



Almond Cookie Cake Wins \$40,000 In America's Bake-Off

They held the 30th Bake-Off Contest in San Antonio last week, and as usual, there was a great hoopla about new and different ways of cooking and baking with flour products. The sponsor was The Pillsbury Company and the contestants came from all over the country — boys and girls, college students and senior citizens, career women and homemakers. Out of several thousand recipe entries, pre-judged by an independent agency and reviewed by a team of home economists and professionals, 100 finalists won an expense-paid trip to San Antonio to re-create their recipes in 100 mini-kitchens set up by General Electric in the Convention Center.

It was a great scene. Contestants did snack recipes — for light meals or between-meal occasions, ethnic recipes from cultural origins, domestic or foreign and economy recipes — that use relatively low cost ingredients. There was more than \$100,000 in cash and prizes riding in this contest, and we were really disappointed again at not seeing any of our great black cooks competing in the kitchens. Next time??? It's sure worth a try!

Anyway, here are the top winners. After taking the \$15,000 flour category prize, an Almond-Filled Cookie Cake, entered by Elizabeth D. Meijer, a widow from Danbury, Ct., also won an additional \$25,000 as top prize in the Bake-Off. The rich, crisp dessert was adapted from a Dutch pastry. Other \$15,000 winners were an Italian Sour Cream Cake, a recipe for Crusted Biscuit Puffs and a Praline Crescent Dessert. Recipes follow, try 'em for yourself and enjoy!

Almond Filled Cookie Cake
Crust
2 1/2 cups Pillsbury's Best All Purpose or Unbleached Flour ★
1 1/2 cups sugar
1 1/2 cups unsalted butter or margarine, softened
1/2 teaspoon salt
1 egg

Filling
1 cup grated or finely chopped almonds
1/2 cup sugar
1 teaspoon grated lemon peel
1 egg, slightly beaten
2 whole almonds or maraschino cherries, halved

Heat oven to 325°F. Grease 10- or 9-inch springform pan. Lightly spoon flour into measuring cup; level off. In large bowl, blend all crust ingredients at lowest speed until dough forms. Chill, if desired. Divide dough in half; spread half in bottom of prepared pan.

In small bowl, blend all filling ingredients except whole almonds or cherries; spread over crust to within 1/2 inch of sides of pan. Between waxed paper, press remaining dough to 10- or 9-inch circle. Remove top layer of waxed paper; place dough over filling. Remove waxed paper; press dough into place. Garnish with almond or maraschino cherry halves.

Bake at 325°F. for 45 to 55 minutes or until light golden brown. (Place foil on rack below pan during baking to guard against spillage.) Cool 15 minutes; remove from pan. Cool completely. 24 to 32 servings, thinly sliced.

TIP: ★Self-rising flour is not recommended.

Italian Sour Cream Cake
Cake
2 eggs, separated
1/2 cup firmly packed brown sugar
1 cup coconut
1/2 cup ground pecans or nuts
1 pkg. Pillsbury Plus Butter Recipe Cake Mix
1 cup dairy sour cream
1/2 cup amaretto
1/2 cup water
2 eggs

Glaze
1 cup powdered sugar, sifted
2 tablespoons cocoa
2 tablespoons arametto
1 tablespoon margarine or butter, softened
1 tablespoon corn syrup
2 to 4 teaspoons water
2 teaspoons ground pecans or nuts
6 maraschino cherries

Heat oven to 350°F. Using 2 tablespoons shortening, generously grease 10-inch tube pan. In small bowl, beat 2 egg whites until foamy. Gradually add brown sugar; beat until stiff peaks form, about 3 minutes. Fold in coconut and 1/2 cup ground pecans. Spread meringue on bottom and up sides of pan to within 1 inch of top of pan. In large bowl, blend cake mix, sour cream, 1/2 cup amaretto, 1/2 cup water, eggs and 2 egg yolks at low speed until moistened; beat 2 minutes at highest speed. Pour batter evenly into prepared pan. Bake at 350°F. for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool upright in pan 10 minutes; loosen sides and invert onto serving plate. Cool completely. In small bowl, blend glaze ingredients (except pecans and cherries) until smooth. Spoon over top of cake allowing some to run down sides. Sprinkle with pecans; garnish with cherries. 16 servings.

