

Who's Who In The Kitchen

Sewing Specialist Mary Martin Knows Lots About Cooking, Too!

By Audrey C. Lodato  
Post Staff Writer

Home economist Mary Martin may concentrate her present job duties in the area of sewing, but she's no slouch when it comes to cooking, either. She recalls when, as a pre-teen, she cooked for the family during her mother's hospital stay of a few weeks. "That's when I really got launched," she relates. "My father told my mother, 'We're eating really well; Mary's cooking good.'"

Martin has been an extension agent for about 25 years. She taught high school home economics and basic science for three years before that in rural North Carolina and declares, "I loved it." She was also an assistant USO director in Columbia, S.C., in charge of programming. She describes the USO as "a home away from home for service personnel" and says the job was fun. "I got a lot of experience there. My husband, Hoyle, was in school right across the street (from the USO) at Benedict College," she adds.

Martin herself has a B.S. degree in home economics from A&T College in Greensboro and a masters from UNC-G in clothing and textiles. She also studied at Cornell and N.C. State Universities.

A Fayetteville native, this week's featured cook was the only girl born into a family of three brothers. Her interest and knack for cooking and sewing began at an early age. Noting that her mother sewed for the family, Martin explains, "I started when I was seven years old. My first items of construction were a dress and little sports shirts for my brothers out of chicken feed sacks, made with no pattern." Her mother, she says, taught her to make patterns from brown paper cleaner bags. "I started out sewing on an old treadle machine," she recalls, "and by the time I got to high school, I was sewing good." So good, in fact, that she sewed for her



Home economist gets ready to saute vegetables for Turkey Noodle Casserole.

home economics teacher!

Reflecting on her growing up years, Martin remarks, "Mom and I were always very close. I learned everything at her footsteps. We also gardened. I learned to can foods in the old-fashioned way. We used to can quite a bit using the open kettle method and boiling water bath. We often did it in the wash kettle." Nowadays, Martin warns, this method is not recommended because of the risk of botulism.

Although her primary concentration as a home economist is now on sewing, she has taught cooking in the past. At home, she especially likes to prepare casseroles and soups because "I've always worked, and these are quick and easy meals-in-a-bowl." Recently, Martin has been doing a lot of stir-fry, which she and her husband enjoy. Her family's favorite, though, is chili beans over rice. "They could eat it every day," she declares.

Spring A Brunch To Welcome Summer

What better way to welcome the coming of summer and its many activities than with a quick and easy brunch like this?

Start with Spring Fling Quiche, an easy egg, cream, crabmeat and

Swiss cheese mixture seasoned perfectly with onion-mushroom soup mix and a hint of dill and sherry.

Frostea Cooler, a creamy blend of lemon flavored iced tea mix, milk,

frozen orange juice concentrate, vanilla extract and ice cubes is the perfect brunch accompaniment. The lemon flavored iced tea mix lends a sweet citrus note as well as a delightful tea flavor.



Quiche and cooler welcome in summer.

SPRING FLING QUICHE

- 9-inch unbaked pastry shell
- 4 eggs
- 1 1/2 c. light cream
- 1 envelope Lipton Onion-Mushroom Recipe Soup Mix
- 1/4 tsp. dill weed
- 1 c. flaked crabmeat (about 6 oz.)
- 1 to 2 Tbsp. dry sherry (optional)
- 2 c. shredded Swiss cheese

Preheat oven to 400 degrees. Bake pastry shell 10 minutes; reduce oven to 375. In large bowl, beat eggs; blend in cream, onion-mushroom soup mix, dill, crabmeat and sherry. Sprinkle cheese in pastry shell; pour in egg mixture. Bake 40 minutes or until quiche tests done. Garnish, if desired, with tomato slices. Serve hot or cold. Makes 4 to 6 servings.

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\* Wanna be in pictures? \*  
\* Cost: Only 3 recipes. \*  
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Mary and Hoyle Martin have four children. Two of them - Hoyle Jr., and Michael - are grown and married. A 16 year old son, David, and daughter, Cheryl, 12, remain at home. The Martins belong to Berean Seventh Day Adventist Church. Mary sings in the church choir, the "Harmonizing Coeds," and is active in neighborhood organizations in the northwest and Beatties Ford Road area.

Hobbies? "Sewing is my hobby," the home economist laughs. "It's not just a job. I can forget the world if I get involved in sewing. It's real therapy for me," she concludes.

Mary Martin offers a variety of recipes for your enjoyment. Try them out and let her know how you like them!

\*\*\*\*\* CHEESECAKE \*\*\*\*\*

- Crust:
- 1 1/2 c. Quick Oats, uncooked
  - 1/2 c. finely chopped nuts
  - 1/2 c. firmly packed brown sugar
  - 1/3 c. butter or margarine, melted

Combine all ingredients in warm saucepan; mix well. Firmly press with fingers onto bottom and sides of ungreased 9-inch springform pan or baking dish. Bake in pre-heated oven at 350 degrees about 10 minutes or till lightly brown. Cool.

Filling:

- 16 oz. cream cheese
- 1/2 c. granulated sugar
- 1 Tbsp. lemon juice
- 3 eggs
- 1 c. sour cream or sour half and half

Combine cream cheese, sugar, and lemon juice, mixing at medium speed on electric mixer till well blended. Add eggs, one at a time, beating well after each addition. Blend in sour cream. Pour into prepared crust. Bake in preheated 350 degree oven about 50 minutes.

Optional:

- 1 c. sour cream or sour half and half
- 2 Tbsp. granulated sugar
- 1-2 tsp. vanilla

Combine all ingredients and mix well. Spread over baked cheesecake. Continue baking in moderate oven (350) about 10 minutes. Loosen cake from rim of pan; cool before removing rim. Chill several hours before serving. Garnish with fruit, if desired.

