

# Recipes For Summer Feasting

## Orange Smoothie Dessert



Here's a foolproof, delicious sherbet recipe for use in your own refrigerator, one that utilizes two of our most nutritious and economical foods, frozen concentrated Florida orange juice and buttermilk.

High time you were aware of the fact that Florida citrus products, both the canned and frozen varieties, are one of the few foods that can boast about a price decrease in the last year. Lesson enough for using them as often as possible, but when you think of the summer-time refreshment they offer, as well as their vitamin C content so important to us in hot weather, they're musts on your shopping list.

Buttermilk is one of the best nutrition foods we have, and don't shy away from this recipe even if you don't normally drink buttermilk. Its flavor isn't discernible in the finished sherbet; it merely makes it a creamy, wonderfully textured concoction. Mighty easy too from the standpoint of ingredients.

### Florida Sherbet

- 1 envelope unflavored gelatine
- 1/2 cup cold water
- 1/4 cup sugar
- 1 6-ounce can frozen Florida orange juice concentrate
- 3 6-ounce cans (2 1/2 cups) buttermilk

Soften gelatine in cold water. Dissolve over hot water; add sugar and stir until dissolved; pour into bowl. Add orange juice concentrate to gelatine; refill can three times with buttermilk. Add to concentrate mixture; stir well. Turn into freezing tray. When mixture is partially frozen, remove to bowl and beat until smooth. Return to tray and continue freezing until firm. YIELD: 1 1/4 quarts.

### Hot weather hint—

## Eat A Cool Refreshing Breakfast



Take time to eat a cool, refreshing breakfast and see how much better you and your family are prepared to cope with the heat of a hot, summer day. An attractive breakfast buffet might be just the change of pace that would perk up listless appetites, dulled by excessive heat.

The buffet need not be elaborate but should provide enough variety so that each person can select a combination of breakfast foods that will appeal to him and at the same time meet the requirements of an adequate breakfast. An adequate breakfast follows a basic breakfast pattern recommended by leading doctors and dietitians to provide 1/4 of the daily nutritional requirements for most people. This basic breakfast pattern calls for fruit, cereal, milk, bread and butter.

If a member of your family has been advised by his physician to go on a low-fat diet, you will find a basic cereal breakfast pattern among the best because it is low in fat.

Set up your breakfast buffet in the coolest spot you can find. It might be on the porch, in the garden or patio. If outdoor eating is not feasible, perhaps some indoor location other than the regular eating place could be more comfortable. Fresh fruit atop crisp, ready-to-eat breakfast cereal served with chilled milk is the main dish for your buffet. Set out several different varieties of breakfast cereals—this is easy with more than two dozen varieties available at your grocery store. Provide a choice of two or three fresh fruits while they are in season. Honey or cinnamon sugar add variety. Be sure the milk is ice cold. Breadstuffs offer additional variety with the many kinds of breads, rolls, and coffee cakes that are available.

Research at a leading Midwestern university has demonstrated that breakfast is essential for all ages. The subjects who ate an adequate morning meal not only felt better, but they performed better, especially in the late morning hours.

### Refreshing Breakfast Buffet

- Strawberries, Blueberries, or Peaches atop
- Corn Flakes or Whole Wheat Flakes
- Chilled Milk for Cereal and Beverage
- Raisin Cinnamon Swirl Bread
- Butter
- Coffee, if desired

## Southland Chicken Salad



With chicken one of the best buys, you'll be having it often probably, which means more left-overs. Here's something different to do to stretch them, in the way of a cool, delightful salad, one with added flavor and food value with little effort.

To your greens, diced celery, and diced chicken, add canned Florida grapefruit and orange sections, plump and as refreshing as a tall glass of citrus juice, and particularly fitting for summer fare. The canned sections this year are of excellent quality, low in price, and so versatile you'll find plenty of other uses for them in your menus. Here's the citrus-chicken salad recipe:

### Florida Chicken Salad

- 1 can 20-ounce Florida orange and grapefruit sections
- 2 cups diced cooked chicken
- 1 cup diced celery
- 2 tablespoons lime juice
- 1/2 cup mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Salad greens

Drain citrus sections thoroughly. Add drained sections to chicken and celery in mixing bowl. Mix together lime juice, mayonnaise and seasoning. Add to salad and toss lightly. Serve with salad greens and garnish with additional sections. YIELD: 5 to 6 servings.

## Mom's Dish . . . Dad's Wish



Savory Meat Ball Jambalaya is a dish for Dad. He will particularly go for the spiciness and heartiness of tiny, well-seasoned meat balls and canned lima beans cooked in condensed tomato soup, all served on rice. Mom will like the easy and quick preparation.

Since the main dish is a meat-vegetable combination, only a salad and dessert are needed to complete the menu. Toss chilled canned grapefruit sections and crisp spinach together with a fruit juice French dressing for the salad. Pumpkin custard, plain or topped with vanilla ice cream, is a good dessert.

