

**Who's Who In The Kitchen**

**Mrs. Reid Heads For The Kitchen Whenever She's Bored!**

By Audrey C. Lodato  
Post Staff Writer

Born on a farm in Mecklenburg County, 65 year young Mabel Reid is used to plenty of good food and plenty of good cooking. "My father raised everything and my mother canned everything," the Rozzelle's Ferry Rd. resident notes. Fourth in a line of 12 children, Mabel Reid reminisces, "We were a happy family. We had more than most."

Maybe because of her rural roots, the Reids have a large garden in their backyard and make good use of the full-size freezer in their kitchen. "I don't know where I was when mother was canning," Ms. Reid laughs. "My sisters can, but I never learned how."

Ms. Reid learned to cook by helping her mother. Whenever she is bored or has a problem, she heads for the kitchen and starts cooking. "I don't care if no one eats it," she says, "because the problem's gone."

She laughingly relates, "My husband says, 'You're going to die in the kitchen.' I say, 'What better place to die?'"

Although she insists, "I'm a home person; I love to stay home," Ms. Reid is active in her church and in the Sunshine Senior Citizens Club. She attends the club twice a week and, not surprisingly, cooks for the group. "Today I made homemade vegetable soup, and everybody raved," she remarks. "I'm so glad the Lord spared me. I enjoy it so much!"

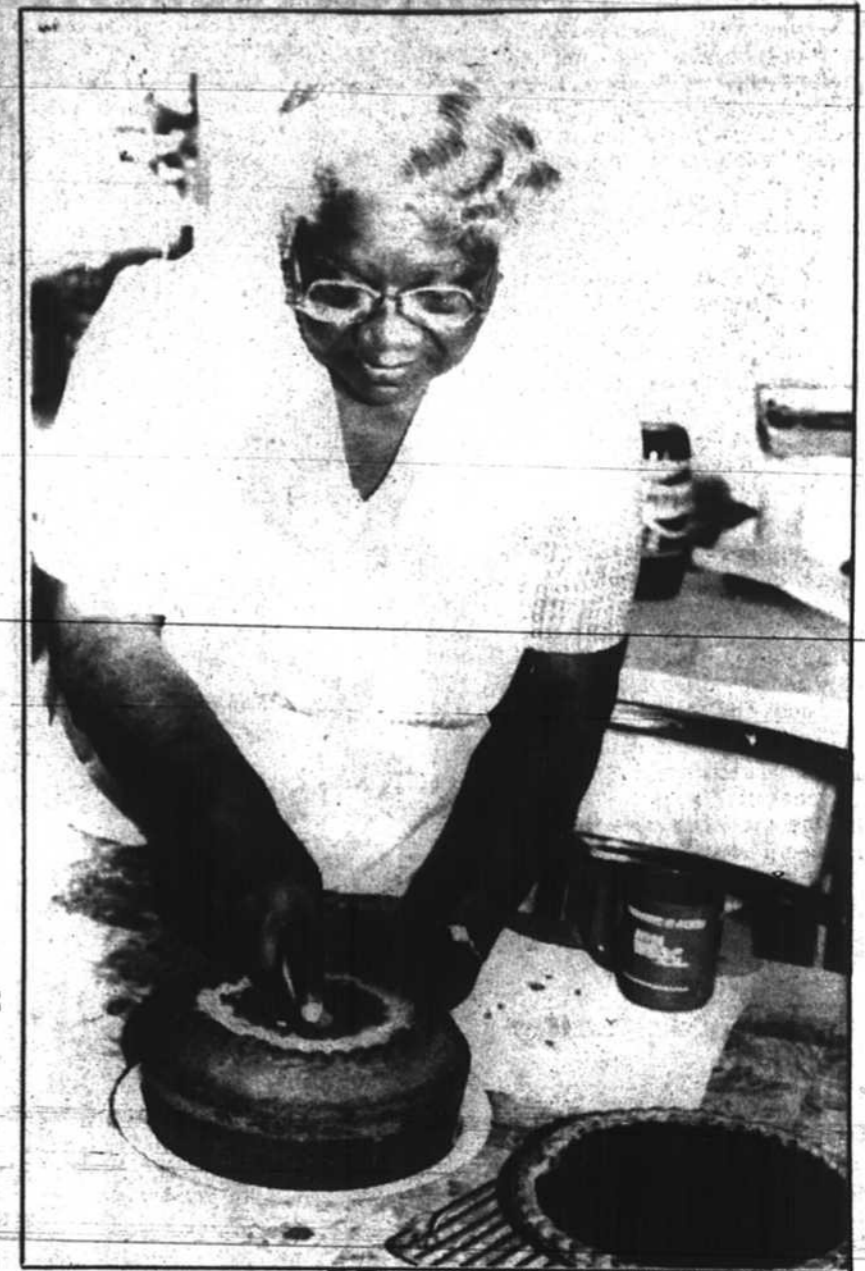
The Little Rock AME Zion church member loves people and is always inviting others over to eat. "Some Sundays we have 15 or 20 people eating dinner here. We set up tables in the front, and some eat in the kitchen. One Sunday no one came over and my grandson asked, 'Doesn't anyone love us any more?'"

