

RECIPES OF THE WEEK BY MISS BLOUNT

By VIRGINIA BLOUNT

Home Economist

Virginia Electric and Power Co. Nutrition programs throughout our land are making us aware of the importance of neglected and interesting foods. Some of these foods are liver, carrots, cereals and tomatoes.

Liver may be called the Cinderella of the meat family. At one time it was bought to feed the family cat! Now that we are conscious of its nutritive importance, liver is sky-rocketing to fame.

The carrot, another unappreciated food, is fast becoming a "must" in our family menus. Such publicity the carrot is getting these days! It has become the

food for Uncle Sam's army and navy fliers — to help protect their eyesight.

Then there are the whole grain or enriched cereal products. The importance of enriched cereals has swept the country. Homemakers demand them and in turn the manufacturers are providing enriched breads and enriched cereals. In this we are following England's example for they found that the important vitamin B helped steady nerves during this time when steady nerves are all important.

Tomatoes have always been appreciated for their full rich color and flavor, but now we are more conscious of the very important place tomatoes occupy in our diets in principally supplying vitamin C.

The following recipes will help you include these Victory Foods in your menus. Try them. You'll be doing your bit toward helping to make a strong America as well as adding variety to your meals.

LIVER LOAF

- 1 lb. fresh sliced liver
- 3 sprigs parsley

- ¼ cup milk
- 2 tsp. Worcestershire Sauce
- 1 onion
- 2 eggs
- 1 tsp. vinegar
- 2 tsp. salt
- 2 c. cooked potatoes or rice

Simmer liver in small amount of water until firm. Grind it through a food chopper with the onion and parsley. Mix with other ingredients and turn into greased baking dish. Top with a strip of bacon. Bake 400° for 45 min.

Liver Paste For Sandwiches

- 1 c. ground liver
 - 2 tbsp. Chili Sauce
 - 2 tbsp. minced celery
 - 2 tbsp. butter
 - salt — pepper
 - 2 tbsp. minced parsley
- Broil slices of liver or simmer whole piece until tender, then mash or grind it. Mix thoroughly with seasonings.

Spiced Carrots

- 4 c. sliced carrots
- ½ c. water
- ½ tsp. ground nutmeg
- 2 tbsp. butter

- 1 tsp. salt
 - 4 tsp. sugar or 2 tbsp. honey
- Place above ingredients in covered pan and cook with oven heat or simmer on top of stove.

Glazed Carrots

Heat 1 tablespoon butter, 3 tablespoons water in frying pan over low heat until well blended. Reheat boiled carrots (4 servings) in the mixture until the surface becomes glazed and slightly browned.

Wholewheat Nut Bread

- 1½ c. Wholewheat flour
- 1½ c. flour
- 4½ tsp. baking powder
- 11½ tsp. salt
- 1 c. chopped walnuts
- ¼ c. brown sugar
- 2 eggs, beaten
- 1 c. milk
- ¼ c. melted shortening

Mix dry ingredients. Beat eggs, add to milk and combine with remaining ingredients. Turn into greased and paper lined pan. Bake 1 hour at 375°

Baked Tomatoes With Corn

- 6 tomatoes
- Salt and Paprika

- 1 c. corn niblets
 - 6 tsp. butter
- Slice off tops of tomato and scoop out centers. Mix corn, salt and paprika. Sprinkle inside of tomatoes with salt. Fill with corn and add 1 tsp. butter to each tomato. Place in greased pan.

Turner - Lassiter

Mr. and Mrs. J. T. Lassiter of Weldon announce the marriage of their daughter, Gracie Josephine, to Steenie Brown Turner on Tuesday, November 3, 1942, in Lancaster, S. C.

Mr. and Mrs. Turner will make their home in Atlanta, Ga. He is the son of Mrs. Minnie Turner of Weldon and now holds a position with the Army Signal Corps in Atlanta.

Mr. and Mrs. Joe Topping and Mrs. Grady Topping are visitors at Camp Polk, La., this week.

Mrs. W. H. Jones returned from Portsmouth Thursday.

WOMEN AT WAR



— 43 MILLION STRONG

OUR LEADERS have said that this is a people's war.

But more than any other has ever been, it is a woman's war. Because the things at stake are the very things which womanhood has built and unceasingly seeks to preserve.

And so American women are at war . . . 43 million strong!

In the WAACS and in the WAVES, relieving able-bodied men for active duty.

In the factories, the shops, on the assembly lines . . . women's hands and eyes and minds learning unaccustomed tasks to speed Victory.

And on the home front . . . adding to their myriad household duties the many and varied calls of civilian preparedness. In the home, building stronger families, keeping up morale, fighting inflation, doing more with less!

All over our land, in Olive Drab and Navy Blue, in overalls and kitchen aprons . . . our women are saving, serving, conserving . . . and whatever else they are also doing, they're BUYING MORE AND MORE WAR STAMPS AND BONDS!

In peacetime, Electricity has always been the modern woman's ally. And so it is today, within the limits of wartime necessities, and so it will be . . . in That Great Tomorrow.

We salute our Women at War. Theirs, too, will be the Victory!



VIRGINIA ELECTRIC AND POWER COMPANY