

PUT KITCHEN FATS TO WORK



With fats and oils rationed, America's housewives have a valuable source of cooking fats in meat drippings, fat trimmings from uncooked meat, cured pork rinds, and fat skimmings from soups and stews. They can be saved and used for baking, frying, and seasoning.

HOW TO RENDER FAT

1. Trim excess fat from all uncooked meat and keep in refrigerator until ready to render.
2. Chop fine or grind.
3. Render in double boiler.
4. Strain through cloth.
5. Cool to room temperature.
6. Cover tightly and store in refrigerator. (May be mixed with other rendered fat or drippings which have been strained.)
7. Use for baking, frying, and seasoning.

Use of these fats is vital to the government's fat conservation program. If all cannot be used in the kitchen, the surplus and waste fat should be sold to a retail meat dealer as fats are a valuable source of glycerin used to manufacture ammunition. One pound furnishes enough glycerin to fire four 37-millimeter anti-aircraft shells.

Kitchen fat can be valuable in the war effort. Save it! Use it!



TYPICAL RECIPES USING SALVAGED KITCHEN FATS

<p>THE CRUST</p> <p>2 cups flour 1/2 cup drippings or rendered fat Sift flour, measure, add salt and sift again. Cut in cold fat small particles are about size of peas. Add cold water, little at a time, mixing quickly and evenly, through flour with a fork until dough just holds in a ball. Use as little water as possible. Chill before rolling. This makes enough pastry for a two-crust 9-inch pie. Roll the dough to about one-eighth inch in thickness.</p>	<p>BAKING POWDER BISCUITS</p> <p>1 cup flour 1/2 teaspoon baking powder 1 teaspoon salt Mix and sift dry ingredients. Cut in cold fat. Add the milk all at one time. Stir with a fork until the dough clings in a ball. Turn on a lightly floured surface and knead gently for one-half minute. Pat or roll one-half inch thick and cut with a small biscuit cutter, dipped in flour. Place on baking sheet and bake in a hot oven (450° F.) for 12 to 15 minutes.</p>
<p>JIFFY CAKE</p> <p>4 tablespoons rendered fat or drippings 1 cup sugar 1 egg 1/2 cup milk Put all ingredients in a bowl and beat well with a rotary beater. Batter should be light and smooth. Pour into deep layer pan and cover evenly with the following mixture: 1/2 cup grated sweet chocolate or coconut and 1/2 cup finely chopped nuts. Bake in a slow oven (350° F.) for 35 to 40 minutes.</p>	<p>CRACKLING CORN BREAD</p> <p>2 cups corn meal 1/2 cup sifted flour 3 teaspoons baking powder Chop cracklings (the crisp brown pieces left after fat is rendered) or put through food grinder. Sift together dry ingredients, add milk to which beaten egg has been added, and mix well. Stir in cracklings. Pour mixture into greased pan and bake in hot oven (425° F.) 30 to 40 minutes, or until well browned.</p>
<p>GINGER COOKIES</p> <p>5 cups flour 1 tablespoon soda 1 tablespoon ginger 1 cup rendered fat or drippings Sift flour once, measure and sift again with soda, salt and ginger. Cream fat, add sugar and continue creaming. Add beaten eggs, vinegar and molasses. Add dry ingredients and mix. Roll in balls the size of a walnut. Place on a cookie sheet and bake in a moderately hot oven (400° F.) for twelve to fifteen minutes. Yield: 5 dozen.</p>	<p>GINGER COOKIES</p> <p>2 cups brown sugar 2 eggs 1 teaspoon vinegar 1/2 cup dark molasses Sift flour once, measure and sift again with soda, salt and ginger. Cream fat, add sugar and continue creaming. Add beaten eggs, vinegar and molasses. Add dry ingredients and mix. Roll in balls the size of a walnut. Place on a cookie sheet and bake in a moderately hot oven (400° F.) for twelve to fifteen minutes. Yield: 5 dozen.</p>

prepared by Nat'l Live Stock and Meat Board

State Leads In Food Fights For Freedom

If you hear a loud "Bang" early this month it will be the opening gun in the "Food Fights For Freedom" campaign. Newspapers, magazines, radio, motion pictures, and advertisers will cooperate with agricultural representatives of all agencies to carry the message to every home in the United States.

Food is as much a weapon of war as guns and tanks, as ships and planes. Everyone who produces extra food and cooperates in food rationing is a true soldier because food really fights. The State College Extension Service is preparing a special bulletin, entitled "North Carolina Fights With Extra Food", for Tar Heel neighborhood leaders who will take part in the food fight of production and conservation. The publication outlines how food fights, what the food needs are, and how North Carolina can best serve in the campaign.

Thousands of leaders in every walk of life will be needed to put the food program over, and North Carolinians are asked to rally to the cause. The need is so great and the demand for extra food is expanding so rapidly that no matter how much food is produced there still will not be enough to meet the demand.

North Carolina is already leading the Nation's food parade. In the value of farm products used by farm households North Carolina lists 19 counties in the first 100 counties in the entire U. S. In the value of vegetables grown for home use on farms, there are 24 counties in the first 100. But, this is no time for slapping ourselves on the back. As to 1944, we have led the parade before and we can do it again.

Temporary Releases For Farm Worker If No Farm Work

The county USDA War Board has had a large number of requests for release of farm labor during the past few weeks and in a meeting Monday night the board concurred with the War Manpower Commission order in releasing such labor.

