

Hints For Housewives of Wilkes

(By Miss Edna Reinhardt, Emergency Home Demonstration Agent for Wilkes County)

Hot weather entertaining, a formidable prospect for the average housewife, offers probably the best opportunity for smart and striking innovations, according to Miss Addie Malone, home economist for the Southern Public Utilities company.

"The housewife who has learned to use the facilities of her electric refrigerator in the preparation of frozen salads and desserts, is able to prepare an almost endless variety of appropriate hot weather delicacies," the home economist points out. "Particularly fortunate is the owner of a Kelvinator for in the superfast freezing trays desserts can be frozen quickly even on the hottest days."

"Summer bridge luncheons and bridge teas often cause no little concern on the part of the hostess who seeks something appropriate to serve. As the result of work carried on in the experimental

kitchens of Kelvinator corporation, Detroit, the following menus have been developed and are suggested as an aid to the summer hostess:

- Bridge Luncheon
- Malin Ball Cocktail
- Chicken Supreme Potato Chips
- Hot Biscuits
- Fresh Fruit Ring Iced Coffee
- Bridge Tea
- Cranberry Punch
- Cream Cheese Cookies
- Angel Parfait
- Chicken Supreme
- 1 1/2 cups cold chicken, pinch of salt, 3/4 cup crushed pineapple
- 1 cup whipped cream, 6 tablespoons pecans, 1 cup mayonnaise
- Cut chicken into small cubes, drain pineapple and chop nutmeats fine. Add salt to chicken and combine first four ingredients. Whip cream and blend with mayonnaise. Fold two mixtures together. Place in Kelvinator tray and freeze. Cut in squares and serve on lettuce leaf garnished with mayonnaise.
- Kelvinator Biscuits
- 2 cups flour, 2 tablespoons shortening, 4 teaspoons baking powder, 3/4 cup milk, 1 teaspoon salt. Mix dry ingredients and sift. Cut in shortening. Add liquid gradually mixing with a fork to soft dough. Wrap dough in waxed paper and place in a covered dish. May be stored in a Kelvinator a week if desired. Bake in a moderate oven (350 degrees).
- Fresh Fruit Rings
- 1 quart fresh berries, 2 teaspoons vanilla, 2 cups whipped cream, 8 tablespoons confectioner's sugar. Whip cream until it will just hold its shape. Fold in sugar and vanilla and pour into 8 individual ring molds. Place in Kelvinator trays and freeze. When ready to serve unmold and heap centers with thoroughly chilled berries.
- Cranberry Punch
- 1 quart cranberry juice, 1-8 cup orange juice, 1 quart gingerale, 1-2 cup lemon juice. Blend fruit juices and chill thoroughly. Just before serving add gingerale and pour over iced cubes.
- Cream Cheese Cookies
- 1 cup sugar, 1 1/3 cups flour, 1 pkg. cream cheese (3 oz.) 1 teaspoon lemon juice, grated rind of 1-2 lemon, 1 cup butter, 1 teaspoon baking powder. Cream butter, add sugar, lemon juice and rind, then cream cheese. Mix thoroughly. Add sifted flour and baking powder. Form into a roll, cover with waxed paper and store in Kelvinator until ready to bake. Slice very thin and place on a greased sheet and bake in a moderate oven (375 degrees for 15 to 20 minutes). Makes 4 dozen.



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"Repeal", Grand Champion sheep owned by R. E. Pullin, of Waterloo, Ia., and shown above by Miss Winn Jackson, repeated and won the title again this year at the Chicago Fair.

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ual has so much leisure time, either enforced or otherwise, the question of how that time shall be spent is one of vital importance to the community. There is no truer saying than this—"An idle brain is the devil's workshop." Leisure time should be rightly spent in wholesome character-forming recreation.

Each community should study carefully its needs and use its best brains and thoughts into solving this vital problem. A community recreational program should be planned to include every man, woman and child in the community. Certainly you cannot instill right ideals into your children unless your neighbor's children have right ideals.

The impulse to play is universal, but because this impulse to play does not always find the same channel of expression, recreational, social, educational, civic and art activities all have their place in the leisure time program.

Each person, young or old, in the community might find relaxation, recreation, the opportunity for creative expression and for service to his land in one or more of the following activities:

- A. Physical Activities:
 - Athletics.
 - Physical fitness tests.
 - Games.
 - Hiking.
 - Health activities.
 - B. Constructive Activities:
 - All forms of handicraft.
 - C. Rhythmic Activities:
 - Folk dancing.
 - Social dancing.
 - Community music — singing bees, string and brass bands.
 - D. Community Drama:
 - Festivals, pageants, plays and play-writing.
 - E. Linguistic Activities:
 - Public discussions and forums.
 - Reading.
 - Debating.
 - Story telling.
 - F. Natural and Environmental Activities:
 - Collections of flowers.
 - Historic interest.
 - G. Social Activities:
 - Wholesome association of sexes—"parties."
 - H. Civic Activities:
 - Parent-Teacher Associations.
 - Scout.
 - "Y's."
- When people play together and sing together they can work together, sell together and buy together.

CALLOWAY FAMILY TO HOLD REUNION SEPT. 17

The Calloway family reunion will be held September 17, at Yadkinville courthouse, D. R. Calloway, president, announced. The reunion was held last year at Union Hill.

An interesting program is planned for this year's meeting, with both string and brass music, vocal selections, and prominent speakers.

The Calloway family included some of the earlier settlers of North Carolina and also the West.

Tom Calloway, who lived in what is now Ashe county, was a friend to Daniel Boone, Boone camping near Calloway's home for some time and leaving him a stone marker of his camp. This stone may be seen at this time at the grave of Tom Calloway in the old Calloway burying ground near West Jefferson.

Flanders Calloway, according to history, saved Jimma Boone and his sister, Elizabeth Calloway, from capture by the Indians in Missouri. Flanders and Jimma married and as a result of this union the West was settled by many descendants of the Boone and Calloway families.

Mount Everest has never been conquered either by climbers or by airplanes. The Tibetans believe the Gods resent the invasion by humans of this highest of all mountains.

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