as it thickens. Remove from boiler, add $\frac{3}{4}$ cup Damson preserves and pour into baked pastry shell. Cover with meringue made of the two egg whites, 4 tbsp. sugar, $\frac{1}{4}$ tsp. vanilla. Brown meringue at 300 deg. for 15 minutes. —Mrs. Moir Martin

—PCB—

UNCOOKED LEMON PIE

1 can Eagle Brand milk
 $\frac{1}{2}$ cup lemon juice
Grated rind of lemon
3 egg yolks
Mix and put in cooked shell

Meringue: Beat egg whites stiff and add 1 tbsp. to each white. —Mrs. Carl Simmons

—PCB—

APPLE PIE

3 apples
 $\frac{1}{2}$ cup sugar
Butter, size of egg
Sprinkle with cinnamon

Line pie pan with crust, cut apples very fine and arrange in pan, sprinkle with the sugar and cinnamon and dot with butter, either add the second crust or leave open.

—PCB—

FRESH BERRY PIE

3 cups berries or cherries
 $\frac{1}{2}$ tsp. cinnamon (if desired)
3 tbsp. flour, for thickening
2 tbsp. butter, amount of sugar varies

Cook in slow oven with double crust

—American Cookery

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LEMON PIE

- 3 eggs
- $\frac{3}{4}$ cup sugar
- 2 tbsp. sweet milk
- 2 tbsp. butter
- 1 lemon

Mix sugar and butter, add 3 yolks and 1 whole egg, add milk, then grated rind and juice of lemon. Pour in uncooked pie crust, bake in moderate oven, cover with meringue.

—Mrs. C. M. Whitlock
—PCB—

JELLY PIE

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sugar
- 1 glass tart currant jelly or any acid jelly
- 3 eggs
- 1 cup cream or top milk
- 1 tsp. vanilla

Cream butter and sugar, add jelly, then 3 yolks beaten well, next cream, vanilla and last stiffly beaten egg whites. Put in unbaked pie crust and bake in moderate oven 45 minutes. Cover with cream and serve small portion, it is very rich.

—Mrs. Alma Bowman
—PCB—

LEMON CREAM SPONGE

- 2 eggs
- 1 tbsp. butter
- 1 lemon
- 1 cup sugar
- 1 heaping tbsp. flour
- $1\frac{1}{4}$ cups milk

Cream yolks of eggs and sugar. Add melted butter and mix thoroughly. Add flour and juice of lemon and milk. Fold beaten egg whites into mixture. Put into raw shell and cook until firm at 350 deg. about 30 minutes.

—Mrs. Geo. K. Hale

GRAHAM CRACKER PIE

Mix—

- 16 graham crackers rolled
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup melted butter
- 1 teaspoon cinnamon

Butter a pie plate and pat the crumbs around it, reserving a few to put on the meringue. Make a custard and pour it over the crumbs. Cover with a meringue sprinkled with a few of the crumbs reserved for the purpose and take 20 minutes to bake in a slow oven.

Custard—

- Mix thoroughly
- 3 tbsp. corn starch
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ tsp. salt

Stir into this 2 cups milk in which has been beaten 2 egg yolks and $\frac{1}{2}$ tsp. vanilla. Cook until thick in a double boiler.

Zweiback crust can be made instead of Graham Cracker using the sweetened Zweibach.

—Mrs. George K. Hale
—PCB—

MINCE PIE

- 1 cup raisins
- 1 cup juice from pickled peaches
- 1 cup diced apples *$\frac{1}{2}$ Tbsp lemon juice*
- Flavor with spices

Cook raisins, apples and syrup until fruits are tender, then add spices and bake in a pastry.

—Mrs. Joe Brock
—PCB—

PECAN PIE NO. 1

- 2 eggs beaten together
- $\frac{3}{4}$ cup white sugar
- 2-3 cup white Karo syrup
- 1 cup chopped pecans
- Butter, size of small egg

1 tsp. maple

Mix all together and put in unbaked pastry and bake about 25 minutes. Serve with whipped cream. This makes one pie.

—Mrs. John Sabotta

—PCB—

PECAN PIE NO. 2

(Simple)

2 cups brown sugar
2 eggs
2 tbsp. melted butter
1 cup chopped pecans
½ tsp. vanilla

Beat eggs. Mix other ingredients. Put in rich unbaked crust and serve while warm.

—Mrs. E. H. Kochtitzky

—PCB—

COCOANUT CREAM PIE

2 eggs separated
1½ cups Pet milk diluted
with half water

1 tsp. salt
5 tbsp. flour
1 cup sugar
2 tbsp. butter
2 tsp. vanilla
6 tbsp. sugar

Beat egg yolks thoroughly, add diluted milk and beat again. Mix salt, flour and sugar together. Add to egg mixture and cook in double boiler until thick, stirring constantly. Add butter and flavor. Cool and add ½ cup shredded cocoanut. Pour in baked pie crust. Cover with stiffly beaten egg whites to which 6 tbsp. sugar has been added. Brown in slow oven 300 deg.

—Mrs. Johnny Prather

—PCB—

HARVEST PUMPKIN PIE

1 cup brown sugar
1 tsp. cinnamon
1 tsp. salt

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$\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. ginger
 2 eggs
 2 cups milk
 1 cup pumpkin cooked and
 mashed

Beat eggs well, add sugar, cinnamon, salt, nutmeg and ginger, then pumpkin and last milk. Pour into pastry lined pan and cook in moderate oven.

—PCB—

MOLASSES CRUMB PIE

$\frac{1}{2}$ cup molasses
 1 egg yolk
 $\frac{1}{2}$ tsp. soda dissolved in $\frac{3}{4}$
 cup boiling water
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{3}{4}$ cup flour
 2 tbsp. shortening
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg ginger cloves

To make crumbs, combine flour, sugar, salt, spices—work in shortening.

To make liquid, beat molasses, egg yolk, soda and hot water.

Line pan with pie crust. Make alternate layers of crumbs and liquid. Top with crumbs, bake in a hot oven 450 deg. F until crust edges start to brown, then reduce heat to 375 deg. F. Bake until firm in the center. Serve with whipped cream.

—PCB—

CHESS PIES NO. 1

3 egg yolks beaten with $\frac{1}{2}$
 cup white sugar
 $\frac{1}{4}$ lb. butter creamed with
 $\frac{1}{2}$ cup brown sugar

Combine two mixtures and bake in pastry lined pie plates in hot oven of 450 deg. for 15 minutes. Cover with meringue and brown in oven of 300 deg.

for 15 minutes.

Meringue:

Beat 3 egg whites with $\frac{1}{8}$ tsp. salt to a stiff dry froth. Add 6 tbsps. sugar—one at a time. Beat until meringue is stiff and glossy. Flavor with a little grated dried orange peel.

—Mrs. Moir Martin

—PCB—

SWEET POTATO PIE

2 cups cooked mashed
 potatoes
 1 cup sweet milk
 1 cup sugar
 2 egg yolks
 2 tbsp. butter
 1 tbsp. lemon juice

Beat all ingredients together until very light. Bake in large pie pan lined with crust, oven 400 deg. F. Cover with meringue.

—PCB—

RHUBARB PIE—(2 Crusts)

$1\frac{1}{2}$ cups rhubarb
 1 cup sugar
 Juice $\frac{1}{2}$ lemon
 2 egg yolks
 $\frac{1}{2}$ tsp. salt
 1 tbsp. flour

Line pan with pastry, cut rhubarb in $\frac{1}{2}$ inch pieces, skinning the stalks, add sugar, lemon juice, well beaten egg yolks with flour and salt, pour in pan, use top crust. Cook in slow oven 30 or 40 minutes.

—Mrs. B. H. Williamson

—PCB—

PINEAPPLE PIE

1 cup powdered sugar
 $\frac{1}{2}$ cup butter
 2 egg yolks
 1 can crushed pineapple

Cream, butter and sugar, add well beaten yolks to this.

Add the pineapple, which has been drained. Beat egg whites stiff and mix the two tightly. Bake with one crust in moderate oven.

—Mrs. George K. Hale

—PCB—

FRIED FRUIT PIES

Pastry: should not be very rich, as frying gives enough shortening.

Dried fruit is better.

Cook tender and season with spices. Roll out dough round shape, put one tbsp. of fruit on, turn to half moon crimp and fry.

CHOCOLATE CREAM PIE

2 cups milk
 ¾ cup sugar
 3 eggs
 2 tbsp. butter
 1 tbsp. flour
 1 square chocolate (large)
 ½ tsp. vanilla

Shave chocolate cook in double boiler with milk until smooth. Beat together flour, egg yolks, salt, sugar and vanilla and add to chocolate mixture when cold. Pour into deep pie plate lined with pastry and bake in moderate oven. Cover with meringue.

—Mrs. Edward Ashby

EAT AT——

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Preserves and Pickles

"Men Make Wealth, Women Preserve It."

GENERAL DIRECTIONS:

Use Sterilized Jars and Tops. Use Only New Rubbers
 Select Underripe Fruit in Preference to Overripe
 For Fruit Lacking in Flavor, as Pears, Add One Slice
 Of Lemon or Stick of Cinnamon To Each Pound Fruit

TABLE FOR CANNING FRUIT

	Time For Boiling	Sugar Per Qt.
Strawberries	8 min.	8 ozs.
Cherries	5 min.	6 ozs.
Raspberries	6 min.	6 ozs.
Blackberries	6 min.	6 ozs.
Plums	10 min.	8 ozs.
Rhubarb	10 min.	10 ozs.
Pears	20 min.	6 ozs.
Peaches	8 min.	4 ozs.
Peaches (whole)	15 min.	4 ozs.
Sour Apples	10 min.	5 ozs.

—PCB—

Fruits may be canned without sugar, but sugar helps preserve the flavor.

Vegetables should be selected young, tender and fresh from the garden.

—PCB—

HOW TO PRESERVE A HUSBAND

Be careful in your selection. Don't choose too young, and take only such as have been reared in good moral atmosphere. Do not go to market for him, as the best are always brought to your door. When once decided upon and selected, let that part remain

forever settled and give your entire thought to the preparation for domestic use. Some insist on keeping them in a pickle, while others are constantly getting them in hot water. This only makes them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles, flavored with kisses to taste. Then wrap them in a mantle of charity; keep warm with steady fire of domestic devotion, and serve with peaches and cream. When thus prepared they will keep for years.

—Selected

—PCB—

BLACKBERRY JELLY

Wash and pick blackberries. Leave water that clings to berries and add enough more to keep from burning. Cook until berries cook up. Drain over night in bag. Do not squeeze bag for clear jelly, but be sure your berries are mashed up well. Then measure juice and add cup

juice to cup sugar. Boil until it beads. Put in jelly glasses and seal with paraffin, or use Certo. Sold at all drug stores.

—PCB—

APPLE JELLY

Wash, wipe, stem and core apples or crab-apples. Cut in small pieces using silver knife to prevent discoloration. Add water—using $\frac{1}{2}$ water to fruit. Cook until tender. Strain through jelly bag. Measure juice and add 1 lb. sugar to 1 pt. juice. Cook until juice jellies when a little is put in saucer to cool. Put in glasses and seal with paraffin or use Certo, sold at all drug stores.

—PCB—

APRICOT AND PINEAPPLE CONSERVE

1 lb. dried apricots
1 cup crushed pineapple

4 cups sugar
Dash of lemon juice

Soak apricots in 4 cups of water over night. Boil in same water in covered pan until soft.

Drain pineapple juice and add it to apricots. When it boils add sugar. Let boil up stirring constantly, then add pineapple and lemon juice. Let boil 2 hours with cover off pan. Stir to keep from sticking. —Mrs. C. M. Whitlock

—PCB—

CRANBERRY JELLY

1 pound cranberries
2 cups sugar
1 cup water

Pick over berries carefully, mix all ingredients, let cook until all the berries are well cracked, put thru sieve and mould.

—Mrs. Grover Lovill

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PEAR AND ORANGE MARMALADE

7 lbs. pears
7 lbs. sugar
8 large oranges
2 lemons

Grind pears. Slice oranges and lemons very thin. Let stand over night in water. Cook next morning until tender. Add sugar and cook until stiff like jelly.

—Mrs. E. H. Kochtitzky

—PCB—

WATERMELON PRESERVES

Peel rind, cut in shapes, put in strong salt water and soak all day. Drain, cover with clear water and let stand all night. Boil in weak alum water until tender. To one pound of rind put one pound of sugar, four or five pieces of white ginger root. Add water enough to dissolve sugar, then boil all together until rind is rich and clear.

—Mrs. T. N. Brock

—PCB—

STRAWBERRY PRESERVES

3 heaping cups berries
3 cups sugar
1 tbsp. vinegar

Melt sugar (with berries) on back of stove. Then place over high heat and boil rapidly ten minutes. Pour into flat surfaces to cool. Put into jars (after entirely cool) and seal.

—Mary F. Graves

—PCB—

STRAWBERRY PRESERVES

Wash and drain strawberries. To 2 heaping cups of berries use 2 level cups of white sugar. Never cook in large quantities. Place over slow fire until sugar melts and juice has been drawn from berries. Increase heat

and boil fast for 10 minutes, or until berry is clear. Pour into shallow pan to cool. Do not place in jar until thoroughly cool. Seal.

—Mrs. Ed Banner

—PCB—

DAMSON PRESERVES

Wash and seed damsons. To each pint of fruit add a heaping pint of sugar. Place over slow fire until sugar melts, then increase heat and cook until thick. About 10-12 minutes. Place in jars and seal or cover well with paraffin.

—Mrs. Gray Sydnor

—PCB—

RHUBARB CONSERVE

3 qts. rhubarb cut in pieces
3 qts. sugar
10c shelled almonds chopped
Juice of 2 oranges and 1
lemon

Peel yellow of lemon and orange and grind through meat chopper. Grind 1 lb. raisins. Mix all together and cook until thick. Makes about 18 glasses.

