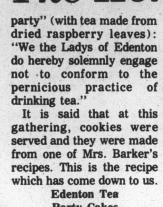
Creative Cooking From The Herald Kitchen

By Mildred Huskins who met at the request of express their indignation In October, 1774, there Penelope Barker in the over the British tax on tea. were 51 Edenton women home of Elizabeth King to They resolved at the "tea



Party Cakes 31/2 cups sifted all-purpose

1 teaspoon baking soda 1/2 teaspoon salt 3/4 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 sweetner used in this country until the late 1800's. There are many regional favorites made molasses. We remember our favorite was spicy hot gingerbread Pennsylvania Dutch Shoo 16 to 25. 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. crackers, chips or carrot These particular cookies sticks. 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 cake or waffles. Yummy! moistness that makes the cookies stay tender. The mild apple flavor accents milk are an old stand-by and blends the molasses and spices. Served with a cold glass of milk, these cookies spread each cracker with make a perfect snack any

time of the day. **Apple Sauce Molasses Cookies** 3 cups sifted cake flour 11/2 teaspoons baking soda ½ teaspoon salt 1 teaspoon ginger 11/2 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 onehalf 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 compared with served with a buttery lemon commercial low-calorie sauce. Then there is dressings that contain from

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 11/2 cups cottage cheese until rather smooth, then add one-fourth cup finely chopped green onion, including tops, two prepared teaspoons horseradish, one-fourth teaspoon salt and one-eighth teaspoon pepper. Cover and chill before using with

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sandwiches may be made by

spreading vanilla ice cream

between thin slices of

brownies, toasted pound

-0-

when it comes to snacks. To

make a dessert out of them.

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

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

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.

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.

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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 enourage development of physical strength and health, discipline of mind, and quality of character.

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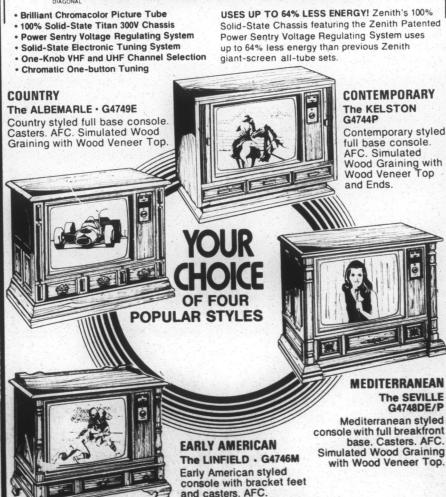
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