

### Recipes Of The Week

By Miss EVELYN HANCOCK

Home Service Director  
Virginia Electric and Power Company

#### Cooks — Look!

Many gremlins sneak up on the unsuspecting beginner in the field

#### How mild can a cigarette be?

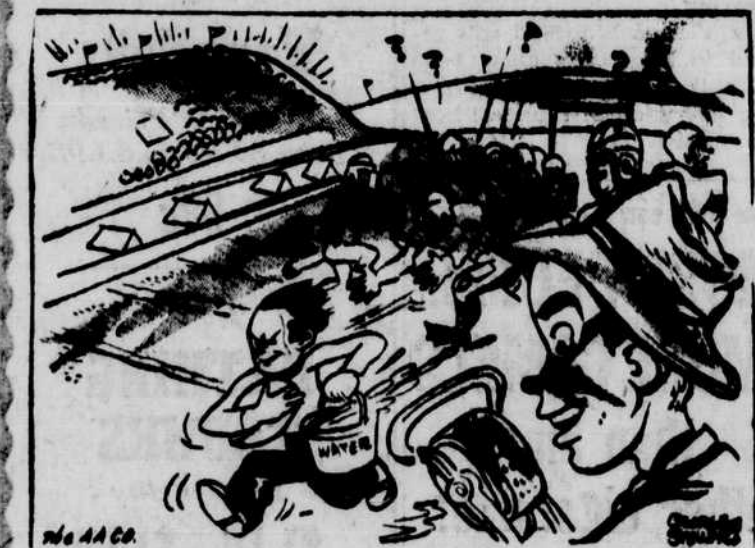
### MORE PEOPLE SMOKE CAMELS than any other cigarette!

and among the millions who do...



#### VIC RASCHI

Famous pitcher for the New York Yankees says: "Camel mildness agrees with my throat! And there's nothing so cheering as that Camel flavor!"



"That's the hottest water boy in the country. It should remind everyone to call Wheeler Manning at 2426 in Williamston and discuss their Fire Insurance needs with him."

of culinary art. If she isn't a victim of poor selection in the grocery store or balked by contrary equipment, she is tripped by misinterpreting terms in the kitchen department. For example, "score" has nothing to do with music when found in the cook book but means to cut narrow grooves or gashes. A "cobbler" doesn't make shoes but is a type of deep dish fruit pie made with rich biscuit dough with top and side crusts or with top crust only. Even an experienced cook wonders why a "bisque" can be either a rich cream soup or a frozen ice cream with nuts in it.

Provided ingredients, equipment, and terminology are all understood — measure is another thing to heckle the beginner. Today most recipes are given in standard level measurements so a standard set of measures is a must in every kitchen. Flour is always sifted once before measuring. Abbreviations most commonly used are:

t or tsp.—teaspoon; T or tbl. or tbsp. or tbsp.—tablespoon; c—cup; B. P.—baking powder.

Being faced with substitutions we have these equivalent measures:

Dry: 3t equal 1 T; 4 T equal 1-4 C; 16 T equal 1 C; 8 qt. equal 1 Peck (pk.); 4 pk. equal 1 Bushel (bu.); 4 T Cocoa equal 1 Oz. Chocolate (Cho.); 1 Oz. Chocolate equal 1 Sq. Chocolate; 1 Oz. Grated Chocolate equal 5 T; 1 Grated



Marta Toren and Howard Duff discover romance against the background of post-war European intrigue in Universal-International's dramatic "Spy Hunt." The film also stars Philip Friend, Robert Douglas, Philip Dorn and Walter Slezak with Kurt Kreuger featured. It is showing at the Vica Theatre Thursday and Friday.

Nutmeg equal 2 3-4 T; 1 Oz. Grated Spice equal 4 T; 1 C Lard equal 1 1-8 C Butter or Margarine; 1 C Butter equal 7-8 C Lard; 1 C Bread Flour equal 1 1-8 C Cake Flour; 1 C Cake Flour equal 7-8 C Bread Flour.

Liquid: 2 C equal 1 Pt.; 1 Pt. equal 1 Lb.; 4 C equal 1 Qt.; 2 Pts. equal 1 Qt.

If you know these measures equal one pound in weight it will save a job in mixing:  
2 C Milk, 2 C Butter, 2 C Chopped Nuts, 2 C Granulated Sugar, 2 2-3 C Brown Sugar, 2 C Lard, 3 C Powdered Sugar, 2 1-2 C Ground Coffee, 4 C Flour—unsifted, 3 C Corn Meal, 8-12 Eggs.

#### BROILER MEAL

Broiling does not require any special skill. When properly broiled, foods are tops in flavor, appearance, and appetite appeal. In addition they are easy to digest as there is no excess fat. It is the easiest, and quickest way to prepare a meat or a whole meal. There are times when every homemaker would prefer to do a quick meal that is equally as nutritious and appealing to her family as the one that she has spent hours to prepare. Few people think of doing complete meals on the broiler unit. Many combinations such as this one can be broiled successfully.

#### Cheeseburgers

Use your favorite recipe to

### Clubs To Observe 25th Anniversary

The 25th anniversary of the 4-H Club work in North Carolina will be celebrated at State College July 24-28 when the annual State 4-H Club Week is held with some 1,400 members from all parts of the State attending.

Program for the week has been announced by officials of the State College Extension Service. Most of the speakers will be former 4-H Club members. All were outstanding in club work and now are outstanding citizens in their respective fields.

The first State 4-H Club Week was held 25 years ago with less than 400 members attending. This year boys and girls from every county in the State will be present.

make hamburger steak. Place a slice of cheese in the center of a hamburger patty. Put equal amounts of hamburger on each side of the cheese. Place patties on center of broiler rack. Place broiler pan 3 inches from unit and broil 6 minutes on either side. After turning the cheeseburger, place the sweet potato supremes on rack around the cheeseburgers, and they will brown within the last 6 minutes.

