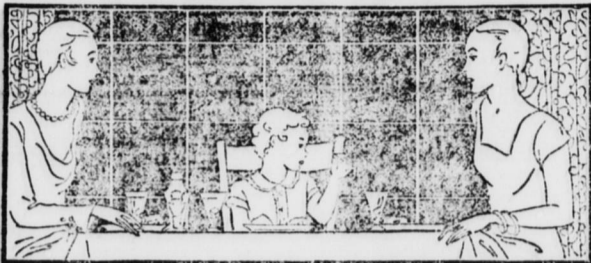


**Weary Summer Appetites Whetted
By Plate Meals; Save Steps, Too**



By JOSEPHINE GIBSON
Director, Heinz Food Institute

PLATE meals interest every woman who wishes to reduce the labor of summer meal preparation. All the food for the main course is placed on the luncheon or dinner plate before taking it to the table, thus saving many steps and reducing the number of dishes used. Plate meals, attractively arranged, have a greater appeal to weary summer appetites than large serving dishes of food. The luncheon menu suggested below is most attractive and practical for a summer guest luncheon. All the preparation except assembling, may be done in advance of the guests' arrival.

Luncheon Plate* Hot Biscuit or Buttered Rolls
Date Fluff with Whipped Cream*

(* Indicates that recipes are given below.)

Luncheon Plate: On each luncheon plate arrange five crisp lettuce leaves of uniform size. Place leaves so that stem ends meet in the center so as to resemble petals. In one lettuce leaf arrange a serving of meat or fish salad. In another a chilled deviled egg, in the third a mound of Preserved Sweet Midget Gherkins, in the next chilled quarters of tomato and slices of cucumber topped with a spoonful Roquefort cheese dressing, and in the final one a mound of Spanish Queen or Ripe Mission Olives.

Tuna Fish Salad: Place 1 7-oz. can white tuna fish in a sieve and pour hot water over it to remove oil. Chill and flake, being careful to leave in good sized pieces. Add 1 cup diced celery, 1/2 teaspoon salt, 1/2 teaspoon sugar, pepper to taste, and Mayonnaise Salad Dressing to moisten. Chill before serving.

Deviled Egg Salad: Cut 4 hard cooked eggs in half lengthwise. Mash yolks, season with salt, pepper, butter, Prepared Mustard and Pure Vinegar. Minced potted ham may be added if desired. Refill the whites, sprinkle lightly with paprika, and serve two halves in a nest of crisp lettuce.

Roquefort Cheese Dressing: Cream 1 package (1 1/2 oz.) Roquefort Cheese with 1/2 package (1 1/2 oz.) soft white cream cheese, and blend with 4 tablespoons Mayonnaise. Chill and serve. Serves 4.

Date Fluff with Whipped Cream: Beat yolks of 3 eggs and add to 1 cup crushed Rice Flakes, 1 cup sugar, 1/2 cup chopped nuts, 1 cup chopped dates, which have been thoroughly minced. Fold in stiffly beaten egg whites. Pour in buttered loaf pan and bake in a moderately hot oven (375° F.) 45 minutes. Crumble and pile in sherbet glasses. Serve with whipped cream or Lemon Sauce. May be served hot or cold. Serves 6.

By producing all of his poultry feed at home with the exception of fish or meat meal, John O. Smith of Clay county, says he is making money selling eggs at 12 cents a dozen.

Union county farmers will save a greatly increased supply of vetch seed this summer from the hay mixtures planted in the county last fall. The seed is being separated and reclaimed.

**Campfire Dinner in Quiet Dell
Proves Hot Weather Relaxation**



By JOSEPHINE GIBSON
Director, Heinz Food Institute

IT has been said that we do not camp to "rough it" but rather to smooth life. Relaxation that comes from an expedition into the open and a meal cooked over a glowing fire in a quiet spot, smooths wrinkles from tired minds. Men and children particularly enjoy this type of recreation and cooking over a campfire saves work at home. The following menus are for substantial camp meals that appeal to appetites whetted by hours in the open.

Hot Steak Sandwiches with Onion and Chili Sauce*
Oven Baked Beans or Corn on the Cob
Fresh Cucumber Pickles
Cup Cakes with Peanut Butter Frosting*
Fruit Coffee

Peanut Butter, Chili Sauce and Broiled Bacon Sandwiches*

Cheese and Broiled Bacon Sandwiches with Prepared Mustard*
Sandwich Relish Sandwiches
Deviled Eggs or Potato and Egg Salad
Sliced Tomatoes Potato Chips Genuine Dill Pickles
Watermelon Filled Sugar Cookies
Coffee

(* Indicates that recipes are given below.)

Hot Steak Sandwiches with Onion and Chili Sauce: Take fresh buttered rolls from home, having each wrapped in waxed paper. Over the campfire, broil the steak, cut into strips, in a corn popper or on a long handled fork. During the broiling, season well with salt, pepper and Worcestershire Sauce. Place the steak in the buttered roll and in each sandwich place a slice of onion, one of Sweet Dill Pickle, and Chili Sauce.

