

# MARKET BASKET

By The Bureau of Home Economics,  
U. S. Department of Agriculture, and the Woman's Division of the  
President's Emergency Committee for Employment

## EGGS ANY STYLE

If you have ever lived on a farm, ever raised chickens anywhere, or for the matter if you have merely visited your country cousins, you must have been interested in the tribal names of the barnyard fowls. Think of half a dozen only, and you have traveled almost around the world, and glimpsed a thousand generations of the human race. Shanghai, Cochon China, Brahma, Leghorn, Dorking, Plymouth Rock—all the way from the Orient and Malaysia to Europe, and thence to America with our early colonists, came our chickens. And here they are bred and crossbred to perfect the

quality of their meat and eggs. Hens' eggs, then, we are reminded by the Bureau of Home Economics of the U. S. Department of Agriculture, are one of the oldest foods in the world, as well as one of the most important. Almost every nation has its typical way of using eggs. Many of those ways we see in the Chinese restaurant, the Italian, French, Spanish, Swedish, Russian or Mexican restaurant in our cities. Not so often do we copy these dishes at home, but we might well do so, for most of the other countries use eggs in combinations which are highly nourishing and economical.

Take egg foo young for instance. An omelet, really, with bean sprouts or mixed vegetables, and a little shredded cold chicken, served with a thickened soybean sauce. Canned bean sprouts, by the way, can be bought in many places, and fresh ones are always in the markets that are patronized by Chinese. Or possibly you sprout your own.

When it comes to salad dressings and sauces made with eggs, we find we owe one of our favorites to the Russians—a mayonnaise to which is added chopped green pepper, chilli cause, chopped chives, and a hard-cooked egg, chopped. There you have Russian dressing.

Among the cakes, or shall we say rather the confections, are the Swedish torte, made with eggs, sugar, potato flour and lemon juice for flavoring; and the German cinnamon sticks (Zimmestangen) made of egg whites, sugar, pounded almonds and cinnamon.

These dishes and the recipes given here have been taken from collections made by several authorities. It may be of course, that some of them have been Americanized, and certain it is that there are many more, from many more countries, that might well have been included but for limits of space.

## RECIPES

**Egg Foo Young Chinese Omelet**  
6 eggs, well beaten  
1 can bean sprouts of mixed vegetable, well drained.  
1-2 cup cold chicken or other meat, shredded.  
1-2 cup onion, shredded.

Mix well ingredients and put by half-cupfuls into skillet in which a little cooking oil has been heated. Cook in cake form. Fry until brown on one side, then turn and brown on other. Serve with sauce made by thickening soybean sauce with cornstarch.

**Stampa di Spinae**  
(Mold of spinach with eggs—Italian)  
1 cup milk.  
1 tablespoon butter  
1 tablespoon flour  
2 cups cooked spinach  
Grated cheese

3 eggs  
Brown stock  
Salt and pepper  
Make a smooth white sauce of the milk, butter and flour. Add to the cause the spinach, chopped very fine, a few tablespoons of grated cheese, the eggs beaten, a few tablespoons choppeycyE1 Y.sX00e1evpM of grated cheese, the eggs beaten, a few tablespoons of brown stock (or a bouillon cube dissolved in a little hot water, and salt and pepper to season. Mix thoroughly and pour into a buttered mold. Stream as a custard until it is firm, then turn it out on a hot platter. Brown stock or tomato sauce may be poured over this but it is excellent served hot just as it is.

**Salmon Souffle**  
2 cups (1 No. 1 can) salmon.  
1-2 cup bread crumbs  
1-2 cup milk  
3 eggs, separated.  
Salt and pepper  
Paprika  
Flake the salmon and remove the bones. Heat the bread crumbs in the milk for 5 minutes. Add the salmon, seasonings. Fold in the stiffly beaten well beaten egg yolks and the en whites. Pour into a buttered baking-dish, set into a pan of hot water, and bake in moderate oven (350 degrees F.) for 45 minutes, or until set.

