

Easter Recipes Are Suggester Today For Serving On Holiday And Spring

With Spring in the air and Easter on our minds, we find ourselves in search of new recipes to decorate our holiday and celebrate spring appetites. There are so many foods available now that have been out of reach for the last few months and we're looking for new ways to use them to enhance our menus.

Here are a few good spring and Easter recipes to add to your file:

EASTER EGG ROLL
3/4 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
4 eggs
1/2 cup granulated sugar
1 teaspoon almond extract
1 lb. can whole berry cranberry sauce

Several drops red vegetable coloring
1 teaspoon vanilla
2 teaspoons confectioners sugar
1/2 cup jelly beans (assorted)

Preheat oven to 400 degrees. Lightly grease bottom of a 15 1/2 x 10 1/2 x 1" jelly roll pan, then line with waxed paper.

Sift together flour, baking powder, salt. Beat eggs until

thick and lemon colored. Gradually beat in sugar, 2 tablespoons at a time. Continue beating until thick and light. Fold in sifted dry ingredients and almond extract. Turn into waxed paper lined pan, spreading evenly. Bake 10 to 13 minutes or until surface springs back when pressed with fingers.

Sift confectioners sugar onto clean towel. With sharp knife, loosen sides of cake. Turn out cake onto sugar. Peel off waxed paper. Trim off crisp edges of cake. Starting with long edge, roll cake into towel. Place seam side down, on wire rack to cool. Gently unroll cake, remove towel. Spread with whole berry cranberry sauce (drained). Re-roll. Place seam side down on plate. Chill. Whip heavy cream until thick. Beat in vanilla and sugar. Add red coloring to give a pink color. Frost cake with whipped cream. Garnish with jelly beans.

CHOCOLATE TULIP CAKE
1 6-oz. pkg. semi-sweet chocolate morsels
1/2 cup boiling water
1 cup butter or margarine

1 teaspoon vanilla
2 cups sugar
4 eggs, separated
2 1/2 cups sifted all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 cup buttermilk

Melt semi-sweet chocolate morsels in boiling water. Cool. Cream together butter and sugar. Beat in egg yolks, one at a time. Stir in melted chocolate and vanilla. Sift together flour, baking soda and salt. Add to chocolate mixture alternately with buttermilk. Beat egg whites until stiff but not dry. Fold into batter. Pour into a well greased and floured 10-inch tube pan. Bake in a 350 degree oven for 1 1/2 hours. Cool 10 minutes before removing from pan. Invert on serving plate.

Cut paper circle size of the top of the cake. Using tulip-shaped cookie cutter or pattern cut from paper, trace tulips onto paper stencil. Cut out tulips to make stencil. Place stencil on top of cake. Using small strainer as sifter, carefully sift confectioners sugar over cut outs. Quickly lift off stencil. If desired, serve with ice cream and favorite sauce.

CHOCOLATE EASTER EGG DESSERT
2 envelopes unflavored gelatin
1 1/2 cups sugar, divided
1/4 teaspoon salt
4 eggs, separated
2 1/2 cups milk
4 envelopes (4 oz.) non-melting unsweetened chocolate
1 teaspoon vanilla
2 cups heavy cream, whipped

Mix gelatin, 1/4 cup sugar and salt in medium saucepan. Beat together egg yolks and milk; stir into gelatin mixture. Place over low heat; stir constantly until gelatin dissolves and mixture thickens slightly, about 5 minutes. Remove from heat. In large bowl, stir together non-melting unsweetened chocolate and 1/2 cup sugar until blended. Gradually stir in gelatin mixture; add vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Beat egg whites until stiff but not dry. Gradually add remaining 1 1/2 cup sugar and beat until very stiff. Fold in chocolate mixture. Fold in whipped cream. Turn into 10-cup melon or egg shaped mold. Chill until firm. Unmold. Force whipped cream through cake decorator, using plain tip to make bunnies around base of egg. Or, if you prefer, make bunnies with marshmallow or candies.

TURKEY PRICES
Turkey prices have risen only slightly since last year, although the cost of producing them has climbed 5 to 6 cents a pound, according to North Carolina State University specialists. Production is expected to rise about 15 per cent the first half of this year, probably dampening further retail price increases.

FAT PAPER
To simplify the removal of fat from cooled meat soup and stews, place a sheet of waxed paper directly on top of the liquid before refrigerating. Then peel off the waxed paper and the fat.

Seafood Treat Is Available To Local Cooks

A special seafood treat! Recipes featuring a variety of seafood will be demonstrated by Miss Marilyn Fay McCotter, seafood home economist, with the N. C. Department of Natural and Economic Resources. Miss McCotter will present two programs in the kitchen of the county office building on Thursday, April 19 at 10:30 a. m. and 7:00 p. m. She will explain the proper selection, storage, freezing, nutrition, and the different methods of cookery. Samples of dishes prepared will be served.

