Page 14A - THE CHARLOTTE POST - Thursday, May 1, 1986 Who's Who In The Kitchen

Bertha Alexander Has Been Cooking "Ever Since I Was Big Enough"

By Audrey C. Lodato Post Staff Writer

Pest Staff Writer When Bertha Alexander retired nine years ago, she was manager of the cafeteria at Jefferson-Pilot Communications Co., owner of WBT Radio and WBTV. "I enjoyed every bit about work-ing there," Ms. Alexander remarks. "I knew all the radio and TV personalities. Jim Patterson had tears in his eyes when I left. I love all of them out there. They treated me like I was a queen." One of the autographs on her card reads, "Will miss the combread, the mustard greens, and you." She was with Jefferson-Pilot for 17 years.

A native of Georgia, Ms. lexander was raised by her randmother after her mother died. ater, her father brought her to harlotte, where he worked in instruction.

Instruction. "Ever since I was big enough, I've sen cooking, ironing, and taking are of people's children," she tates, and adds, "and made a good ving at it!" Her first job in Charlotte was at a coarding house. Numerous other

ding house. Numerous other ing jobs filled her years before went to Jefferson-Pilot. In husband, Henry Alexander, a great fan of her culinary s. "Every Sunday, I would have pies," she recalls. "He didn't what I cooked, he acted like it the best."

what I cooked, he acted like it the best." as of her favorites that everyone med to love was her strawberry topped with whipped cream. The of Ms, Alexander's favorite bies is fishing. "Lused to go with husband and just loved it," she s. She once caught a yard-long sheral off a pier at Top Sail. (Mr. cander, who worked for the Post ce, died two years ago.) er other hubbles? "Cooking and ng." she answers. s. Alexander has been a mem-of Gethsemane AME Zion rch for more than 35 years. She mgs to the Usher Board and sionary Circle No. 4. ere is a sampling of her favorite pes.

Ms. Alexander serves up a slice of her famous Cream Cheese Pour Great with coffee, tea, or milk.

M CHEESE POUNDCAKE	CONGO SQUARES
. margarine, softened	1 box light brown sugar
c. butter, softened.	1 1)3 sticks butter
8 oz.) pkg. cream	3 eggs 3 c. self-rising flour
cheese, softened	1 c. chopped pecans
	6 oz. chocolate chips,
e. sifted flour	Cream butter and sugar. Beat in
sp. vanilla	eggs, one at a time. Add flour
ine first three ingredients,	gradually till mixed in. Fold in
ning well. Gradually add , beating til light and fluffy.	nuts and chocolate chips. Bake
ggs one at a time; beat well	30-35 minutes at 350 in greased 9x13" pan.
each addition. Stir in flour.	
vanilla. Bake 1 hour and 45	BLUE CHEESE DRESSING
tes at 325 in well-greased able pan. Cool 10 minutes in	8 oz. sour cream
then remove from pan and	2 c. mayonnaise
ompletely.	1/2 Tbsp. tabasco sauce
	1 Tbsp. lemon juice 1 tsp. vinegar
BEEF ROAST	i tsp. salt
n meat of all sides. Turn	14 tsp. black pepper
to low, salt and pepper	4 oz. blue cheese, crumbled
a, and cover. Do not add	1 clove garlic, mashed
gravy. May also roast in	1 small onion, chopped
manner in oven, with fat on	Combine all ingredients well.
、這些影響的建設這個在有分別是是在影響	Keep refrigerated.

Stretch Food Stamps By Planting Garden

10"

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nts - Food stamp recipients retch their food stamp bene-d improve their families' diets ning vegetible gardens this

According to Edward V. avidson, southeast regional frector of the food stamp program, nod stamps can be used to pur-hase seeds and plants to produce bod in a home garden. "Of course," he said, "not veryone has garden space, but it is

surprising how many vegetables can be grown in a small plot in the backward or even in containers on an apartment patio." apartment patio." Davidson explained that there is no expiration date on food stamps. Food stamp families who reduce their food purchases during the summer months by growing their own vegetables could save some of their food stamps to help with their winter food budgets. "A U.S. Department of Agricul-

ture survey has found that low-income families often purchase less vegetables and fruit than are needed for a nutritious diet." Davidson sati. but can also improve families' diet by increasing the availability of fresh foods."

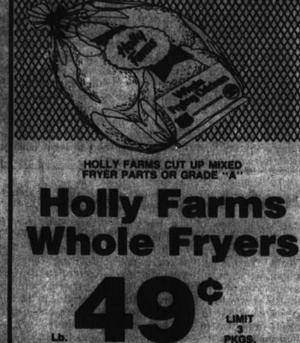
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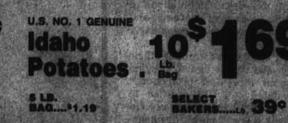
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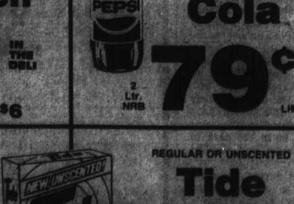


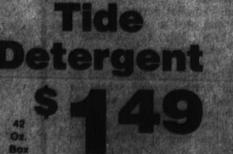
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