

Sarah Anne's COOKING CLASS

All nutritionists are agreed that dairy products are one of the mainstays of our diet. The fat content of milk contains a slight amount of vitamin D, and a considerable amount of vitamin A, a necessary for daily well-being. Cream and butter are, of course, higher in fat and the vitamin carried by fat. Cheese has been a long time favorite of the grown-ups, and well it might be. Plan some dairy food to be served day. Here are some recipes to assist you.

Cream of Celery Soup
2 cups diced celery stalks and leaves
3 tablespoons butter
1 onion grated
1-2 cups boiling water
4 tablespoons flour
3 cups milk
1-2 teaspoons salt
Pepper
Cook celery and onion in water 10 minutes. Melt butter; blend in flour, add milk and cook, stirring constantly until thick. Combine with cooked celery and liquid. Season with salt and pepper.

Cheese and Rice Balls
1-2 lb. aged American cheese
1 tablespoon horse-radish
1 tablespoon prepared mustard
4 cups cooked rice
1 egg, well beaten
Salt
1 tablespoon butter
Grate cheese, add horse-radish and mustard. Mix thoroughly. Form into balls about 3-4 inch in diameter. Combine rice, egg, salt and butter. Mix thoroughly. Pack rice mixture around cheese balls, so that all of cheese is completely covered. Fry a few at a time in

oil. Drain on absorbent paper. Serve hot deep fat until a golden brown. Drain on absorbent paper. Serve hot.

Fried Corn with Sour Cream Sauce
3 cups canned or cooked whole kernel corn
4 tablespoons butter
1-3 cup chopped red and green pepper
1 teaspoon chopped onion
4 teaspoons flour
1 cup thick sour cream
3-4 teaspoon salt
Pepper
Fry corn in 2 tablespoons of the butter. Melt remaining butter, add pepper and onion and cook over low heat, stirring until tender. Add flour and mix well. Add sour cream and cook over low heat, stirring constantly until thickened. Season with salt and pepper and serve over corn.

Beef Patties with Cheese
1-2 lbs. ground beef
1 cup evaporated milk
3 tablespoons minced onion
6 tablespoons quick cooking rolled oats
2 tablespoons minced parsley
2 teaspoons salt
1-4 teaspoon pepper
3 thin slices American cheese
Mix first 7 ingredients and shape into 6 patties. Place in a buttered baking pan and dot with butter. Bake in an oven 350 degrees for 45 minutes, basting twice with drippings in the pan. Cut cheese slice into halves. Place a strip on each patty and bake 10 minutes longer.
Square beef mixture in a pie plate. Cover with 6 thin onion slices. Bake. Top with cheese. When melted serve the meat cut in wedge-shaped pieces.

Frozen Roquefort Salad
3 ounces cream cheese
3-4 Roquefort cheese
1-4 cup mayonnaise
1 cup cream

1-2 tablespoons lemon juice
1-4 cup minced watercress
Mash cheese together and blend with mayonnaise. Fold in lemon juice cheese mixture and watercress. Pour into freezing tray and freeze. Serve on watercress with or without dressing.

Chocolate Souffle
2 ounces chocolate
2 cups milk
1-2 cup sugar
1-3 cup flour
1-2 teaspoon salt
2 tablespoons butter
1 teaspoon vanilla
4 eggs
Whipped cream
Heat chocolate and milk in a double boiler until chocolate is melted. Combine sugar and flour and salt; add chocolate mixture stirring until smooth. Return to double boiler and cook until thickened, stirring constantly. Continue cooking 5 minutes, stirring occasionally. Add butter and vanilla, cool slightly. Beat egg yolks until thick and lemon colored. Add chocolate mixture slowly and fold in stiffly beaten egg whites. Turn into baking dish buttered only on bottom, filling it 1-2 to 3-4 full. Place in pan of hot water and bake in an oven 350 degrees for 1 hour. Serve immediately with whipped cream.

Bluejackets To Have New Look Uniforms
Washington.—It's to be zippers, loose cuffs, belts and new pockets for the Navy's bluejackets.
The new look in the blue going ashore uniform of Navy enlisted men was okayed last week by Adm. Forrest P. Sherman, chief of naval operations.
He made his decision after sailors modeled the old uniform and the new in his office. The new togs are to be available July 1, 1952.
The new uniform differs from the old in four respects:
1. A full cuff in place of a tight fitting button cuff.
2. A zipper pants front in place of the 13 button broad front now in use.
3. Slash and hip pockets instead of the present two small pants pockets.
4. The pants are held up by a belt instead of by a corset type lace in the back.
The new uniform was approved by a Navy board before Sherman took office. However, it has been the subject of some controversy largely involving the material to be used. Navy officers who attended the showing in Sherman's office said that melton cloth was selected.

