

"Our Best" Recipes

Apple Cake

3 cups self-rising flour
2 cups sugar
3 eggs
1 1/4 cups oil
2 teaspoons vanilla
1/2 teaspoon salt
1/2 teaspoon allspice
1 cup chopped nuts
4 1/2 cups chopped apples

Blend oil and sugar; add eggs and vanilla. Beat well, then add flour, salt and allspice. Batter will be stiff. Add nuts and apples. Bake in 9"x13" pan that has been greased and floured for 45 minutes to 1 hour in 325° oven. May be baked in tube pan for 1 hour and 15 minutes at 325° degrees.

Buttermilk Glaze

1 stick margarine
1/2 cup buttermilk
1 teaspoon vanilla
1/2 teaspoon soda
3/4 cup sugar

Bring to a boil and cook 1 minute. Pour over hot cake.

Submitted by
Mrs. Dorothy C. Vaughn
Boiling Springs, N.C.

Sour Cream and Chicken Casserole

1 whole fryer, cut up
8 oz. sour cream
1 stick butter
1 envelope dry Lipton onion soup mix

Place chicken pieces in casserole dish. Dot with butter and bake for 1 hour in a covered dish. Remove from oven and spread with sour cream. Sprinkle onion soup mix over chicken. Return to oven and bake for 30 more minutes at 350°

By June Bridges
Lavonia Community

Just How Efficient Are Those Wood-Burning Appliances?

Some traditions never die—some get stronger. Such is the case of Americans heating their homes with wood.

Presently, over 18 million American households have at least one working fireplace and nearly six million have a working woodstove.

A Southern California survey shows the fireplace is by far the most desired feature of any new home. Woodstove sales have dramatically increased from less than 200,000 in 1972 to more than 1,200,000 today.

The reason—heating with wood can be very

economical, especially when wood can be obtained free. Wood is also renewable and abundant.

And, masonry fireplace owners can now increase the efficiency by adding glass doors in attractive finishes, special grates,

and inserts that slide into the fireplace cavity and help reflect and circulate heat back into the room.

The problem a homeowner faces is not finding an efficient wood-burning fireplace or stove, but in interpreting the efficiency claims being made.

LETTERS TO THE EDITOR

Continued from page 1

Springs is taking a step backwards unless we stay small and keep our community close-knit. I love southern living and a rural setting. Shelby is too big and busy for me. I want Boiling Springs to be careful not to become that way.

Sherwin Washburn

Mr. Robertson,

The recipes have created quite an interest. I've been contacted twice about my Sausage Swirls.

You have improved the paper.

Johnnie Maie Ware
(Mrs. Wayne Ware)

Thank you, Mrs. Ware. We too have found the recipes popular--so popular that we've been asked to add favorites from the Lavonia community as well. You'll find the first of Lavonia's best on the left of this page: Mrs. Bridges' recipe for chicken and sour cream.

Can we hear from you? You are part of life in Boiling Springs, and your letters deserve to be on this page. Let us know what you think. Write the Foothills View at P.O. Box 982, Boiling Springs, N.C. 28017.

National Grain Market

North Carolina

Cash soybean markets declined in spite of tight farmer holding as dull export demand and poor feed business cut needs. Weaker soybean oil markets weighed against soybean values. Chicago No. 1 yellow soybeans eased 3 1/4 cents lower at 6.28 1/2 and this is down 2.75 1/2 per bushel from last year. Minneapolis flaxseed rose 30 cents to 7.60 per bushel as crushers expanded production of meal and oil. Duluth sunflower seed fell 45 cents to 11.40, down 1.10 per hundred pounds flower seed fell 45 cents to 11.40, down 1.10 per hundred pounds from last season as heavy offerings caused a build up of cars on track.

Corn prices were irregular and soybeans 13 to 15 cents per bushel lower through Thursday, November 19 compared to the same period of the previous week. No. 2 yellow shelled corn ranged mostly \$2.60 to \$2.76 in the eastern part of the state and \$2.75 to \$2.79 in the Piedmont. No. 1 yellow soybeans ranged mostly \$4.87 to \$6.08 in the East and \$5.80 to \$5.91 in the Piedmont; No. 2 red winter wheat \$3.60 to \$3.90; No. 2 red oats \$1.90 to \$2.20. Soybean meal for the processing plant ranged \$194 to \$201 per ton for 44 percent. New crop prices quoted for harvest delivery - wheat \$3.73 to \$4.01.

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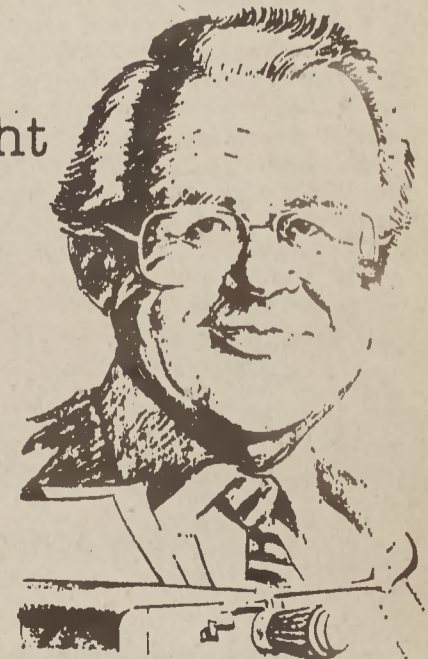
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Kays Gary, Columnist

Foreword by
C.A. McKnight



A collection of his writings compiled by his friends