**Zimmestangen**  
(German cinnamon sticks)  
4 egg whites  
3-4 pound sugar  
1 ounce cinnamon  
14 ounces pounded almonds.  
Beat the whites of eggs until stiff and stir with the sugar for 15 minutes, or until the sugar is practically dissolved. Then add the cinnamon and almonds to form a paste. Place little strips of this paste (about 3 inches long and 1-2 inch thick) on a buttered cookie sheet and bake in a moderately hot oven (375 degrees to 400 degrees F.)

**Says Republicans Will Sweep State**  
(Continued from Page One)  
eral Dennis G. Brummitt, both outstanding Democrats, but many other things as well that we know will appeal to 75 per cent of the Democrats in the State," Grissom continued. "As a result, we are confident that we are going to make tremendous gains in the next legislature and sweep the State in 1936. I am more confident than ever that I will be elected governor."

Some of the planks in the Republican platform adopted in Charlotte Thursday as reported out by the platform committee of which Jake Newell of Charlotte was chairman, which are

also being advocated by some of the Democratic leaders in the State, are as follows:

Repeal of the three per cent sales tax.

Decentralization of the State government.

Reduction in the automobile license registration fee to \$5 a year.

Elimination of many "bureaus, commissions and divisions" in the State government.

Elimination of high salaried State employees.

Other planks in the Republican platform but which are not being stressed even by anti-administration Democrats, are:

The continuation of State prohibition and strict enforcement of the Turfington Act, the State prohibition enforcement law.

Balancing of the State budget—but without indicating how it expects to do this.

Removal of the "political spoils system" from the State public schools. Fair and honest elections.

Elimination of professional lobbyists during sessions of the legislature.

Reduction in power and telephone rates, regarded as excessive at present.

Reduction of tobacco taxes in the interest of growers.

Discontinuance of all highway construction by the State until all highway bonds now outstanding have been paid off.

Complete State maintenance of all State and county highways.

Opposition to diversion of any of the revenues from the gasoline and automobile license taxes to other than highway purposes.

Most of these planks, however, are now contained in the present State Democratic platform, it is pointed out and quite a number have already been put into effect by past Democratic legislatures and the present administration. The 1933 General Assembly balanced the State budget, but had to enact the sales tax to do it. The 1933 legislature also passed an anti-lobbying bill which did more to eliminate lobbying than any thing else that has ever been done, according to those who witnessed its operation.

It is also pointed out that the State is not now and has not for three years built a foot of highway with State money and that all new highway construction during the past three years has been done with Federal funds. Attention is likewise called to the fact that a State legislature has no power to reduce the tax on tobacco, since the only tax on tobacco is levied by Congress and hence can only be reduced by it.

The present governor and the present Democratic platform are in favor of the retention and enforcement of the State prohibition law, although some observers think an attempt may be made by some wet Democrats to modify or repeal it in the next General Assembly. Current belief is that the dry plank was put in the Republican platform in order to attract the dry Democratic voters who voted with the Republicans against repeal of the eighteenth amendment last November.

It is regarded as significant that the Republican platform did not declare in favor of increasing teachers' salaries (the salaries of State employees or as favoring more money for schools) nor did the platform or any of the Republican speakers indicate from what sources they expected to get the revenue with which to operate the State government under their program.

**Cokesbury News**  
By MRS. ERNEST GILL  
We should feel very thankful for the beautiful weather we had on Easter. Hope everybody enjoyed a good sermon Sunday, and I am sure the young folks enjoyed their egg hunts and fishing parties on Monday.

Willie Gray Powell, a student of Wake Forest College, spent the Easter holidays with his mother, Mrs. B. W. Powell.

Mrs. R. F. King of Warrenton spent last week with her sister, Mrs. Ernest Gill and Mrs. Vernon Duke, Miss Emma Powell and Mr. Pritchard took her home Saturday afternoon.

