

# Cooking School Supplement

MOORE COUNTY'S  
LEADING  
NEWS-WEEKLY

# THE



# PILOT

FIRST IN NEWS,  
CIRCULATION &  
ADVERTISING

A Paper Devoted to the Upbuilding

of the Sandhill Territory of North Carolina

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FIVE CENTS

## VIVIAN BUSHONG, AN EXPERIENCED ECONOMIST, COMING

Will Demonstrate All-Electric  
Model Kitchen in The  
Pilot School

EXPERT IN HER LINE

When the all-electric kitchen demonstration, sponsored by The Pilot opens at the Civic Club in Southern Pines on Thursday and Friday of next week home-makers of Moore county will be fortunate in having as their instructor a home service expert of wide experience, Miss Vivian Bushong, of the Home Service Department of the Carolina Power & Light Company.

Miss Bushong has a wide reputation as a home economics authority. Before her connection with the Carolina Power & Light Company she spent several years in home service work and conducting public demonstrations of manufactured food products. For more than four years, as a member of the Home Service Department of the Carolina Power & Light Company, she has been engaged in educational and research work, and in this capacity has conducted hundreds of electric cooking schools for newspapers and women's organizations.

She has done a great deal towards making the kitchen "the new guest room of the home." Her built-in all-electric kitchen, which will be brought here for the cooking school, is the last word in ideal arrangement. Refrigerator, range, dishwasher, and cabinets are so placed that an entire meal can be prepared with a minimum of steps, time, and effort. Inasmuch as the kitchen is the workshop of the home-maker a planning desk is included in the arrangement. For her entertainment while making preparations for a meal a space is provided for a radio. A telephone, and every other piece of equipment used frequently by the average housewife, is within convenient reach in the kitchen, and consequently add to the pleasure of her work while reducing the number of steps she is required to take.

Miss Bushong will bring to her audience a host of new range and refrigerator recipes, as well as new ideas for menu planning. She will discuss also modern kitchen arrangement, marketing, food preservation, and attractive as well as economical ways to use left-overs.

### Two Markets Supply Meat for Pilot School

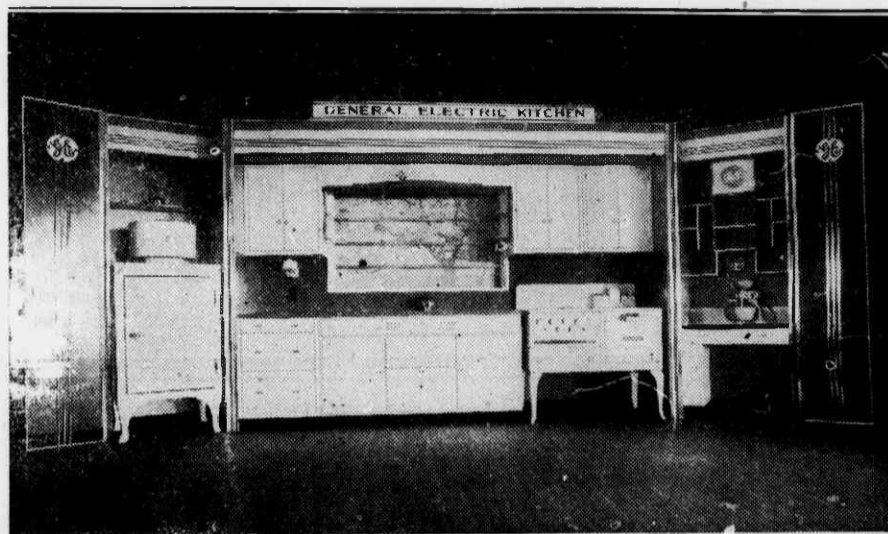
Vermont Market, Southern Pines and Sanitary Market, Aberdeen, Contributors

One Aberdeen and one Southern Pines market are to furnish the meats for cooking demonstrations of Miss Vivian Bushong in The Pilot Cooking School to be held Thursday and Friday next in the Civic Club in Southern Pines. Beef for roasting will be donated by the Vermont Market of Southern Pines, while the Sanitary Cash Market in Aberdeen will provide the other meats used in the demonstrations. These are two busy markets with a splendid clientele of persons who demand the best meats.