—Mrs. B. Y. Graves

—PCB—

GREEN TOMATO MINCE MEAT (PIE)

1 pk. green tomatoes
2½ lbs. brown sugar
2 lbs. raisins
1 lb. beef suet
½ cup vinegar
3 cups chopped apple
2 cups ground cinnamon
1 tsp. ground cloves
2 tsp. nutmeg
2 tbsp. salt

Slice tomatoes thin or run through meat grinder, allow to drain; cover, cold water place over fire and boil for 5 minutes, drain again and add

salt, vinegar, fruits and seasoning, return to fire and allow to simmer for 30 or 45 minutes, seal in hot jars.

—Mrs. Bruce Yokley

—PCB—

TO CAN CORN

To 1 gal. of corn cut from cob, add $\frac{3}{4}$ pint of salt and 2 pints water. Boil briskly for 20 minutes. Place in sterilized jars and seal hot. To cook, soak well before using to remove salt and cook as fresh corn. This will taste like fresh corn when used.

—PCB—

TO CAN BEANS NO. 1

Select young, tender beans free from blemishes. String and break in small pieces. Wash thoroughly and cover with boiling water. To 12 pts. of beans used 1 pt. of salt. Cook 2 hours or longer, adding salt about $\frac{1}{2}$ hour before removing from fire. Overflow cans with salt water after they have been filled with beans and seal hot. Keep in dark place.

—PCB—

TO CAN BEANS NO. 2

Fix beans as in No. 1 and pack cold in sterilized jars. Fill jar with water and put lids on not too tight. Place jars in vessel of cold water and boil 4 hours. Let jars remain in water until cold then tighten tops and put in dark place.

—PCB—

TO CAN BEANS NO. 3

5 qts. beans
7 pts. water
1 cup sugar
1 cup vinegar
6 tps. salt

Boil 30 minutes and can.

—Mrs. J. C. Hollingsworth

TO COOK CANNED BEANS

Drain water off and place beans in vessel. To $\frac{1}{2}$ gal. of beans put 1 tsp. soda and cover with cold water. Let stand 1 hour and wash thoroughly. Cook beans in boiling water in which you have cooked your fat meat. Boil down. Add salt to taste.

—PCB—

TO CAN TOMATOES

Select firm, well formed tomatoes, not overripe. Drop in boiling water and peel removing stem end. Drop in kettle of boiling salted water and cook until tomatoes are tender. Remove from water with split spoon and place in sterilized jars. Fill jars to overflowing with the salted water and seal hot.

—Mrs. Joe Brock

—PCB—

COLD PACK TOMATOES

Peel tomatoes and pack in jars, add 1 tsp. salt to 1 qt. tomatoes. Fill jar with cold water and seal. Place in cold oven on broiling pan. Cook 2 hours at 300 deg. Fill jars if necessary with boiling water and tighten tops when jars are cool enough to handle.

—PCB—

TOMATOES AND CORN

1 qt. tomatoes
1 tea cup corn
Salt

Cook together ten minutes. Fill jars, add salt and seal.

—Annie Mae Clark

—PCB—

DRIED OKRA

Gather fresh okra. Slice and dry. Put away in jars for winter use.

—Annie Mae Clark

SOUP MIXTURE

- 5 qts. tomatoes chopped
- 2 qts. corn cut from cob
- 2 qts. lima beans

Scald and peel tomatoes, cutting out hard parts. Chop and measure. Cut young and tender corn from cob. Measure. Hull and measure young lima beans. Place in open agate kettle and boil until thick. Use asbestos mat under kettle when cooking. Soup mixture is very easily scorched. When it is thick fill jars and seal lightly. Place jars in the canner as soon as filled. Setting on wire or wooden rack. Boil quarts $1\frac{1}{2}$ hours. Pint 1 hour.

—Mrs. G. L. Simmons
—PCB—

TO CURE HAMS

For 100 pounds of meat, I use 2 qts. of pure salt, 2 lbs. brown sugar, 1 ounce powdered saltpetre, 3 oz. black pepper, ground fine and 1 oz. cayenne pepper well mixed. When the meat has been cooled, I rub well with this mixture and let it lie in a cool place for 2 weeks. Then I rub it again with the mixture and let it lie for four weeks. After hanging it up for a few days to drain I smoke it with hickory smoke. Smoking, however, is not absolutely necessary.

—Mrs. J. C. Hollingsworth
—PCB—

CORN SALAD RELISH

- 1 doz. ears corn
- 1 medium cabbage
- 3 green peppers
- 3 red peppers
- 1 tsp. celery seed
- 1 tsp. cloves
- 1 tsp. allspice
- 1 tsp. mustard seed
- 3 tbsps. salt

- 1 qt. vinegar

- 1 cup sugar

Scald corn, dash in cold water and cut from cob. Shred cabbage fine. Dice peppers, add this to other ingredients and cook 15 minutes. Pack in jars and seal.

—Mrs. E. W. Paddison
—PCB—

CRANBERRY RELISH

- 1 lb. cranberries

- 2 cups sugar

- 1 to $1\frac{1}{2}$ oranges

Run cranberries through meat chopper, pare oranges, remove seeds, trim white membrane off, grind pulp and rind, mix with sugar and cranberries. For future use pour in glasses and cover with paraffine.

—Mrs. Reid Jackson
—PCB—

PEPPER RELISH NO. 1

- 4 doz. peppers

- 6 big onions

- 2 cups brown sugar

- 1 qt. vinegar

- Salt to taste

Chop and cook until all ingredients are tender.

—Mrs. Martin Bennett
—PCB—

PEPPER RELISH NO. 2

- $\frac{3}{4}$ pk. green peppers

- $\frac{1}{4}$ pk. red peppers

- 1 qt. onions

- 1 qt. vinegar

- $4\frac{1}{4}$ cups sugar

- 1 tbsp tumeric powder

- 2 tbsps. salcitic acid

- 1 box white mustard seed

Put peppers and onions through meat chopper. Salt well. Let this mixture drain over night in 3 separate bags. Heat vinegar with other ingredients put in pepper mixture. Let scald well and can.

—Mrs. Jeffrey Smith

WATERMELON PICKLE

Soak rind over night in Libby's lime water, 1 tbsp. to gal. of water. Next morning rinse and boil for 2 hrs. in clear water with $\frac{1}{4}$ lb. ginger root (broken). Rinse and boil 1 hr. in following Syrup, 1 box cinnamon bark, $\frac{3}{4}$ box whole cloves, 4 lb. white sugar, and 1 qt. vinegar.

—Mrs. Graham Harrison

—PCB—

SWEET PICKLED PEACHES

1 qt. vinegar

3 lbs. white sugar

7 lbs. fruit

Spices, mace, and cloves to taste.

Make a syrup of the vinegar and sugar. Drop the fruit into the boiling syrup and cook until bright.

—Mrs. Ed Banner

—PCB—

PICKLED ONIONS

White paper shelled onions

4 lbs. sugar

1 qt. vinegar

Mixed seasoning

Peel onions. Let stand in salt water one hour. Let other ingredients come to boiling point. Add onions. Cook until hot through.

—Mrs. C. M. Whitlock

—PCB—

BREAD AND BUTTER PICKLES

2 gals. cucumbers

14 small onions

4 large green peppers

$\frac{3}{4}$ cup salt

1 cup sugar

1 tsp. ground cloves

1 tbsp. tumeric powder

1 tsp. celery seed

2 $\frac{1}{2}$ qts. vinegar

Slice cucumbers $\frac{1}{8}$ in. thick.

Cut onions and pepper in small

pieces. Mix all together. Salt and let stand 3 hours. Drain well and add to the vinegar solution, place over slow heat, let get hot, but not boil. Stir often, when thoroughly heated, pack in jars and seal.

—Mrs. E. W. Paddison

—PCB—

CUCUMBER PICKLES NO. 1

Soak cucumbers in salt water over night, 1 cup to 1 gal. water. Remove from salt water and scald in equal parts vinegar and water. Pack in qt. cans adding:

1 tsp. salt

1 tsp. pickling spices

1 tsp. sugar

Black and cayenne pepper to taste.

Cover with boiling vinegar.

—Mrs. Annie Mae Clark

—PCB—

CUCUMBER PICKLES NO. 2

Brine strong enough to float an egg. Let cucumbers stay in 2 weeks or longer. Remove 1 gal. of pickles from brine and cover with water containing piece of almond size of walnut. Let water almost boil. Soak salt out of cucumbers by changing water often for two days. Test to see if salt is out by cutting a large cucumber and tasting.

To 1 gal. of cucumbers put 4 lbs. of sugar, 3 tbsp. mixed seasoning and about 1 gal. vinegar. Put sugar, seasoning and vinegar on stove and let boil 5 minutes. Pour over cucumbers. Let stand about 8 days.

—Mrs. C. M. Whitlock

—PCB—

VIRGINIA CHOW-CHOW 1

1 $\frac{1}{2}$ doz. onions

3 medium heads of cabbage

1 $\frac{1}{2}$ doz. red sweet peppers

1½ doz. green sweet peppers
 ½ pk. ripe tomatoes
 ¼ pk. green tomatoes
 1 pt. salt
 2 lbs. brown sugar
 1 cup grated horseradish
 1 tbsp ground mustard
 1 tbsp mustard seed
 1 tbsp. black pepper
 1 oz. celery seed
 1 oz. tumeric powder

Chop the vegetables fine and mix with the salt. Let stand over night and drain well the next morning. Add dry ingredients. Put into a kettle and cover with good cider vinegar. Boil ten minutes, stirring often. Put in jars while hot.

—Mrs. T. N. Brock

—PCB—

SCALDED CHOW-CHOW 2

½ gal. green tomatoes shredded

1 gal. cabbage shredded
 1 qt. onions shredded
 1 pt. green sweet peppers diced

1 pt. red sweet peppers diced
 3 red peppers hot diced

Liquid ingredients:

1 qt. vinegar
 1½ lbs. sugar white
 1 tbsp. tumeric powder
 2 tbsps. mustard seed white
 2 tbsps. celery seed

Mix the chopped vegetables well and salt thoroughly. Put on the vinegar with other ingredients and let come to boil. Then add vegetables. Let scald well and put up air tight. This recipe makes about 4 qts.

—Mrs. B. H. Williamson

—PCB—

CHILI SAUCE

36 good ripe tomatoes
 12 large green peppers
 6 tbsps. salt

5c mustard seed

12 onions

20 tbsp. sugar

10 cups vinegar

5c celery seed

Chop tomatoes, onions and peppers fine. Add rest of mixture. Put a bag containing 1 tsp. each of ground cloves, all spice and ginger into mixture and boil 3 hours. Seal.

—Mrs. Martin Bennett

—PCB—

GREEN TOMATO SWEET PICKLES NO. 1

1 gal. green tomatoes

½ doz. large onions

3 cups brown sugar

½ lemon

2 pods hot red pepper

3 cups vinegar

1 tbsp. each whole cloves all spices, celery seed, mustard seed, black pepper, ground mustard and cinnamon

Slice tomatoes and onion thin. Sprinkle over them ½ cup salt and allow to stand over night in crock or enameled vessel. Tie all spice in cheese cloth bag. Slice lemon and slice 1 pepper pod fine. Drain tomato and onion well. Add all seasoning except 1 pepper to vinegar and when hot add the tomato and onion. Cook for ½ hour, stirring at intervals. Pack in jars and garnish with slender strips of the other pepper and some sweet red pepper. Process jars for 15 minutes.

—Mrs. Cleve Hale

—PCB—

SLICED TOMATO SWEET PICKLES NO. 2

Wash and cut off ends of 1 pk. green tomatoes. Slice, sprinkle with salt, let stand over night. Drain and cover

with cold weak vinegar for 24 hours, then pour all in a kettle, boil 10 minutes and drain. Make a syrup with 1 quart vinegar and 3 pints brown sugar. When hot, add tomatoes. Boil 3 minutes and pack in jars with spices.

—Mrs. J. C. Hollingsworth

—PCB—

CUCUMBER CATSUP

Peel and grate cucumbers. Place in pan and sprinkle with salt and let stand over night, then put into bag and hang up to drain. Use vinegar the amount to cover the quantity of cucumbers used, add sugar (small amount) white mustard seed and tumeric powder to taste. Let this boil well, then pour over cu-

cumbers, stir well. Put up air tight while still very hot.

—Mrs. James M. Cabaniss

—PCB—

SPICED APPLES

2½ qts. sugar
2 oranges, rind and peel
2 lbs. of raisins
2 tsps. cinnamon
1½ tsps. ground cloves
3 qts. apples chopped fine

Boil together for 15 minutes, 2 qts. of water and the sugar. Add rind and peel of the oranges, the raisins, cinnamon, and cloves. While boiling add the chopped apples and continue boiling for 15 minutes.

If canned fill jars while hot. Very good for a sandwich spread.

—Miss K. Price

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Puddings

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SPICED BREAD PUDDING

Pour 3 cups of hot milk over $\frac{1}{2}$ cup of fine bread crumbs. Let soak until soft, about ten minutes.

Add:

- 1 cup molasses
- 1 tsp. cinnamon
- 2 tsp. ginger
- $\frac{1}{2}$ tsp. allspice
- $\frac{1}{4}$ tsp. ground cloves
- 1 tsp. salt

1-3 cup melted butter

Bake 350° —Mrs. Moir Martin

—PCB—

PERSIMMON PUDDINGS

- 1 qt. persimmons
- 1 medium sweet potato (grtd.)
- 2 eggs
- 1 cup flour
- 1 cup sugar ($\frac{1}{2}$ white, and $\frac{1}{2}$ brown)
- 1-3 cup butter
- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ tsp. cinnamon
- 1 tsp. nutmeg
- $\frac{1}{2}$ tsp. raisins
- 15c can condensed milk diluted to make 1 cup.

