

Sarah Ann's Cooking Class

We should all entertain more often, plan it in the best manner in keeping with the circumstances. A pleasant home atmosphere, a hostess gracious and unhurried, delicious food served simply, will be remembered after the menu has been forgotten.

Ham Souffle

Make a white sauce of 1 cup milk, 4 tablespoons flour and 3 tablespoons butter to which have been added 1/2 teaspoon salt, pepper and cayenne. Cool the sauce and add the beaten yolks of 3 eggs and 1/2 cup of ground cooked ham. Then fold in the beaten egg whites of 3 eggs. Pour into buttered baking dish. Bake in a pan of hot water in an oven 325 degrees for one hour. Serve with mustard sauce.

Mustard Sauce

Brown 2 tablespoons of butter in 2 tablespoons of flour, stirring well. Add 1 cup of hot vegetable stock and cook until smooth. Season with 1/2 teaspoon salt, pepper, tablespoon dry mustard and 2 tablespoons lemon juice and a few grains of sugar.

This dish with baked potatoes makes an excellent main course dish.

Soon Bread

Mix together 1 cup corn meal, 1 teaspoon baking powder, 1 tablespoon sugar and 1/2 teaspoon salt. Beat 2 eggs and to them add 2 cups milk and

2 tablespoons melted shortening. Combine with the dry ingredients and beat for several minutes.

The batter must be very thin so it may be necessary to add a little boiling water. Four into a greased pudding dish and bake in a moderate oven 45 to 50 minutes. Serve with a spoon from the dish in which it was baked, with butter and maple syrup.

Chicken Smothered in Asparagus

Cook a fowl very tender and divide in eight pieces suitable for serving, rejecting bones and skin. Roll in seasoned flour and brown lightly and quickly in a frying pan in hot drippings. Make rounds of toast, butter, place in shallow serving dish, lay a piece of chicken on each round and surround with hot cooked asparagus, which has been cut in inch lengths. Pour over a very liberal amount of very hot white sauce to which a beaten egg yolk has been added just before taking from the fire; stir rapidly while doing this prevent curdling. Garnish with points of toast, on each of which is laid a tiny cube of bright colored jelly.

Strawberry Salad

1 banana.
1/2 cup strawberries.
Lettuce—mayonnaise.
Upon crisp lettuce place a banana sliced lengthwise, arrange strawber-

Exercises at 86



Dr. John Harvey Kellogg

Sun and daily exercise keep Dr. John Harvey Kellogg, eminent Battle Creek, Mich., physician, healthy as he observes his eighty-sixth birthday in Miami, Fla.

ries around this. Serve with mayonnaise.

Steamed Carrots and Celery

3 tablespoons shortening.
4 carrots.
1 cup celery cut in pieces.
1/2 teaspoon salt, pepper.
1/2 cup water.
1/2 teaspoon sugar.
Melt shortening, add onion and brown slightly. Wash, scrape and slice carrots. Add celery, carrots, salt, pepper, water and sugar to the onion and butter. Cover tightly and steam until tender. All the water should be evaporated.

Golden Parfait

Boil 1 cup sugar and 1/2 cup of water to soft ball stage. Pour slowly over the beaten yolks of 6 eggs. Cook in double boiler until the mixture thickens, stirring constantly. Add 1/2 teaspoon gelatin that has been soaked for 5 minutes in 1 tablespoon of cold water. Cool. Fold in 2 cups cream beaten stiff. Add 1 teaspoon vanilla. Freeze. Serve with:

White Cake

2 cups cake flour.
2 teaspoons baking powder.
1/2 cup butter.
1 cup sifted sugar.
2-3 cup milk.
1 teaspoon vanilla.
3 egg whites.
Sift flour once, measure, add baking powder and sift three times. Cream shortening thoroughly, add sugar gradually until very light and fluffy. Add flour alternately with milk. Beat after each addition until smooth. Add vanilla. Beat egg whites until stiff, fold into mixture. Put in individual cake pans and bake in a moderate oven. Frost with pink icing.

Coffee Whip

1 pint cream.
52 marshmallows.
1 cup black coffee.
1 box ladyfingers.
Vanilla.
Cut marshmallows into pieces, pour coffee over them, put into a double boiler and cook until the marshmallows have melted. Cool. Whip cream and add to coffee mixture. Add vanilla. Line compotes with halves of lady fingers and fill with mixture. Let stand until firm.

Creole Butter Frosting

1 tablespoon cocoa.
3 1/2 tablespoons strong hot coffee.
1 1/2 tablespoons butter.
2 cups confectioners sugar.
1 teaspoon vanilla.
Salt.
Mix cocoa with coffee. Cream butter, add sugar, salt, coffee and vanilla. Beat until smooth and spread on cake.

Chicken and Pineapple

Cook a five pound hen until well done. Cook 2 cups of rice until dry. Keep hot. Make a cream sauce, using 2 tablespoons each of butter and flour, one cup of chicken stock and one cup of thin cream. Add one cup of sautéed mushrooms. When ready to serve

Japan Not Seeking Additional Land, Says Yamamoto

(Continued from page 3)

been going up and down the United States the past several months speaking on the Far Eastern situation and has had many questions put to him for answer.

One question frequently asked: 'What right has Japan to station her troops and warships in Chinese territory? Why is Japan fighting in Chinese territory?' His answer is that after the Boxer rebellion which broke out in China in 1900, China and foreign countries signed a treaty known as the Boxer protocol. That treaty of September 7, 1901, gives the right to foreign powers to maintain troops in the Peiping and Tientsin areas and to station warships at Shanghai and other points on the seacoast as well as in the Yangtze river.