This order directs the war board to give no release as long as there is agricultural work available in the county, and says in part "Workers having Selective Service Classification of II-C or III-C should be referred to industrial employment even with the approval of USDA War Board only when there is no agricultural work available for them. Under no condi-

BONDS OVER AMERICA

At Green Bay, oldest settlement in Wisconsin, there is a heroic statue depicting an Indian, a missionary and an explorer. Nicolet, Petrot, Marquette, Jolot and Black Bird, a Sauk Chief, are all remembered.

Spirit of Northwest



Keep On Backing the Attack With War Bonds

Many people from distant lands live at peace here in America making it a better place to live. Read for yourself what Nazism has meant for Norway, Denmark, Holland, Greece.

tion will the Hoke County USDA War Board give release of farm labor for temporary work to a person with a II-C classification.

with guns and tanks, with ships and planes.

Machinery

About 50 per cent of all repair costs on farm machinery are due to the machinery being left out in the weather, says J. D. Blikle, agricultural engineer at State College.

Extra Food

Extra food will help shorten the war, save American lives, and help write the peace. Food fights along

Oxford Orphanage Gives 130 To Service

Some of Its Members Have Already Been Decorated For Valor

The Oxford Orphanage at Oxford, has a record of seventy years of service to the children of North Carolina. Over five hundred have been cared for and trained. Its graduates and former pupils are in all walks of life and there is no record of a former pupil having been convicted and sentenced for committing a major crime. It is the oldest orphanage in the State and receives children other than those of membership of the supporting order.

At the present time less than fifty per cent of the population of the Orphanage is of Masonic parentage. The home possesses valuable buildings, grounds and equipment and has had no operating deficit for several years. The annual budget of the Orphanage calls for an expenditure of \$170,000.00. This provides shelter, clothing, and food, recreation, heat, light, books, school supplies, health program, staff of trained workers, vocational training in several departments, laundry, repairs and upkeep to grounds, buildings and equipment, and experienced case work for a family of 313 children.

Superintendent C. K. Proctor announces that the sum of \$10,000.00 is needed this year for operating expenses in order to balance the budget.

The Oxford Orphanage is more than a philanthropy—it is an investment in the lives of North Carolina boys and girls who would not otherwise have a chance. It pays to the State and its citizenship the high dividends in character and trained young people. It is an opportunity today for North Carolina citizens to express in a substantial way their desire to help oth-

Draft Board Out On Strike 'Til All Strikes Are Ended

Little Falls, Minn., Nov. 1.—The Morrison county draft board announced today it would refuse to process any more men for induction until all strikes are settled for full duration.

The induction board made its stand known in a statement forwarded to state selective service headquarters at St. Paul, to President Roosevelt, and to Congressman Harold Knutson, Republican of Minnesota, and U. S. Senator Joseph Ball, Republican of Minnesota.

The board members are Adolph Peterson, a retired road contractor, A. L. Christianson, retired creamery man, George W. Morkling and John H. Hanfler, farmers.

"We, the members of the Morrison county board," the statement read, "wish to go on record as refusing to process any more men for induction until all strikes are settled for the duration."

"If a million men can go on strike, who is going to support the soldiers already in the armed forces? Why put more men into the service if we cannot take care of those already in?"

Production

Be certain that each acre, each head of livestock, and each flock produces to maximum capacity consistent with available labor and materials, suggests Director I. O. Schaub of State College.

The orphanages of the State use the Thanksgiving season as an occasion to appeal to the citizens of the State for much needed assistance. The Superintendent of the Oxford Orphanage announces that the home is open for visitors each day, and hundreds of North Carolina citizens visit this historic spot every year.

Reciprocal Aid

Australia during 1943 will spend about \$330,000,000, or a sixth of its total war expenditures, for reciprocal aid to the United States, according to Sir Owen Dixon, Australian Minister to Washington. This represents an increase from \$190,000,000 last year. Every American and Allied service man in the Southwest Pacific is being fed by Australia. Troops in the South Pacific area also are being provided for insofar as New Zealand is unable to meet their requirements, Sir Owen reported.

LET
US
HONOR
THE
LIVING



NEWSPAPER PULPWOOD COMMITTEE

NEXT THURSDAY is Armistice Day. In other years that day has been dedicated to the memory of the men who gave their lives in World War I. But this year we believe those honored dead would rather join with us, the living, in paying honor to the men of another generation who have taken up the weapons that fell from their lifeless hands.

This year we in this community are asked to observe Armistice Day not with words but with deeds. This year we have a special responsibility.

This Armistice Day marks the beginning of a new drive to make up the shortage in pulpwood. Everyone who can possibly do so is asked to cut an extra cord in honor of some friend or relative in the service.

There are two good reasons for putting the drive on this basis.

First, it takes nearly a ton of pulpwood to supply each man in the service with the many things he needs.

Second, the present pulpwood shortage, 2 1/2 million cords, is just about equal to the number of service men who come from the pulpwood-producing areas.

So if every one of us in this and other pulpwood-cutting communities cuts an extra cord for our service man, the emergency will be met. No fighting man will lack any of the thousand-and-one war essentials that are made from pulpwood.

No boy shall die because we failed!

I'M TELLIN' THE MARINES!



From the halls of Monteruma to the shores of Tripoli there aren't many marines who don't sooner or later ride by Greyhound. The same goes for the Army and Navy, not to mention Wacs, Waves and Red Cross gals.

We're happy to serve you now the best we can. But some day when this war is won we're gonna give you more service, more convenience and more comfort than the present strenuous times permit.

Bill—the bus driver