Wash persimmons and remove seeds, then put through sieve, add other ingredients. Bake in biscuit pan in slow oven about 35 minutes. Cut in squares. Serve with whipped cream or sauce.

—Mrs. B. H. Williamson

—PCB—

BREAD PUDDING

Soak 2 cups fine dry bread crumbs in a quart of fresh rich milk. Cream a tbs but-

ter with a cup sugar and add 5 egg yolks, beaten very light. Then pour in the milk and bread crumbs, season with vanilla and beat well. Fill your baking dish only 2-3 full, and bake until the mixture is set. After the pudding cools a little, pour over it a layer of acid preserves or jelly and finally cover with a meringue made of the egg whites and the necessary amount of sugar.

—Woman's Club Cook Book

Note: Chocolate or cocoanut may be added to above recipe.

—PCB—

CARAMEL PUDDING

- 1 cup brown sugar
- 1 tbs. flour
- 1 cup milk
- 2 eggs
- Butter size of egg

Let sugar brown, not melt in oven. Let cool and add flour. Then melt butter and let brown, (but not burn). Add milk and egg yolks. Mix two mixtures and let cook in double boiler until thick. Add whites of eggs stiffly beaten. Serve in dessert dishes with whipped cream.

—Mrs. C. M. Whitlock

—PCB—

GRAHAM CRACKER PUDDING

- 2 cups finely crushed Graham crackers
- $\frac{1}{2}$ cup melted butter
- $\frac{1}{2}$ cup sugar

Add vanilla.

Heat butter in skillet and add crumbs and sugar (reserve $\frac{1}{4}$ cup crumbs). Stir until well mixed and press firmly into bottom of layer cake pan.

Filling

2 cups sweet milk
1-3 cup sugar
2 tbsp. flour or corn starch in sugar
 $\frac{1}{4}$ tsp. salt
3 egg yolks well beaten
1 tsp. vanilla

Heat milk to scalding, add sugar and flour to salt. Stir until smooth sauce is formed. Add a little of hot sauce to egg yolks. Stir egg yolks into remaining sauce. Cook until thick. Remove from fire and add vanilla. Spread over crumb mixture and top with

meringue made of 3 egg whites and 6 tbsp. sugar. Sprinkle remaining crumbs over top and bake in slow oven 325 deg. until nicely brown. Chill, cut into blocks and serve with or without whipped cream.

—Mrs. R. W. Sparger

—PCB—

CHERRY PUDDING

3 cups sour cherries
1 cup sugar
Bring this to boil and pour following batter on top.

Batter:

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup butter
1 egg
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
1 tbsp baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla

Mix ingredients of batter in

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order given and pour over cherries and sugar which have been brought to boil. Bake in moderate oven. Serve with hard sauce.

—Mrs. T. E. Smith

—PCB—

CHOCOLATE ICE BOX PUDDING

1/2 lb. cake of Baker's sweet chocolate
4 tbsp. water
6 tbsp. sugar
4 eggs
Lady Fingers

Add water to chocolate and melt in double boiler. Stir until smooth. Beat sugar into egg yolks well. Add melted chocolate. Beat whites of eggs stiff and mix together.

Split lady fingers and put layer in bottom of pan; pour over 1/2 chocolate mixture. Put layer of lady fingers on top and pour rest of mixture over them. Put in ice box to harden. Serve with whipped cream.

—Mrs. Martin Bennett

—PCB—

PLUM PUDDING

1/2 lb. butter
1/2 lb. raisins
1/2 lb. currants
1/4 lb. citron
1/2 lb. bread crumbs
1/2 lb. sugar
3 eggs, 1/4 pt. of sweet milk,
wine glass of wine, level tsp.
baking powder
1/2 grated nutmeg
Tsp. each, cinnamon and spice
Cream 1/2 sugar with butter. Cream other half of sugar with yolks of eggs. Mix spices with bread crumbs. Add milk and wine. Add fruit which has been dredged with flour. Add beaten whites of eggs and last baking powder.

Boil in coffee cans from 3 to

4 hours. Serve with whipped cream or sauce. May be kept for sometime in tin box.

—Mrs. T. G. Fawcett

—PCB—

CARROT PUDDING

1 cup flour
1 cup sugar
1 cup ground raw carrots
1 cup ground raw potatoes (sweet)
1 cup raisins
1 cup nuts
1 tbsp. melted butter
1 tsp. baking powder
1 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
3/4 tsp. salt
1 tsp. soda dissolved in 1/2 cup hot water

Mix ingredients in order given. Pour into greased baking powder and steam 2 1/2 hrs. This makes 2 large and 1 small can.

—Katherine Price

—PCB—

PEACH PUDDING

3 eggs
4 tbsp. sugar
3 tbsp. milk
3 tbsp. flour
Sugared Peaches:
Fill a baking dish 3/4 full of peaches and cover them with sugar. Beat the yolks of the eggs; add the sugar and milk. Then the sifted flour and the whites of the eggs beaten very stiff. Pour the batter over the peaches. Mix all thoroughly and bake about 45 minutes. Serve hot with sauce or sugar and cream.

—Mrs. T. B. Ashby

—PCB—

DATE WALNUT PUDDING

2 eggs
2 tbsp. flour

1 tsp. baking powder
1 cup chopped walnuts
1 cup dates
 $\frac{3}{4}$ cup sugar

Flavor with cinnamon

Beat eggs and add sugar. Sift flour and baking powder together. Add walnuts and dates. Sprinkle all with cinnamon in a greased pan. Bake about 30 or 40 minutes in a slow oven. Test with a straw. Serve with whipped cream in individual glasses. Can be baked in muffin tins.

—Mrs. T. B. Ashby

—PCB—

WHITE PLUM PUDDING

2 cups flour
3 tbsp. baking powder
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sugar
3 eggs

1 cup milk
1 cup sultana raisins
 $\frac{1}{4}$ cup chopped candied citron
and orange peel mixed
2 tbsp. pineapple (shredded)

Measure flour and reserve a little for dredging fruit. Sift the remainder with baking powder and cinnamon and nutmeg. Rub in shortening and add sugar. Beat eggs lightly and add to milk. Stir into dry mixture.

Dredge fruits with flour and add to batter. Turn into a greased mold. Cover tightly and steam 3 to 3 $\frac{1}{2}$ hours. Turn out and serve with delicate sauce. (Found under sauces in this book).

—Mrs. T. B. Ashby

—PCB—

GRAPE NUT PUFF PUDDING

$\frac{1}{2}$ cup butter
2 cups sugar

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4 eggs
4 tbsp. flour
6 tbsp. grape nuts
2 cups milk
1 lemon (juice and grated rind)

Cream butter and sugar, add egg yolks which have been well beaten, flour, grape nuts, milk, lemon juice and rind. Fold in stiffly beaten egg whites. Pour into greased baking dish placed in pan of hot water. Bake in moderate oven 50 to 60 minutes. When done, pudding will have crust on top, jelly below. Serve hot or cold with plain or whipped cream. This serves 6.

—Mrs. E. C. Ashby

—PCB—

ANGEL PUDDING

5 egg whites
 $\frac{1}{4}$ lb. nut meats
 $\frac{1}{4}$ lb. dates
 $\frac{3}{4}$ cup pulverized sugar
 $\frac{1}{2}$ lemon

Beat egg whites very stiff, then fold in sugar, nuts, dates chopped fine and lemon juice. Turn into well greased baking dish and bake to a golden brown. Serve immediately with whipped cream.

—Mrs. T. N. Brock

—PCB—

HENRIETTA PUDDING

4 eggs
1 cup sugar
1 cup grated apple
1 cup raisins
1 cup almonds or any nuts
 $\frac{3}{4}$ cup bread crumbs
2 tbsp. chopped citron
1 tsp. baking powder
1 tsp. all spice
1 tsp. cinnamon
1 tsp. cloves
Beat eggs separate. Mix in-

gredients in order given, reserving the egg whites to fold in at the last. Mix well and bake in moderate oven about 45 minutes.

—Mrs. T. N. Brock

—PCB—

RICE PUDDING

1 cup rice, cooked
1 pt. sweet milk
3 eggs
Butter size of egg
 $\frac{1}{2}$ cup raisins
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ glass blackberry jelly or any dark jelly

Mix rice, sugar, melted butter and egg yolks. Add sweet milk, and last raisins, which have been heated in the oven until they puff out, this keeps them from sinking in the pudding. Cook in moderate oven until done. Spread over top with jelly. Beat the egg whites add 1 tbsp. sugar to each egg. Spread over top and brown in slow oven.

—Mrs. B. H. Williamson

—PCB—

FIG PUDDING

2-3 sup suet
2 cups soft bread crumbs (heaped)
2 eggs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ lb. figs chopped fine
1 level tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Chop suet and cream, using the hand. Add the figs, then eggs and milk to bread crumbs, mixed with the salt and baking powder. Combine the mixture. Turn into a buttered mold and steam 3 hours. Serve with hard sauce.

—Mrs. Ed. Merritt

Rice Dishes

BOILED RICE

1 cup rice
Boiling water Salt
Wash rice. Have kettle of salted water boiling. Add rice slowly keeping the water boiling. Boil about 20 minutes, drain in colandar and place rich over boiling water to steam until ready for use. This will keep each grain to itself. —Mrs. Gray Sydnor

—PCB—

RICE CAKES

1 cup left over rice
1 egg beaten
1 cup milk
1 tablespoon corn meal
Salt to taste
Mix rice, egg, milk and meal. Make into cakes and fry.

—Mrs. W. E. Merritt

—PCB—

SPANISH RICE NO. 1

1 cup rice cooked as boiled rice
Grease from fried fat back
1 cup grated cheese
1 pepper 1 onion
Salt and pepper

Cook chopped green pepper and onion in grease until done, add cheese and melt. Place rice in greased casserole. Pour over it the cheese mixture. Season to taste and bake about 15 minutes.

—Mrs. Will Prather

—PCB—

SPANISH RICE NO. 2

1 cup rice
2 cups canned tomatoes
4 slices of bacon
2 tablespoons minced onions.
1 tablespoon minced pepper
½ cup grated cheese

Salt and pepper

Boil rice. Cut bacon in small pieces and fry until brown on one side. Remove from pan, add onions and green peppers and cook until onion is yellow. Pour in tomatoes and cheese. Allow to cook until cheese melts. Put rice in greased casserole, add mixture, lay bacon on top with brown side down. Brown in oven.

—Mrs. C. M. Whitlock

—PCB—

CHIPPED BEEF AND RICE

1 cup cooked rice
2 tablespoons butter
¼ pound chipped beef
1 tablespoon chopped onion
2 cups milk 1 egg
1 tablespoon chopped green pepper

Heat butter, add chipped beef and allow to fry. Add milk well beaten egg then onion and pepper. Add rice and turn into buttered baking dish and bake 30 minutes at 350 deg. to 400 deg.

—Mrs. E. H. Kochtitzky

—PCB—

JAPANESE RICE

Over a platter of hot boiled rice make a sauce as follows:
1 can Campbell's soup
2 tablespoons tomato catsup
1 tablespoon Worcestershire sauce

1 or 2 dashes Tobasco sauce
1 tablespoon water

Heat this before pouring over rice. Garnish with one hard boiled egg sliced and one green bell pepper sliced.

—Greensboro Cook Book

Salads and Salad Dressings

"To make a perfect salad, there should be a miser for vinegar, a spendthrift for oil, and a madcap to mix all the ingredients together."

Salads usually consist of cold foods — they may be cooked or uncooked, but are always served with a dressing. They are made from meats, fish, poultry, vegetables, eggs, fruits, or nuts; a right kind of salad for each occasion

Salad Dressings — are in three classes: cooked, French and mayonnaise

SALAD COMBINATIONS

Cheese—

Cottage cheese made into balls with a dash of paprika on top.

Cottage cheese balls with chopped nuts, Spanish onion, olives, pickles or pimento.

Green pepper stuffed with cheese and cut into thin slices.

Edam or Roquefort cheese, broken coarsely, and scattered over lettuce.

Philadelphia cream cheese mixed with cream, olives, pimentos, and nuts, molded and sliced.

Cheese used to stuff prunes or dates.

Cream cheese balls with sliced pineapple or halves of pears.

Cream cheese and nuts to stuff canned prunes.

Eggs—

Hard-cooked eggs cut into quarters lengthwise or into thin slices.

Hard-cooked eggs, stuffed.

Chopped, hard-cooked egg-whites mixed with shredded lettuce or celery and salad dressing, garnished with hard-cooked yolks run through a sieve.

Fruit—

Apples, diced, with celery and chopped English walnuts. (Waldorf Salad).

Halves of peaches, apricots, or pears with cherries stuffed with nuts.

Sections of oranges, pineapple, bananas, etc.

Nuts, oranges, and grapes, pineapple, etc., served with whipped cream dressing.

Pineapple and nuts.

Meat and Fish—

Tuna fish with celery or cabbage.

Salmon with celery and hard-cooked eggs.

Shrimp, crab, or lobster with celery or cabbage.

Chicken with celery.

Sweetbreads with cucumbers.

Vegetable—

Asparagus, alone, or with chopped pimento or green pepper. Hard-cooked eggs may be added.

Asparagus stalks served in rings of pimento or green pepper.

Lima beans with green pepper.

Navy or kidney beans with chopped pickles.

Beets with peas.

Beets with celery, potatoes, and hard-cooked eggs.

Cabbage, alone, or with green pepper or celery, with or without stuffed olives or nuts.

Cabbage and pineapple, alone, with blanched almonds and marshmallows.

Cabbage and kidney beans.