### Savory Meat Ball Jambalaya

- 1 lb. ground beef
- 1 egg
- 1/2 cup fine dry bread crumbs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon sage
- 1 medium size onion
- 2 tablespoons fat
- 1 can condensed tomato soup
- 1 can (16 oz.) green lima beans
- 1 tablespoon Worcestershire sauce
- Hot cooked rice

Mix beef with beaten egg, crumbs, milk, 1 teaspoon of the salt, pepper, sage and finely chopped onion. Shape into small balls and cook in hot fat until browned. Add remaining 1/2 teaspoon salt, soup, drained limas and Worcestershire. Simmer gently until meat balls are done, about 10 minutes. Serve over rice. Six servings.

## Summer Party Luncheon



Chicken Perfection Aspic as the main dish at a summer party luncheon wins guest approval. This jellied aspic tempts the appetite by its cool looks and popular chicken flavor.

It holds an encouraging message for the dieter, too, as a serving is approximately 112 calories.

By the use of canned boned chicken or turkey, canned condensed consommé and an envelope of unflavored gelatine . . . all pantry shelf staples . . . this main course can be made with a minimum of effort. Shredded cabbage and chopped celery, green pepper and pimiento are added for their flavor and texture, and even though this main dish aspic is made a day ahead of use, the unflavored gelatine will keep them crisp and fresh.

### Chicken Perfection Aspic

- 1 envelope unflavored gelatine
- 1 cup cold water, divided
- 1 can (10 1/2 ounces) condensed consommé
- 1/4 teaspoon salt
- 2 tablespoons lemon juice
- 1 can (5 ounces) boned chicken or turkey, diced
- 1/2 cup finely shredded cabbage
- 1/4 cup chopped celery
- 1/4 cup chopped green pepper
- 1/4 cup chopped pimiento

Sprinkle gelatine on 1/4 cup of the cold water to soften. Place over boiling water and stir until gelatine is thoroughly dissolved. Add remaining 3/4 cup of the cold water to consommé. Stir in dissolved gelatine, salt, and lemon juice. Chill until mixture is the consistency of unbeaten egg white. Fold in diced chicken, cabbage, celery, green pepper and pimiento. Turn into a 4-cup mold; chill until firm. Unmold on salad greens and garnish with salad dressing. YIELD: 4 servings.

## Torrid Times for Florida Limes!



Cucumbers, long green with envy, can relinquish their reputation for coolness to the big shiny Florida limes now reaching our markets in the nick of summertime! Big as lemons are our American-grown limes and useful in the same ways. They are "ripe when green and green when ripe" and make the best cold drinks you've had in ages.

They used to call them "Persians" or "Tahitian", these big green, glossy limes but now, with the state taking over the growing of them in quantity, they're known as "Florida Seedless" and must pass rigid tests for maturity and juice-content before they can be shipped to market. Expect them to be emerald as 'Ireland in color—that's the way they are supposed to be. And expect them to cool you off, as they do in these recipes:

### Lime Sparkle

- 1 1/2 cups Florida lime juice
- 1/2 cup sugar
- Combine lime juice and sugar; shake or stir well with ice until very cold and frosty. Add sparkling water; mix well. Serve with lime wedges. Serves 6.

### Lime Frost

1/4 cup Florida lime juice

- 4 cups cold water
- Combine lime juice and water; chill. Beat egg whites stiff; gradually add sugar beating constantly. Slowly add lime juice mixture, stirring constantly. Pour into tall glasses over shaved ice. Serve immediately. Serves 4.

# Washington News

WASHINGTON, D. C.—The cut in funds being allowed the Defense Department's three armed services is to be felt in all parts of the country and abroad. The Army is getting a healthy whack, as usual, and the Air Force and Navy are also in for reduced funds.

It is estimated that more than a hundred thousand aircraft workers will lose employment as a result of slowed-up orders for aircraft. Tens of thousands of civilians will also be lopped off the payrolls of the services, most of them in the Air Force.

The Air Force, however, has the most money to spend, so the cut will still leave the air armed service with an impressive number of billions to operate on. The general idea behind the cuts is that the budget can be brought into a better balance—and a sure black blance is desired in next year's election year—only by savings in defense expenditures.

The belief in Washington also prevails that Nikita Khrushchev, in Moscow, is not likely to initiate any large-scale war any time soon. Other western countries are already reducing their arms expenditures because of this belief and the Russians themselves have reduced the size of the Russian armed forces.

President Eisenhower, then, not too certain which way business will go after this year, but looking for a stable period, wants to cut spending to be assured of a black budget next year. There is always the chance that a stable economy could produce a little less tax revenue than has been estimated and if this is the case, savings in defense would be the only possible counter to the situation.