She does a lot of cooking for her church. "The children at the church love my rice and gravy," she proudly admits. "They ask, 'Is Mama Reid gonna be in the kitchen today?'"

Used to cooking for crowds, Ms. Reid relates, "I can't cook a small amount of food for just us." "Us" includes husband Fred, daughter Blundie, and grandson Kenan. The much-in-demand queen of the kitchen worked as a cook for



Cooking senior sautes onion for hamburger casserole.



Ms. Reid cuts cake for hungry Post reporter.

Wachovia Bank for 14 years. She still bakes cakes for some of the bank's employees from time to time. Her specialty, she says, is "cakes and cobblers and homemade vegetable soup." Last Christmas, Ms. Reid made 25 coconut cakes and had to turn down orders. "I went up on the price and even that didn't help," she remembers. When she has a lot of baking to do, she starts on Monday with the plainer recipes.

Mabel Reid holds some firm beliefs when it comes to cooking. One - learned from her mother - is that "a good cook doesn't use recipes." Another: "If a recipe calls for butter, I never substitute; I use the real thing. Margarine has salt, which keeps the cake from rising and makes it dry." When baking, the single most important element to success is oven temperature, she says.

The veteran cook uses a pinch of sugar in all her vegetables - "just gives it a different taste." She also cooks vegetables in a small amount

of water. A common mistake, she believes, is to use too much water.

Ms. Reid prefers baking cakes to cookies. "Cookies are not really my thing," she laughs. "I'd rather make 10 cakes than one batch of cookies because you have to stay with them." When cajoled into making cookies, she usually goes with oatmeal, Tollhouse, and brownies.

Her fried pies are developing quite a reputation. "Dr. Dawkins is trying to get me to patent my fried pies," Ms. Reid confides. "He says he's never eaten a fried pie like mine. I really don't have a recipe. I use dried apples, soak and cook them, then add nutmeg, sugar, and brown sugar. The secret is having the pastry just right. If you don't get it just right, they'll fall apart when you deep fry them."

Despite her culinary success, Mabel Reid is modest about her abilities. "I don't profess to be a good cook," she says. "I just like doing it."

Here are some of the recipes she likes doing.

**HAMBURGER CASSEROLE**

- 1 lb. hamburger
- 1 med. onion
- 1 bell pepper (optional)
- 1 can crushed tomatoes
- 2 cans cream of mushroom soup
- 1 Tbsp. sugar
- 8 oz. elbow macaroni
- grated cheddar cheese

While macaroni is cooking, saute meat, onion, and pepper. Add tomatoes, soup and sugar. Mix together. In casserole, layer meat mixture, drained macaroni, and cheese, then another layer of meat and macaroni. Bake at 350 for 30 minutes. Top casserole with more cheese and serve.

**EASY BAKED CHICKEN**

Wash chicken pieces and place in baking dish. Sprinkle with salt, pepper, and paprika. Dot with butter. Place under broiler til brown. Turn down oven to 325 and cover chicken with foil. Bake til done. (The chicken stays juicy and is "really delicious.")

**PLAIN CAKE**

- 3 c. sugar
- 2 sticks butter
- 1/2 c. Crisco
- 5 eggs
- 3 c. flour
- 1 tsp. baking powder
- 1 c. milk
- 1 tsp. vanilla or other flavoring

Cream sugar, butter, and Crisco. Add eggs one at a time, beating well after each addition. Mix flour and baking powder together. Add to sugar mixture, along with milk and flavoring. Beat. Bake at 325 degrees for 1 1/2 hours in a greased and floured 10" tube pan.

**2-CRUST PASTRY**

- 2 c. flour
- 1 tsp. salt
- 2-3 c. shortening (two thirds)
- 5 - 7 Tbsp. cold water

Mix ingredients together lightly and roll out.

To Share Your Favorite Recipes, Call Audrey, 376-0496.

**Sugar Free Cooking**

A cookbook for persons with diabetes and their families is now available for purchase from Diabetes Services, a division of Community Health Services, Inc.

"Creative Cooking Sugar Free" offers over 125 recipes from hors d'oeuvres to desserts. In addition, a list of over 400 packaged convenience foods with exchanges and calories is included in the book. The cookbook can be ordered by sending \$4.50 for each ordered, your name and address, including ZIP code to: Diabetes Services, 1401 East Seventh Street, Charlotte, N. C. 28204.

