

Suggestions For Hot Weather Menus

Citrus Coolers Fun to Fix



Summer refreshment should leave the hostess cool, too, and not entail much preparation. Thanks to Florida, which produces more than half its huge vitamin C-rich orange and grapefruit crops, this is possible. Convenient canned Florida orange, grapefruit, and blended orange and grapefruit juices are available now at new low prices. Stock up, and when guests drop in, take the economical cans of juice, an ice bucket and tall frosted glasses to the porch. Let everyone fix his own citrus cooler, adding garnishes, soda water or gingerale to taste.

To frost the glasses, dip in unbeaten egg white, and then in granulated sugar.

Here are two cooler suggestions:

- Grapefruit Whitecaps**
- 3 1/2 cups canned Florida grapefruit juice
 - 1 egg white
 - 2 tablespoons sugar
 - Nutmeg
- Pour chilled juice into tall glasses. Beat egg white until stiff; beat in sugar gradually. Put spoonful in each glass; sprinkle with nutmeg.
- Citrus Sodas**
- For each soda, combine 3/4 cup chilled Florida orange, or blended orange and grapefruit juice with 1/4 cup chilled gingerale in a tall glass. Add a large scoop of vanilla ice cream.

Taffy Touch to Ice Cream



Akin to caramel and butterscotch flavors is taffy. And right from the pantry shelf, from your jar of unsulphured molasses, you have a ready-to-use taffy flavored syrup to use for summer ice cream desserts.

Unsulphured molasses is a natural sweetener since it is the concentrated juice of sugar cane. The purity and mellowness of this molasses make it an excellent topping for ice cream sundaes. And the taffy flavor accent goes equally well with vanilla, chocolate, coffee or nut ice creams.

Taffy Sundae

Pour unsulphured molasses from the jar over a serving of vanilla, chocolate, or coffee ice cream. Serve plain, with chopped or whole nuts, or with shredded coconut.

Tropical Ice Cream Float

- 2 tablespoons unsulphured molasses
- 1 scoop (1/4 pint) vanilla, chocolate, or coffee ice cream

Put unsulphured molasses in 12-ounce glass; fill half full with milk. Add ice cream; stir vigorously. Fill to top with milk.

YIELD: 1 serving.

Tabasco Sparks Picnic Fare



Picnic days are rolling 'round again and chances are you'll be looking for new ways to pep up the traditional hamburger. For tops in enjoyment, add just the right amount of Tabasco, the famous liquid pepper seasoning from down south, to the ground meat before you grill it.

Another hint for giving a new look to this year's picnic is by adding spark to your potato salad. Here again, Tabasco does the trick. The piquant flavor of this red pepper seasoning adds new interest to an old favorite. In fact, you'll want to use Tabasco in many other picnic favorites this year for happier eating.

- Picnic Potato Salad**
- 2 pound potatoes (6 cups diced)
 - 1 small onion, chopped
 - 1 1/2 cups diced celery
 - 1 1/2 teaspoons salt
 - 1/2 cup mayonnaise
 - 1 tablespoon prepared mustard
 - 1 tablespoon vinegar
 - 1/4 teaspoon Tabasco
- Cook potatoes in skins until tender. Peel and dice. Add onion and celery; sprinkle with salt. Mix together mayonnaise, mustard, vinegar and Tabasco. Add to potato mixture. Mix lightly with a fork being careful not to break potatoes. Chill. To serve, garnish with salad greens and tomato wedges. **YIELD:** 8 servings.

For A Slim-Dandy Barbecue Use Sauce Low in Calories



Who doesn't drool at the savory aroma and tangy flavor of the cook-out? It's part of summertime's finest fun.

And here's good news: weight watchers who haven't gotten to first base with barbecue can stop sniffing their neighbors' smoke now and start cooking up their own stov.

Dieticians have come up with a low-calorie sauce which, brushed generously over lean meats such as chicken, will turn out barbecue guaranteed not to go to waste.

Saccharin gives it just that touch of needed sweetness, but without adding a single calorie. Although 400 times sweeter than sugar, it is calorie-free; can be used for any summertime sweetening to avoid heat-producing calories.

- Barbecue Sauce**
- Mix in a quart saucepan:
 - 1 sacharin tablet (1/4 grain)
 - 3 Tbsp. cider vinegar
 - 3 Tbsp. butter or margarine
 - 1 Tbsp. grated onion
 - 1 1/2 tsp. finely cut garlic
 - 3 Tbsp. Worcestershire sauce
 - 1/4 tsp. salt
 - 1/2 cup water
 - 1/4 tsp. paprika
 - 1/2 cup tomato paste
 - 1/2 tsp. chili powder
 - 3 drops Tabasco sauce
 - 1 Tbsp. bottled mustard
- Cook and stir until mixture boils. Lower heat and cook five minutes longer. Use to barbecue lean pork chops, hamburgers, chicken and frankfurters. Makes about two cups. Calories in 1/4 cup: 46.

