

What's Cooking

—By—
Marie K. Stille

Never having had a "foreign" dish in our column before, this recipe Mr. James Ringold of the Morehead Highway contributed, was very welcome.

This hearty meat dish, served with red cabbage, is, according to Mr. Ringold, one of the "finest German dishes there is!"

To start with you take any shoulder cut of beef. Brown in an iron pot or skillet. Cut into slices about the width of your finger. Put into pot with enough water to cover. Add one cup of white vinegar (preferably apple vinegar), and cook slowly 2½ to 3 hours.

Now for the dumplings: Take equal parts of potatoes, 1 lb. cut into cubes and boiled until tender, and 1 lb. grated. Cut ¼ loaf of bread into small cubes and brown in Wesson Oil. Add cooked potatoes and grated potatoes and enough flour and water to blend into small round dumplings. Put into pot with meat for 35 minutes. This makes a thick heavy gravy.

We tried this recipe ourselves, and the results: Wonderful!

For a steak recipe that's easy on the budget, and who doesn't want this, we have just the one from Mrs. R. J. Thacker, formerly of New Bern, who now lives in Washington, D. C.

Using flank steak which is very inexpensive, yet a tender cut of meat, this recipe is called "London Broil." We think you'll want to use this particular recipe time and time again after you once try it.

Soak the flank steak in one cup of Wesson Oil, 1 tbs. vinegar and 1 clove of garlic for three hours or more. Cover with lid or wax paper while soaking.

Broil one side for five to 10 minutes, salt and pepper, then broil other side the same and salt and pepper.

Serve piping hot and cut into

N. C. Accident Toll Lower than in 1959

The N. C. Motor Vehicles department issued a weekend summary of traffic deaths in the state which showed the rate of killing on state highways is below that of this time last year.

A total of 333 persons have been killed on Tar Heel highways through 10 a.m., Monday, May 2, as compared with 379 who had lost their lives by the same time in 1959.

New Vacation Tip Book on Carolina

With over 100 illustrations in full color, the North Carolina "Variety Vacationland" book for 1960 has just come off the press and is available free on request to the Advertising Division, Dept. Conservation and Development, Raleigh, N. C.

The 64-page vacation guide covers the Variety Vacationland state from the Great Smoky Mountains to Atlantic Ocean beaches. New scenes, never before presented in

thin slices across the grain of the meat.

color, are included along with new versions of old favorites.

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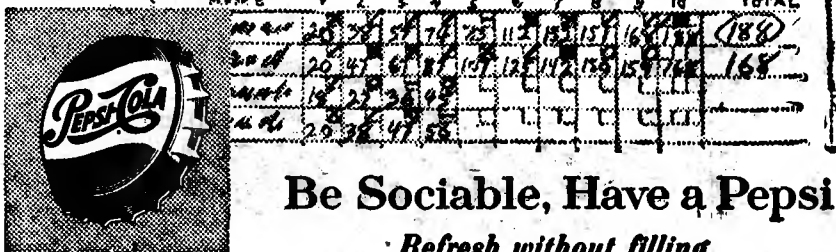
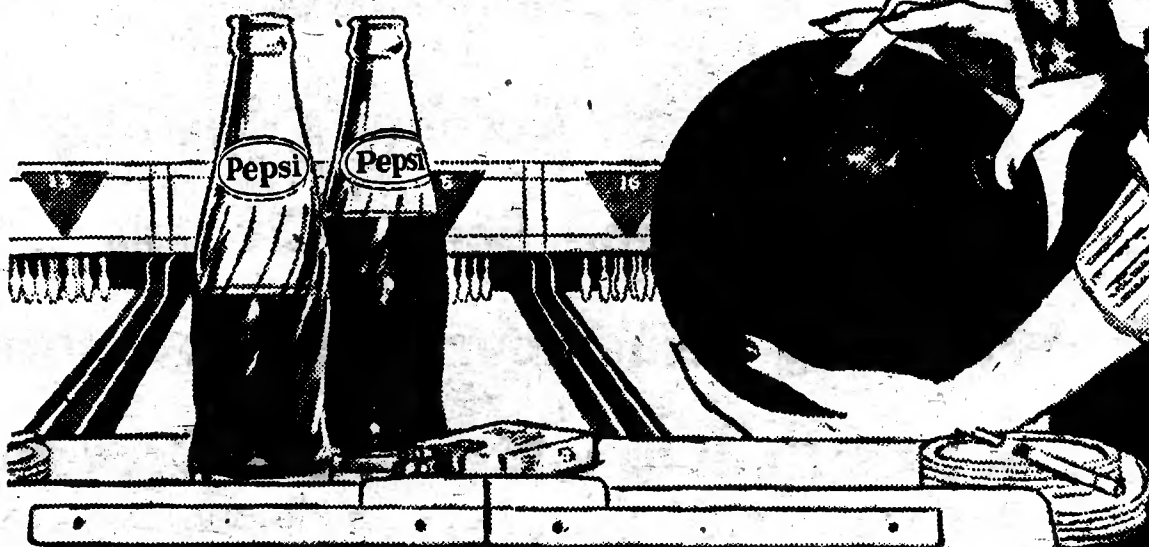
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