Supplies are limited so order your book today!

**Love Center**

Continued From Page 13A financial help," Mrs. Brewton explained. The volunteers at the center want to start fund-raising to purchase the building.

Churches or individuals interested in contributing to the People Who Love Ministry, whether it is for food or clothing for the community or for the building fund efforts may call Mrs. Brewton at 335-0206 from 10 until 4 p.m. Mondays through Fridays and from 1 until 4 each Saturday.

"The Bible says 'Go ye into all the world and preach the Gospel.' Jesus walked in the midst of sinners." With God in their hearts Evangelist Brewton, Rev. Lockheart and the many other volunteers at the People That Love Center will continue to spread their love.

**Kiss Me Kate**

CPCC Summer Theatre presents Cole Porter's greatest and most acclaimed musical, "Kiss Me Kate," August 8 - 18 at 8:15 p.m. in Pease Auditorium.

The Box Office is open daily 10 a.m. to showtime for business, or you may call the Summer Theatre Box Office at 373-6534 for reservations.

Tickets are \$4.75 each.

**ICSU Graduates**

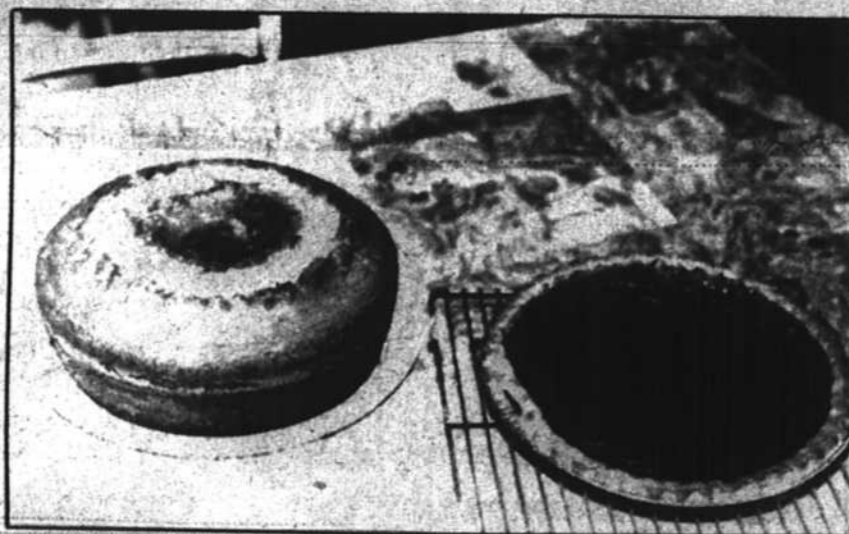
Three Charlotte residents graduated from Johnson C. Smith University on July 28.

Jeannette Hinton Dorsey, 431 Woodvale Place, and Willie Mae Sharpe, 4333 Cinderella Rd., received the bachelor's of arts degree.

Sheila Luvon Deas, 409-F Hill Dr., received the bachelor's of science degree.

Johnson C. Smith is a four-year, private, liberal arts university founded in 1887.

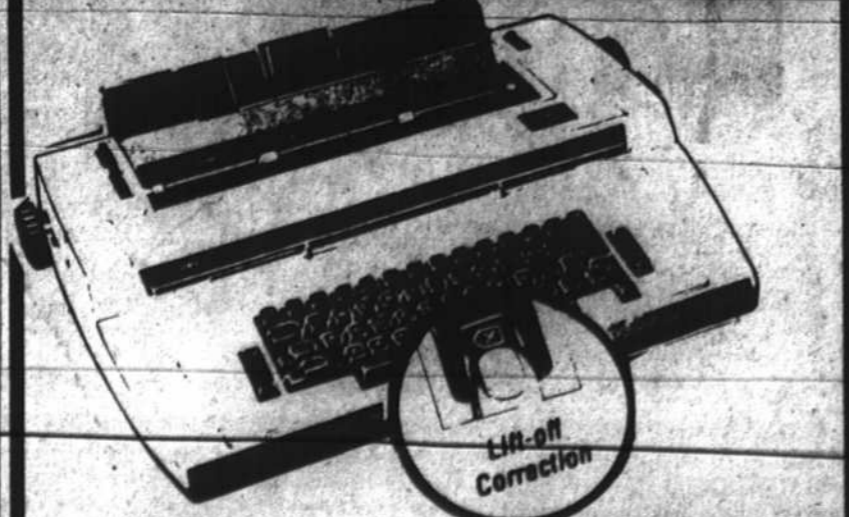
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