

Carrie Johnson Confirms

"The Southern Way Of Doing Things"

By Paula R. Materre
For Kraft, Inc.
Special To The Post

Looking for good regional eats always points us in the place where cooking begins, at home in the kitchen. Far from the excitement of Beale Street, we visited Mrs. Carrie Johnson in her lovely, comfortable home in the White Haven section of Memphis. A widow, Mrs. Johnson says she has gotten away from cooking these days, but frankly the Kraft team didn't notice.

"I can't make anything much without my spreads," she laughed, referring to some Kraft cheese products she added to the tasty Broccoli Casserole dish she served. With it, we got a sweet surprise of her own Pickled

Carrot Dish. This beautiful, rich-looking vegetable dish is prepared with tomato soup.

Mrs. Johnson says most of her main dishes revolve around vegetables, her favorite. "Up until two years ago, I always had a garden," she says. "I grew cucumbers, yellow squash, eggplant, tomatoes, okra, bell peppers and, of course, turnip greens. That's the old Southern way."

Like many of the Memphians we met, Mrs. Johnson was born in Mississippi and grew up in Memphis, so she can definitely confirm the Southern way of doing things. In another hospitable tradition, she pulled out some leftover pound cake with lemon glaze. Desserts are a must after meals, and in

Memphis the ice box pie is a famous no-cook delight. Mrs. Johnson's quick way is with sweetened condensed milk, graham cracker crust, lemon juice, margarine, and eggs. This gracious hostess, who loves preparing for her friends and church functions, also creates a chocolate ice box pie, and a "millionaire" version made with several different juices.

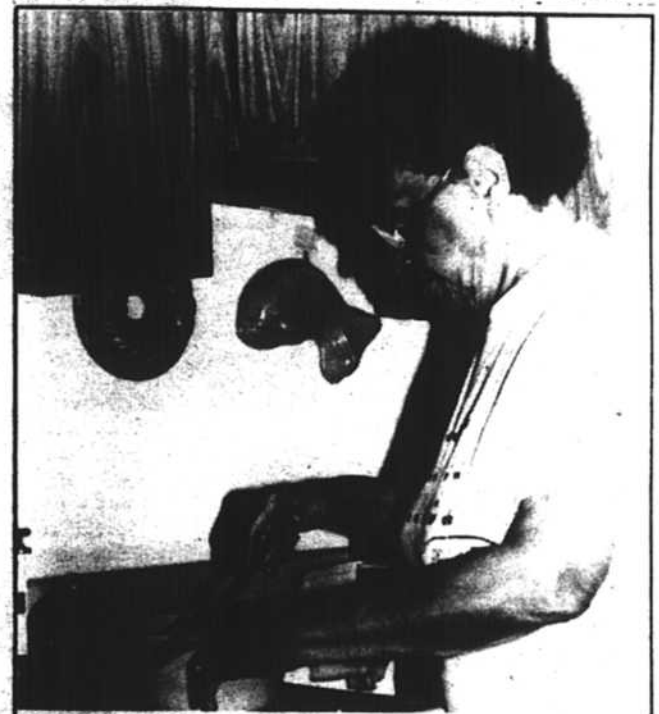
Mrs. Johnson's carrot dish served as the inspiration for Pickled Carrots. A delicious accompaniment to barbecue, this recipe makes excellent use of fresh garden produce that is also available year-round in local supermarkets. This crisp carrot dish is distinguished by the tangy combination of

brown sugar and Catalina brand dressing from Kraft which binds the carrots, green peppers and onions.

— PICKLED CARROTS —

- 1 c. chopped green pepper
- 2/3 c. chopped onion
- 1/4 c. Catalina brand French dressing
- 4 c. 1-inch carrot pieces, cooked
- 2 Tbsp. packed brown sugar

Saute green peppers and onions in 1/4 cup dressing over low heat. Add remaining dressing, carrots and sugar; cook, stirring occasionally, until thoroughly heated. Place in shallow baking dish. Cover; marinate in refrigerator several hours or overnight. Makes 6-8 servings.



At home, Creola Robinson stirs up a bit of lunch. If you like carried turkey, this recipe's for you.