### Coffee Shop Here to Supply Baked Foods

Mrs. Chiswell Makes Donation  
For The Pilot Cooking  
School Next Week

Those who know Mrs. Chiswell and the Coffee Shop in Southern Pines know that they know how to make bread, rolls, cakes and pastry of all kinds. Mrs. Chiswell is furnishing the baked goods needed for the demonstration and display in next week's Cooking School at the Civic Club. Miss Bushong, the home economics demonstrator, will have a job on her hands to turn out baked goods any better than Mrs. Chiswell's when she shows what can be done in her electric oven.



## Refrigeration and Dishwashing By Electricity Big Features of The Pilot Cooking School



MISS VIVIAN BUSHONG

### Participants These Merchants Contribute Toward Success of Pilot Cooking School

Merchants of the Sandhills participating in The Pilot Cooking School through donations of articles for use, display, prizes or entertainment are as follows:

- Coca-Cola Bottling Company, Aberdeen.
- Chandler Greenhouses, Southern Pines.
- Coffee Shop, Southern Pines.
- McLean Furniture Company, Southern Pines.
- McNeill & Company, Southern Pines.
- L. V. O'Callaghan, Southern Pines.
- Olive Brothers Dairy, Southern Pines.
- Pinehurst Department Store, Pinehurst.
- Penders Store, Southern Pines.
- Sanitary Cash Market, Aberdeen.
- Simons Electrical Shop, Southern Pines.
- Thrower Pharmacy, Southern Pines.
- Vermont Market, Southern Pines.

### McNeill & Co. Flour to Be Used in School

Southern Pines Store Makes  
Donation for Baking  
Demonstrations

Flour for use by Miss Bushong in her cooking demonstrations at the Civic Club here next week is to be furnished by McNeill & Company, seed and grain merchants, of Southern Pines. McNeill carries a full line of those things necessary to "grow your own," and is building up a fine business in the community. He handles a number of brands of high grade flour and says: "Miss Bushong can come in and take her pick when she arrives in town."

### The Pilot to Offer New Ideas and New Equipment in Two- Day Demonstrations

Demonstrations of electric dishwashing will be one of the features of the all-electric kitchen demonstration sponsored by The Pilot and being held at the Civic Club here on Thursday and Friday of next week, June 21 and 22. Miss Vivian Bushong of the Home Service Department of the Carolina Power & Light Company, will conduct the school, admission to which will be free.

The magic of electricity for all other kitchen problems will be demonstrated by Miss Bushong, who is an authority on electric kitchen equipment and efficient kitchen arrangement. She will show how, with the electric refrigerator, the home-maker can economize through quantity buying of perishables, through the use of left-overs formerly thrown away, and through the ease of preparation of inexpensive frozen desserts. She will also show how you may save time and effort through advanced preparation of meals. Delicious and tempting refrigerator desserts will be prepared. Cake batter, which can be made up in quantity and stored in the refrigerator for use when desired, will be mixed and put into the refrigerator until you are ready to bake on the electric range. How to broil steaks and chops to an appealing golden-brown tenderness without fear of smoke or splattering grease will be featured by her.

