

# Creative Cooking From The Herald Kitchen

By Mildred Huskins who met at the request of Penelope Barker in the home of Elizabeth King to express their indignation over the British tax on tea. They resolved at the "tea party" (with tea made from dried raspberry leaves): "We the Ladies of Edenton do hereby solemnly engage not to conform to the pernicious practice of drinking tea."



OLD FASHIONED COOKIES—Tender and light old-fashioned molasses cookies are seasoned with ginger and made more moist with canned apple sauce. They make a perfect snack any time of year with a glass of cold milk.

It is said that at this gathering, cookies were served and they were made from one of Mrs. Barker's recipes. This is the recipe which has come down to us.

### Edenton Tea Party Cakes

- 3½ cups sifted all-purpose flour
  - 1 teaspoon baking soda
  - ½ teaspoon salt
  - ¼ cup butter
  - 1 teaspoon vanilla
  - 2 cups brown sugar, firmly packed
  - 3 eggs
- Sift together flour, baking soda, and salt. Set aside. Work butter and vanilla until soft, then add sugar, a little at a time, while continuing to cream the mixture. Beat in eggs, one at a time, and stir in flour combination thoroughly. Divide dough in half, wrap each half in wax paper, and chill for several hours or until firm enough to handle easily. Roll out one portion at a time as thin as possible on a lightly floured board and cut with a cookie cutter. Place several inches apart on a greased cookie sheet and bake at 400 degrees for seven to nine minutes. Make six dozen cookies when a two and one-half inch cookie cutter is used.

There was a time when Spring meant a tonic of sulphur and molasses to "purify" the system after the long winter. Thank heavens we have outgrown that one, but molasses still revives pleasant memories of foods made the way grandmother cooked. And rightfully so, for molasses was the main sweetener used in this country until the late 1800's. There are many regional favorites made with molasses. We remember our favorite was spicy hot gingerbread served with a buttery lemon sauce. Then there is Pennsylvania Dutch Shoo Fly Pie, New England Baked Beans, and cookies and cakes. Perhaps the most universally used molasses recipe was for those good Old-Fashioned Molasses Cookies. They were a fist-full for a small child and always a cake-like

texture, light and tender. These particular cookies have an added convenience built in. Instead of using buttermilk for the liquid, apple sauce is stirred in. Many kitchens today do not have buttermilk handy, and the apple sauce adds a moistness that makes the cookies stay tender. The mild apple flavor accents and blends the molasses and spices. Served with a cold glass of milk, these cookies make a perfect snack any time of the day.

### Apple Sauce Molasses Cookies

- 3 cups sifted cake flour
  - 1½ teaspoons baking soda
  - ½ teaspoon salt
  - 1 teaspoon ginger
  - 1½ teaspoons cinnamon
  - ½ cup shortening
  - 1 cup sugar
  - 1 egg, unbeaten
  - ½ cup light molasses
  - 1 cup canned apple sauce
  - ½ teaspoon vanilla
- Sift flour with soda, salt and spices. Cream shortening; add sugar gradually, beating until light. Add egg and beat well; then stir in molasses. Add flour alternately with apple sauce, mixing well after each addition. Stir in vanilla. Chill until firm enough to hold shape. Drop from teaspoon on lightly greased baking sheets about two inches apart. If desired, add a garnish to cookies before baking . . . nut halves, slivered almonds or a sprinkling of colored sugar. Bake at 400 degrees for eight to 10 minutes, or until done. Cool on rack. Makes six dozen.

### Here's How

One cup plain yogurt, fork blended with one and one-half teaspoons ranch dressing mix for salads and two tablespoons of grated Parmesan cheese makes a delightful accompaniment for green salads. As a dressing it has fewer calories than most others since yogurt contains about nine calories per tablespoon as compared with commercial low-calorie dressings that contain from 16 to 25.

Looking for a quick, hot, pick up supper? Try Tuna-Cheeseburgers. Flake tuna with a fork, mix with chopped celery and green pepper as desired, with salad dressing to moisten. For each seven-ounce can of tuna used, add one-half cup cubed Cheddar cheese. Spoon into sandwich buns and wrap in foil. Heat in 350 degree oven for 15 to 20 minutes and serve hot.

Did you know that cottage cheese can be mixed with just a few ingredients for a delightful, low calorie dip? Beat 1½ cups cottage cheese until rather smooth, then add one-fourth cup finely chopped green onion, including tops, two teaspoons prepared horseradish, one-fourth teaspoon salt and one-eighth teaspoon pepper. Cover and chill before using with

crackers, chips or carrot sticks.

Do it yourself ice cream sandwiches may be made by spreading vanilla ice cream between thin slices of brownies, toasted pound cake or waffles. Yummy!

Graham crackers and milk are an old standby when it comes to snacks. To make a dessert out of them, spread each cracker with vanilla butter frosting, tinted a pale green with a hint of mint for flavor, and you have a child's version of grasshopper pie.

### Know Your Social Security

By Lee Wallio Field Representative

Proof of a person's correct date of birth is the biggest problem facing most people filing for Social Security Retirement. Many people who are of retirement age did not have birth certificates made at the time they were born. There are many other ways that a person can prove his age. Some of these are baptismal records, school records, old family Bible records, and old insurance policies which show age or date of birth. One very good proof is an early Federal Census Record. The Federal Census has been taken every ten years since the country was started. If a person is nearing retirement age and is wondering how to prove his age he should contact Social Security right away. The people at the Social Security Office can assist you in getting the proof you need now before you retire. This will help you get your checks faster. The Elizabeth City Social Security Office is at 111 Jordan Plaza, telephone 338-2161. The office is open from 9:00 A.M. to 4:30 P.M. Monday thru Friday.

## Fraternity Will Induct Chowan County Man

Stanley H. Hare is among 24 students and one honorary faculty member at Campbell College to be inducted into Phi Eta Sigma, scholastic society nationwide. Charles O. Whitley of Mt. Olive, administrative assistant to Rep. David N. Henderson, and a trustee of the college, will be the principal speaker at the March 15 event. Principal purpose of the society is to promote high scholastic achievement among freshmen. It is concerned also to encourage development of physical strength and health, discipline of mind, and quality of character.

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