

The Record Homemaker

By Alene Mintz

GOOD FOOD WITHOUT SALT...
To order a salt-free diet is easy—to expect a patient to live on it for an indefinite period of time is more than a reasonable person can expect. The patient needs and deserves help, reports Dr. Solomon Silver in his foreword to *Good Food Without Salt*, (\$3.00) by Margaret Vaughn, first published by Thomas Y. Crowell Company.

In *Good Food Without Salt* Miss Vaughn dictates the help needed—by both doctor and patient. Designed to offer palatable menus for what otherwise has proven a dull, drab regimen, each recipe shows how ingenuity and patience can transform a saltless meal into an epicurean delight. Each recipe in *Good Food Without Salt*, has been laboratory tested by Doris Rabinowitz, a graduate intern in dietetics from Walter Reed Hospital and member of the milligrams of sodium per portion, is indicated, and all menus may be prepared without resorting to complicated tables. From the housewife's standpoint there are no hazards involved since the menus are sufficiently palatable to please every member of the family. Typical of these is: Veal Chops with Herbs:

- 49,550 mg. Na per serving (Na content of chives included)
- 225 calories
- 8 veal chops, 3-4 inch thick
- 3 tablespoons unsalted butter
- Pepper
- 1-2 cup white wine
- 1-2 cup water
- 2 teaspoons chopped chives



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Menu Magic

APPLE KUCHEN
Apples can serve as the basis for any number of delicious desserts. This new recipe for a spicy dish called apple kuchen is worthy of adding to your collection. Give your family fair warning to save room for dessert when you serve apple kuchen, because it is unusually rich and satisfying.

- Apple Kuchen**
- 1 cup milk, scalded
 - 1/2 cup sugar
 - 1/2 cup margarine
 - 1/2 teaspoon salt
 - 1/2 cup lukewarm water
 - 2 packages or cakes yeast
 - 2 eggs
 - 4 cups sifted all-purpose flour
 - 3 apples, sliced
 - 1/2 cup sugar
 - 1 teaspoon cinnamon
 - 1 egg yolk
 - 3 tablespoons cream or top milk

Mix the sugar, margarine, and salt in the hot milk. Cool to a luke warm temperature. Dissolve the yeast in the lukewarm water. (Follow directions on package for dry yeast.) Combine the milk and yeast mixture and stir in the well-beaten eggs. Add and stir in the flour using enough to make a stiff batter. This recipe will make two 8-inch square pans. Pour into greased pans. Cover with a clean towel. Place in a warm place and let rise until doubled in bulk. Arrange the peeled sliced apples over the top. Mix the sugar and cinnamon. Sprinkle over the apples. Mix the egg yolk and cream together and drizzle around the apples. Bake in a moderately hot oven (400° F.) for 25 to 30 minutes.

For other nutritious, taste-tempting recipes write today to National Cotton Council, P. O. Box 76, Memphis, Tenn., for your free copy of the new 24-page, two-color recipe booklet, "Menu Magic with Margarine."

Party Is Given For Mary Hall
Mary Hall celebrated her 14th birthday with a party at the Park Center Club building Saturday evening from 7:30 until 10:00 o'clock. The club rooms were beautifully decorated with dahlias, marigolds, and zinnias. During the evening the group

LILLINGTON CHURCH MEETINGS HELD ON TUESDAY AFTERNOON

Lillington churchwomen, Methodist, Baptist and Presbyterian, each held general monthly meetings on Tuesday.

W. S. C. S.
Methodist Woman's Society of Christian Service, meeting at 7:30 p.m. at the church, heard a talk on European cathedrals by M. O. Lee, guest speaker. Mr. Lee told about various cathedrals he visited this summer while on a vacation trip to Europe and particularly stressed the beauty of St. Peter's in Rome. Mrs. W. L. Loy, who had charge of the program, presented the speaker. Mrs. J. J. Lanier, president, presided.

Mrs. H. W. Byrd, Spiritual Life chairman, announced that the second series of two programs marking the observance of the Week of Prayer and Self-Denial will be conducted on Sunday night at the church. The public is invited to attend this service.

W. M. U.
At the meeting of the Baptist Woman's Missionary Union at 3:30 p.m. at the church, members heard

Mrs. Howell Entertains Ace Of Clubs

Mrs. S. G. Howell, entertaining the Ace of Clubs bridge club at her home on Wednesday night, utilized the Halloween motif in all the party appointments. Guests who gathered for dessert were served cherry pie, ice cream and coffee and at the bridge game that followed cakes and nuts were passed.

Players included Mrs. J. B. Gourlay, Mrs. J. K. Willford, Mrs. Joel Layton, Jr., Miss Irene Lassiter, Mrs. J. A. Walker, Mrs. R. S. Bell, Mrs. John Ash and the hostess.