Sugar Crusted Biscuit Puffs
Filling
1/2 cup finely chopped almonds or filberts
1/4 cup currants or raisins
1 tablespoon margarine or butter, softened
1/4 cup sugar
1 to 3 teaspoons grated orange peel
1/2 teaspoon cinnamon (or anise powder)
1 egg, separated (reserve white for topping)
2 teaspoons Marsala wine or rum

Pastry
10-oz. can Hungry Jack Refrigerated Flaky Biscuits

Bed Exercises

By Kaye Sullivan

To prevent some of the morning aches upon arising, there are some exercises you should try. Whether you know it or not, you already go through a bit of an exercise program each morning. The stretching you do in bed before you get up helps to loosen some of the settled tissues in your body. When we sleep our muscles rest mostly in their shortened state. Air settles in many bone joints. (Hence all the popping when you begin to stir after the alarm goes off.) Therefore that first stiff walk to the bathroom makes you wonder if Father Time ran over you with a truck in the middle of the night.

Well, you can alleviate much of this morning torture and get out of bed with more energy by developing a routine exercise program in the bed:

1. While still snuggled under the covers turn onto your side. Slowly curl into the fetal position and then straighten out. Repeat on other side.
2. Still under the covers lie on your back, point toes, then flex feet. (Listen to those ankles and toes pop!) Do this several times then rotate feet, together and alternately.
3. Next turn your head from right to left and up and down a few times. Rotate once or twice.
4. Now part your legs and point your feet. Do same type of movement with your arms and fingers. Bring them back together and relax. Repeat, if you feel like it.
5. Take five or six deep breaths really moving the entire diaphragm.
6. Sit on the side of the bed placing your hands on the bed beside your hips. While pressing hands onto the bed raise and lower legs, up and down. A flexed foot will give you a better stretch.
7. Finally, sitting on side of bed stretch arms up then lower upper body between your legs toward the floor. Come back up and stretch again.

Now your body is ready to meet some of the demands that will be placed upon it. You will find you will function better after this early morning tune up.

Awareness Through Movement

Arts and Crafts Committee Meeting Held

The Arts and Crafts Committee of University Assembly No. 218 Order of the Golden Circle held its first committee meeting Thursday evening, February 18, at the home of Loyal Lady Jessie Tucker. This committee will be responsible for fund-raising projects for the Assembly. Loyal Lady Ruth Singleton is the chairman and the following Loyal Ladies are committee members: Pattie Brown, Ruby Lassiter, Hattie McLamb, Violet P. Rogers, Mary Johnson, Gladys Johnson, Jessie Tucker, Doretha Pettiford. Loyal Lady Ruler Martha C. Devoe is an ex-officio member.

Some of the committee's activities will include: sewing, baking, macrame, rug hooking, quilting, crocheting, knitting, ceramics, etc. Members anticipate having their first exhibit on display at the N.C. Council of Deliberation in Wilmington in April.

The committee officers are: Loyal Lady Ruth Singleton, president; Loyal Lady Jessie Tucker, chaplain; Loyal Lady Pattie Brown, treasurer; Loyal Lady Doretha Pettiford, secretary; and Loyal Lady Violet P. Rogers, financial secretary.

Refreshments were prepared by Loyal Lady Tucker and furnished by Loyal Lady Singleton.

Philathea Class Entertained

Mr. and Mrs. Nathaniel Haskins of 1009 Jerome Road entertained the Philathea Sunday School Class of White Rock Baptist Church on Saturday February 20.

As the members entered this beautiful and spacious home, each was made welcome by the hostess, along with her mother, Mrs. Ester Davis.

A delicious dinner was served and beside each plate a useful book mark with a Bible verse on it was given.