Mrs. L. H. Longford delightfully entertained her Sunday school class

with an egg hunt Monday afternoon from 2 to 4 o'clock. The children gathered on the lawn and played games while the eggs were being hid. Frances Fleming was winner in finding the most, her number being 13. The children were served Easter eggs, home made cake and Mary Jane candy. Mrs. Langford was assisted in serving and entertaining by Mrs. Bill Rose, Sr. The children left about 4:30 fater expressing their appreciation to the hostess for their good time.

Mrs. Edward Gill and baby and Mrs. L. E. Gill spent Sunday with her grandmother Mrs. Sherin at Arcola, they also stopped by to see Mr. and Mrs. Raymond Harris.

Don't forget the club will meet with Mrs. Clem Fleming Friday, April 6th at 2:00 o'clock. We are expecting a good attendance.

Mrs. Lewis Reavis and children visited her sister Mrs. Lewis Moody Sunday afternoon.

We are very glad that Mrs. Henry Daniel and children are much improved. Mrs. Daniel had a very unusual occurrence, three of her children having double pneumonia at the same time. But we are glad they are all well now.

Miss Essie Coghill of Bearpond is spending several days with her aunt Mrs. N. H. Faulkner.

We are very sorry indeed to know that Rev. Mr. Dalrys daughter continues very ill in a hospital in Arizona.

## WILLIAMSBORO

**KATE T. BULLOCK**  
Misses Margaret and Francis Wilson visited Miss Evelyn O'Brien Monday.

Mr. and Mrs. Carl Wilson and children Margaret and Joyce and Mr. Eugene Wilson spent Easter Monday with Ed Wilson.

Mr. and Mrs. J. B. Harris and daughter Jo Ann of Henderson visited the Bullocks at Montpelier Sunday, afternoon.

Mr. and Mrs. C. C. O'Brien had as their Easter visitors Mr. and Mrs. Jennie Young and children, Ruth and James of Ahoskie Mrs. Strickland of Henderson, Mrs. Henderson, Mrs. A. Tillotson and children, M. T. and Ann of near Stovall, Mr. and Mrs. Clarence O'Brien and children, Benjamin, A. C., Jean, Charles and James of Hickshoro, Mr. and Mrs. Garland Norwood, Mr. and Mrs. Sidney O'Brien and daughter, Gertrude Mr. and Mrs. Clinton O'Brien and family.

Mrs. J. H. Thomas and Miss Lizzie Taylor visited Misses Laurie and Kate Bullock Sunday afternoon.

Mr. and Mrs. L. S. O'Brien and son John spent Monday with Mr. and Mrs. C. C. O'Brien.

Misses Mildred and Mary Hunter Hicks and Miss Minnie Wilson visited in Oxford Sunday afternoon.

Miss Mary Lee Matthews of Dabney spent Easter with Miss Evelyn O'Brien.

Miss Virginia Burrough of N. C. C. W. is spending the Easter holiday with her parents, Mr. and Mrs. C. S. Burroughs.

John Bullock spent Sunday night with his sisters, Mrs. J. E. and Mrs. N. D. Boyd.

Misses Laurie, Kate, Marv Ann Bullock and Master John Bullock spent Monday with Mrs. J. H. Thomas.

Mr. and Mrs. J. Claiborne of Henderson visited Mr. and Mrs. S. E. Wilson Monday.

Mr. and Mrs. S. E. Wilson and family visited Mr. and Mrs. Baker Shot-

well Sunday afternoon.  
Mrs. B. F. Barker spent Wednesday afternoon with Mrs. S. E. Wilson.  
Mrs. Garland Norwood, Mrs. Sidney O'Brien and daughter Gertrude visited Mrs. S. E. Wilson Tuesday afternoon.  
Mrs. M. A. Tippett of Grensboro is spending some time here with relatives.

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