THE ROANOKE RAPIDS HERALD--Roanoke Rapids, N. C., Thursday, May 4th, 1933.

STRAWBERRIES PLENTIFUL Miss Camp Offers Timely Recipes For Using Them

New Way To Prepare Shortcake Given By Miss Johnnie Camp

By MISS JOHNNIE CAMP Home Service Director, Virginia Electric & Power Co.

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

for a large shortcake.

Sliced Strawberry Jam. 4 1-2 solidly packed cups (2 lbs) 9 to 10 eight ounce jars. 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

to a boil. Stir constantly before ry jam. This sometimes sets slowly. Ruth Dean's room in group No. 2. ents and with a good egg whip be- by turns for just five minutes to cunce glasses. gin to beat just as though you cool slightly, to prevent floating were whipping cream or eggs. Keep fruit. Pour quickly. Cover hot jam beating until quite stiff and will with film of hot paraffin; when hold its shape, use the same as jam i3 cold, cover with 1-8 inch whipped cream. Double this recipe of hot paraffin. Roll glass to the Womans' Club Building on spread paraffin on sides. Requires Thursday afternoon, April 27th, about 2 quarts of berries. Makes

> Pineapple and Strawberry Jam. 2 cups crushed berries 7 cups sugar 2 sups pineapple

1-2 cup Certo.

quarters. Measure berries and sug- any large pieces of pineapple. Fol- ent was given to Miss Josephine ar into large kettle, mix and bring low directions for plain strawber- Carty's room in group No. 1, Miss

and while boiling. Boil hard three Requires about one quart of berminutes. Remove from fire and ries and 1 No. 2 can of pineapple, es were served and officers for Into a bowl, place all ingredi- stir in Certo. Then stir and skim crushed. Makes about 10 eight

ROSEMARY P. T. A.

The Rosemary P. T. A. met in with Mrs. B. Weathers presiding. Special music was rendered by Mrs. Barnes and Baciel Speight. Dr. Mitchell spoke on "Health Conditions, and Problems in Halifax County." Miss Clara Hearne gave suggestions on the P. T. A. Use fully ripened berries. Cut The prize for most mothers pres-

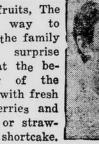
Hot tea, cookies, and sandwich-

the year of 1933-34 were elected as follows: Mrs. Alfred Martin, president; Mrs. W. H. Pruden, vicepresident; 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.





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 ou 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)