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A Cool Porch Will Turn That Meal Into A Party

By JOSEPHINE B. GIBSON
Director, Home Economics Dept., H. J. Heinz Company.

AS Spring fades into Summer, our appetites give warning that we require food of a type entirely different from that served during the colder months. This is the season when we experience a growing desire for cold cuts, chilled vegetables, relishes and crisp salads—accompanied by iced drinks in tall, clinking glasses.

However generously these summer-time dishes are woven into our meals, though, the digestive system is apt to rebel at a menu exclusively frigid; and it is best to have at least one hot dish served at dinner, no matter how torrid the day.

If the family dreads the summons that takes them into a warm house to eat, why not spring a surprise by serving a plate dinner on the porch or under a shady tree? After a session in a heated kitchen, you will find the evening meal doubly enjoyable when eaten out-of-doors. And the service can be reduced to a minimum by placing the coffee or other beverage on a convenient table in advance, and presenting all the food at one time on a platter.

Below are given menus for several appetizing porch suppers that even the busiest housewife will find quite easy to prepare and serve on a warm summer evening:

Supper Salad *Stuffed Rolls*
Sandwich Relish Sandwiches
Sliced Tomatoes
Fig Pudding with Sauce
or Ice Cream
Coffee or Hot Tea

Thin Slices Broiled Ham
Welsh Rarebit with Kidney Beans on Buttered Toast
Fresh Cucumber Pickles
Hot Biscuit or Muffins
Pure Apple Butter
Fresh Strawberry Sundae
Rice Flake Macaroons
Iced Tea

Cold Ham or Tongue
Oven Baked Beans
Sweet Mustard Pickles Cole Slaw
Boston Brown Bread and Butter Sandwiches
Fresh Cherry Pie
Iced Tea or Coffee

Supper Salad: Mix 2 cups diced cooked ham, ¾ cup cooked peas and 3 tablespoons India Relish together, and mix well with French Dressing. Chill thoroughly, arrange on crisp lettuce leaves, and garnish with slices of hard cooked egg. Serve with Russian or Mayonnaise Salad Dressing.

Stuffed Rolls: Cut tops from fresh rolls, scoop out part of the centers, and fill with a mixture of hard cooked eggs and Mayonnaise Salad Dressing, celery and Mayonnaise Salad Dressing, Spanish Olives and Mayonnaise Salad Dressing, or any other simple fillings. These are good with meat salads.

Welsh Rarebit with Kidney Beans on Buttered Toast:—Melt 2 tablespoons butter in a saucepan, remove from fire and mix with 2 tablespoons flour. Scald 1 cup milk and stir into the butter and flour. Cook in a double boiler until the mixture thickens, stirring constantly. Then beat in 2 cup grated American cheese and when the cheese melts add 1 small can Oven Baked Kidney Beans, from which the sauce has been drained. Sprinkle with salt and pepper, and serve on slices of toast or hot biscuits.

Rice Flake Macaroons: To one unbeaten egg white gradually add ½ cup sugar, then ½ cup coconut, ½ teaspoon vanilla, and fold in 1 cup Rice Flakes. Drop by teaspoonfuls on a waxed paper on a baking sheet. Bake in moderate oven for 15 minutes. Place the waxed paper on a damp table or board for a few minutes, when the macaroons may be easily lifted from the paper.

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SHAKIN' SAM SEZ

By LANK

Lawd today! De way de chief o' po-leece here takes out after speedin' cars is nobody's biszness. I'se seen cars go thoo here purty fas', an' right behin' some o' dem you will see de chief in his autermobeel, wit' his siren growlin' at de car in front. I even seen him take out after a motorcycle las' Sunday, an' he caught it, too, by gad.

SSS

Somebody wanted me t' set up Monday night twell after midnight to watch fer de shower o' meteors, whatever dey is. But shucks, I wuz too darn sleepy fer dat. I worked Monday night twell almost 'leven o'clock, an' I didn't feel like settin' up lookin' fer none o' dem things. But a feller tol' me dat he got up two er three times an' looked an' looked, but didn't see nothin' onusual. I guess he wuz tellin' de trufe, but other peepul here set up an' seen de things, an' come to find out dat a meteor ain't nothin' in de worl' but shootin' stars. Well, I'se seen plenty o' dem befo', in mo' ways dan one.