A short social hour followed the meal during which were heard original poems, oral readings and singing.

The hostess and teacher of the class, Mrs. Haskins, sang "He's Got The Whole World In His Hands" followed by Mrs. Mamie Weaver's favorite hymn, "On Christ The Solid Rock I Stand".

The president, Mrs. Servater Evans, thanked the hosts, Mr. and Mrs. Haskins and her mother, Mrs. Davis, for a very enjoyable visit. Members present were: Mrs. R. Spaulding, Mrs. M. Weaver, Mrs. G. Haskins, Mrs. M. Bradshaw, Mrs. Z. Floyd, Mrs. M. Pretty, Mrs. S. Evans, Mrs. G. Fellows, Mrs. E. Perry, Mrs. M. Raines, Mrs. G. Faucette, Mrs. A. Randall, Miss B. Richmond and Mrs. A. Leach.

Mrs. Grant Hosts La Petite Club

La Petite Gardeners held their February meeting in the home of Mrs. Mary C. Grant on Concord St. Mrs. Grant opened the Garden Gate. After a formal opening conducted by the hostess, Mrs. Genevieve McCrea, club president, presided. Reports were given from the various committees. Preparations are being made for the Spring Flower Show to be held in May. Plans are also being made to take several trips and to visit of number of gardens including those of members.

Mrs. Grant gave an informative report on preparing the soil for spring planting. It was so vivid that a beginner following her instructions would come up with some beautiful flowers.

After enjoying a delicious meal, each member thanked the hostess for her kind hospitality. The Garden Gate closed to meet with Mrs. Marie F. Kearney in March.

Topping

Reserved egg white
1 tablespoon Marsala wine or rum
1/2 cup sugar
1/4 cup finely chopped almonds or filberts
1/2 teaspoon cinnamon (or anise powder)

Heat oven to 375°F. In small bowl, combine all filling ingredients. Separate dough into 10 biscuits; press or roll each into 4-inch circle. Fold dough over filling, covering completely; seal well, shaping into balls. Combine reserved egg white and wine; beat until foamy. Combine 1/2 cup sugar, 1/4 cup nuts and 1/2 teaspoon cinnamon. Dip top and sides (not seam) of each filled biscuit in egg white mixture, then in nut mixture. Place seam-side-down on ungreased cookie sheet. Bake for 12 to 16 minutes or until golden brown. Remove from cookie sheet immediately. 10 pastries.

Spring Fever In The Air

By Elson Armstrong, Jr.
Mother Nature continues to smile on Durham this week. The bright, warm days have virtually everyone thinking of spring which is now a few weeks away.

After a chilly start on Sunday and Monday, the old thermometers started to rise as the week progressed. Highs in the 70's were forecast by midweek and not a complaint was heard.

Business increased greatly at area car washes as people sought to get that winter grime off their vehicles. Some early flowering plants began to blossom. Children took to the parks in the afternoons after what must have seemed an eternity of having to stay inside because of the cold weather.

College students leisurely strolled around campus between classes. Thoughts of softball games filled some minds. Frisbee throws and outdoor basketball games took place around the city.

Again, we can thank a friendly high pressure system for the good weather.

The sun is getting stronger each day and it is not uncommon to have 70- and even some 80-degree days this time of year. In 1977, the all-time Durham high for February of 84° occurred on February 28. In 1972, a prolonged warm spell of high 70's and low 80's invaded Durham in late February and lasted until mid-March. Oddly enough, snow fell on the first real day of spring that year.

1974 may be remembered as the year that Durham virtually had not winter, a high of 83° occurred in late January which set the tone for the rest of the winter months. February was warmer than usual (there were very few freezing nights), and by the first week of March, Durham basked in 93° heat and trees, flowers, and shrubs bloomed weeks ahead of schedule.

As the days get progressively longer, thoughts turn to long drives in the country, a day at the old fishing hole, walks in the lane, garden planting, and other spring time rituals.

Ah, spring, we hope you're here to stay!



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