Another question frequently asked: 'What was the immediate cause of the Sino-Japanese conflict?' Mr. Yamamoto said that the immediate cause is well known and he would not waste time by repeating it. It should be remembered, however, that when anti-Japanese troops fired on Japanese troops in the neighborhood of Peiping in 1911 when Chinese soldiers of the Peace Preservation Corps in Shanghai killed a Japanese naval officer and a seaman the Japanese government used its best endeavors not to aggravate the situation, but to settle it. The Chinese government did not listen, but sent troops to the Tientsin and Peiping areas in violation of the military agreement of 1915 and to the demilitarized zone in Shanghai in violation of the peace agreement of 1932.

Another question frequently asked it, 'What does Japan want in China?' Mr. Yamamoto replies by saying that China and Japan in olden times lived in peace for many centuries. They had been good neighbors until the power of the Russian Empire appeared on the Far Eastern horizon. These two neighbors, China and Japan are destined to co-operate in every way, especially in the way of commerce. China and Japan each must keep her own existence by co-existence. Japan fully realizes by her past experience with China that one thing essential to the Sino-Japanese economic co-operation is cessation of organized anti-Japanese propaganda and activities. Putting it in another way what Japan wants from the economic point of view is security of life and of property and trade and, from a political point of view, Japan wants China's co-operation in preventing the Sovietizing of eastern Asia. He added that it is up to China to say whether she shall receive, or reject Communism, but it is Japan's right to say that when China is Sovietized this has important bearing on Japanese security.

Many think that because Japan is a small country she needs territory for expansion. It is true that Japan is a very small country, that the population is about 70,000,000, but past experiences show that Japan has never needed territory for excess population. Emigration, according to Mr. Yamamoto, is no fundamental solution of the problem of over-population. He said that if 50,000 Japanese go out of Japan that will leave space but that the space will encourage the birth rate, and will soon be filled up. He said that as a matter of fact only 1,025,000 Japanese are living outside of Japan, not including those in Manchukuo and that the population there is 300,000 Japanese; 800,000 Koreans and 57,000 Russians. The program Japan is following for solving the problem of overpopulation is further industrialization and further expansion of trade and commerce. Unfortunately the country does not have the needed materials for mills and factories. The only natural resource Japan has in abundance is water power. Other resources must be brought in and Manchuria and north China mean an important source of the raw material needed for mills and factories.

arrange the rice in moulds of two tablespoons each on a platter and lay large slices of white or dark meat on the rice. Pour the sauce over them. On each portion put two tablespoons of shredded cocoanut and one teaspoon of chutney sauce. Between the rice moulds put rings of sautéed pineapple.

First Gob—Will you please explain to me the difference between shillings and pence?
Second Ditto—You can walk down the street without shillings.

As To

Groceries and Meats

There Must Be A Reason

There Must Be A Definite Cause

Why a particular grocery or market department, or store, does an outstanding business while neighboring stores do less well.

Have you ever thought about that? Have you ever wondered what drew the crowd?



We don't know much about the other fellows business, but we do know this about our own.

AS A MATTER OF POLICY

We endeavor to give you every day and in connection with every transaction—

PRICES... the lowest possible.

VALUES... the highest possible.

QUALITY... as you desire—honestly represented.

SANITATION... that guarantees cleanliness.

VARIETY... that permits selection.

SERVICE... that avoids irritation.

APPRECIATION... that comes from the heart.

OUR MARKET OFFERS YOU



Surprisingly Good Meats At Amazingly Low Prices

PRICE QUALITY

SANITATION

C. E. RAY'S SONS THE FOOD STORE

SUPER QUALITY - VALUES

FLOUR, 24 lb. bag	69c
COFFEE, Fresh Ground, lb.	11c
SUGAR, 10 lbs.	53c
POTATOES, 10 lbs.	18c
CELERY, stalk	5c
ONIONS, lb.	4c
EGGS, Strictly Fresh, doz	16c

Large Variety of Fresh Produce, Vegetables and Fruits

Farmers Exchange & Produce Co.
Country Produce Bought and Sold—Retail and Wholesale
C. D. KETNER, Mgr. East Waynesville Asheville Road

ALASKA PINK

A&P SALMON
2 Tail Cans 23c

ANN PAGE FANCY TOMATO
KETCHUP 2 14-oz. Bots. 19c

ANN PAGE
BEANS With Tomato Sauce 3 1-lb. Cans 20c

NICE SIZE
PRUNES 6 lbs. 25c

GOLDEN MATE
OLEO — 2 Pounds 25c

A&P SQUARE
ROLLS — 2 Dozen 9c

IONA PLAIN OR SELF RISING
FLOUR 24 lb. Bag 75c

GREAT NORTHERN DRIED
BEANS — Pound — 5c

TALOO STARTER
MASH 100-lb. Bag \$2.40

Green Beans fresh	3 lbs.	25c
Tomatoes fresh	3 lbs.	25c
New Potatoes No. 1	3 lbs.	10c
Fresh Cabbage	3 lbs.	10c
Bananas	5 lbs.	25c
Celery	2 for	15c
Lettuce		
Seed Potatoes	- Onion Sets	

A&P Food Store

Cash Grocery Co.
HAZELWOOD — MAIN STREET

White Water Rose FLOUR	95c
SWIFTS JEWEL, 8 lb. ctn.	83c
SUGAR, 10 lb. bag	53c
COFFEE (Fresh Ground) 2 lbs.	23c
MOTHERS OATS, with plate	27c
Quaker MACARONI	2 boxes 15c