

# Miss Camp Explains Deep Fat Frying

## Fried Foods Are Wholesome When Properly Fried

By MISS JOHNNIE CAMP  
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Virginia Electric and Power Co.

Maybe you are just a "born cook". If you are, or if you aren't, unless you know your frying tricks you can get into several kinds of trouble.

Deep fat frying is easy and simple—if you know how. Authorities now agree that fried foods are as wholesome as any others—when they are properly fried.



And how men—and the whole family like fried things! Nine men out of ten prefer French fried potatoes to any others regardless of the time and trouble taken to prepare them to a "King's taste." Did you ever see a man who could resist a fritter? Or a doughnut?

The knowing how—that's the important point. And what it all sifts down to—is the temperature of the fat. It must be exactly right. The old smoking test is out. We know now that when it smokes the flavor has been impaired and it will not keep very long. This over-heating does something to delicate digestions that should be avoided.

The surest method—and the easiest—is to use a frying thermostat and a modern unit for heating that can be kept at a definite temperature. Many women, we know, go thru life using the bread cube test—with good results too—if they are skillful and have this dear "experience" of which we so often speak—But—you'll find sound science on your side by using the controlled temperature method. (Ladies, please don't get the idea that I have thermometers for sale—no!).

When fat is just right—the surface of the food is quickly seared, and the pores are tightly closed—and the flavor is held securely inside. This rapid sealing not only prevents the flavor getting out—but keeps the fat from getting in.

Fat that is not hot enough causes your potato or croquette to be tasteless and grease-soaked. Fat that is too hot browns the food too quickly on the outside and prevents it from being thoroughly done in the center.

The thermometer should be placed in the fat when kettle is put on heating unit. Modern frying recipes tell you exactly the degree the fat should be heated for the food you are going to fry.

A general rule for frying cooked foods, meat croquets, fish balls, etc., which need only to be heated through and browned, is to have a temperature of about 395 degrees F. Raw or partially cooked foods, French fried potatoes, fritters, cruellers, doughnuts, etc., which must be given time to cook through—require a range temperature around 375 degrees F.

When frying cold foods—do not put too large a quantity into the hot fat at one time. This will bring the temperature of your fat too low. A good rule is to place just enough food in the frying basket to cover the bottom. Food should be allowed to reach room temperature (after having been stored in an automatic refrigerator) before placing in fat.

Potatoes have a gift for acquiring that nice crisp, golden-brown crust—but this must be acquired by the use of egg for some foods. Sometimes it is dipped into an egg batter. For cutlets, croquettes and other members of that family we get this crusty finish by "egging and crumbing."

I beat my egg, and a tablespoon of water and blend. Roll the food in bread crumbs, cornmeal or cornflakes. Then dip into beaten egg, then into the crumbs again. Let stand a short while to dry a bit. Potatoes may be patted with a towel to prevent spattering of grease when they come in contact with the hot fat. Uncomfortable "spattery" burns on hands and face are a result of hastily dumping wet potatoes into hot fat. I know—"Lady Experience" has visited me. Also, when you choose a frying kettle, get a deep one that need never be more than two-thirds full of hot fat; then spatters will land harmlessly on its sides instead of upon your person.

Keep a careful check on temperatures during the entire time the food is frying and keep it completely covered with hot fat. When done, drain the food thoroughly. This makes for crispness.

As you finish each batch, let the frying basket rest on its supports so the surplus fat may drain back into the kettle. Then place food on absorbent paper.

Fat that has not become over-heated may be used many times. Strain it. If it is a bit cloudy—fry bits of potato unit born—then strain.

We all like to think of ourselves as "born cooks"—but remember—three's more to cooking than luck—or instinct—or whatever you wish to call that talent. Cooking is a science.

### NOTICE

North Carolina  
Halifax County

In The Superior Court

J. B. Montgomery, Plaintiff  
vs.  
Mamie T. Montgomery,  
Defendant

The defendant above named will take notice that an action entitled as above has been commenced in the Superior Court of Halifax County, by the plaintiff against the said defendant to secure an absolute divorce on statutory grounds, and the said defendant will further take notice that she is required to be and appear at the office of the Clerk of the Superior Court for the County of Halifax, in the Town of Halifax, North Carolina, within thirty (30) days from the date hereof and answer or demur to the complaint which has been filed in the office of the Clerk of the Superior Court of said county, as provided by law in such cases, and let the defendant take notice that if she fails to answer the said complaint within the time required by law the plaintiff will apply to the court for the relief demanded in the complaint.

This the 10th day of October, 1933.

E. L. TRAVIS, Jr.,  
Clerk of the Superior Court of Halifax County, North Carolina.  
4-t-11-2-33-JRA

Mrs. Addie Griffin, Mrs. Belle Harrell, Misses Pauline and Nancy Griffin, Miss Blanche Stokes, and Clyde Griffin, of Pinetops, spent Sunday with Mrs. E. L. Clark.

### South For The Winter

Here is lead dog, "Yuke" who is going South for the winter. With him is Capt. Innes Taylor of Whitehorse, Yukon, Alaska who is in complete charge of the dogs on Admiral Byrd's second expedition to the Antarctic for another view of the South Pole and scientific observations.



### NOTICE OF ADMINISTRATION

Having qualified as administrator of the estate of Charlie Jackson Massey, deceased, late of Halifax County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Roanoke Rapids, N. C., on or before the 15th day of October, 1934, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 11th day of October, 1933.  
MRS. MARTHA J. MASSEY,  
Adm. of Charlie Jackson Massey, Deceased. 6t-Nov. 16

Mrs. Julian Glover was admitted to Roanoke Rapids Hospital Wednesday, and will doubtless undergo an operation sometime Thursday.

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CAMAY SOAP	4 CAKES	19c
RICE	LOOSE—PER POUND	5c

Beauty Rose FLOUR 24-lbs. Self Rising <b>89c</b>	WHIPPING CREAM Guaranteed to Whip in 1 1/2 Minutes Half Pint <b>15c</b>	Loose Ground COFFEE Guaranteed Pure Two Lbs. <b>25c</b>
FLORIDA ORANGES	New Crop Doz.	25c -35c
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