

**CARNATION  
COOKING HINTS**

by *Mary Blake*

HOME SERVICE DIRECTOR AND HER STAFF



February is packed full of party days, and Cherry Custard Meringue is a perfect dessert idea for any party. Carnation Evaporated Milk, used in the baked custard layer, gives more body and richer flavor. Topped with cherries and a light, golden meringue, this dessert will delight one and all.



**CHERRY CUSTARD MERINGUE**  
(Makes 9 servings)

- |                        |                       |
|------------------------|-----------------------|
| 2 eggs                 | 1 cup water           |
| 2 egg yolks            | 1 teaspoon vanilla    |
| 1/2 cup sugar          | 2 cups (22-ounce can) |
| 1/2 teaspoon salt      | cherry pie filling    |
| 1 1/2 cups (large can) | 2 egg whites          |
| undiluted CARNATION    | 1/4 cup sugar         |
| EVAPORATED MILK        | 1/4 teaspoon salt     |

Combine eggs and egg yolks with 1/4 cup sugar and 1/4 teaspoon salt. Beat until well blended. Add Carnation, water and vanilla. Beat until mixed. Pour into buttered 8" x 8" x 2" glass baking dish. Place in larger pan about 2 1/2 inches deep. Pour hot water around custard dish. Bake in moderate oven (350°F.) about 40 to 45 minutes (or until knife inserted in custard comes out clean). Remove from water. Cool thoroughly. Gently spread cherry pie filling over top of custard. Beat egg whites until frothy. Gradually add 1/4 cup sugar and 1/4 teaspoon salt. Continue beating until meringue stands in stiff peaks. Spread carefully on top of cherry filling. Brown in very hot oven (500°F.) 2 to 3 minutes. Cool. Cut in squares to serve.

**Do's And Don'ts**



Don't Be A Lefty.

**As Contented As A Small Baby Can Be!**



She loves Carnalac New Formula, the complete new infant food developed by Carnation Company. The proud feeling, the happiness of holding your tiny, new baby... give her the best start toward good health with Carnalac New Formula. Carnalac New Formula is a wonderful new product from Carnation Company. It provides nutrition comparable to mother's milk, with a taste all babies love. Its design was based on the time-honored recipe of diluting Carnation Evaporated Milk one part, with water two parts, and adding carbohydrate to bring the calorie value back to 20 calories per ounce, so that a simple one-to-one dilution with water will give a final mixture for infant feeding which is familiar to all doctors. It's so easy to prepare... just mix and combine it with the amount of boiled water your doctor prescribes!

**Peanut Cheese Soup  
Cheery Fare For Chilly Days**



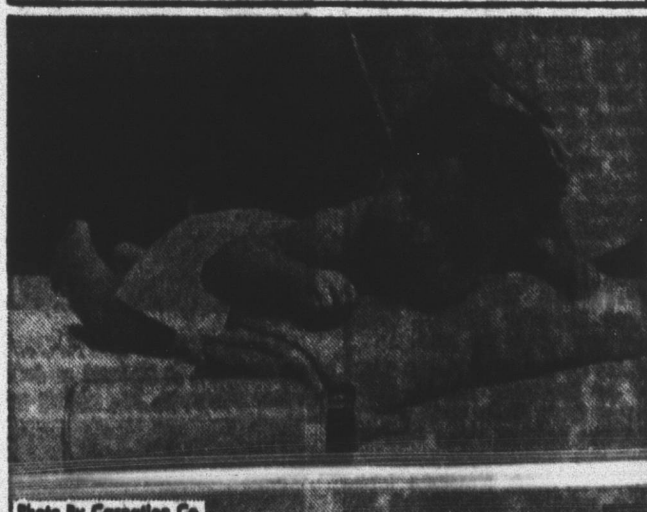
Peanut butter and cheese combine to make a rich soup, brimful of flavor, to warm the heart and nourish the spirit these chilly days. Here's a soup with the double protein of cheese and peanut butter to serve as a main dish for lunch or supper. It's easy to prepare, yet has the subtle flavor of a long-simmered soup.

**PEANUT CHEESE SOUP**  
(Serves about 3-4 cups)  
1 can (11 ounces) condensed Cheddar cheese soup  
1/2 cup milk  
1/4 cup water  
1/4 cup Peter Pan Smooth Peanut Butter  
2 tablespoons finely chopped onion, optional

Mix together all ingredients; heat to serving temperature, stirring occasionally. May also be served as a sauce for hot sandwiches, fish and vegetables. Garnish with parsley, if desired.

**Bright and Alert!**

**Inquisitive About This Big, Wide World**



Her active, growing body needs plenty of good, wholesome milk every day and Carnalac New Formula is a new product most ideally constructed to provide the best nourishment. Carnation Company, which pioneered the use of evaporated milk in the infant feeding field, has created this new complete infant food. Its design was based on the time-honored recipe of diluting Carnation Evaporated Milk one part, with water two parts, and adding carbohydrate to bring the calorie value back to 20 calories per ounce, so that a simple one-to-one dilution with water will give a final mixture for infant feeding which is familiar to everyone. An important aspect of Carnalac New Formula, is that it contains an adequate amount of Vitamin C to eliminate the need for supplementing the infant diet with other sources of the nutrient, according to Dr. William Newsom, Carnation Company director of nutrition research. "In addition, its amounts normally consumed by infants, vitamins A and D do not exceed the recommended daily allowances."