Celery and nuts.

Cucumbers with lettuce.

Cucumber cups filled with any desired combination of vegetables.

Crisp leaf or head lettuce separated into halves. It may be cut into sections of a size suitable to serve but the halves should be loosened to some extent for ease in eating. Leaf lettuce should be shredded.

Peas, peanuts, and pickles.

Potatoes, with onion, pickle,

hard-cooked egg, celery or cucumber.

Radishes, alone, or as garnishes cut into slices, roses, etc.

Spinach, molded, and garnished with hard-cooked eggs.

Tomatoes, sliced or quartered, alone, or with pepper, hard-cooked eggs and olives.

Tomatoes, sliced, with cheese balls.

Tomato cups filled with celery, cabbage, or chicken salad, cubes of cucumber mixed with tomato pulp, or apple and celery.

Tomato cups filled with celery, tiny canned peas, and peccans chopped and moistened with mayonnaise.

Watercress.

Use lettuce as a foundation for most salads.

—Miss Freda Webb

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CREAM CHEESE SALAD NO. 1

- 3 cakes cream cheese
- 1 cup boiling water
- 2 tbsp. gelatine
- Sugar to taste
- 1 can white cherries diced
- 1 can diced pineapple
- 1 cup mayonnaise
- 1 pint cream, (whipped)

Mix cheese and boiling water, add gelatine which has been soaked in $\frac{1}{2}$ cup cold water. Add salt, be sure to let gelatine dissolve well. When the mixture is smooth and beginning to congeal, add fruit.

—Mrs. Fred Folger

—PCB—

CREAM CHEESE SALAD NO. 2

- 1 pkg. Lime gelatine
- 1 cup cold water
- 1 cup boiling water
- 1 tsp. salt
- 2 pkgs. cream cheese
- 1 cup cream whipped
- $\frac{1}{2}$ cup pineapple chopped
- 3 tbsp. pimento chopped

Dissolve the gelatine in boiling water, add cold water and salt. Chill, when this begins to thicken, beat in cream cheese which has been mashed, mix in cream, pineapple and pimento, mold in flat pan and cut in blocks to serve. Delicious accompaniment to chicken salad.

—Mrs. Cleve Hale

—PCB—

WHIPPED CREAM SALAD

- 3 egg yolks
- 2-3 cup sugar
- 2-3 cup sweet milk
- $\frac{1}{2}$ cup vinegar
- 2 tbsp. gelatine
- Soaked in $\frac{1}{2}$ cup cold water
- Pinch salt
- $\frac{1}{2}$ pint cream (whipped)

- 1 can peaches
- 1 can pineapple
- 1 can white cherries
- 1 small bottle cherries (red)
- 1 cup nuts chopped

Mix eggs, sugar, milk, vinegar, salt. Let come to boil. Then add gelatine and cool. Then cream, when beginning to congeal add fruits.

—Mrs. Raymond Smith

—PCB—

PEAR GLACE SALAD

- $\frac{1}{2}$ cake cream cheese
- 1 cup whipped currant jelly
- 1 tbsp. lemon juice
- 1 cup whipped cream
- Salt
- Paprika

Rub cheese, jelly to smooth paste, add lemon juice, season lightly with salt and paprika, fold in whipped cream, freeze 4 hours. Serve a round able- spoonful in half pear on lettuce. Good with nut bread sandwiches.

—Mrs. Alma Bowman

—PCB—

JELLIED TOMATO SALAD

- 1 cup tomato soup
- 2 cakes Philadelphia cream cheese
- 2 tbsp. gelatine
- $\frac{1}{2}$ cup cold water
- 1 cup mayonnaise
- $1\frac{1}{2}$ cups celery
- Green pepper
- Minced onions

Bring soup to boil, add cheese and still keep at boiling point until cheese melts. Add the gelatine which has been dissolved in $\frac{1}{2}$ cup cold water. Be sure all the gelatine has been dissolved when cool. Add mayonnaise and cut vegetables. Mold and chill. Serve on lettuce with mayonnaise.

—Mrs. Geo. K. Hale, Jr.

FROZEN CHEESE SALAD

- 2 cakes Philadelphia cream
cheese
 1/2 cup mayonnaise dressing
 1/4 tsp. dry mustard
 1/4 tsp. paprika
 3 tbsp. chili sauce
 1 cup diced pineapple
 1/2 cup raisins
 1/4 cup nuts (chopped)
 1/2 cup cream (whipped)
 1 tsp. salt

Mix salt, paprika and mustard and add to the mayonnaise. Then add chill sauce, fruits and nuts. Turn into tray and freeze.

—Mrs. J. L. Ashby, Jr.

—PCB—

FROZEN FRUIT SALAD

- 1 can apricots
 1 can pineapple
 1 can white cherries
 1/4 lb. almonds, blanched and
chopped
 1 pt. mayonnaise
 1/2 doz. bananas
 All fruit juices

Chop up fruits and nuts. Mix with fruit juices and may-lettuce with whipped cream dressing.

—Mrs. Joe Gwynn

—PCB—

FRUIT SALAD

- 1 can white cherries
 1 can pineapple chopped
 1/4 pound almonds
 1 pint cream
 1 envelope gelatine
 1/2 cup cold water

Soak gelatine in cold water and dissolve over hot water, whip cream, stiff, add gelatine and last fruits and nuts.

—Mrs. John Sabotta

—PCB—

GINGERALE SALAD

- 3 tbsp. gelatine dissolved in
 1/2 cup cold water

- 1 1/2 cups boiling water or
fruit juice

- 1 1/4 cups gingerale
 3 tbsp. lemon juice
 3 tbsp. sugar
 1/2 cup crystalized ginger
 1/2 cup pineapple
 1/2 cup celery diced
 1/2 cup red cherries
 1/2 cup apples diced

Mix and congeal.

—Mrs. E. C. Foy

—PCB—

CRANBERRY SALAD

- 1 pt. cranberries
 1 tbsp. gelatine
 1 cup water
 3/4 cup sugar
 1 orange
 1/2 orange rind grated
 Juice 1 lemon
 Pinch salt
 1/2 cup celery diced

Cook berries with sugar until well cracked, remove from fire, add gelatine which has been soaked in 1/2 cup cold water. Then add orange and lemon juice with rind.

—Mrs. Jeffery Smith

—PCB—

FROZEN PINEAPPLE SALAD

- 1 cup crushed pineapple
 1/2 cup blanched almonds
chopped
 1 cup chopped celery
 1 cup shredded cabbage
 1 cup whipped cream
 1 1/2 cups stiff mayonnaise

Freeze 4 hours in electric refrigerator and serve on tomato aspic rings.

—Mrs. Alma Bowman

—PCB—

BUTTERFLY SALAD

Place two halves of sliced pineapple on a crisp lettuce leaf, having cut side pointing toward edge of plate. Be-

tween two slices place piece of Kraft cheese moulded to represent the body, put the pieces of pimento on head to represent antennae and a small piece on each slice of pineapple to represent marking of wings. Sprinkle paprika lightly on cream cheese.

—Edna C. Homet

—PCB—

TOKAY GRAPE SALAD

Peel, seed and cut in halves enough grapes to make $1\frac{1}{2}$ cups. Mix with $\frac{3}{4}$ cup diced celery. Add one Bartlett pear diced (canned pear can be used), 3 tbsp. chopped blanched almond. Chill and serve on crisp lettuce leaves with 4 tbsp. stiffly whipped cream thinned with mayonnaise.

—Mrs. E. H. Kochitzky

—PCB—

POTATO SALAD

6 medium potatoes, diced
6 hard boiled eggs, chopped
1 small jar Heinz Indian relish

$\frac{1}{4}$ onion, chopped
 $\frac{1}{2}$ green pepper, chopped
Salt to taste

Mix with mayonnaise.

—Mrs. William Hadley

—PCB—

VEGETABLE AND TOMATO SALAD

1 can English peas (good peas)

1 cup celery, chopped fine

1 cup pecan meats, chopped

Mix with mayonnaise. Salt to taste. Stuff tomato and serve on lettuce. Top with mayonnaise if desired.

—Mrs. Graham Harrison

—PCB—

VEGETABLE SALAD

1 pk. gelatine

1 cup strained tomato juice

1 cup diced celery

1 small onion chopped

2 cups boiling water

$1\frac{1}{2}$ cup diced carrots

1 tbsp. salt

1 can green peas, drained

Dissolve gelatine in $\frac{1}{2}$ cup cold water, add boiling water and add tomato juice. When this begins to congeal add other ingredients. Serve on lettuce with mayonnaise.

—Mrs. E. C. Ashby

—PCB—

ROSE TOMATO SALAD

Select nice small round tomatoes, remove the skin, dry off with a cloth. Cream cream cheese with cream until soft and fluffy. Color any color desired, put the tomato on a fork at the stem end, with an ice tea spoon take little dabs of the cream cheese starting at the top and going down, making little petals, sprinkle little dab of yellow grated cheese in top, serve this on rose leaves with rose bush stem. Lovely for salad course with toasted crackers.

—PCB—

LIME-BEET SALAD

Mix 1 cup of cooled, cooked Limas and $\frac{1}{2}$ cup diced, cooked beets. To serve, arrange on lettuce and add 2 stuffed green olives. Top with your favorite dressing.

—PCB—

CARROT SALAD

1 cup carrots (grated)

1 cup boiling water

$\frac{1}{2}$ cup pineapple (crushed)

1 pkg. lemon "jello"

1 cup celery diced

2 tbsp. lemon juice

1 cup pineapple juice

Pour boiling water over jello, add lemon and pineapple

juice, when this begins to congeal lightly add other ingredients, mould, serve on lettuce with mayonnaise.

—Mrs. S. R. Johnston,
Cooking Teacher.

—PCB—

TOMATO ASPIC

1 qt. tomatoes
1 cup water
1 tsp. salt
Dash cayenne
2 cloves
1 bay leaf
1 tbsp. sugar
1 small onion

Strain. Heat, and pour over 2 tbsp. gelatine which has been softened in $\frac{1}{4}$ cup cold water. Add celery, green peppers, or olives, if desired. It is very good plain.

—PCB—

COLD SLAW

$\frac{1}{2}$ cup vinegar
1 tsp. salt
1 tsp. mustard
2 tbsp. sugar
1 egg
1 tsp. flour

If vinegar is very strong dilute with water. Mix all ingredients and let cook until thick. Pour over fine chopped cabbage when cold. Salt to taste.

—Better Homes and Gardens

—PCB—

COLD SLAW WITH PEPPERS

Shred cabbage fine. Cut red and green sweet peppers fine, one hot red or green pepper. Mix all ingredients well with salt, wesson oil and vinegar to taste, sugar may be added if desired and tobasco sauce as needed.

—“Mr. Bill Pace”

CHICKEN SALAD

1 fat hen
1 bunch celery
6 hard boiled eggs
1 small jar Heinz Indian relish
 $\frac{1}{4}$ lb. almonds, blanched and toasted
1 cup boiled dressing
1 cup mayonnaise

Cook hen until tender. Take meat from the bone and cut rather small. Add celery, eggs and almonds, which have also been chopped. Add other ingredients and mix well. Season highly with black pepper.

—Mrs. William Hadley

—PCB—

JELLIED CHICKEN SALAD

1 large chicken (grind)
 $\frac{1}{2}$ bunch celery cut fine
6 eggs, hard cooked and mashed

2 tbsp. gelatine dissolved in $\frac{1}{2}$ cup cold water. Add enough hot chicken stock to melt gelatine. Mix the chicken, celery and eggs. Add seasoning and last the stock and gelatine. Serve on lettuce leaf with mayonnaise.

—PCB—

CHICKEN MAYONNAISE

2 chickens put thru meat chopper
 $1\frac{1}{2}$ can peas, drained
 $1\frac{1}{2}$ box gelatine
1 large bottle Indian relish
1 cup blanched almonds cut fine
2 cups mayonnaise
1 doz. eggs hard cooked and mashed

Mix well, season and thin with chicken stock. Add the gelatine which has been dissolved in $\frac{1}{2}$ cup cold water and hot stock. Pour in pan to

mold. Cut in blocks and serve with sprig of parsley.

—Mrs. Robt. Lovill
—PCB—

CRAB AND TOMATO SALAD

1 oan crab flakes, fresh or canned (Numco is a good brand). Be sure to pick it over—take out all bones and have ice cold.

6 hard boiled eggs (chopped)

1 large green pepper, run through meat chopper

2 tbsp. chili sauce

1 tbsp. tomato ketchup

Salt to taste

½ cup mayonnaise

Mix and serve in tomatoes.

—Mary F. Graves
—PCB—

JELLIED SHRIMP SALAD

2 cups shrimp

1 tbsp. lemon juice

1 tbsp. parsley (minced)

1 cup celery diced

½ tsp. salt

⅛ tsp. pepper

1 tbsp. gelatine

1 cup cooked salad dressing

½ cup cold water

Break shrimp into small pieces, add lemon juice, parsley, celery and seasoning. Soak gelatine in cold water and dissolve over hot water. Add to salad dressing and combine mixtures, pour into moulds, chill, serve on lettuce.

—Mrs. B. H. Williamson
—PCB—

FRENCH DRESSING

2-3 oil to 1-3 vinegar or lemon juice or parts of both, add cayenne pepper, salt, chopped parsley or small amount tomato juice or crumbled Roquefort cheese. May be used if desired.

George W. Sparger

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ROQUEFORT DRESSING

Mash cream cheese mixing with cream until real soft, add to the crumbled Roquefort cheese until flavor you desire. Add lemon juice, cayenne and salt, and mold. Serve on lettuce, with meat.

