

Who's Who In The Kitchen

Bertha Alexander Has Been Cooking

"Ever Since I Was Big Enough"

By Audrey C. Lodato  
Post 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 WBT-TV.

"I enjoyed every bit about working 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 cornbread, the mustard greens, and you."

She was with Jefferson-Pilot for 17 years.

A native of Georgia, Ms. Alexander was raised by her grandmother after her mother died. Later, her father brought her to Charlotte, where he worked in construction.

"Ever since I was big enough, I've been cooking, ironing, and taking care of people's children," she states, and adds, "and made a good living at it!"

Her first job in Charlotte was at a boarding house. Numerous other cooking jobs filled her years before she went to Jefferson-Pilot.

Her husband, Henry Alexander, was a great fan of her culinary skills. "Every Sunday, I would have two pies," she recalls. "He didn't care what I cooked, he acted like it was the best."

One of her favorites that everyone seemed to love was her strawberry pie topped with whipped cream.

One of Ms. Alexander's favorite hobbies is fishing. "I used to go with my husband and just loved it," she says. She once caught a yard-long mackerel off a pier at Top Sail. (Mr. Alexander, who worked for the Post Office, died two years ago.)

Her other hobbies? "Cooking and eating," she answers.

Ms. Alexander has been a member of Gethsemane A.M.E. Zion Church for more than 35 years. She belongs to the Usher Board and Missionary Circle No. 4.

Here's a sampling of her favorite recipes.



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

**CREAM CHEESE POUNDCAKE**

- 1 c. margarine, softened
- 1/4 c. butter, softened
- 1 (8 oz.) pkg. cream cheese, softened
- 3 c. sugar
- 6 eggs
- 3 c. sifted flour
- 2 tsp. vanilla

Combine first three ingredients, creaming well. Gradually add sugar, beating till light and fluffy. Add eggs one at a time; beat well after each addition. Stir in flour, then vanilla. Bake 1 hour and 45 minutes at 325 in well-greased 10" tube pan. Cool 10 minutes in pan, then remove from pan and cool completely.

**BEEF ROAST**

Brown meat on all sides. Turn heat to low, salt and pepper roast, and cover. Do not add water. Serve with its own juice or make gravy. May also roast in same manner in oven, with fat on top.

**CONGO SQUARES**

- 1 box light brown sugar
- 1 1/3 sticks butter
- 3 eggs
- 3 c. self-rising flour
- 1 c. chopped pecans
- 6 oz. chocolate chips

Cream butter and sugar. Beat in eggs, one at a time. Add flour gradually till mixed in. Fold in nuts and chocolate chips. Bake 30-35 minutes at 350 in greased 9x13" pan.

**BLUE CHEESE DRESSING**

- 1 tsp. Worcestershire sauce
- 8 oz. sour cream
- 2 c. mayonnaise
- 1/2 Tbsp. tabasco sauce
- 1 Tbsp. lemon juice
- 1 tsp. vinegar
- 1 tsp. salt
- 1/4 tsp. black pepper
- 4 oz. blue cheese, crumbled
- 1 clove garlic, mashed
- 1 small onion, chopped

Combine all ingredients well. Keep refrigerated.

Stretch Food Stamps By Planting Garden

Atlanta - Food stamp recipients can stretch their food stamp benefits and improve their families' diets by planting vegetable gardens this spring.

According to Edward V. Davidson, southeast regional director of the food stamp program, food stamps can be used to purchase seeds and plants to produce food in a home garden.

"Of course," he said, "not everyone has garden space, but it is

surprising how many vegetables can be grown in a small plot in the backyard or even in containers on an 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 said. "Gardening cannot only save money but can also improve families' diets by increasing the availability of fresh foods."

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