In addition she will demonstrate the ease with which an electric range can be operated and show its supremacy to other types of cookery. In preparing vegetables she will show that practically no water is required. Unbelievable as it may seem, as much as ten pounds of potatoes can be cooked with one small measure of water. This method makes it possible to retain all the fine materials and vitamins which are lost in the large amount of water necessary in

(Please turn to page 4)

### Kitchen Equipment from McLean Stock

Furniture Company Here  
Donates Use of Modern Features  
for Cooking School

Through the courtesy of Alton McLean the McLean Furniture Company of Southern Pines is providing the kitchen equipment necessary for the Cooking School conducted next Thursday and Friday by The Pilot in cooperation with the Carolina Power and Light Company. Though a large part of the essential furnishings for the model kitchen to be shown is provided by the power company there are a number of articles needed to fill in the corners and Mr. McLean has kindly consented to display them. The modern housewife will do well to look carefully over the kitchen next week, and to visit Mr. McLean's store while downtown.

## TO TELL HOW TO SHORTEN HOURS SPENT IN KITCHEN

Home Economist Sees No Need  
of Any NRA Code in the  
Modern Home

MUCH TIME IS WASTED

The average American housewife is not on N. R. A. schedule, according to a study made by the Home Service Department of the Carolina Power & Light Company.

"Many housewives spend on the average of three hours daily in planning and preparing meals, one hour in washing dishes, three and one-third hours in cleaning and other kitchen duties," says Miss Vivian Bushong. "This is a total of seven and one-third hours per day, or 2,877 hours a year, to say nothing of the hours spent in other house work."

It is the purpose of The Pilot to bring you information which, if put into practice, will shorten materially the hours spent in the kitchen. Merchants who are participating to make school ever to be conducted in Southern Pines are furnishing equipment which will add to the comfort and convenience of the home-maker and which plays an important part in efficient home management.

If suggestions made by Miss Bushong are put into practice, and each suggestion will be practicable, a code limiting the work of the housewife will not be necessary.

A capacity audience is expected on the opening day, Thursday, June 21. Arrangements for comfortable seating have been completed and you are assured that the school will be interesting and beneficial.

### CHANDLER FLOWERS TO DECORATE COOKING SCHOOL

Flowers on display at The Pilot Cooking School next week are to be donated for the occasion by Mrs. C. A. Chandler, whose greenhouses on Bennett street are one of the show places of the section.

### Are You Thirsty?

You Needn't Be For Long at  
Cooking School, Thanks to  
Coca-Cola Co.

There'll be no need of going thirsty at The Pilot Cooking School next week. Through the courtesy and generosity of the Coca-Cola Bottling Company in Aberdeen ice cold coca cola will be served free to housewives attending the classes conducted by Miss Bushong. The bottling plant at Aberdeen is one of the Sandhills' busiest little factories. G. C. Seymour, ably assisted by his brother Leop., is in charge of the company. The ladies can thank them for "the pause that refreshes" next week.

## All Now in Readiness for The Pilot Cooking School at Civic Club Next Week

### When and Where

Pilot Cooking School Opens  
Thursday Afternoon in  
Civic Club House

Date — Thursday and Friday,  
June 21 and 22.

Time — Three o'clock in the afternoon.

Place — Civic Club, Southern Pines.

Demonstrator — Miss Vivian Bushong, Expert Home Economist.  
Sponsors — The Pilot and Carolina Power & Light Company.

Housewives of Moore County  
Invited to View Demonstration  
of Expert Home Economist

GRAND PRIZE FRIDAY

All is in readiness for the Cooking School to be sponsored in Southern Pines next Thursday and Friday by The Pilot and the Carolina Power & Light Company.

The school will be open from three o'clock on each of these two days. Miss Vivian Bushong, expert home economist with years of experience in conducting schools and in the culinary art, will be in charge of the demonstrations. She will be assisted by a well known local young lady.

The purpose of the school is twofold: 1. The demonstration of the simplicity and labor-saving of a modern, model kitchen; 2. The teaching of new recipes for all kinds of delectable dishes to the housewives of the community.

In addition to these two features, however, the occasion here promises to be a social event of much pleasure to all who take advantage of the school. It will be a meeting place of congenial women who have the common interest of learning something to aid them in their own homes, and an opportunity for the broadening of acquaintances with your neighbors of the Sandhills.