For a Picnic . . . Roast of Lamb



All of a sudden, some one says "Let's have a picnic!"—with Sunday's dinner cooking in the electric roaster; rolled roast of lamb, scalloped potatoes, corn and tomato scallop! . . . Ah, but you can take it with you!

With the meat fully cooked in the still-hot roaster, wrap a blanket around it all to stow away in the trunk of the family car. It will taste so much better in the park!

ROLLED ROAST OF LAMB

Ask your meat dealer to bone, roll, and tie for roasting a shoulder or leg of lamb. Find out the weight of the finished roast. To prepare, push slivers of garlic into deep slits cut in roast with sharp paring knife. Rub roast with cut lemon half. Sprinkle with salt and pepper.

Cook in electric roaster or oven of range at 325° F. about 25 minutes to the pound for "medium". Better still—use a roast meat thermometer. While 182° F. (well-done) is the suggested temperature marked on most thermometers, do try 170° F. for a flavorful, juicy meat with a delicate pink tinge. Follow roaster or range directions for cooking a complete meal with the lamb.

For a picnic, include a thermos bottle of barbecue sauce heated with some butter, and a package of round sandwich buns. Slip a generous slice of the roast lamb between bun halves, topping the lamb with the hot barbecue sauce! Ummm—what a Barbecue!

Cold Cuts Cater to Summer Menus



Who could get through a sizzling summer without the help of cold cuts? There are more than a hundred to choose from, such as the cervelat, salami, souse, tongue, ham, bolognas and liver sausage in the picture. So good to choose from for sandwiches or for serving with traditional potato salad. And no fussing over a hot stove when cold cuts serve as the main dish. Like the meats you cook at home, cold cuts have complete high quality protein that is the mainstay of a meal. They are nourishing and attractive, and good appetite coaxers in hot weather.

For a quick and cooling snack or summer meal, an assortment of cold cuts makes it easy to cater to everyone's fancy. And plan to add some new cold cuts to your repertoire. Try some of the sausage group you may not have had before such as Thüringer or Gotschberg. You'll like new "shapes" in sausage, too, such as liver sausage in loaf form rather than the familiar round sausage. The loaf form makes just the right shape slices for sandwiches.

Perk up menus too with some of the meat loaves that vary from one section of the country to another, and are so delicious in every form. There are many different kinds of salami that you will find worth trying, including the famous Genoa salami which is air-dried and made with pork. Pepperoni is an air-dried sausage without garlic which is also popular.

Mabel Widens Lead In Baseball Series

By defeating Foscoe on Saturday and Lenoir on Sunday, Mabel increased their lead in the Tri-County Baseball League. The teams are fighting hard to improve their standing so as to be assured of a spot in the play-offs. Plans are now underway for an all-star game in the very near future.

NEWS ABOUT OUR Servicemen

LT. HORTON COMPLETES FLIGHT TRAINING COURSE

CAMP GARY, TEX.—Army 2nd Lt. David F. Horton, son of Mr. and Mrs. Samuel F. Horton, Sugar Grove, N. C., recently completed a four-month primary flight training course at Gary Army Air Field, Camp Gary, Tex.

Lieutenant Horton will now go to Fort Rucker, Ala., for advanced tactical training.

He entered the Army in June 1956 and was last stationed at Fort Benning, Ga.

The lieutenant's wife, Mary Sue, lives in San Marcos, Tex.

GEORGE B. MAST IN TRAINING AT FORT BRAGG

Fort Bragg—George B. Mast, son of Mr. and Mrs. Dave P. Mast, Sugar Grove, is scheduled to complete six weeks of annual ROTC training August 5 at Fort Bragg, with members of the Wake Forest College cadet program.

Cadet Mast is a member of Sigma Pi fraternity and the Scabbard and Blade society.

CRUISE TO SOUTH AMERICA

NORFOLK, VA.—Jesse L. Ragan, chief machinist's mate, USN, son of Mr. and Mrs. Dock S. Ragan of Route 2, Boone, N. C., and Fred Covington, seaman, USN, son of Mr. and Mrs. John Covington.

Two Cars Hit; Damage Of \$500

Samuel Wesley Brown, 52, of Crossnore, was charged by Patrolman Charles W. Mason, with making an improper turn, as the result of an automobile accident at Parkway Grill on Highway 421, Friday at 4:45 p. m.

According to the report, Jack Delmar Rogers, 23, of Deep Gap, was driving a 1957 Dodge east on the highway when a 1947 Reo truck driven west by Brown attempted to make a left turn at the grill, in front of Rogers. The two vehicles collided, causing damage of \$500 to the car, with the truck escaping with no damage.

Spray drift or misapplication of 2, 4-D can cause serious damage to susceptible crops such as tobacco.

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Hodges Heads Merchant Assn.