### Social News

#### Business Visitor Here

Mrs. J. E. Smith of Windsor was a business visitor here Saturday.

#### Visited In Manteo Sunday

Mr. and Mrs. Thurston Wynne and son, Mr. and Mrs. Felton Keel visited in Nags Head and Manteo Sunday.

#### Spend Week-end At Nags Head

Mr. and Mrs. H. D. Carter spent the week-end at Nags Head.

#### Here From Boston

Mrs. Mary Powers of Boston is spending a few days here with her son, Patrolman M. F. Powers, and family.

L. R. Harrell, present State 4-H leader, has headed 4-H work for the full quarter of a century, and this year's program will be dedicated to him. He was responsible for combining the original corn clubs for boys and tomato clubs for girls into a single program. He also initiated the annual Club Week.

Governor Scott, one of the speakers for this year's program, is a former 4-H boy. Dr. J. H. Hilton, dean of agriculture at State College, who also will speak was once a 4-H member in Cabarrus County.

Highlight of the week will be the Silver Anniversary party on Tuesday evening, July 24, followed by the tapping of outstanding club boys and girls for membership in the State Honor Club.

A health Pageant will be given and the king and queen of health will be crowned on Wednesday evening. The outstanding feature Thursday night will be the annual dress revue presenting the work of 4-H girls. The special week will close with the traditional candle-lighting ceremony on Friday night.

The boys and girls will be guests of Governor and Mrs. Scott at the Mansion on Wednesday. In addition to the demonstrations and livestock judging contests, finals of the 4-H speaking contest will be held during Club Week for the first time.

Grade crossing tip: Figure the loss before you cross.

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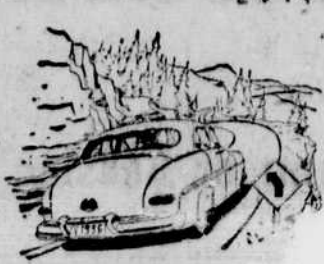
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#### The right roadability!

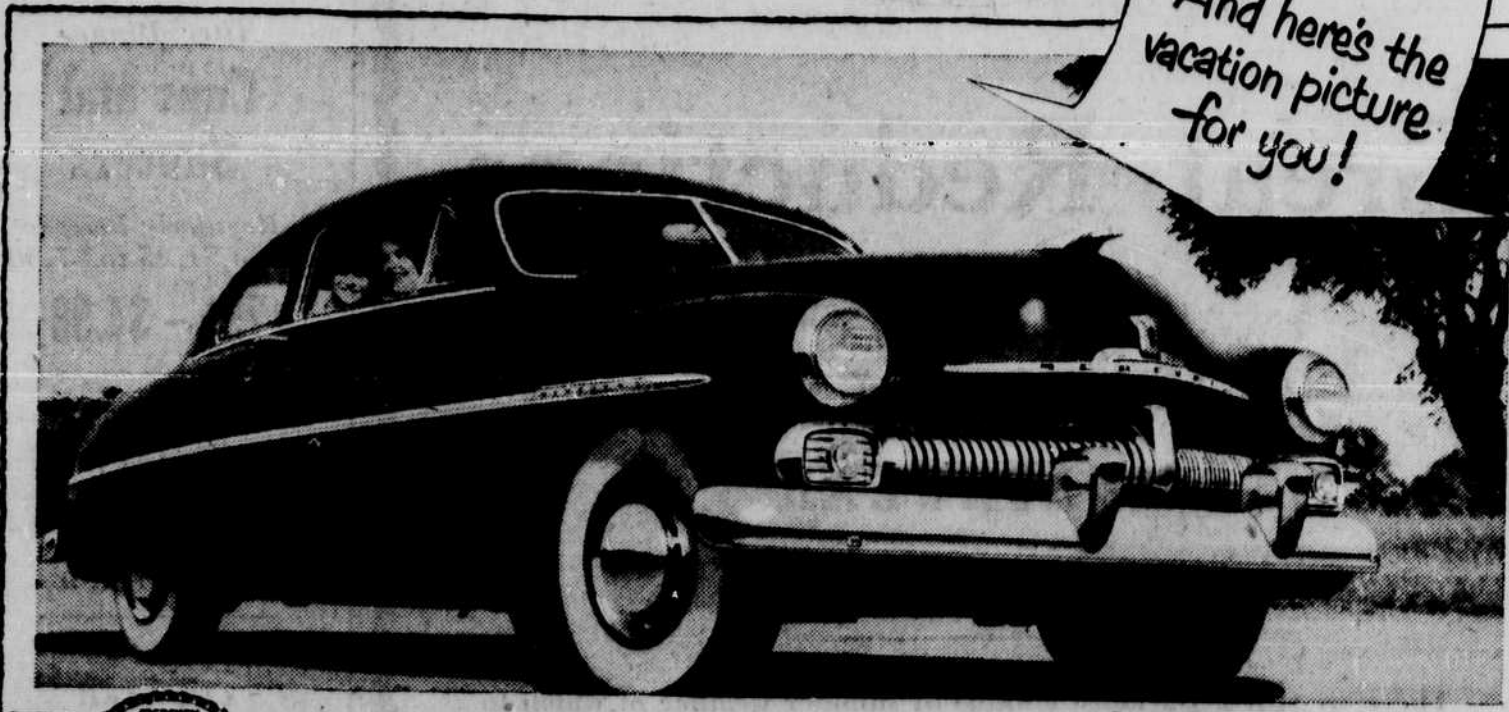
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