

# N. C. STRAWBERRIES PLENTIFUL

## Miss Camp Offers Timely Recipes For Using Them

### New Way To Prepare Shortcake Given By Miss Johnnie Camp

By MISS JOHNNIE CAMP  
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The strawberry season is just beginning for most of us. Although we have seen the small cups of them at market since Christmas, many have not indulged because the food budget would not permit.

Strawberries are surely the most popular and best liked of all the small fruits. The surest way to please the family is to surprise them at the beginning of the season with fresh strawberries and cream, or strawberry shortcake.



These luscious berries contain some of the acid found in apples and lemons. So you see they are a wholesome, necessary food at this season of the year.

I have learned that strawberries should not be washed until you are ready to add the sugar and use them, because after the berries are wet, they sour easily.

Our first and last thought in the berry season are "Strawberries and Cream"—just so—or combined with cake to form the universally favorite dessert, strawberry shortcake. An old-fashioned shortcake is an easy dessert to make for the dough is no more than making biscuit—the capping and washing of the berries is easy.

If you don't care for "gobs of whipped cream" or the calories it stacks up, try a topping made with one cup mashed strawberries, two egg whites and one-half cup sugar. Whip whites, add sugar, then berries and whip until light. Whipped canned cream is also a good substitute.

There is always lots of sirup when berries are sliced or crushed and sugar is added, and if it is poured over the shortcake it is apt to make it soggy, so if I put the extra juice in a pitcher and pass it to be poured over the shortcake after it is served, as a sauce.

Everyone needs plenty of fresh fruit—so don't make jam or jelly unless you have more berries than your family will eat raw.

It is economical to use Certo or another commercial pectin to preserve the natural flavor and color. You have more of the finished product too—with less work.

#### Strawberry Shortcake.

- 2 1-2 cups flour
- 3-4 cup sweet milk
- 1 teaspoon salt
- 1 tablespoon sugar
- 1-3 cup shortening
- 1 egg
- 4 teaspoons baking powder.

Put all dry ingredients together and sift. Mix shortening into flour mixture, add egg to milk and mix together. Turn on a floured board. May be rolled and cut into individual cakes or baked in two 8" layer cake pans.

Bake at 400 degrees if in large pans, for about 20 minutes. When done, spread with melted butter. Have berries sliced and cream whipped. Spread in alternate layers. Pile some cream on top and garnish with large whole berries.

#### Jelly Meringue

(A good substitute for Cream)

1-2 glass firm jelly  
1 egg white  
Pinch of salt.

Into a bowl, place all ingredients and with a good egg whip begin to beat just as though you were whipping cream or eggs. Keep beating until quite stiff and will hold its shape, use the same as whipped cream. Double this recipe for a large shortcake.

#### Sliced Strawberry Jam.

4 1-2 solidly packed cups (2 lbs) sliced berries  
7 cups (3 lbs) sugar  
1-2 cup certo.

Use only fully ripened berries. Cut small or medium berries in halves lengthwise; large berries in quarters. Measure berries and sugar into large kettle, mix and bring

to a boil. Stir constantly before and while boiling. Boil hard three minutes. Remove from fire and stir in Certo. Then stir and skim by turns for just five minutes to cool slightly, to prevent floating fruit. Pour quickly. Cover hot jam with film of hot paraffin; when jam is cold, cover with 1-8 inch of hot paraffin. Roll glass to spread paraffin on sides. Requires about 2 quarts of berries. Makes 9 to 10 eight ounce jars.

#### Pineapple and Strawberry Jam.

2 cups crushed berries  
7 cups sugar  
2 cups pineapple  
1-2 cup Certo.

Use fully ripened berries. Cut any large pieces of pineapple. Follow directions for plain strawber-

ry jam. This sometimes sets slowly. Requires about one quart of berries and 1 No. 2 can of pineapple, crushed. Makes about 10 eight ounce glasses.

#### ROSEMARY P. T. A.

The Rosemary P. T. A. met in the Womans' Club Building on Thursday afternoon, April 27th, with Mrs. B. Weathers presiding. Special music was rendered by Mrs. Barnes and Bacieli Speight. Dr. Mitchell spoke on "Health Conditions, and Problems in Halifax County." Miss Clara Hearne gave suggestions on the P. T. A. The prize for most mothers present was given to Miss Josephine Carty's room in group No. 1, Miss

Ruth Dean's room in group No. 2.

Hot tea, cookies, and sandwiches were served and officers for the year of 1933-34 were elected as follows: Mrs. Alfred Martin, president; Mrs. W. H. Pruden, vice-president; Mrs. H. E. Dobbins, Secretary; Mrs. Frank Kendrick, treasurer.

Mr. and Mrs. M. H. Hedgepeth, Mr. and Mrs. P. W. Ray and Mrs. W. H. Jones visited Mrs. E. N. Bidgood in Portsmouth last Sunday.

Mesdames Lonnie Dorsey, Neta Belle Barclay, Miss Blannie Dorsey, Floyd Bryant and Melvin Dorsey spent Sunday in Louisburg.



## Here's the Way to SAVE!

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SOUTHERN PINES FLOUR	24-lbs	60c
CARNATION MILK	4 Tall or 8 Small for	25c
APPLE JELLY	Pure—Large Glass	10c
SALAD DRESSING	Pint Jar	18c

THESE PRICES GUARANTEED FOR FRIDAY AND SATURDAY — MAY 5th-6th

COFFEE "LADY ALICE" Guaranteed Quality	19c	PICNICS Smoked—lb.	10c
PRUNES Per Lb.	5c	PORK CHOPS 2 lbs.	25c
RICE 3 Pounds	10c	ROUND STEAK lb.	17c
MOLASSES In Barrels Per Quart	20c	OLEO Margarine lb.	10c
BANANAS 4 lbs.	25c	PURE LARD 4-lb. Carton	30c

STRAWBERRIES Choice N. C. WATCH OUR PRICES