Actually, the principle of smaller overseas bases, equipped with the most modern and deadly atomic weapons, has been the philosophy of the Pentagon and the White House for some time. The six-division ground troop strength in West Germany, for example, could be reduced substantially without lessening the firepower available to our ground forces there.

And, new fighter and bomber planes, such as the 105 and 104, and the B-58 bomber, give promise of increasing the Air Force's capabilities, even though these newer aircraft might not be available in numbers comparable to the strength of less advanced models.

These defense economy considerations are necessary because of the clouded business picture. There is some disagreement on the question of future business expansion—in the next two years—though there is general agreement that no immediate slump is in sight.

Building is off, unemployment

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## Will Success Spoil Rock Hunter

with Jayne Mansfield and Tony Randall (Cinemascope)

Saturday—August 24  
EVA MARIE SAINT

## A Hatful Of Rain

(Cinemascope)  
Sunday—August 25  
Designing Woman  
in Cinemascope with Gregory Peck & Lauren Bacall

Monday—August 26  
Heaven Knows Mr.

### Allison

in Cinemascope with Deborah Kerr and Robert Mitchum

Tuesday—August 27  
Alan Ladd and Sophia Loren

### Boy On A Dauphin

(Cinemascope)

Wednesday—August 28  
JANE RUSSELL & KEENAN WYNN

## The Fuzzy Pink Nightgown

a sizzling hot story of a Hollywood beauty who fell in love with the kidnapper who snatched her!

rising and a relatively slow-moving economy is apparently taking over. Nevertheless, prices are still edging upward and more people are employed than ever before—a seeming contradiction.

However, the growing population in this country makes it possible to have an increase in jobs and earnings while at the same time having an increase in the number of unemployed, which—admittedly—is not desirable. Thus the economy is seemingly

moving slowly and the future at least in some doubt. It may be that a mild business rise will continue a while longer or resume in the next year. The prudent thing for the Administration to do at the moment, however, is to trim its defense spending scale to meet any eventuality. At the rate defense spending was heading, the total was threatening to keep on rising past the 40-billion mark and there were those who feared this might wreck the country's economy in time.

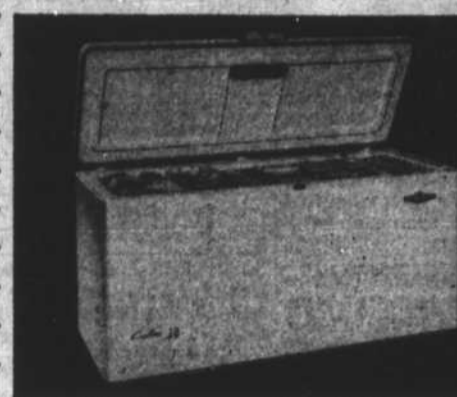
Thus the Defense Department is trying to hold actual expenditures well under forty billion dollars in

the present fiscal year. To do this the economies mentioned above are absolutely necessary and they are to be put into effect ruthlessly with little chance this time that squawks will reverse this economy move.

## Rocky Creek News

Mr. and Mrs. Wayne Geist and son, Eugene, have returned to their home in Philadelphia, Pa., after spending the past two months with the Dave Browns in their cabin on Rocky Creek.

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### Sample Ballot

## 'Nickels for Know-How' Program for Expanding Agricultural Research

(As authorized by the 1951 session of the General Assembly of North Carolina)

([X] VOTE FOR ONE)

For continuing the present program of adding five cents (5¢) per ton to the price of feed and fertilizer for an additional period of three (3) years (beginning January 1, 1958) for supplementing an expanding agricultural research and educational program in North Carolina.

Against continuing the present program of adding five cents (5¢) per ton to the price of feed and fertilizer for an additional period of three (3) years (beginning January 1, 1958) for supplementing an expanding agricultural research and educational program in North Carolina.

POLLING PLACES IN WATAUGA COUNTY FOR "NICKELS FOR KNOW-HOW" REFERENDUM FRIDAY, AUGUST 23, 1957

BALD MOUNTAIN Voting Place	BOONE ASC Office FCX Store	NEW RIVER Basil Smith's Store Cooke & Critcher Produce
BEAVER DAM Harold Farthing's Store Dean Reese's Store	COVE CREEK Owen Little's Store Miller Brothers Store Cable Brothers Store	NORTH FORK Tamarack Postoffice Thomas' Store
BLOWING ROCK Ranch Motel	ELK Simmons' Store	SHAWNEEHAW Sterie's Store
BLUE RIDGE Sheeler's Grocery	LAUREL CREEK V. D. Ward's Store	STONY FORK Deep Gap Postoffice
BRUSHY FORK Vilas Service Station	MEAT CAMP Dayton Winebarger's Store Davis Furniture Store	WATAUGA Howard Mast's Store Church's Store

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