Mrs. Roosevelt Named The 'Most Influential'
New York.—Mrs. Eleanor Roosevelt has been named the world's most influential woman in a poll conducted by Pageant Magazine, it has been announced.
The choice was made by 272 of America's women journalists, who cast 214 ballots for Mrs. Roosevelt.
Second place went to Emily Post, the authority on etiquette, who received 103 votes. Sister Elizabeth Kenny, who pioneered in the treatment of polio, placed third with 86. Former Congresswoman Clare Booth Luce was fourth, with 70 votes, while Columnist Dorothy Thompson, with 69, completed "the five who exert the greatest influence on modern life," the magazine said.



KISS AMINO... A kiss bestowed by Eddell Riggs on Charlotte McClain, as he crowned her Bethany, Okla., basketball sweetheart, caused five students to be suspended, a mass meeting of irate parents and a board meeting.

Pastures Are State's No. 1 Farm Need
Raleigh—Better pastures are North Carolina's most important agricultural need, Dr. W. E. Colwell asserted today.
Dr. Colwell, head of the N. C. Experiment Station and of the N. C. State College Agronomy Department, spoke to the farm hands club here.
"This state has more than 1,000,000 acres of idle land that could be developed and used advantageously as improved grazing land," Colwell said.
"If this land were put into pasture," he pointed out, "it would go far toward meeting our total livestock needs."
Colwell, speaking on the green pastures program launched recently by Governor Scott, said North Carolina needs 2,000,000 acres of improved pasture to feed its present livestock population most economically.
"Improved pastures," he declared, "offer the best use for land being turned out of row crops by acreage controls."

POULTRY
Current decreases in the prices received for eggs, and chickens have caused farmers to plan to buy 12 per cent fewer baby chicks this year, according to the Agriculture Department. This means that laying flocks will be reduced and that both the production of eggs and chickens for meat will go down, resulting in higher prices for the consumers.

COOLER'S TOO COOL
Fort Collins, Colo.—The city "cooler" became too cool recently and was closed to wrongdoers. Too little coal on hand was the cause of the coolness. The hospitality of the county jail was offered city evil-doers, however.

NOTICE
NORTH CAROLINA WATAUGA COUNTY
The undersigned, having qualified as administrator of the estate of Ira Dell Richardson, Sr., deceased, late of Watauga County, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 2nd day of February, 1951, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.
This the 30th day of January, 1950.
DELL RICHARDSON, JR., Administrator
807 East Main Street
Boone, North Carolina 3-2-6c-T

NOTICE OF TRUSTEE'S SALE OF REAL ESTATE
NORTH CAROLINA WATAUGA COUNTY
Pursuant to the power and authority contained in that certain deed of trust dated April 23, 1946, and executed by H. J. Minton and wife, Katie Minton, to J. E. Holshouser, Trustee, which deed of trust is duly recorded in the office of the Register of Deeds for Watauga County, North Carolina, in Book 49 at page 187 and default having been made in the payment of said debt therein secured and demand of foreclosure having been made by The Northwestern Bank, the owner and holder of the said deed of trust and note secured, the undersigned trustee will offer for sale at public auction to the highest bidder for cash at the courthouse door in Boone, North Carolina, at twelve o'clock noon on the 15th day of April, 1950, the following described real estate, to-wit:
BEGINNING on an ash tree, corner of J. D. Winkler and C. C. Triplett, and runs thence a west direction with C. C. Triplett's line to a corner where his garage is now located; thence running a north direction with the line of Triplett's garage lot 12 feet to a stake; thence a west direction with the line of said garage lot to a stake in the old Deerfield Road; thence a north direction with the old Deerfield Road to a stake in a branch; thence with the branch as it meanders to a stake in the Hardin line; thence a south direction with the said Hardin line and the J. D. Winkler line to the beginning, and being the lot on which is located the Turner Storie residence, and being the lands conveyed to the said Turner Storie and wife, by deed from W. C. Coffey and wife, recorded in the office of the Register of Deeds for Watauga County in Book 54 at page 75, except that part of the same heretofore conveyed to C. C. Triplett and Lula Minton.
This the 15th day of March, 1950.
J. E. HOLSHOUSER
Trustee 3-16-5c

Old Age Pensions

The Chamber of Commerce of the United States has urged Congress to make Federal old-age benefits available to all Americans. A. D. Marshall, of Schenectady, N. Y., a member of the Chamber's social security committee, told the Senate Finance Committee: "The Chamber believes that increasing and ultimate reliance must be placed upon our Social Security program as contrasted with the needs or relief approach to the problem of the aged."

SAVES DOLL INSTEAD OF CHILD
Oklahoma City, Okla.—Little Carolyn Thompson, 2, was suffocated in a fire as a fireman, blinded by smoke, carried her big crying doll to safety, mistaking the doll for the child. Carolyn was sleeping in bed with the doll when the fire broke out.

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