—PCB—

MAYONNAISE

1 whole egg or 2 yolks
1 tsp. sugar
1 tsp. salt
1 pint wesson oil
Juice 1 lemon
Dash cayenne pepper
Have all ingredients chilled but not too cold. Beat egg, add salt and sugar, begin adding the oil slowly at first then larger amounts as it becomes stiff. This dressing may have a great many things added to suit any dish it is used with. Chop olives very fine with a few drops of onion juice for soft shell crabs, or equal parts dressing and tomato ketchup on lettuce for fish.

—PCB—

THOUSAND ISLAND DRESSING

1 cup mayonnaise
4 tbsp. thick cream
4 tbsp. green peppers cut fine
4 tbsp. pimento chopped fine
4 tbsp. Heinz chili sauce
Add cream to mayonnaise, then other ingredients.

—PCB—

RUSSIAN DRESSING

4 tbsp. mayonnaise
Dash onion juice
3 tbsp. chili sauce
1 hard boiled egg mashed or olives may be used if desired.

MAYONNAISE

2 egg yolks
Butter, size of walnut
 $\frac{1}{2}$ tsp. mustard
 $\frac{1}{4}$ tsp. salt
1 tsp. sugar
Cayenne pepper to taste
2 tbsp. vinegar
 $\frac{1}{2}$ cup cream

Mix and cook until it thickens, while mayonnaise may be made by using egg whites instead of yolks. This may be tinted for special occasions.

—Mrs. T. N. Brock

—PCB—

EXTRA CREAMY MAYONNAISE**For Aspic and Chicken Salads**

1 hard cooked egg yolk
1 raw egg yolk
1 pint wesson oil
 $\frac{1}{2}$ tsp. dry mustard
1 tsp. sugar
1 tsp. salt
 $\frac{1}{4}$ tsp. cayenne
2 tbsp. lemon juice

Sieve hard cooked egg yolk and add raw yolk. Blend well. Add one tbsp. of oil at a time and beat well with a rotary beater after each addition. When one-half cup of oil has been used, beat in lemon juice and seasonings. Add remaining oil two tbsps. at a time, beating with either fork or beater until well blended. If you prefer regular wesson oil mayonnaise use one raw egg, both white and yolk, in place of the two yolks and proceed exactly as in this recipe. Good with aspic salads.

—PCB—

DRESSING**For Fruit Salads**

1 (3 oz.) pkg. cream cheese
2 tbsps. honey or 3 tbsps. sug.
 $\frac{3}{4}$ cup wesson oil
 $1\frac{1}{2}$ tbsps. lemon juice

Grated rind of 1 lemon
 $\frac{3}{4}$ tsp. salt $\frac{1}{8}$ tsp. cayenne
 Beat cheese, honey, lemon juice and seasonings with a rotary beater until smooth. Add one tbsp. of oil at a time and beat well after each addition, until four tbsps. have been used. Add remaining oil, two tbsps. at a time, beating until well blended for each addition. Chill. This whips up to a creamy dressing, and should not separate if used the same day it is made. Good for fruit salads.

—PCB—

WHIPPED CREAM DRESSING

12 chopped marshmallows
 $\frac{1}{2}$ cup pecans chopped
 4 egg yolks
 4 tbsp. vinegar
 1 tbsp. sugar 1 cup cream
 1 tsp. salt $\frac{1}{2}$ tsp. mustard
 1 tsp. butter

Dash cayenne pepper

Put yolks in double boiler, add vinegar, sugar, salt, mustard, pepper and butter, stir until mixture thickens, let get perfectly cold, then add whipped cream and last marshmallows and nuts. Serve spoonful on salad.

—Mrs. D. E. Hoffman

—PCB—

COOKED SALAD DRESSING

1 tsp. salt 1 tsp. mustard
 3 tsp. sugar
 2 eggs beaten separately
 2 tbsp. vinegar
 2 tbsp. drawn butter
 2 tbsp. sweet milk

Mix salt, mustard, sugar and yolks, beat well. Add cream slowly then gradually vinegar and butter, set on stove over boiling water. Stir until thickens, then add stiffly beaten egg whites.

—Winston Cook Book

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Sandwiches

Sandwiches may be conveniently classified as savory and sweet

Sandwich filling should be chopped or ground and mixed with mayonnaise or salad dressings. There are exceptions when fruits and meats are to be used.

—PCB—

CREAM CHEESE SANDWICH WITH APPLE

Cream 1 pkg. cream cheese with small amount cream. Add 2 tbsp. strained honey, spread on both sides of bread. With a layer of apple between, sliced very thin. Children's favorite.

—PCB—

TOASTED CHEESE SANDWICHES

Cream yellow cheese, add dash Worcestershire sauce and salt to taste. Butter bread, spread with cheese, brown sandwich on both sides in melted butter in iron frying pan or in oven after buttering tops with melted butter.

—Mrs. C. M. Whitlock

—PCB—

CREAM CHEESE AND PINE-APPLE SANDWICHES

1/2 cup cream cheese
1/2 cup chopped pecan meats
Butter
1/2 cup crushed pineapple
Brown bread

Mash the cheese with a fork until soft. Add pecan meats and pineapple. Mix this thoroughly. Meanwhile have

slices of brown bread cut thin, and butter half the slices. Spread the other half with the cream cheese mixture, and form sandwiches.

—Mrs. J. W. Lovill

—PCB—

PINWHEEL SANDWICHES

Remove crust from sides and ends of long sandwich loaf. Spread length of loaf with softened red colored butter. Cut lengthwise in very thin slices and roll as you would a jelly roll. Make a tight roll. Wrap in a damp cloth and keep in cold place; when ready to serve slice each roll in slices.

—Edna C. Homet

Note: Tinted cream cheese and nuts may be used instead of butter.

—PCB—

A FAVORITE SANDWICH

1 tbsp. chopped pimento
1/2 cup chopped celery
1/2 cup minced tuna fish
1/4 cup mayonnaise
1 tbsp. chopped sweet green peas
1/4 tsp. salt
Bread

To the minced tuna fish, add the celery and peppers; mix together well, and add salt to taste. Moisten with mayonnaise and use as filling between slices of white bread.

—Mrs. J. W. Lovill

SHRIMP BUTTER- SANDWICH FILLING

½ pound butter
1 pound shrimp
Salt

Grind shrimp. Mix salt and creamed butter. Pack in oblong baking dish and bake in moderate oven about 30 minutes or until leaves side of dish and is slightly brown. Put in refrigerator over night. Slice and use as Hors-d'oeuvres, cold meat, paste as sandwich filling or celery stuffing.

—Mrs. Chas. Lucas

—PCB—

SANDWICH FILLING (SWEET)

Grind watermelon rind preserves and salted peanuts (any desired quantity and portion), add little lemon juice, mix with mayonnaise until right consistency to spread.

—Mrs. Cleve Hale

—PCB—

CHICKEN SANDWICHES

1 heaping cup chopped cooked chicken
1 heaping cup chopped almonds
8 tbsp. heavy cream
¾ tsp. salt
¼ tsp. paprika
Dash pepper

Mix thoroughly, spread between slices thin bread.

—Mrs. John Sabotta

—PCB—

CHINESE DELIGHT

Chop 4 tbsp. each of Canton ginger and walnuts. Add these to 1 cream cheese moistened with heavy cream. Use as filling with thinly sliced whole or whole wheat bread.

SWEET SANDWICH

Mix orange marmalade with an equal amount of cream cheese. —Mrs. Charles Lucas

—PCB—

CLUB SANDWICH

Slice bread ½ inch thick, toast on both sides and spread with mayonnaise, add layer of lettuce, tomato, bacon, lettuce again and last nice slice of chicken seasoned with pepper and salt as you stack.

—Contributed

—PCB—

DELICIOUS SANDWICH FILLING

One cup peanut butter, 1 glass grape jelly, 1 cup chopped raisins, 1 cup pecans.

Method: Mix ingredients thoroughly and spread between slices of bread or toast.

—PCB—

LIGHTHOUSE SANDWICH

First round: 3 in. diameter, spread with currant jelly.

Second round: 3 in diameter, spread with cottage cheese, and finely chopped almonds.

Third round: 2 3-4 in. diameter, spread with a slice of tomato, lettuce and mayonnaise.

Fourth round: 2½ in. diameter, spread with white meat of chicken, lettuce and mayonnaise.

Fifth round: 2¼ in. diameter, spread with cut green peppers, lettuce and mayonnaise.

Sixth round: 2 in. diameter, spread with cottage cheese, spread thick, and top with caviar and one stuffed olive.

Method: Use white bread. Hold sandwich upright by using toothpicks. On side of

serving plate place a small piece of lettuce and, on this place an olive. Band sandwich with pimiento strips.

—Mrs. B. H. Williamson
—PCB—

CHEESE ROLL SANDWICH

Into a pound of grated yellow cheese stir enough cream to make a smooth paste. Add salt and red pepper. Cut fresh bread into thin slices and spread first with mayonnaise, then with cheese paste. Roll and toast in moderate oven.

Note: If you slice bread and wrap in moist cloth, it will roll better. Butter outside of sandwich and make it brown nicely. A dash of Worcestershire sauce may be added.

—PCB—

BROILED OPEN SANDWICH

Toast a slice of bread on one side, spread the untoasted side with mayonnaise and cover it with a thick slice of peeled tomato. Place two strips of broiled bacon on the tomato, cover with a generous slice of cheese, and place under a low broiler flame until cheese is melted. Serve hot garnished with sprigs of parsley.

—Mrs. Will Hollingsworth

—PCB—

PIMENTO SANDWICH FILLING

½ pound cheese
1 can pimento
4 hard boiled eggs
1 tsp. salt ½ tsp. pepper
Grind all together twice and thin with mayonnaise.

This may be stacked plain or in ribbon sandwich style.

—Womans Club Cook Book

—PCB—

X Y Z SANDWICH

1 can sweet peppers
2 hard boiled eggs
2 sour cucumbers

1 cup finely chopped ham or any cold meat.

Spread between thin slices of buttered bread.

—Mrs. John Folger
—PCB—

SUGGESTIONS FOR OPEN SANDWICHES

Star Sandwich

Cut white bread in rounds. Spread with mayonnaise. Garnish with quarter of an inch border of finely chopped olives. In center of each, place a star cut out of red pimento.

—PCB—

DATE AND NUT SANDWICH

Cut white or brown bread in fancy shapes. Chop dates and nuts very fine or put through a meat grinder. Soften with mayonnaise. Spread on bread. Garnish each by placing a whole nut meat in center.

—PCB—

RAISIN AND NUT SANDWICH

Same as above, substitute raisins for dates and garnish with whole raisins.

—PCB—

SHAMROCKS

Cut bread in shamrock shape. Chop together one green pepper and one cucumber cut fine. Mix with mayonnaise and spread thinly on bread.

—PCB—

PEANUT DAINTY

Put equal parts of fresh raw carrots and salted peanuts through a meat grinder. Mix with mayonnaise. Spread on bread, cut in fancy shapes. Decorate with sliced stuffed olives.

—PCB—

Modern cookery suggestions which have been tested.

Sauces

Sauces; either are intended as an accompaniment to a meat, vegetable, or dessert, or for seasoning

PROPORTIONS FOR CREAM SAUCE

Thin: 1 cup liquid, 1 tbsp fat, 1 tbsp flour, for soups or scalloped dishes.

Medium: 1 cup liquid, 2 tbsp fat, 2 tbsp flour, for creamed meats and vegetables.

Thick: 1 cup liquid, 3 tbsp fat, 3 tbsp flour, for souffles or croquettes.

—PCB—

HORSE-RADISH SAUCE

2 tablespoons butter
2 tablespoons grated fresh horse-radish
1 tablespoon very thick cream
 $\frac{1}{2}$ teaspoon lemon juice
Cream butter; add horse-radish, cream and lemon juice.
Keep very cold.

—Mrs. W. Fulton

—PCB—

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup water
1 tablespoon lemon juice
 $\frac{1}{2}$ cup butter
2 egg yolks
 $\frac{1}{4}$ tablespoon salt

Method: Divide butter into 3 pieces, put one piece in sauce pan with vinegar and lemon juice and egg yolks. Place sauce pan in a large one containing boiling water and stir constantly with a wire whisk or spoon. Add second piece of butter and as mixture thickens, add third piece, stirring all the time until like mayonnaise be careful not to let the

eggs cook, just heat enough to thicken, remove from fire add seasoning, if it turns back two spoons cold cream, or water will bring it back.

—Mrs. Will Hollingsworth

Note: There are many variations. Tomato puree, anchovy assence, or sherry may be added.

—PCB—

BECHAMEL SAUCE

$\frac{1}{2}$ chicken stock and $\frac{1}{2}$ cream for liquid thickened with eggs. Invented by the Steward of Louis XIV.

—PCB—

MINT SAUCE

$\frac{1}{4}$ cup chopped mint leaves
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup brown sugar or white
Cook all ingredients in sauce pan over slow fire, for about $\frac{1}{2}$ hour. Do not let boil.

—Mrs. R. L. Penn

—PCB—

TARTARE SAUCE

1 cup mayonnaise dressing
1 teaspoon prepared mustard
1 teaspoon finely chopped parsley
1 teaspoon finely chopped pickles
1 teaspoon capers
 $\frac{1}{2}$ teaspoon onion juice

Add all ingredients to mayonnaise in order given, serve very cold.

—Greensboro Cook Book

CRANBERRY SAUCE

- 1 quart cranberries
1 cup water
2 cups sugar

Put cranberries, sugar and water in sauce pan, let cook with cover on until all berries have popped. Mash thoroughly, chill and serve.

—PCB—

SAUCE FOR MEAT LOAF

- 1 cup chopped green pepper
1 cup chopped celery
1 cup onion chopped
1 can tomato soup
Salt and Pepper

Cook pepper, celery, onion in small amount boiling water until tender, add soup, salt and pepper and simmer 10 minutes.