All Are Invited

The school is not for Southern Pines alone, but for the entire community. All Moore county housewives are invited. There will be entertainment, food and refreshments, thanks to the generosity of local merchants, for all. And there will be prizes, and a Grand Prize, offered by the Carolina Power & Light Company, to some lucky person in attendance on the second and final day of the school. This awarding of the Grand Prize comes at the close of the program on Friday afternoon.

The school will be formally opened by a prominent citizen of Southern Pines at 3 o'clock on Thursday afternoon. He will introduce Miss Bushong who will take charge of the program. Miss Bushong writes The Pilot from Raleigh that she has many new and valuable suggestions to make to the housewives of Moore county, many recipes to offer which will spell economy in money, time and labor.

"I hope we will have a large crowd at the school in Southern Pines," she said. "I believe I have a valuable message for the housewives of the Sandhills and I am looking forward to making their acquaintance."

Merchants Cooperate

The responses of merchants to The Pilot's requests for cooperation in the putting on of this Cooking School has been splendid and The Pilot wishes to publicly express its appreciation for the many donations and offers it has received toward making the event an outstanding success. Other merchants desirous of contributing articles for use of for prizes next Thursday and Friday are cordially invited to join with us. Their names will be added in next week's issue to those appearing today.

Remember, the school opens at 3 o'clock next Thursday afternoon at the Civic Club on the corner of Pennsylvania avenue and Ashe street, Southern Pines. It continues through the afternoon and reopens Friday for the same hours. You are all cordially invited to be the guests of The Pilot on those days. There is no charge of any kind.

### D. PENDER COMPANY TO SUPPLY SCHOOL COFFEE

The D. Pender Grocery Company has offered to donate the coffee to be used by Miss Bushong in her demonstrations at The Pilot Cooking School next Thursday and Friday.

### Free Ice Cream for the Ladies at School

Thrower Pharmacy to Serve Its  
Biltmore Product on  
Both Days

Yum-Yum.

Free ice cream, ladies, on both days at The Pilot Cooking School next week. And Biltmore ice cream at that. H. E. Thrower kindly offered to donate to the school enough ice cream to provide a dish for everyone at intermission on both Thursday and Friday. The Thrower Pharmacy in Southern Pines handles the famous Biltmore ice cream, made in Asheville, and many a local resident swears by it.

The Thrower ice cream will be the only ice cream served at the school.

### Pinehurst Dept. Store To Provide Vegetables

Ernest Gamache Contributes for  
Demonstrations at The  
Pilot Cooking School

Fresh vegetables for use in The Pilot Cooking School next Thursday and Friday are to be furnished by the grocery department of the Pinehurst Department Store, through the courtesy of the store's manager, Ernest Gamache. In addition to its department store trade the Pinehurst concern does a thriving business in meats, vegetables and staple groceries throughout the year.

Miss Bushong, the home economist in charge of the Cooking School, will utilize the Pinehurst store's contributions in her demonstrations of the proper way to prepare fresh vegetables on an electric range.

### C. J. Simons' Radio to Entertain at School

Electrical Dealer Here To  
Provide Music at Civic Club  
Next Week

During intermission at The Pilot Cooking School next Thursday and Friday the housewives of the section will be entertained at the Civic Club by C. J. Simons, who is installing a Philco Radio for the purpose. Mr. Simons has the agency for this instrument and has kindly donated the use of one of his sets for the two days of the school. C. J. Simons is a leading dealer in the Sandhills in electrical equipment of all kinds, and as an electrical engineer does much of the installation and repair work in the community.

### OLIVE BROTHERS CREAM AND MILK TO BE USED

Cream and milk for use in The Pilot Cooking School will be furnished through the courtesy of Olive Brothers' Dairy. The Olive Brothers have been supplying Southern Pines housewives with milk and cream for many years and have built up a successful business. They have a fine herd of cows on their farm out Youngs Road, a modern and sanitary dairy and a live delivery system.