SSS

I'se got another endurance record planned to try fer, but I'se skeered I won't be able to do dat. De idee is dis—I'd like t' 'stablish a endurance record fer sleepin'. Now, I bet I could shine in a contest like dat. I slep' fer 36 hours on a stretch at one time, an' I wuzn't even tryin'.

SSS

Somebody asked me t' go t' New York wid him de other day, but law, me, de way times is wid me right now, I'd do darn well t' git to Volga. I sho' would like t' go to de big town, though. But I guess I'll have to stay 'roun' here a while an' hunt de bullfrogs. I don't b'leeve I'se got dem all ketched yit.

NOTICE OF APPLICATION FOR PARDON

Notice is hereby given that the undersigned, who was convicted at the February term of the Superior Court of Madison County of forgery, and sentenced to serve two years in the State Prison, will apply to the Governor for pardon or parole.

This Aug. 6th, 1930.

SAM HENSLEY.

Aug. 8, 12. pd

NOTICE!

STATE OF NORTH CAROLINA—COUNTY OF MADISON.

In the Superior Court

Daisy Kirkpatrick
vs.
Ben Kirkpatrick

The defendant above named will take notice that an action entitled as above has been commenced in the Superior Court of Madison County for divorce a vinculo and the said defendant will further take notice that he is required to appear on the 15th day of Sept., 1930, before the undersigned Clerk of Superior Court at the courthouse of said county in Marshall, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the court for the relief demanded in said complaint.

I. HUBERT DAVIS, Clerk of the Superior Court.

This 7th day of Aug., 1930.

Aug. 8, 15, 22, 29.

AFFLICTIONS

Is there more sorrow or joy in the Christian life? There is an experience and cup of sorrow in every true Christian life, that deepens and sweetens the capacity for joy. At times mourning is more in order than gayety. It is said in Lev. 16:29,30, "On the tenth day of the month, ye shall afflict your souls, for on that day shall the priest make an atonement for you."

It is said of the worldly or sorrowing professors, "Woe to them that are at ease in Zion—"that cause the seat of violence to come near; that lie upon beds of ivory, and stretch themselves upon their couches," that eat, drink, and only and make merry, but "they are not grieved for the affliction of God's little ones. They are not interested as they should be in the salvation of souls and the upbuilding of Christ's kingdom.

Christians knows what it is to have sorrow; they also experience the sweetest joys. It is well to be thus forearmed.

The world likes to go its pleasure-loving and ease-going way. Its ways are all criss-cross and topsy-turvy to the ways of the Christian. "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, thou wilt not despise." "In the world ye shall have tribulation; but be of god cheer, I have overcome the world." The Christian's view and hope is not limited to the short, fleeting scenes of this world.

WELZIE O. RAY
658 Abbott St.,
Detroit, Mich.

More than 100 farmers attended the first boll weevil control demonstration ever given in the county last week.

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U. S. TOBACCO EXPORTS INCREASE IN FIRST HALF OF YEAR: Exports of all types of tobacco leaf from the United States showed an increase of approximately 17 per cent in volume during the first six months of the current year as compared with the similar period of 1928, according to the Tobacco Division, Department of Commerce.

The total for the 1930 period is 260,268,347 pounds, an increase of 37,776,814 pounds over the total of 222,491,533 for last year's period.

Including all manufactured products the total exports of tobacco from the United States during the first six months of 1930 amounted to $62,116,441 as compared with $63,193,978 for last year.

Exports of tobacco leaf alone an increase in value from the United States during the first six months of 1930 amounted to $62,116,441, as compared with $63,193,978, for last year.

Exports of tobacco leaf alone showed an increase in value from $51,800,668, in the first half of 1929 to $55,123,830 in 1930.

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EXCEPTIONAL SALADS

WE all want salads in summer. They form a cool and refreshing part of the diet, and furnish mineral salts and vitamins beside acting as a whip to jaded appetites. But those jaded appetites are just the thing we have in mind. We want salads, but we want new salads with new tastes and colors as well as the old standbys which everyone likes.