MARRIAGE PERMIT
A marriage license was issued on October 20 by Mrs. Inez Harrington, county register of deeds, to George H. Harmon, 34, Coats, Rt. 1, and Letha Emily Pope 32, Dunn Rt. 4.

WORKERS TO MEET
Harnett County Extension service workers will be in Raleigh Thursday and Friday at a program-planning conference of extension workers in the Southeastern District to be conducted at N. C. State College. Charlie Brickhouse and Mrs. Mary McAllister district agents will be in charge and conferences are also scheduled with extension specialists. Attending from Harnett will be C. R. Ammons, T. D. O'Quinn, Miss Lorraine Vall and Miss Lelia Huntley.

H. T. Atkins attended the sessions of the Fayetteville Presbytery in Southern Pines on Tuesday.

Sgt. and Mrs. Rex Heller, who have resided in the Gourlay Apartment for several months, left Lillington on Sunday to make their home near Raysville, Pa. Sergeant Heller has just completed an enlistment in the Army and will begin work in a defense industry near Raysville. Private and Mrs. Fred Cross have taken the apartment the Hellers vacated.

enjoyed games and Mary opened her gifts.

Later in the evening Mrs. Hall assisted by Mrs. Harvey Wilkes, served refreshment to Mary Hall, honoree, Betty Lucas, Wanda Grady, Catherine Norris, Judy Williams, Patsy Baulty, Joe Walters, Stanford Godwin and Thomas Capps.

J. A. MATTHEWS HONORED
Mr. I. A. Matthews, Sr., was honored on his 60th birthday with a dinner at his home in East Erwin, on Sunday, October 21st. The dinner was in the form of a reunion and all of Mr. Matthews' children were present.

Sunday was also the birthday of his two oldest sons, Brady and Rolly and his daughter Vernelle. His son-in-law Perry Wood also celebrated his birthday on this date.

The delicious dinner was spread picnic style on tables which had been set up on the lawn. The center of attraction was the five birthday cakes with their lighted candles.

Mr. Matthews received many gifts from all those present for this happy occasion.

Those present included: Mr. and Mrs. Brady Matthews and children of Raleigh, Mr. and Mrs. Rolly Matthews and family of Durham, Mr. and Mrs. Perry Wood and family of Erwin, Mr. and Mrs. Leonard Matthews of Winston-Salem, Mr. and Mrs. I. A. Matthews, Jr., and family of Erwin, Hilda, Vernelle, Bill Roy and Teddy Matthews of Erwin. Also present for the event were a host of friends and relatives of Mr. and Mrs. Matthews.



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Miss Wilborn Honored At Lillington Event

Bingo was played by the 23 Miss Gwendolyn Wilborn of Lillington whose marriage to Hannibal Godwin Warren of Dunn and Charlotte will take place on Sunday, November 11, at 5 p.m. in the Lillington Baptist Church, was honored by attractive parties given on Tuesday and Wednesday.

CRYSTAL SHOWER
The hostesses for Tuesday were Mrs. Charles S. Loving and her daughter, Mrs. Henry DeCourt, who feted the bride-elect with a crystal shower given at the Community House at 8 p.m.

a study of home missions and church extension. Mrs. W. B. Hunter was in charge of the program, and others participating were Miss Louise McLaughlin, Mrs. S. S. Adcock and Mrs. J. M. Shaw. Mrs. Shaw also led the devotional. Mrs. J. B. Moss presided and Mrs. Nell Kelly served as secretary. In observance of the Week of Prayer and Self-Denial announcement was made that special services will be held at the church at 7:30 p.m., Monday, Tuesday and Wednesday of next week.

cakes and nuts were also served by candlelight.

DINNER
On Wednesday at 6 p.m. Mrs. J. J. Lanier, and her daughter, Mrs. George M. Carroll, Jr., entertained at a dinner party at the Lanier home for Miss Wilborn. The bride-elect's place was marked with a corsage of tuberoses, while the mother of the bride was presented a corsage of pink carnations. Small nosegays of white chrysanthemums served as favors for each guest. A three course meal was served.

Guests attending were Miss Wilborn, the honoree, Mrs. S. H. Wilborn, mother of the bride-elect, and to Mrs. J. O. Warren, mother of the bridegroom-elect.

Long leaf pines and graduated white tapers decorated the mantel and rows of graduated white candles and greenery were used on a table arranged at one end of the club room. Refreshments of green and white ice cream, bridal



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	Sliced Pork LIVER - - - lb. 43c
	Meaty Neck BONES - - - lb. 25c
	Pork TAILS - - - lb. 29c
	Liver Pudding, lb. - 30c
	Jones All-Pork SAUSAGE - - - lb. 55c
	Western Steer Chuck Roast - - - lb. 76c
	Fresh Ground BEEF - - - lb. 79c
	Meaty Spare RIBS - - - lb. 53c
	Beef Liver - - - lb. 89c

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