\*\*\*\*\* BAKED EGG POTATO OMELET \*\*\*\*\*

- 3 eggs, separated
- 3 Tbsp. cream or milk
- 1 c. mashed potatoes
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 c. chopped onion (very small)
- 1 Tbsp. chopped bell pepper
- 1 stalk chopped celery
- Butter

Add egg yolks and cream to potatoes and beat until smooth. Season to taste with salt and pepper. Stir in onion, bell peppers and celery. Beat egg whites until stiff. Fold into potato mixture. Place in buttered skillet and bake in moderate oven 350 degrees F. until brown. Turn on hot platter, serve at once. Serves 4-6.

\*\*\*\*\* MARY MARTIN'S SALAD DRESSING \*\*\*\*\*

Prepare your favorite garden salads.

- My suggestions:
- 4 or 5 broccoli florettes
  - 4 or 5 cauliflower florettes
  - 1 small bell pepper (cut in thin rings)
  - 1 small cucumber (cleaned and scored with fork)
  - 1 carrot, in grater slices, placed in ice water for crisping
  - 1/2 c. onion rings (thinly sliced)
  - 1/2 head crisp lettuce (break in bite size pieces with hand)
  - 2 large firm, ripe tomatoes (sliced 1/2 circles)
  - 1 boiled egg, sliced
  - Few small cubes of cheddar cheese

In a cup, pour in 1/4 c. vegetable oil. Add sugar until all oil is absorbed (about 2 tablespoons). Sprinkle in salt to taste and seasoning salt. Pour in vinegar, about 1 1/2 tablespoons, to make a paste; add a few drops lemon juice, stir oil and vinegar. Mix until syrupy (it should be thick). Pour over salad mixture, toss, serve.

\*\*\*\*\* TURKEY NOODLE CASSEROLE \*\*\*\*\*

- 1 lb. cubed turkey (cooked)
- 5 oz. egg noodles
- 1/2 c. chopped onion
- 1/2 c. chopped bell pepper
- 1/2 c. chopped celery
- 4 Tbsp. turkey fat or vegetable oil
- 2 Tbsp. flour
- 1 c. diluted evaporated milk
- 1 c. grated cheese
- 1-2 hard-boiled eggs, chopped
- 1 c. cream of mushroom soup
- 2 slices bread, cubed or crumbled

Cube 1 pound cooked turkey (set aside). Boil 6 oz. noodles till slightly tender; drain. Saute, in 2 tablespoons turkey fat or vegetable oil, the onion, green pepper and celery. Make a white sauce: in 2 tablespoons fat or vegetable oil, stir in flour to under brown (do not brown) on low heat in sauce pan; gradually add one cup diluted evaporated milk and stir until thickened. Add to this the onions, bell pepper and celery. Butter the insides and bottom of a baking dish (9 inches in diameter, 3 to 4 inches deep). Cover the bottom with a layer of noodles. Add a layer of cubed turkey.

Sprinkle a thin layer of grated cheese and a few cubes of boiled eggs and a few cubed mushrooms or a thin layer of cream of mushroom sauce. Add a layer of the onion, pepper and celery white sauce. Repeat the layering of egg noodles, turkey, cheese, boiled eggs, mushroom sauce and white sauce with vegetables until all ingredients are used up. Top with a final, sprinkle of grated cheese and cubed bread crumbs (2 slices) that have been tossed in 1 tablespoon Oleo or butter until evenly coated (nut brown). Bake for 20 minutes or until lightly brown and sauce begins to bubble out. Serves 10-12. Note: Turkey may be substituted by tuna or chicken.

\*\*\*\*\* FISHERMAN'S DELIGHT \*\*\*\*\*

- 2 lb. pan-dressed sea perch, pan trout or other small fish
- 2 Tbsp. lemon juice
- 2 Tbsp. salt
- 1/4 tsp. pepper
- 1 lb. sliced (beef) bacon

Thaw frozen fish. Clean, wash, and dry fish. Brush inside of fish with lemon juice. Sprinkle with salt and pepper. Wrap each fish with a slice of bacon. Place fish in well-greased, hinged wire grills. Cook on a barbecue grill about 5 inches from moderately hot coals for 10 to 15 minutes or until bacon is crisp. Turn and cook for 10 minutes longer or until bacon is crisp and fish flakes easily when tested with a fork. Serves 6.

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JAMES "SMUGGIE" MITCHELL  
James Edward Mitchell Jr., son of Mr. and Mrs. James Mitchell of 3401 Merrill Place, received his B.B.A. degree from North Carolina Central University on May 12, 1985. James majored in Business Administration concentrating in Information Systems. While matriculating at NCCU, James, better known as "Smuggie," was involved in various extra-curricular activities. He held such offices as President of the Charlotte's Finest Social Club, Business Manager, Editor-In-Chief of the Eagle Yearbook Staff, Treasurer of Data Processing Management Club, Chairman of Membership for NAACP, Secretary for College Young Democrats, and is a member of Phi Beta Lambda Business Fraternity. "Smuggie" pledged the mighty Tau Psi Chapter of Omega Psi Phi Fraternity, Inc., where he served as Chapter Reporter, Keeper of Records & Seals, and Dean of Pledges.  
Based on James' academic achievements and extra-curriculum activities, he was selected as an Outstanding Young Man of America, and as one of the country's most outstanding campus leaders by the Who's Who Among Students in American Universities and Colleges.  
James' future aspirations include being employed as an application programmer and becoming a systems analyst for a firm.  
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