Cup Cakes with Peanut Butter Frosting: Any good recipe may be used for the cup cakes. Frost them with the following Peanut Butter Frosting: To 3 tablespoons Peanut Butter add 2 tablespoons strong cold coffee, 1 tablespoon cream or top milk, 1 teaspoon vanilla and enough powdered sugar to make the proper consistency to spread (about 1 1/2 cups). Spread on cakes that have been cooled, allow the

frosting to set, and then wrap in waxed paper in a box.

Peanut Butter, Chili Sauce and Broiled Bacon Sandwiches: Mix 1/2 cup Peanut Butter with 4 tablespoons Chili Sauce and spread on buttered rolls or on buttered whole wheat bread. Wrap and take to the picnic. Over the campfire, broil bacon and place several slices in each sandwich.

Cheese and Broiled Bacon Sandwiches with Prepared Mustard: Wrap a very thin slice of bacon around a 1-inch cube of American Brick Cheese, and fasten the bacon in place with a toothpick. Place on end of long fork or sharp stick and hold over the campfire until the bacon is crisp and cheese slightly melted. Place in rolls spread with Mustard Butter, prepared by combining 1/2 cup butter creamed, with 2 tablespoons Prepared Mustard.

Danbury M. E. Church

ELLSWORTH HARTSFIELD,
Pastor.

1st Sunday—Bethesda, 11 a. m.; Forest Chapel, 3 p. m.; Pine Hall, 7 p. m.

2nd Sunday—Davis' Chapel 11 a. m.; Vade Mecum, 3 p. m.; Danbury, 7:15 p. m.

3rd Sunday—Pine Hall, 11 a. m.; Forest Chapel, 3 p. m.

4th Sunday—Danbury, 11 a. m. Davis Chapel, 7 p. m.

5th Sunday—Eleven o'clock services distributed among the several churches. Watch for special announcements.

Sunday Schools at the churches. 10 a. m. Epworth Leagues at Pine Hall and Bethesda. Missionary societies at Pine Hall and Danbury. Union

The late crop of lambs in Alleghany county were sold by the local association at an average price of \$5.20 a hundred pounds.

Bertie county tomato growers will ship 100 cars of the fruit grown under contract this season and none are violating the terms of their contract despite attractive offers from other dealers.

Basz Brothers, of Edgecombe county, have secured a pure bred Shorthorn bull from the United States Department of Agriculture farm at Beltsville, Maryland, to be starting a herd of beef cattle.

Five Halifax county growers recently sold 25,000 pounds of home-grown crimson clover seed at a good price.

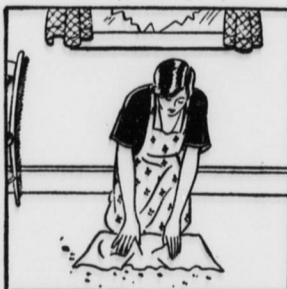


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**PHILLIPS
Milk
of Magnesia**



FRAGMENTS of broken glass are always dangerous. One way to pick them up safely is to spread a wet piece of flannel over the particles and pat lightly. Then burn the cloth.

The next time you make tart shells, pie crusts or rolls, brush them lightly with a sugar water solution a few minutes before removing from the oven. It will both improve the appearance and add to the flavor, especially with rolls.

Left over pieces of linoleum make excellent covers for drainboards.

**MOTORISTS
For Special Sunday Dinner**

**Fried Chicken, Ham,
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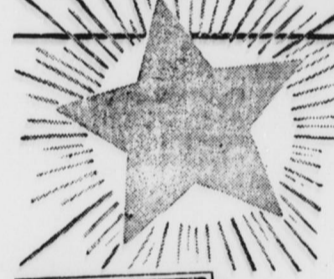
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Selected by leading metallurgists, as the best obtainable for safety razor blades. Pure and CLEAN—a triumph of metallurgy. (INSPECTION for uniformity).

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★ **LEATHER STROPPED**

Each blade (both edges) stropped by 1,000 feet of shell horsehide stroppers—same action as used by barbers. (INSPECTION of shaving edges microscopically before final tests).

★ **HAIR TESTED**

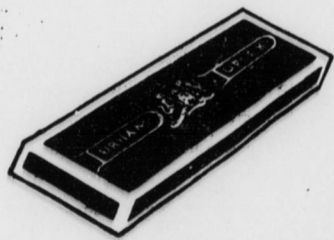
Six places on each edge of each blade must cut a human hair. Test performed by hand—not machine. Then sterilized, rust proofed. Also sight test and final microscopic test.

★ **PROTECTED EDGES**

Each blade suspended on tabs to give absolute edge protection. Edges cannot touch wrapping material. Wax-sealed in air-tight paraffin wrapping.

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