—Miss Elizabeth Strowd

—PCB—

HARD SAUCE NO. 1

Butter size of an egg

Add sufficient quantity powdered sugar to make fluffy. Beat thoroughly. A little thick cream, added to this helps. Add any flavoring you wish. This is nice for any hot dessert.

—Mrs. B. H. Williamson

—PCB—

HARD SAUCE NO. 2

- Cream together
6 tablespoons brown sugar
3 tablespoons pulverized sugar
4 tablespoons butter
1 beaten egg white

Flavor as desired and serve while warm.

—Mrs. James F. Yokley

—PCB—

SAUCE FOR FIG OR PLUM PUDDING

- 2½ cups sugar
1 cup water
Mix sugar and water and

enough flour or corn starch to thicken. Boil. Add cinnamon, nutmeg and flavoring to taste. (either vanilla, brandy or wine).

—Mrs. W. Fulton

—PCB—

SUNSHINE SAUCE

- 1 cup sugar
1-3 cup water
2 egg yolks

Boil sugar and water to soft boil stage. Pour this syrup over the well beaten yolks. Continue beating 'till creamy. Add vanilla to taste. Just before serving fold in 1 cup stiffly beaten cream.

—Mrs. T. N. Brock

—PCB—

SAUCE FOR PLUM PUDDING

- 1 cup butter
1 cup sugar
4 egg yolks (beaten light)
1 cup hot milk or cream
Vanilla

Cream butter and sugar until fluffy then add well beaten egg yolks. Stir in the hot milk slowly. Put in a double boiler and let thicken but do not boil. Add vanilla. Keep hot until ready to serve. Top with whipped cream.

—Mrs. John L. Ashby, Jr.

—PCB—

STRAWBERRY SAUCE

- 1 cupful powdered sugar
1 cupful crushed berries
1-3 cupful butter
Cream butter, sugar and crushed berries.

—PCB—

DELICATE SAUCE

Beat ¼ cup butter and ½ cup powdered sugar to a cream. Whip 1 cup of thick cream, and add to butter and sugar. Set over hot water and

beat while heating, when smooth and thick add 1 teaspoon vanilla and 1 tablespoon orange juice. Serve warm.

—Mrs. T. B. Ashby

—PCB—

PUDDING SAUCE

2 cups powdered sugar

1 beaten egg

2 tablespoons butter

Beat all together until thoroughly blended. Put in a cool place and just before serving, add 1 cup whipped cream and flavoring to taste. Serve with any baked or steamed pudding.

—Mrs. T. B. Ashby

—PCB—

CHOCOLATE SAUCE

1 cupful sugar

¼ cupful corn-syrup

1-3 cupful milk

1 square chocolate

1 tablespoonful butter

Mix all the ingredients except the butter, and stir over the fire until the sugar is dissolved. Boil seven minutes, add the butter, and serve hot on ice-cream or cottage pudding.

—PCB—

SAUCE FOR GINGER BREAD

½ cup sugar

1 teaspoon flour

1 tablespoon butter

1 cup milk (water may be substituted)

1 tablespoon preserved ginger syrup or a little ground ginger

As much chopped, crystallized ginger as you like.

Mix all. Heat to boiling point. Serve with hot gingerbread.

—Mary Franklin Graves

—PCB—

LEMON SAUCE NO. 1

1 cup sugar

1 teaspoon flour

Small piece of butter

1 lemon, rind and juice

½ cup boiling water

Mix all ingredients and cook until thick.

—Ethel Sawyers (Colored)

—PCB—

LEMON SAUCE NO. 2

1 egg 1 cup sugar

1 tablespoon butter

1 tablespoon flour

1 pint boiling water

1 lemon, rind and juice

Beat well all ingredients and cook until thick.

—Mrs. B. H. Williamson

—PCB—

CARAMEL SAUCE

1 small cup butter

1 cup brown sugar

½ cup milk

Boil 5 minutes, take from fire and beat until creamy. Keep warm.

Good for ice cream or cake.

—Winston Cook Book

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Soups

May be divided into two classes — those made with stock and those made without stock

PREPARATION OF MEAT STOCK

Choose a less tender cut of meat as shank containing some bone and fat as well as lean, wipe meat, cut into 1 inch cubes to permit juice to escape. If a brown stock is desired, brown 1-4 to $\frac{1}{2}$ of the meat in a little hot fat, this also adds flavor, saw bone into small pieces, allow one pint or more of cold water to each pound of meat and bone, soak one hour or longer. Then heat gradually to simmering point, and cook for 4 to 6 hours. Strain and cool quickly, if not to be used at once, do not remove fat until ready to use.

Bouillon; is made from lean beef seasoned delicately, and usually clear. This may be jellied by adding 1 tbsp. gelatine in 2 tbsp. cold water and adding 2 cups boiling hot stock, pour into moulds and serve when cold in cubes.

Consomme; is made from 2 to 3 kinds of meat including fowl is highly seasoned and always clear and hot.

—PCB—

TO CLARIFY STOCK

Beat 1 egg white slightly and add with the shell to the stock. Bring to boiling point, stirring constantly. Boil gently ten minutes without stirring. Add $\frac{1}{2}$ cupful cold wa-

ter and let stand 10 minutes. Strain through a cheese-cloth wrung out of hot water. Let stand until cold. Remove the crust of fat from the stock and wipe the top with warm damp cloth to get off extra bits of fat.

—PCB—

CREAM SOUPS

In making cream soups be sure to save the vegetable waters, they are a valuable basis for cream soup making and will add much in the way of natural flavor and vitamins to your cream soups.

—PCB—

CREAM OF TOMATO SOUP

1 qt. tomatoes
 $\frac{1}{4}$ tsp. soda
 4 tbsp. butter
 4 tbsp. flour
 1 qt. milk
 Salt and pepper to taste

Stew tomatoes slowly about $\frac{1}{2}$ hour. In meantime melt butter, stir in flour and cook over low heat adding milk slowly. Add seasoning, strain tomatoes, add soda, stir into sauce and serve immediately.

—Mrs. W. W. Burke.

—PCB—

CREAM OF CHICKEN SOUP

Add to good rich chicken stock, portion of milk or cream, little butter, salt and pepper to taste. Thicken with flour.

—Blue Ridge Hotel

CREAM OF CELERY SOUP

2-3 cup chopped celery
 1½ cups water
 4 tbsp. butter
 2½ cups milk
 2 tsp. salt
 6 tbsp. flour

Allow celery and water to simmer until celery may be mashed or strained through a coarse strainer, melt butter in pan, add flour and salt; add milk, cook 2 minutes, stirring to prevent scorching. Add celery stock and pulp. Cook 1 minute. Serves six.

—Mrs. Ed Merritt
 —PCB—

CREAM OF ASPARAGUS SOUP

2 cups milk
 3 cups asparagus diced

Water
 Tsp. grated onion
 4 tbsp. butter
 3 tbsp. flour
 1½ tsp. salt
 Dash paprika

Melt butter, add flour and seasoning. Add milk stirring all the time. When thick add asparagus, water and pulp. Cook at slow heat 30 minutes. Strain if desired.

—Miss Mary Barrett
 —PCB—

CREAM OF POTATO SOUP

2 cups milk
 2 cups potatoes diced
 3 tbsp. flour
 1 tsp. onion juice
 2 cups water.
 4 tbsp. butter

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1½ tsp. salt
Pinch pepper
Dash paprika

Cook potatoes in salted water until tender, add other ingredients making a paste of flour in milk, let simmer under low heat, until ready to serve.

—Miss Mary Barrett
—PCB—

CREAM OF PEA SOUP

2 cups milk
2 cups peas (canned)
3 tbsp. flour
4 tbsp. butter
Salt

Pepper

1 tsp. grated onion
Boil peas in their fluid 15 minutes, put through sieve, add milk, flour, butter and seasoning stirring constantly.

—Miss Mary Barrett
—PCB—

VEGETABLE SOUP

Boil soup bone until done. Set stock aside to cool after salting slightly. Remove most of grease from top and to 1 quart of stock, add 1 chopped onion, 1 quart tomatoes, ¼ cup uncooked rice, 2 Irish potatoes diced. Boil half an hour, then add 1 tsp. each sugar and salt, pinch of pepper, half cup canned peas or corn and simmer 10 minutes. Carrots may be added if desired

and barley may be used instead of rice.

—Good Housekeeping
—PCB—

NOODLE SOUP

To 1 egg add 1 tbsp. of cold water and a pinch of salt. Enough flour to make a stiff dough. Roll thin, cut in strips about 1½ inch wide, making a stack of the strips. Then slice off at the end in very thin slices. Drop in soup stock and boil 20 minutes.

—Mrs. Ed Merritt
—PCB—

VEGETABLE CHOWDER

6 slices fat bacon
1 qt. milk 2 onions
1 can tomatoes
1 can lima beans
4 large potatoes
1 can okra if desired
2 tbsp. flour
salt and pepper to taste
½ tsp. soda.

Dice bacon, cook until brown, add onion sliced thin, and cooked until soft. Combine lima beans and diced potatoes with the milk. Add this to bacon and onion and cook until potatoes are done. Thicken with the flour mixed in milk. Add seasoning, okra and tomatoes. After soda has been added, bring to boiling point and serve.

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VALUABLE SUGGESTIONS

Steam spinach in small amount water, season with salt and butter, mould garnish with egg carrots or French artichoke bottoms. Carrots serve with butter, cream sauce, or as a garnish for meats.

Cabbage: Cooked only long enough to be tender. Serve with butter, cream sauce, parsley paprika, or cream buttered crumbs and baked.

—PCB—

GRILLED TOMATOES

Select 8 ripe tomatoes, cut out tops and fill with mixture of:

- 1/2 cup bread crumbs
- 1/2 cup cracker crumbs
- 1/2 teaspoon celery seed
- 1 teaspoon chopped pickled onions
- 4 tablespoons melted butter, salt and pepper to taste.

Fill tomatoes and bake in oven until soft and brown.

—Mrs. James F. Yokley

—PCB—

STUFFED SQUASH

Select small yellow nickerd squash, cut out tops.

Boil all in salt water until tender, then mix mashed white potatoes or bread crumbs with small parts of cooked squash season with salt, pepper and butter.

Stuff and brown in oven just before serving.

—Mrs. James F. Yokley

—PCB—

STUFFED TOMATOES

- 6 tomatoes
- 1/2 tablespoon finely chopped onion
- 1/2 cup finely chopped chicken or ham
- 1/2 cup stale bread crumbs
- 1 egg

Butter to season. Hull out center of tomato and add to mixture. The onions should be browned in butter, then add meat and other ingredients and let cook a few minutes. Fill tomato cup, sprinkle with cracker crumbs and cook in hot oven.

—Mrs. B. H. Williamson

—PCB—

RICE STUFFED TOMATOES

- 6 large tomatoes
- 3 tablespoons of butter
- 4 tablespoons of flour
- 1/4 teaspoon paprika
- 1 1/2 cups boiled rice
- 2 tablespoons chopped green peppers
- 2 tablespoons chopped onions
- 2 tablespoons chopped parsley

Wash tomatoes and cut out blossom end. Scoop out part of seeds and pulp with spoon. Melt butter and add flour, salt and paprika; add milk and cook until creamy sauce

forms. Stir constantly. Add rice and seasoning. Stuff tomato cases and arrange in baking dish and add $\frac{1}{2}$ inch of water.. Bake 25 minutes in moderate oven.

—Mrs. Fred Folger

—PCB—

STUFFED SWEET POTATOES

Bake 3 even sized sweet potatoes and cut in half. Scoop out contents and mash thoroughly. Season with 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, 1 tablespoon cream and $\frac{1}{2}$ cup drained crushed pineapple. Fill shells. Slit each marshmallow and stuff with crushed pineapple. Place 1 on top of each half potato. Baste with pineapple juice rapidly boiled for a moment. Brown under broiler frame.

—Mrs. E. C. Ashby

STUFFED POTATOES

Bake large potatoes until done. Cut in halves. Scoop out, and cream until fluffy with hot milk, salt, and butter. Stuff back in shell, place buttered bread crumbs or cheese on top and brown.

—Contributed

—PCB—

PEPPERS STUFFED WITH CORN

Cut 4 ears corn coarsely from ear, add 2 tomatoes to this, 1 small onion cut fine, small amount bacon fat, salt and pepper, cook 15 minutes. Mix with 2 cups toasted bread crumbs. Select 6 green peppers, cut top, remove centers, cook in salt water until partly done. Stuff with the corn mixture and bake in hot oven 20 to 30 minutes.

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STUFFED CARROTS

7 large carrots
 1 cup cooked ham thorough
 meat chopper
 1 cup rice cooked
 $\frac{1}{4}$ teaspoon celery salt or $\frac{1}{4}$
 cup celery chopped fine
 $\frac{1}{2}$ cup bread crumbs
 1 tablespoon butter
 Dash of pepper
 $\frac{1}{2}$ teaspoon salt

Scrub carrots and cook in salt water until tender, remove and peel, being careful not to break, cut a V shaped piece out of each carrot so you can stuff them. Place them back in boiler and saute' them in 1 part sugar to 2 parts butter until they are seasoned and glazed all over, then stuff them with the ham mixture which has been seasoned very highly, sprinkle with buttered bread crumbs, and let brown in hot oven.

—Mrs. B. H. Williamson
 —PCB—

BAKED LIMAS WITH BACON

To revive the fresh, juicy tenderness of dried California Limas, soak them in cold water from 6 to 8 hours. Drain. Cover with boiling water and cook slowly until tender, about 30 minutes. Add salt after 20 minutes cooking. (This basic recipe applies to either Large or Baby Limas).