**SHAW SENIOR CONSIDERS PEACE CORPS CAREER**  
—Left is Miss Janice Earlyn Andrews, a Shaw University senior, majoring in Home Economics, being interviewed by Tom Robinson, a Peace Corps Volunteer returning from a tour of duty in the Philippines, and on Shaw University's campus Monday, Feb. 17, recruiting students for careers with the Peace Corps.

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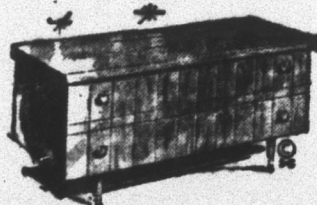
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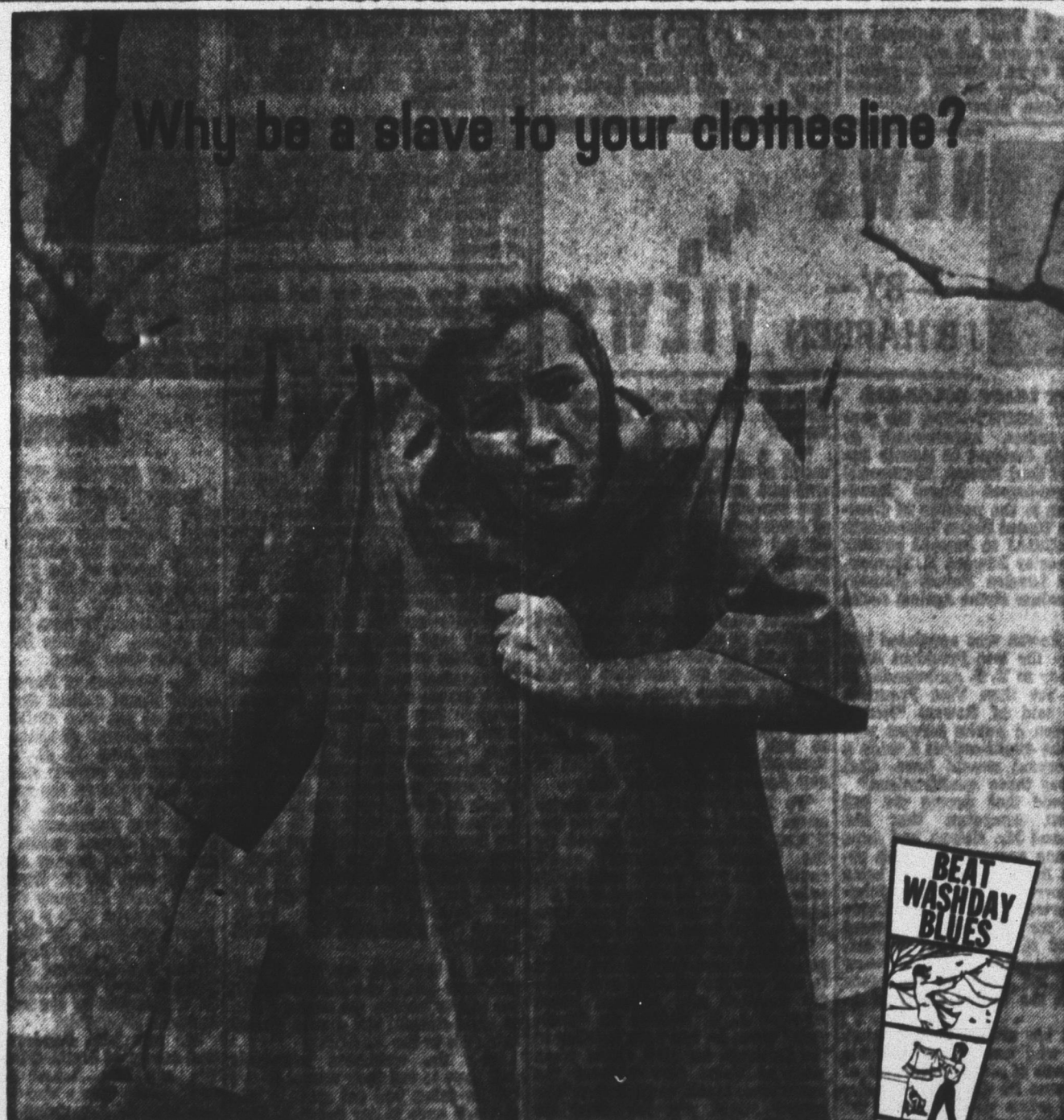
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**REJOINS CP&L**

James R. Hinkle, director of the Industry and Commerce Division of the N. C. Department of Conservation & Development, has resigned the position to return to Carolina Power & Light Company as industrial development director. Hinkle left CP&L's district office in Raleigh in 1962 to take the C&D post. He had served CP&L since 1954, when he joined the company as assistant manager. He served as assistant to the district manager in Henderson, was local manager in Siler City three years and was assistant district manager in Raleigh three years. Dan E. Stewart, CP&L vice president in charge of area development, said "we are extremely happy that Mr. Hinkle has returned to the CP&L ranks. His excellent background of eight years in the company's district operations and two years as administrator of the North Carolina industrial development program eminently qualify him for his new position as director of industrial development for Carolina Power and Light Company." Hinkle will assume CP&L duties the latter part of February. I have yet to hear a bad performance by Eastman Wind Ensemble... Therefore, I am not surprised that the group rises to great heights with this recording, under the baton of the talented Holler, a musician of rare...



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