What are some of the things that can find a proper place in salads? The list is one of astonishing variety and length. It includes not only vegetables and fruits, but meats, nuts, cheese, consommé, gelatin and fish.

An Almost Endless Choice

Among the vegetables which are served in modern salads are tomatoes, peas, cabbage, beets, string beans, asparagus, cauliflower, potatoes, chickory, peppers, celery, artichokes, radishes, corn, onions, carrots, lettuce, parsley, spinach, cucumbers, capers and pimientos.

Among the fruits are alligator pears, cherries, cranberries, oranges, grapefruit, hearts of palms, apples, pears, grapes, pineapples, dates, watermelon, apricots, peaches, coconuts, olives, and ginger.

The meats include turkey, chicken, sweetbreads, tongue, ham and roast beef.

The chief nuts used are almonds, walnuts, chestnuts and pecans; and the cheeses are Roquefort, American and cream.

Consommé, gelatin and marshmallows frequently form part of a summer salad, and the fish include shrimp, crabs, lobster, tuna, salmon and sardines.

Some Meat Salads

But let's get specific and tell some of the ways in which this bewildering array of ingredients can be used to make tempting salads. Here's a hearty one to be served from a buffet table to people who come in hungry from outdoor sports:

Turkey, Sweetbread and Pineapple Salad: Toss together lightly one cup cold diced turkey, one cup cold diced sweetbreads, one-half cup white grapes, skinned and seeded, and one-half cup diced pineapple. Season with salt and pepper, and moisten slightly with mayonnaise. Pile on a large chop plate or in a big salad bowl well garnished with lettuce. This recipe will serve eight people.

Financier's Luncheon Salad: Cut cold rare roast beef in thin, small shavings, drain a can of stringless beans, and slice one cucumber very thin. Marinate the meat, beans, cucumbers and some canned artichoke hearts separately in French dressing very thoroughly before serving. Then pile the beef in a lettuce leaf in center of plate, and surround with three small heaps holding a spoonful each of the three vegetables.

Salads Including Nuts

Pear, Cheese and Nut Salad: Drain two cups of canned pears, and marinate thoroughly in one-fourth cup French dressing. Drain. Add one-half cup diced American cheese, and one-half cup chopped nuts, mix with mayonnaise, and serve on lettuce.

Grapefruit and Almond Salad: Toss together lightly the contents of one No. 2 can grapefruit, one cup shredded blanched almonds, one-half cup chopped dates, one-fourth cup preserved ginger, and one green pepper cut in rings. Dress with French dressing made with grapefruit juice instead of vinegar. Serve in lettuce cups and garnish with tiny hearts cut out of canned pimiento.

A Fine Fruit Salad

Witch Salad was devised for Hallowe'en, but it tastes equally good any other day in the year. To make it, mix one cup chopped apple, one cup chopped celery, and one-half cup chopped dates, and moisten well with mayonnaise. Arrange a mound of this mixture in the center of nests of shredded lettuce. Over each invert a half peach, rounded side up, from a No. 2½ can of peaches. On each peach make a face, using whole cloves for eyes and nose and narrow strips of canned pimiento for the mouth. Pass extra mayonnaise with the salad. This recipe will serve eight.

Some Salmon Salads

Salmon and Rice Salad with Deviled Eggs: Mix together very gently, so as not to mash, the contents of a No. 1 can of salmon, one cup boiled rice and one and one-half cups sliced celery. Marinate fifteen minutes in French dressing. Add one tablespoon capers, one-fourth cup chopped sweet pickles, and one-fourth cup sliced radishes, and moisten slightly with mayonnaise. Arrange in a large bowl lined with lettuce, mask with mayonnaise, and arrange eight deviled eggs halves around the edge. This recipe will serve eight.

Salmon Aspic in Cucumber Boats: Mash the contents of one large can of salmon. Soft three-fourths one tablespoon gelatin, twelve whole cloves, twelve pepper-corns, six allspice berries and one-eighth teaspoon salt two minutes. Pour hot over the salmon, and let stand several hours. Drain and serve cold in cucumber boats, or on lettuce garnished with sliced cucumbers. This recipe will serve eight.