

In the Kitchen With Katie Cook

(NOTE: If you have a recipe that you would like to share with the rest of us, send it to Katie Cook, care The Pilot. Let's swap with each other and all be able to enjoy a greater variety of foods.—Katie).

If you'd like to have a "rave" meal, one that your husband and kids can't say enough nice things about, try having hot rolls. This recipe has never failed me or my many friends who use it and it's so easy that it's a pleasure to use.

1-2 cup shortening
1-4 cup sugar
1-2 tsp. salt
1-2 cup boiling water.
Put lard, sugar and salt in bowl, pour boiling water over it and stir until shortening is dissolved.

1 egg
1 yeast cake
1-2 cup cold water
3 1-2 cups flour
Dissolve yeast in water. Add egg. Add to first mixture. Then add flour that has been sifted and measured.

Place the dough in the refrigerator and leave until two hours before you want to bake the rolls. Pinch off as much of the dough as you want for one meal. Knead gently for a few seconds, then roll out on floured board and cut with biscuit cutter. Brush rolls with melted butter, fold over and brush the tops. Keep in a fairly warm place for 1 1-2 to 2 hours. Bake at 420 degrees, about 12 to 15 minutes, or until nicely browned. This recipe makes about 40 small rolls.

Now that cooler weather is at least a prospect, many of us who have let all entertaining slide during the hot weather, will begin to perk up and want to have at least a bridge foursome once in a while.

Macarons are light and tasty with iced drinks, but are the kind of thing most people hesitate to attempt to make themselves. Here's a recipe that's simple and can be made for that spur-of-the-moment game.

White of 1 egg beaten stiff.
Add to this 1 cup of very light brown sugar.

When this is well mixed, add 1 cup of chopped nuts.

Drop on oiled paper on a baking sheet and cook at about 250 degrees. For the more elaborate party you feel you simply must have once in a while, try this Cabinet Pudding and see your reputation as a cook go sky-high.

1-2 lb. coconut macarons.
1 cup chopped crystalized cherries.
1 cup chopped pecans.

Crumble macarons, add cherries and nuts, soak for 6 hours or over night in sherry. Then beat 2 eggs until light—add 1-2 cup sugar and 1 cup milk. Cook in double boiler until it thickens, then add to it 1 tsp. plain gelatin that has been soaked in 1-3 cup cold water. Stir egg mixture until gelatine is dissolved, let cool to lukewarm, then add to macarons, cherries and nuts. Put in refrigerator for several hours or until set. Stir at least twice while setting. Whipped cream topped with a cherry makes this look more "partyfied" although it's plenty good and rich enough without the cream.

Camp Bragg was built in 1918 and renamed Fort Bragg when it was made a permanent Army post in 1922.

Postmaster



GEORGE E. WALKER

The job of getting mail to Hemp residents and out on the rural routes from Hemp is that of George E. Walker, postmaster in Hemp since 1934. He has also been active in school and church work in the community.

Vegetable Value Given Emphasis

Nutritionist Says to Spend at Least as Much for Vegetables as For Meats

Homemakers can build for better health for their families and at the same time do their bit in the food-defense program by spending at least as much for vegetables and fruits as they do for meats, poultry, and fish.

This statement is made by Miss Mary Thomas, nutritionist of the N. C. State college extension service.

"Fruits or vegetables each meal of the day help to give flavor, color, and food value to the meal," she declares. Potatoes can be served in many ways. Tomatoes, canned or raw, citrus fruits and in summer, raw green cabbage and some of the berries are good sources of vitamin C.

"Green, leafy vegetables — good sources of vitamin A and iron—can be used, raw or cooked, in salads and main dishes. Be sure to cook them quickly and use as little water for cooking as possible.

"Eggs combine well with other foods in salads, sauces, desserts, main dishes, and beverages. Eat an egg a day—feel better in every way.

"Meats, poultry, and fish add flavor as well as food value to the meal. Livers and kidneys are good sources of vitamins B and G and the mineral, iron. Use deep-sea fish occasionally. Count bacon as fat. Use butter or other vitamin-rich fats. Be moderate with sweet foods. Drink plenty of water.

ELECTRIC PUMP COSTS

Deep well reciprocating pumps generally cost more than shallow well pumps, according to extension rural electrification specialists. This is true because more pipe is needed in the well, a separate cylinder is required, a larger motor is usually needed, and heavier construction is necessary in comparison with the shallow well types. The system may be installed in units by first putting in the pump and piping water to the kitchen.

Flora Macdonald Will Open on September 9

Red Springs College Has New Dean of Women; Other Faculty Changes

The forty-sixth session of Flora Macdonald College will open with registration day, Tuesday, September 9, at 9 a. m.