R. D. Hodges, Jr., was re-elected chairman of the Merchants Association of the Boone Chamber of Commerce, at a meeting of the board of directors Tuesday.

Other officers named were Frank Coffey, vice-chairman, and Stanley A. Harris, manager (re-elected).

Committee chairman were named as follows: Legislative, G. R. Andrews; membership and finance, Cecil Miller; credit and collections, Coaker Triplett; Christmas program and town decorations, W. W. Chester; group insurance, Russell R. Hodges, Sr.; trade promotion; Fred Church.

North Carolina woodland owners are reminded to be extra careful about fires during the hot dry weather.

Local Realty Values

G.I. and F.H.A. Loans Now Available

Require Small Down Payment

GOOD 5-ROOM HOUSE—bath, 1/2 acre land. Located at Mabel on highway 421. A real buy.

ONE OF THE BEST FARMS in Watauga County. 177 acres with rich bottom land, tobacco base, large brick home, tenant house, good feeding barn and silo. Good terms to the right person. Also 122 ACRE FARM ADJOINING with good house and dairy barn located at Laxon, N. C., just off Blue Ridge Parkway on old Highway No. 60. These farms can be bought together or separately. Ideal for large boys or girls camp.

GOOD 2-BEDROOM HOUSE, bath, furnace, full basement, automatic washer, deep freeze, full basement, 2C acres land including 6 acres of the best bottom land and 4-10 tobacco base. Located at Sherwood on hard surface road.

DESIGNED for summer "dreaming." A good 8 room house, bath, stream running in front of house with four acres of land, good road frontage. Located 15 minutes from Boone on Highway 421. 30% down will buy, terms to suit yourself. Price \$6500.

49 ACRES of the best grazing and farm land with 50 foot road frontage. Terms—if needed.

32 ACRES of land with beautiful wooded scenery. Located just off the Parkway. A real buy.

GOOD 31 ACRES FARM with house, ideal site for lake and cabins. Located just off the highway. Terms.

RESTAURANT AND SERVICE STATION, fully equipped, doing good business. Located on Highway 421—near Epone. Terms if needed. Owner selling due to bad health. Now is time to buy this type of business. Ideal for Truck Stop, good frontage.

FULLY EQUIPPED ABATTOIR—Building 40 ft. x 40 ft. Half acre land. State approved. Terms.

105 ACRE FARM 3 miles north of Boone on hard surfaced road. 20 acres bottom land. Good barn and silo, 50 acres cleared land, with 75,000 feet of timber. One-third down.

300 ACRES BEAUTIFUL MOUNTAIN LAND on good State gravel road. 100 acres cleared land. Make me an offer. Terms. One-fourth down.

LARGE BRICK HOME at enormous discount. The location is good (335 Grand Blvd.) and it is surrounded by fine homes. The house is really big (four bedrooms, ceramic tile bath) Also bath in basement. Spacious lot. G. I. loan can be assumed. Prompt action and inspection invited.

HOME BUY worth seeing! 3 bedroom, 2 baths, new furnace, conveniently located to center of town. Marvelous opportunity.

ROUGH-HEWN STONE HOUSE, 3 bedrooms, Mohawk carpeting, full basement, large corner lot. \$1,000 down and home is yours.

OUT WHERE IT IS COOL, Stone 3 bedroom house, bath, basement, one acre beautifully landscaped. Priced to sell.

55 ACRE FARM LOCATED DEEP GAP—Frontage on highway 421, new chicken house (10,000 chickens) 6 room house, 2-3 cleared land. Income established on chickens. 1-3 down will buy.

NEW 4-ROOM HOUSE AND LOT—Located Deerfield Road. Priced to sell.

6 1/2 ACRES LAND—4 room house, located on highway near Boone. Price \$3000.

GOOD GOING BUSINESS for sale.

60 ACRES FARM LAND—16-10 tobacco base, 8 room brick house, very modern, barn. Located on good road.

GOOD 8-ROOM HOUSE, bath, barn, 7 acres land located 1 mile east of Boone, just off highway 491. Very desirable property.

TWO ROOM SUMMER COTTAGE—2 acres land. Located on Winkler's Creek. Priced for quick sale!

GOOD 3-BEDROOM HOUSE, 2 baths, spacious living room with stone fireplace, double garage. 2 acres land beautifully landscaped. Located just out of city limits.

INVESTMENT PROPERTY—3-apartment brick house, located near college, grossing 10 per cent. Terms if needed.

2 APARTMENT HOUSE, heat, corner lot. Located near college. Monthly rental \$88.00. Terms if needed.

NEW SEVEN ROOM BRICK HOUSE, two full baths, hot water heat, large lot just out of city limits. Excellent neighborhood.

FOR SALE—10 acre farm, good 6 room house, bath, hot air heat, basement, new chicken house 15'x60' and tobacco base. Located Deerfield road near Boone. Immediate possession.

GOOD BUSINESS LOT located on Main Street. Desirable for any type of business.

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