Boil 3 cups dried Limas. Add while cooking $1\frac{1}{2}$ tablespoons butter, pinch of garlic, and salt and pepper to suit. After Limas are boiled, place in oven pan to brown. Add $1\frac{1}{2}$ tablespoons butter and 3 tablespoons brown sugar. Place several strips of bacon on top of Limas and bake—keep juicy while baking by adding hot water. —Contributed

FRENCH FRIED POTATOES

Cut potatoes in long strips and soak in cold salt water for $\frac{1}{2}$ hour. Dry thoroughly and fry in deep fat.

Hashed Brown Potatoes

Cut left over potatoes in small pieces and fry brown in butter.

—PCB—

FRIED TOMATOES

Cut tomatoes in slices about $\frac{1}{2}$ inch thick, roll in egg, then in cracker or bread crumbs or corn meal. Fry brown and serve, at once. Good for breakfast.

—Mrs. Will Hollingsworth

—PCB—

CORN FRITTERS

1 cup of raw or cooked corn
 $1\frac{1}{2}$ cups of flour
 1 cup sweet milk
 2 tablespoons baking powder
 $\frac{1}{4}$ teaspoon salt
 2 tablespoons melted butter

Sift flour and baking powder together and add other ingredients. Drop from spoon into deep fat. Serve hot.

—Mrs. Fred Smith

—PCB—

FRIED SQUASH

Thoroughly wash squash. Slice $\frac{1}{4}$ inch thick and roll in corn meal and salt. Fry until golden brown.

—Miss Mary Barrett

—PCB—

EGG PLANT

Peel egg plant, cut in long pieces as French friend potatoes, soak in salt water $\frac{1}{2}$ hour, take out and dry thoroughly, fry in deep fat, or they may be sliced $\frac{1}{4}$ inch thick, salted and rolled in corn meal and fried brown.

SWEET POTATO SURPRISES

3 cups cooked and mashed
sweet potatoes
 $\frac{1}{4}$ to $\frac{1}{2}$ cup of thin cream or
evaporated milk
 $\frac{1}{2}$ cup of brown or white
sugar
1 egg
 $\frac{3}{4}$ cup of moist cocoanut
Marshmallows and crushed
cornflakes

Cook potatoes tender in boiling water. Mash and add enough cream or evaporated milk to beat to a fluff. Add sugar, beat eggs, cocoanut and salt. Mix thoroughly. Let stand until cool. Press a marshmallow into the center of a portion of the potato mixture and form into a ball. Roll each ball in crushed cornflakes, dipped in diluted beaten egg, then roll again in cornflakes. Fry in deep fat until nicely browned. Drain on brown paper and serve. (For luncheons, may cut marshmallows in half and make balls smaller).

—Mrs. R. W. Sparger
—PCB—

CREAMED CAULIFLOWER

Break up cauliflower in small bunches and freshen in cold water. Put on 1 quart of water with $\frac{1}{2}$ cup of sugar

and tablespoon of salt. When boiling point is reached, place cauliflower in the boiling water and cook until tender. Drain. Pour over this a rich cream sauce and sprinkle, with grated cheese, if desired.

—Mrs. B. H. Williamson
—PCB—

CREAMED SWEET POTATOES

Boil sweet potatoes until well done. Peel and run through a potato masher. Season with butter and salt. Add cream to thin to consistency of a thick butter. Nut-meats or raisins may be added, if desired. Put in baking dish, cover top with marshmallows and put in oven and brown.

—Mrs. T. N. Brock
—PCB—

CREAMED CABBAGE

Shred cabbage and place in boiling water with salt fifteen to twenty minutes. Drain, place in casserole and pour over cream sauce. Sprinkle a few bread crumbs and bake in hot oven ten to fifteen minutes. Cheese may be added.

—Miss Mary Barrett
—PCB—

CREAMED ONIONS

Boil small whole onions in salt water for 20 minutes. Pour this water off; add more

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water and boil again. Pour this water off; add more water and boil until tender. Pour this third water off and season with butter, salt and pepper, or a rich sauce may be used.

—Contributed

—PCB—

FEATHERY ONION RINGS

Use large onions. Make slices $\frac{1}{8}$ inch thick, separate rings, put in bowl and cover with milk and let stand for 1 hour. Dry thoroughly on cloth, dip each ring in batter and fry in deep fat.

Batter

1 cup flour

2-3 cup water

$\frac{1}{4}$ teaspoon salt

2 teaspoons olive oil

1 egg white beaten

Mix dry ingredients, add water and beat to smooth batter fold in stiff egg white.

—Miss Edna Homet

—PCB—

ESCALLOPED TOMATOES

Put in baking dish, a layer of bread or cracker crumbs seasoned with bits of butter, then a layer of sliced or canned tomatoes. Season with pepper, salt and a little sugar, then the crumbs and so on until the dish is full, having crumbs on top. Bake in a moderate oven.

—Mrs. J. G. Powell

Bits of green peppers added to tomatoes is very good.

—PCB—

ESCALLOPED POTATOES

Dice or slice potatoes. Put a layer of potatoes in baking dish. Dot with butter, salt and a sprinkle of flour. Continue this process until dish is filled. Cover with milk and water in equal proportions. Bake until done in a moderate oven.

—Contributed

STEWED CORN

Cut corn from ears in small pieces. Cut twice and then scrape. Stew with butter, salt and sugar for 20 minutes. 1-3 quantity of lima beans may be added to this, to make succotash. Tomatoes may also be added if desired.

—PCB—

TURNIPS

Slice turnips $\frac{1}{4}$ inch thick, cook in salt water until tender about 20 minutes. Season with butter and small amount sugar. Mash or leave in pieces, may be cooked with meat if desired.

—PCB—

SPINACH MOLDS

Wash 4 pounds of spinach and boil 25 minutes in $\frac{1}{2}$ pint water. Put through a strainer and chop very fine. Then add 2 tablespoons butter, 2 tablespoons cream, 1 tablespoon grated onion and salt and pepper to taste. Pack in individual molds. Place molds in a pan of water and bake for 15 minutes in a moderate oven. Turn out molds on a platter and wrap each one with one or two strips of broiled bacon. Garnish with deviled eggs and parsley.

—Modern Cookery

—PCB—

BAKED ASPARAGUS

1 can asparagus

2 cups toasted bread crumbs

Cream sauce made with water from can of asparagus and tsp. lemon juice, cut asparagus into large pieces, alternate layer of asparagus and toasted bread crumbs, pour the cream sauce which has been seasoned highly over this and bake in medium oven until brown.

—Mrs. W. Fulton

CANDIED CARROTS

Select medium size carrots to fill casserole. Wash with brush and boil until nearly done. Remove from water. peel and slice lengthways. Arrange casserole first with layer of carrots, sprinkle sugar and dot with butter. Fill the casserole in this manner. Add a little water and bake until brown.

—Mrs. Fred Smith

—PCB—

BOILED CABBAGE

1 head of cabbage, cut in quarters, and place in cold water. Put 1 large piece of side meat and piece of red pepper in water and boil down. Place cabbage in boiling water 20 minutes.

—PCB—

MUSHROOM TIMBALES

1 cup mushrooms chopped
 1/2 cup bread crumbs
 1 tablespoon butter
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1 cup milk
 2 eggs slightly beaten

Heat milk, add bread crumbs and seasoning. Let cool, add eggs and mushrooms,

cook in ramkins, in hot water, slow oven.

—Miss John, Cooking Teacher

—PCB—

CORN PUDDING

6 ears of corn cut from cob
 1 cup milk
 1 teaspoon salt
 1 teaspoon flour
 2 eggs
 Butter size of egg
 3 tablespoons sugar

Melt the butter, add flour and seasoning, combine with milk and corn, add beaten eggs last, pour in buttered baking dish and cook in moderate oven for 30 minutes.

—PCB—

SWEET POTATO PUDDING

Peel and grate 1 quart raw sweet potatoes into 1 pint sweet milk (this keeps potatoes from turning dark). Add 2 cups sugar, 1/4 pound butter, 3 eggs, 1/2 cup bread crumbs or 2 tablespoons of flour. Flavor with vanilla or orange, and lemon. This should be a thin batter and if necessary add more milk. Cook in buttered baking dish 1 or 1 1/2 hours in slow oven.

—Woman's Club Cook Book

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Menus for Different Occasions

Planning three meals a day, three hundred and sixty-five days a year, may be a most interesting game or may result in a deadly monotony of dishes. Nevertheless, people have to be fed and most families are happier if they have occasional guests, they make you think and plan new things. Our recipes will help you.

BUFFET SUPPER NO. 1

Roast turkey (use only slices)	Jellied cranberry sauce
Potato chips	Perfection salad
Thin bread and butter sandwiches	
Date torte	Coffee

BUFFET SUPPER NO. 2

Baked ham, sliced	Tomato aspic, on lettuce	
Potato salad	Thin cheese sandwiches	
Stuffed olives wrapped in bacon and broiled		
Ice cream	Cake	Coffee

Always have plenty of salted nuts, pickles, olives, celery, bonbons, mints and crackers, on the table.

VISITORS' MENU

Dinner

Caviar canape	Chicken soup	Fried pineapple
Sliced country ham	Parsley garnish	Southern sweet potatoes
Lima beans	Lettuce and tomato salad	
Chocolate ice box cake		Coffee
Cheese and crackers		Olives
Salted almonds		Hot rolls

Supper

Chicken a la king — in bread cups or patty shells

Stuffed celery	Frozen fruit salad
Orange cup cakes	Hot chocolate or coffee

Crackers and rolls

Breakfast

Chilled grape fruit	Bacon with scrambled eggs		
Corn muffins	Waffles	Maple syrup	Coffee

FAMILY MENUS

Luncheon

Cream of potato soup	Scrambled eggs with bacon
Graham muffins	
Perfection salad on lettuce with mayonnaise	
Chocolate cream pie	Milk or coffee

Dinner No. 1

Hot bouillon in cups	Cold or hot roast beef
Potatoes au-gratin	Creamed or fried squash
Lettuce with Russian dressing	Apple pie with ice cream
Coffee or tea	Hot biscuits or cold bread

Dinner No. 2

Fruit cocktail	Consomme	Baked fish
Hollandaise sauce	Mashed or riced potatoes	Baked spinach
Crackers	Tomato aspic on lettuce	Coffee
Maple parfait	Sponge cake	Hot bread
Olives	Celery	

Supper

Welsh rarebit on crackers	Stuffed tomato on lettuce
Brown bread and butter sandwiches	
Layer cake	Coffee
	Peach pickles

SATISFACTORY FOOD COMBINATIONS

With soup, pass olives and celery or radishes.

With meats and fish, it is customary to serve one starchy vegetable and one green vegetable, the latter is often served in the form of a salad.

With roast beef; serve potatoes, mashed or scalloped and any one of the following vegetables: egg plant, cauliflower, carrots, brussels sprouts, tomatoes stewed or scalloped, onions, squash, green corn, beet, peas, salsify or macaroni. If a salad is the choice, let it be of endive, celery or lettuce with French dressing.

Dessert: pineapple, tapioca whip, pineapple sponge or some similar light dish.

With beef steak or lamb chop; let the potatoes be baked, French fried, or creamed, or sweet potatoes baked or boiled, any other vegetable you may desire, as with roast beef. Dessert; should be light.

With roast chicken and turkey, serve mashed white potatoes or sweet potatoes southern style, hominy, rice, squash, onions, celery raw or creamed, sweet pickles, turnip cups with peas, jelly or cranberries in some form.

Dessert — ice cream, cake, pumpkin pie, steamed pudding, boiled custard.

Miscellaneous

ANTIDOTES FOR POISONS

Acid:—These cause great heat and sensation of burning pain from mouth to stomach.

Remedies:—Magnesia, soda, or soap dissolved in water, every two minutes. Then use stomach pump.

Alkalie:—Drink very freely of water with vinegar or lemon juice made very strong.

Ammonia:—Same as alkalie.

Arsenic:—Give prompt emetic of mustard and salt, a tablespoonful of each in a cup of warm water. Then follow with sweet oil, butter made warm, or milk. May use egg white in cup of milk or lime water.

Alcohol:—First use emetic, then cold water dashed on head, give aromatic spirits of ammonia.

Opium:—Give emetic of mustard water, then strong coffee and acid drinks; dash cold water on head; keep in motion.

Lead:—White lead or sugar lead. Give emetic, give castor oil, followed by epsom salts.

Strychnine:—Emetic, then brandy.

Oxalic Acid:—Soap in water or magnesia.

Nitrate Silver:—Strong solution of common salt, then emetic.

Tobacco:—Emetic, frequent draughts of cold water, camphor or brandy.

Poison Ivy:—Potassium Permanganate, a remedy. The best remedy is one that destroys the ailment, and it is for this reason that Dr. James F. Couch, of the U. S. department of agriculture, expert on poisonous plants, recommends the use of this solution: Five per cent of the compound in water is all the prescription your druggist will need. Bathe the afflicted skin freely, swabbing it on with a bit of cotton. The solution leaves a brown stain on the skin which can be removed at once with a one per cent solution of oxalic acid, or soap and water will after several washings remove it. If skin is very tender, soap and water is advised.

HOUSEHOLD AND COOKING HINTS

Cleaning Brass:—Equal parts salt and flour, mixed to a paste with vinegar. Rub brass over well then wash off thoroughly and polish.

A few grains of rice in your salt shakers will keep the moisture away.

A tablespoonful of soda to each quart of water, let percolate in your percolator at least once a week will keep it sweet and clean, and make your coffee better.

Butter will remove almost any kind of stain if rubbed well into it, and washed out immediately with hot water and pure soap.

A spot on polished wood made by heat will disappear if a little salt and salad oil is poured on it and allowed to remain for an hour or so.

To remove grease spots from woolen material, use vinegar instead of gasoline—it acts quicker and does not leave a ring.