Students will arrive on Monday and Tuesday, and the regular class schedule will be in operation Wednesday. Formal opening exercises will be held Wednesday morning at chapel period.

The present enrollment exceeds that of last year, and registrations are coming in daily, indicating a capacity student body.

The faculty included two new members. Mrs. Lucile Shaw Wilson of Sumter, S. C., will succeed Miss Mary Johnston as dean of women, and Dr. E. Ashby Hammond, Ph. D., of Rowland, will be head of the history department, succeeding Miss Elizabeth Pain. Miss Johnston resigned last year, after 33 years as Dean, and Miss Fain also resigned last spring, after two years leave of absence, following 30 consecutive years as professor of history. For the past two years, A. H. McLeod, Jr., who will this winter study for his Ph. D. degree at Johns Hopkins University in Baltimore, has acted as head of the history department.

CONDITIONS ALTER OLD RUT ON FARM

Reduction in Staple Crops Forces Search for Income From New Sources

By EUGENE S. KNIGHT
State College News Bureau

Changing conditions in a constantly changing world have practically forced thousands of North Carolina farmers out of their well-worn rut in the past few years.

A 50 percent reduction in the acreage of cotton and approximately a 50 percent reduction in tobacco have brought about a decrease in total income, a surplus of land, and a necessity for increasing the net cash income for the farm to off-set these factors.

Some farmers in the eastern part of the State have turned to truck crops as a supplement to their regular cash crops, but as a rule, they have not helped themselves by adding these commercial crops to their farming program.

The N. C. State College Extension Service, points out two ways to increase the net cash income of farmers. First, the grower has to increase the gross cash income without increasing his expenses. Second, he has to produce on the farm some of the things which have heretofore cost him hard-earned cash.

Small Grains
Seeking an answer to the problem, some farmers have turned to increased acreage of small grains. The average farmer in the east will probably spend \$50 a year for flour and another \$50 for small grain seed for planting his cover and grazing crops. The production of wheat for flour and grain for seed would increase the net income of eastern families by \$100 in that it eliminates certain cash expenses.

The usual cropping system in Eastern North Carolina is to grow crops in the Summer and leave the land bare during the Winter where it is attacked by erosion and leaching. A small grain cropping program would not only serve as a Winter cover crop for much of this land, but would also serve as a crop to fill that land left by the decreased cotton and tobacco acreage.

Also coming into the picture is the problem of labor distribution and the diversification of crops and income. Labor in the eastern counties is heavily taxed in the Spring and Summer and idle in the Fall and Winter. Small grain would help to remedy this situation and will offer more chance for an adequate supply of food and feed. Usually, adverse weather conditions seldom occur in the Winter and Summer of the same year.

The goal which should be set up for a small grain program in the east would be that of enough wheat for the family's use, as well as sufficient quantities to help feed laying hens and to seed next Fall's crop.

Oats
Oats also have a place in the pro-grazing crops, for both laying hens and growing pullets, and for putting variety in the diet of the workstock should be planted. The average mule in the Coastal Plain has been fed corn and soybean hay so long he hardly knows that anything else

Adrian McCarr Weds In Bethlehem, Penn.

Southern Pines High School Graduate Now With State Motor Police

Word was received here this week of the marriage of Private Adrian J. McCarr, of the Pennsylvania Motor Police, son of Mr. and Mrs. E. J. McCarr of Southern Pines, to Miss Frances Rhines, daughter of Mr. and Mrs. Benjamin F. Rhines of Bethlehem, Pa.

The marriage took place Wednesday, August 20, at the Church of St. Simon and Jude in Bethlehem. Private McCarr, who graduated from Southern Pines High School in 1931, has been with the Pennsylvania Motor Police for three and a half years. He is stationed now at Bethlehem barracks. His mother and sister, Mary, went from Southern Pines to attend the wedding.

grows.

Barley

Barley should be considered as a Winter "corn crop," about one-fourth of the acreage normally grown to corn should be seeded to barley. This will help to furnish some guarantee that livestock on the farm will eat even if a dry period catches corn in the making.

Planting Dates

The best seeding dates for small grains are from October 1 to November 1. A 4-8-fertilizer should be applied at the rate of 200 pounds to the acre if the grain is to follow tobacco, corn, or cotton, and a 2-8-8 mixture generally gives best results if soybeans or lespedeza have been on the land previously.

A top dressing of 50 pounds of nitrate of soda and 50 pounds of muriate of potash should be applied between March 1 and March 15.

Fruit butters are made by cooking the pulp of any fruit to a smooth consistency, thick enough to hold its shape but soft enough to spread easily. Fruit butter differs from jam in that it is pressed through a coarse strainer and is more concentrated. Butters are thicker when cold than when hot; therefore do not cook too long.

Pilot Want Ads Pay.

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