To make reservations, call Mrs. Judy Greer (482-4365). There is no admission charge and the public is invited.

Miss McCotter is a native of New Bern, and graduated cum laude from Western Carolina University in March 1971 with a B. S. degree in Home Economics with a concentration in Art and Home Economics.

She began work with the seafood section of commerce and industry August 1, 1971, and received extensive training in seafoods at the National Marine Fisheries' Laboratory in Pascagoula, Mississippi for two months.

After returning to North Carolina, Miss McCotter began working extensively with North Carolina Extension on Home Economics Agents, Homemakers Clubs, Weight Watchers Women's clubs, schools, television and radio, fairs and trade shows to better acquaint the consumer with North Carolina seafood products. She tries to build up consumer confidence in the use of seafoods through programs on North Carolina species, market forms, seasons, availability, cost, purchasing and storing, nutrition, health, freezing, and thawing processes, cooking methods, cooking seafoods actual demonstration, and garnishing.

Mrs. McCotter tries to expose the consumer extensively to each one of the preceding topics. The following recipe is an example of her many recipes to aide the homemaker in preparing tantalizing seafood dishes.

SHRIMP JAMBALAYA
3-4 pound cooked shrimp
1-4 cup chopped bacon
3 tablespoons chopped onion
2 3/4 to 3 tablespoons chopped green pepper
1 clove garlic, finely chopped
1 tablespoon flour
1 teaspoon salt
Dash cayenne
Dash paprika
1-2 teaspoon Worcestershire sauce
2 cups canned tomatoes
2 cups cooked rice
Cut large shrimp in half. Fry bacon until crisp. Add onion, green pepper, and garlic; cook until tender. Blend in flour and seasonings; add tomatoes and cook until thick, stirring constantly. Stir in rice and shrimp; heat. Serves six.

Miss Mary DEEDS

By JANICE CHRISTENSEN

Home improvement and family price can be accomplished in many ways, even through food conservation.

For example, during the spring aides with the Agricultural Extension Service's Expanded Nutrition Education Program encourage families to plant gardens. Later, family members can use freeze surplus vegetables for other uses.

One Franklin county homemaker who has a family of nine, took the advice of program aide Mrs. Anne Williams, and planted a garden last year. She cannot all surplus vegetables.

The woman's husband was so proud of his wife's accomplishments that he built some storage shelves for the canned goods. The family enjoyed their canned goods all winter and they are equally proud of their new household storage, confirms Mrs. Bernice Harris, home economics extension agent.

MULTI-COLOR

Like Joseph's coat of many colors, Mrs. Evelyn Coats of Anger, Rt. 1, has a pants suit top of many colors. And she made it herself.

According to Mrs. Patrice Brown, home economics agent, Johnston county, the homemaker cut fabric scraps into rectangles and stitched them together in a

patchwork pattern. She used white polyester fabric for the sleeves, collar and trim.

By selecting white, a neutral color, to coordinate with the colorful patchwork, Mrs. Coats can combine the jacket with many different skirts and slacks, the agent observes.

GOOD FRIENDS

"The sewing machine and I are the best friends," says Janet Forte, a member of the Drewry Sewing Club, Warren county.

By teaming up with her "friend" on weekends, Janet has added several garments to her wardrobe, including two pairs of jeans, a pants suit and a princess-style dress.

"Sewing enables me to have more clothes without adding a lot of expense to the family budget," Janet told Joseph Warner, club agent.

"And," she added, "with the fashion world changing every day, I can keep up with the times by making my own garments."

CLEAN NAILS

This idea comes in handy when you have dirty or greasy work to do. Before you start the job, take a bar of soap and scrape your nails over it, getting soap under your nails. This will prevent your nails from getting all messed up, and help your clean them easier when the job is finished.

PLANT TERMS
Two terms often used in referring to plants are "annual" and "biennial." The first year it produces its seeds. Annual means the plant complete its life cycle in second year it produces fruits and seeds.

Herald Want Ads Pay

NO CURE FOR "TAX BITE FEVER"
A very common ailment that almost everybody suffers from at this time of year is "TAX BITE FEVER". It seems to reach its peak in mid-April and then gradually subside. Some people are able to avoid acute symptoms of this chronic disease by making estimated payments, taking out extra withholding and by asking their physicians for something to keep them calm.
At present there is no cure for "TAX BITE FEVER" and there is none foreseen in the near future. Fortunately it is relatively short in duration and has no real lasting effect. Also there are many everyday medicines that can help with relieving symptoms, such as aspirin for headaches, antacids for upset stomachs and eyedrops for redness and eyestrain.
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