To remove paint from wood use solution of soda and quick lime, equal proportions, dissolve the soda in water, then add lime, apply with brush, after a short time wash off with hot water, then wash with vinegar to remove all alkalie, before painting again.

To clean gilt edge of frames cut onion in half and rub over gilt edges until clean.

When sewing with silk thread, put it through the needle twice, that is put it through then circle back and go through again to keep the thread from slipping from needle while sewing—It does not hinder the sewer at all.

To extinguish fire—A small amount of water with a handful of baking soda in it when thrown on a blaze acts as a fire extinguisher. Also dry soda thrown on burning gasoline will extinguish it.

To peel boiled eggs—When the eggs are done take them out of the boiling water, crack the shell, and drop into cold water, let them stay about a minute, then they peel nicely.

When marshmallows get hard and tough, put them into a paper bag and place in bread box with the bread for a few days. They will be just like fresh ones.

When separating eggs break them into a glass funnel, the whites goes through, the yellow remains.

Oatmeal is a good thickening for vegetable soup. It gives distinctive flavor and adds calories to the dish.

To keep cheese fresh: grate, put in a fruit jar with top on tightly. It will stay fresh and moist in refrigerator for a long time.

To keep celery and lettuce for a long time fresh and crisp: Wash, freshen in water for a few minutes, wrap in oil paper, put

KITCHEN and HOUSEHOLD SUPPLIES OF ALL KINDS

The recipes in this book will be better
cooked the old-fashioned way on a

CAROLINA BEAUTY RANGE

**JOHN H. MIDKIFF
HARDWARE**

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-:-

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in container or dish with a top, place in refrigerator. It will keep a week or longer.

To keep the bottom of a double boiler bright keep vinegar or small piece of lemon in it.

HELP IN CASE OF ACCIDENTS

Burns and Scalds:—Cover with cooking soda, lay wet cloth over it; olive oil, butter, or unguentine.

Sunstroke:—Loosen clothing, get patient into shade and apply ice cold water to head. Keep head in elevated position.

Mad Dog or Snake Bite:—Tie cord tight above wound, and rush to doctor.

Lightning:—Dash cold water on person struck.

Stings of Venomous Insects:—Apply weak ammonia, oil, salt water or iodine.

Fainting:—Place flat on back allow fresh air and sprinkle with water. Place head lower than rest of body.

Cinder in Eye:—Roll soft paper up like lamp lighter; wet tip to remove or use medicine dropper to draw it out.

Fire in One's Clothing:—Don't run, it will spread flames. Roll on carpet or wrap in woolen blanket. Keep head down, so you can't inhale flames.

Fire from Kerosene:—Don't use water, it will spread flames. Dirt, sand or flour is the best extinguisher.

FRENCH WORDS IN COOKING

Aspic:—Savory jelly for cold dishes.

Au Gratin:—Dishes prepared with sauce and crumbs and baked.

Bechamel:—A rich, white sauce made with stock, thickened with eggs.

Bisque:—White soup, made of shell fish.

To Blanch:—To place any article on the fire 'till it boils, then plunge in cold water; to whiten poultry, vegetables, to remove the skin by immersing in boiling water.

Bouillon:—A clear soup stronger than broth.

Canape:—A sandwich with no top.

Cannelon:—Stuffed rolled-up meat.

Consomme:—Clear soup or bouillon boiled down until very rich.

Croquettes:—A savory mince of fish or fowl made with sauce into shapes and fried.

Entree:—A small dish, usually used between courses at dinner.

Fondue:—A light preparation of melted cheese.

Fondant:—Sugar boiled and beaten to a creamy paste.

Hollandaise Sauce:—A rich sauce something like hot mayonnaise.

Mayonnaise:—A rich salad dressing.

Hors-d'oeuvres:—Appetizers.

BABIES, CHILDREN AND GROWN-UPS ALL NEED MILK

Milk is the only single food containing practically all the food elements. It makes bone, muscle and blood and promotes growth.

It contains protein, sugar and fats. Milk is rich in most of the important vitamins. Up to the present time six vitamins have been discovered and described. We began to know about vitamins only recently and from day to day we learn more about them. Vitamin D is the vitamin that protects against rickets, neither cow's milk or mother's milk can be depended upon to protect infants against rickets. Therefore, doctors usually give a little cod liver oil daily.

VITAMIN A

Function:

Promotes growth
Increase body resistance to infection
Promotes fertility and successful lactation
Protects the body against eye disease

Source:

Butter, cream, whole milk
Whole milk cheese
Egg yolk
Cod liver oil
Liver, kidney, brains
Spinach, lettuce, cabbage
Carrots, sweet potatoes

VITAMIN B

Function:

Prevents beriberi
Promotes growth
Stimulates appetite

BEECH FALLS DAIRY

PURE MILK AND CREAM

Grade "A" Raw

ED. DAVIS, Prop.

SHIP BY TRUCK

BLIZARD & BANKS MOTOR EXPRESS

Operating Daily Trips From
Mount Airy To Winston-Salem and Greensboro

PHONES:

Mount Airy 542

Winston-Salem 5122

Aids in maintaining gastro-intestinal tone.

Promotes fertility and successful lactation

Source:

Yeast

Beans (kidney, navy, soy)

Peas (dried and fresh)

Whole milk

Whole grain cereal

Vegetables; spinach, cabbage, potatoes, celery, carrots, onions, parsnips, turnips, tomatoes, cauliflower

Fruit; oranges, grape fruit, lemons, raisins

VITAMIN C

Function:

Prevents scurvy

Promotes growth

Promotes tooth and bone de-

velopment

Increases resistance to infection

Source:

Fruits; oranges, lemons, grapefruit, limes, apples

Leafy vegetables; lettuce spinach

Vegetables; tomatoes (fresh or canned), onions, raw cabbage, green peas, potatoes, carrots, cauliflower

VITAMIN D

Function:

Prevents rickets

Promotes tooth and bone development

Source:

Whole milk

Cod liver oil

Egg yolk

—Miss Nell Wright, R. N.

“PUT YOUR DUDS IN OUR SUDS”

Belton's Laundry

Mount Airy, N. C.

LET US DO YOUR DRUDGERY. THINK OF
THE MANY HOURS OF LABOR WE CAN
SAVE YOU AT A VERY SMALL COST.

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Prompt Service

Courteous Treatment

Weights and Measures

HOW TO MEASURE

All Measures Are Level
Unless Specified Otherwise

Abbreviations, Weights and Measures

3 teaspoonsful	1	tablespoonful
4 tablespoonsful	1/2	gill
16 tablespoonsful	1	cup
1/2 cup	1	gill
2 gills	1	cup
2 cups	1	pint
2 pints	1	quart
4 cups liquid	1	pound or 1 quart
4 cups solid	1	pound
1/2 cup butter	1/4	pound
2 cups butter	1	pound
2 cups granulated sugar	1	pound
2 1/2 cups powdered sugar	1	pound
1 pint	1	pound
10 eggs	1	pound
1 egg	4	tablespoonsful

Size of Cans

No. 1 can holds 2 1/2 cups
 No. 2 can holds 2 1/2 cups
 No. 2 1/2 can holds 3 1/2 cups
 No. 3 can holds 4 cups
 No. 10 can holds 1 gallon or
 14 1/2 cups

Abbreviations

tbsp.—tablespoon tsp.—teaspoon
 C—cup lb.—pound oz.—ounce
 pt.—pint qt.—quart g.—gram
 cc—cubic centimeter
 F.—Fahrenheit
 deg.—degree min.—minute

All Men Enjoy Good Eats . . .

Use The Recipes In This Book and
You Are Certain To Please Them

Our Furniture Is Just As Modern and As Good
As Can Be Made For Modern Homes

CARTER FURNITURE COMPANY

W. F. Carter, Jr.

W. H. Carter

Amount to Serve Fifty Plates

Six chickens for salad	One and one-half pounds coffee
Eight bunches celery	1 quart cream for coffee
Three heads lettuce	Two and one-half gallons ice cream
Three loaves bread for sandwiches	Three cakes
Three pounds crackers	Two pounds shelled almonds, sated
Three pints olives	Two pounds mints

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Mount Airy TIMES

Your Home Newspaper

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Commercial Printing

The TIMES was founded, and is operated, on the belief that its readers want the best possible newspaper, that editorial courage is paramount and the growth of Mount Airy and Surry County should be aided in every legitimate way.

(THIS BOOK IS A PRODUCT OF OUR
JOB PRINTING DEPARTMENT)

MOUNT AIRY TIMES

Main Street

Telephone 490

Mount Airy, N. C.

My Favorite Recipes

Peanut Butter Cookies:

$\frac{1}{4}$ cup lard
 $\frac{1}{2}$ cup peanut butter
 1 egg.
 1 cup flour
 1 tsp. soda
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup white sugar.
 Cream and peanut butter, add egg + sugar, then add flour. Roll in small balls and place on baking pan. Push down with a fork.



Japanese Fruit Cake

4 eggs
 1 cup milk
 3 cups flour
 2 teaspoons baking powder
 1 cup butter
 2 cups sugar

Bake two layers of this, to the remaining batter add two cups of floured raisins, and one teaspoonful of allspice, cinnamon.

Filling

2 cups shredded cocoanut
 1 cup pineapple
 2 cups sugar
 2 grated lemons (use whole lemons)
 1 heaping table spoonful of flour
 1 cup boiling water
 Cook until thick cool and spread

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My Favorite Recipes

Fruit Mosaic

↓
 drain, dry and slice
 seeded ones. Combine fruit,
 peels and slices and let
 stand overnight. Cream
 butter, add sugar & cream
 thoroughly. Add flavoring
 and well-beaten eggs and
 beat. Add a portion of flour
 sifted with salt and soda
 and mix. Add fruit mix-
 ture and nuts and stir.
 Add rest of flour and stir
 until fruit is well
 distributed. Pour into a
 paper-lined tube pan about
 9 1/2 inches across top and
 4 inches deep. (allow
 paper to extend about
 3/4 inch above rim. Bake
 in slow oven (275 degrees
 F.) 3 hours, raise temperature
 to 300 degrees F. and
 continue baking about
 1 1/2 hours. Baked weight
 about 7 pounds, 9 ounces.

1 cup cut preserved lemon peel
 1 cup cut preserved orange peel
 3 cups cut citron
 1 cup sliced preserved cherries
 1 cup prunes
 3 cups seedless raisins
 1 cup seeded raisins
 1 teaspoon cloves
 2 teaspoon cinnamon
 2 teaspoon nutmeg
 2 teaspoon mace
 1/4 teaspoon black pepper
 1 cup thick marmalade
 1/3 cup fruit juice
 1 1/2 cups (3/4 lb.) butter
 2 cups granulated sugar
 1 tablespoon rum flavoring
 7 eggs
 5 cups sifted all-purpose flour
 1 teaspoon salt
 1 teaspoon soda
 2 cups broken walnut meats.

Rinse peels, citrons and
 cherries; drain and dry on
 towel before cutting. Boil prunes
 15 minutes in water to cover.
 Drain, dry and cut from
 pits in strips. Rinse raisins

My Favorite Recipes

Lemon Bisque

1 can (13 oz.) evaporated milk
 1 Pkg. lemon-flavored gelatin
 1 $\frac{1}{4}$ cups boiling water
 $\frac{1}{3}$ cup honey (we sometimes use white Karo.)
 $\frac{1}{8}$ tsp. salt ^{1 cup}
 4 tbsp. lemon juice
 Grated rind of 1 lemon
 1 $\frac{1}{2}$ cups Vanilla wafer
 crumbs (rolled fine
 with rolling
 pin.)

Thoroughly chill
 can of milk in cracked
 ice or in refrigerator
 over night. Dissolve
 gelatin in boiling water,
 add honey, salt, lemon
 juice and rind. When
 it has slightly congealed,
 heat milk until it is
 stiff and whip gelatin
 mixture into it.

Spread half
 of crumbs in

large pan
 (10" x 13 $\frac{1}{2}$ " or smaller)
 and pour lemon
 mixture over it.
 Top with remaining
 crumbs, set in
 refrigerator to chill
 (for 3 hrs. - better overnight)
 may be served plain
 or with whipped
 cream. (We find it
 so creamy, we have
 never added cream).

My Favorite Recipes

My Favorite Recipes

Chocolate Pound Cake:

2 sticks of butter
 1/2 cup shortening
 3 cups sugar
 5 eggs
 3 cups cake flour
 1/2 tsp. baking powder
 1/2 tsp. salt
 1 cup milk
 2 tsp. vanilla
 1/2 cup cocoa

Cream butter, shortening, & sugar. Add egg - one at a time. Sift flour, salt, baking powder. Add cocoa to milk. Add dry ingredients and cocoa and milk, alternating, beating as you add each. Last add vanilla. Bake at 325° one and one-half hours or until done.

My Favorite Recipes

My Favorite Recipes

1 teaspoon vinegar
 1½ teaspoons vanilla
 Pinch cream of tartar

Cream shortening and sugar; add eggs one at a time, beating well after each addition.

Blend vinegar with hot water and cocoa and mix well; add to above mixture and blend.

Mix cream of tartar with sifted flour and add, alternately, with milk to other mixture; beat about 300 strokes by hand.

Turn into medium-deep 12-inch pan, greased and lightly floured, or into three layer cake pans greased and lightly floured.

Bake in 350-degree oven 55 to 60 minutes. Cool 15 to 20 minutes in pan, then turn out on cake rack and when cooled completely frost with butter frosting.

Mrs. Dow says the vinegar brings out flavor and deep rich color of this chocolate cake.

★ ★ ★

Chocolate Fudge Cake

2 cups granulated sugar
 ½ cup shortening
 3 eggs
 ¾ cup milk
 ¼ cup hot water
 ¾ cup cocoa
 3 cups sifted self-rising flour

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