TURKEY CURRY SALAD

- | | |
|--|--|
| 2 sm. pineapples | 2 Tbsp. finely chopped onion
Salt and pepper |
| 2/3 c. Miracle Whip salad dressing | Shredded lettuce |
| 3/4 tsp. curry powder | 1 8-oz. pkg. J.L. Kraft |
| 3 c. chopped, cooked turkey or chicken | Select mild natural colby cheese, cut length-wise into 1/2-inch slices |
| 1/2 c. celery slices | Whole cloves |
| 1/4 c. chopped green pepper | Alfalfa sprouts |

Cut pineapples in half lengthwise through crowns. Remove pineapple, leaving shells intact. Core pineapple; cut into chunks. Remove crowns; turn cut-side down and attach to shells with wooden picks to resemble turkey feathers. Combine salad dressing and curry; mix well. Add 2 cups pineapple chunks, turkey, 1 cup grape halves, celery, green peppers and onions; mix lightly. Season to taste. Chill several hours. Fill bottom of shells with lettuce; top with turkey salad. Inset 3-inch wooden skewers into shells for turkey necks. Place grapes on skewers. Cut turkey heads from cheese; use cloves for eyes. Attach to skewers. Place shells on alfalfa sprouts-lined plates. Makes 4 servings. Variations: Serve with toasted flaked coconut, raisins, peanuts, pecans, toasted almonds, crisply cooked bacon, crumbled, or blue cheese crumbles.

THANK YOU FOR
READING THE POST

SISTER MARGO

Got bad luck, life seems to be treating you bad? Do you have a pain in your body and the doctors say there is nothing wrong with you? Do you want your loved one or sweetheart back? Do you suffer from lack of money? Do you want to win in everything that you do? Do you have drinking problems? Did your husband or wife leave you and you did not know why? One letter will convince you that Sister Margo can help you. She can help in love, marriage, business, health, divorce, lawsuits, luck, happiness, money. No power on earth is greater than her power. God gave her the power to heal and protect. She solemnly swears successes where others fail. YOU'VE RECEIVED HER MESSAGE, AVOID IT NO LONGER!

One Visit Is All You Need

Mrs. T.M. writes: Someone has come between me and my boyfriend and we separated. We couldn't get along. I just couldn't hold him, no matter what I did. He was seeing another woman and I didn't think I would ever get him back, but I loved him and that's why I went to Sister Margo. Thanks to her and her prayers, we are married and very happy in our new home!



Mrs. T. M.

HELP AWAITS YOU!

2823 The Plaza

374-9160

Fruitcake Is Centuries-Long Tradition

If you're a fruitcake devotee, you're probably looking forward to the Christmas holidays with mouth-watering anticipation. Fruitcakes and Christmas have been a tradition for centuries, and if you bake your own cake, there are more recipes to choose from than you can shake a Yule log at - from Merry Old England, Scotland, Belgium, France, the Orient (really!), and even a recipe from Turkey that features a semi-sweet chocolate frosting (Turkish chocolate, of course). There are a variety of finishing touches too, with some recipes for basting (or soaking for weeks) with sherry, bourbon or Irish whiskey. But, many use no alcohol at all.

Millions of families, however, will be sampling tasty, commercially manufactured fruitcakes that have become an integral part of yet another American yuletide tradition - the sale of the cakes by service clubs throughout the nation as part of fund-raising programs to com-



This is just one of many types of fruitcake holiday merry-makers will enjoy this year.

bat disease, physical and emotional handicaps and poverty, and to support worthwhile charitable causes.

Lions Clubs, for instance, sell fruitcakes in the national sight-saving program; Kiwanis Clubs sell the cakes to raise money for community projects and to fight world hunger;

Optimists Clubs use cake sale profits to sponsor organized youth activities of various kinds; Rotarians sponsor college scholarships.

"World's Fruitcake Center"

The vast bulk of fruitcakes sold by service clubs come from a place that could be properly called, "The World's Fruitcake center" - the state of Georgia. In the small town of Bogart alone, the Old Home Kitchens Division of Benson's, Inc., a major wholesale baker, manufactures close to five million pounds of Old Home Fruitcakes each year, strictly for sale to non-profit organizations for fund raising. The moist, dark fruitcakes are made from a non-alcoholic mixture that's one-third batter, two-thirds fruit and nuts. The raisins and almonds come from California; pineapples from Central America; cherries from Michigan, and pecans from Georgia (of course!). Cakes are baked in 2,000-

pound batches, and are shipped pre-sliced in one-, two-, and three-pound sizes.

During the busy, pre-holiday times, the bakery employs a nationwide network of local community representatives and approximately 20 University of Georgia students who fill orders and make new contacts with service clubs by telephone.

The firm has also developed other products for non-profit groups to use for fund raising programs any time of the year. Among these are pound cakes, "giant cookies" and specialty breads. If you'd like a free booklet on successful fund raising, call toll-free: 1-800-241-7080; or write, Benson's Old Home Kitchens, P. O. Box 1432, Athena, GA 30613.

STACK THE DECK
IN YOUR FAVOR

Read The Charlotte
Post and become
informed.

Call 376-0496 For Subscription
\$17.76 Yearly Rate

