

Smokey Says:



There's No Profit in Wild Wood Fires!

STATE COLLEGE HINTS TO FARM HOMEMAKER

By Ruth Current
State Home Demonstration Agent

Slow and steady is the rule to remember when cooking bacon and sausage for best flavor, tender texture and least waste, home economists say. By keeping the heat low these meat products can be cooked thoroughly without drying, hardening, or scorching.

Slow cooking has another advantage. It saves the fat in these meats from reaching the smoking point where it becomes less digestible and changes the flavor.

Turn slices when partly cooked for even cooking on both sides.

Pour off the fat from the pan as the bacon cooks. When done lift onto absorbent paper to drain before serving.

Link sausage cakes may be pan-fried or oven-cooked. Take care not to prick the links when turning them with a fork because this lets out juice and flavor. To pan-fry links, place in a frying pan with a few tablespoons of water, cover and steam five minutes. Then remove the cover and cook over low heat, turning frequently until the sausage is brown and any water in the pan has cooked away. To pan-fry cakes, place in a cold frying pan and cook over low heat until cooked through and brown on both sides.

Cooking sausage in the oven takes longer but is convenient and economical if the oven is being used for other foods.

Baked Apples with Honey: Wash and core the apples and arrange in baking dish. Leave part of the core in the bottom of the apples. Fill the cavity with honey, using as much as the tartness of the apples requires. Top with 1-4 teaspoon butter. Add enough water to cover bottom of baking dish. Bake in moderate oven until apples are tender.

GARNER THE HUNTSMAN AT 80



FORMER VICE PRESIDENT John Nance Garner of Uvalde, Tex., polishes his rifle as he prepares to spend his 80th birthday in typical wide-open-spaces style. He went hunting on his extensive ranch. (International)

Powell To Speak At Meeting Of WNC Safety Council December 7

Mr. Clyde R. Powell, Director of Public Relations for Endicott Johnson Corporation and the Lehigh Safety Shoe Company, will be the featured speaker at the December meeting of the Western North Carolina Safety Council. The meeting is scheduled for 7:30 p. m. on Tuesday, Dec. 7, 1948; and will be at the plant of the Coca-Cola Bottling Company in Asheville, N. C.

Mr. Powell, one of America's outstanding industrial psychologists, has traveled extensively throughout the country, and is well known as a speaker, magician and hypnotist. He will speak

on "Putting the Sizzle in Safety", and will probably do some hypnotism and magic to illustrate his talk.

The election of Council officers for 1949 will be held prior to Mr. Powell's talk, it was announced by John M. Barnes of The Champion Paper and Fibre Company, Council Chairman.

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STATE COLLEGE ANSWERS TIMELY FARM QUESTIONS

QUESTION — What is a good recipe for making sausage?

ANSWER — For 50 pounds of pork (three-fourths lean and one-fourth fat) use the following: one pound fine table salt, 2 1-2 ounces finely ground black pepper, two ounces sage. Mix this thoroughly and spread evenly over meat.

HOME AGENT LISTS "PLENTIFUL FOODS"

Cheese has been added to the U. S. Department of Agriculture's plentiful foods list for December, Miss Mary Johnston, home demonstration agent for the State College Extension Service, said this week, in pointing up the good buys for the month for North Carolina shoppers. Large stocks of cheese have accumulated in recent months, and retail outlets should be well supplied, she added.

Pecans, of course, will be a good buy in the nut field, Miss Johnston said, with national production nearly a fifth larger than the previous record, and more than 40 per cent greater than last year.

For vegetable lovers, the home agent suggested Irish potatoes, onions, cabbage, carrots, and sweet potatoes—all USDA December plentifuls.

In listing the plentifuls, Miss Johnston explained that before foods can qualify for the monthly USDA list they must be commonly used, generally available, and in plentiful supply. When a food meets these qualifications, it usually offers consumers more for their dollar than other foods which are less plentiful.

Fresh fruits that qualify for the December list include cranberries, grapefruit, oranges, apples, grapes, and winter pears.

In addition, Miss Johnston said consumers should find plentiful supplies of such varied items as fruit spreads, peanut butter, honey, dried fruits, fresh and frozen fish, dried peas and beans, oat and corn products, canned peas, and Grade B eggs.

Then stir the meat well before chopping. Another recipe which is popular in North Carolina is one which includes red pepper. For 50 pounds of pork trimmings use the following: one pound salt, 1 1-2 ounces ground sage, if desired, 1 1-2 ounces black pepper, 1 1-2 ounces red pepper.

QUESTION — What trees are recommended for planting around the home?

ANSWER — John Harris, the "Tar Heel Gardener", says dogwood is one of the best. The crape myrtle, when allowed to grow naturally, will make a beautiful tree 25 to 40 feet high. Two other native trees which rank close to these are shadbush and redbud. Also, says Mr. Harris, there's no reason why cultivated fruit trees can't be used in the home grounds.

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