

**Among . . .
Homemakers**
Grace McKenzie

You don't have to be a "born cook" to make meals a joy for your family and guests. Reliable recipes and good ingredients - plus a dash of imagination - are all you need to be a successful cook. The following recipes will give you a good start on tasty dishes that your family will demand an encore.

Steak and Onion Pie

- 1-2 cups onions, sliced
- 1-3 cup shortening
- 1 1-2 pounds round steak, cut in 1-2 inch squares
- 1-3 cup flour
- 3 teaspoons salt
- 1-4 teaspoon pepper
- 1 teaspoon paprika
- 1-8 teaspoon ginger
- 1-8 teaspoon all spice
- 3 1-4 cups boiling water
- 1 cup raw potatoes, diced
- 1 recipe pie shell pastry.

Fry onions in hot shortening until yellow. Remove onions. Roll meat in mixture of flour, seasonings, and spices. Brown in hot

shortening. Add boiling water, cover, and simmer until meat is tender (about 1 hour). Add potatoes and cook 10 minutes longer. Roll dough into a rectangle 1-4 inch thick. Make several small openings for steam to escape. Pour meat into 10x6x2-inch greased baking dish. Lay cooked onions on top. Put pastry over top and seal edge. Bake in very hot oven (450 deg.) 25-30 minutes. Makes 6 servings.

My Best Meat Loaf

- 1-4 cup shortening
- 1 onion, minced
- 1-4 cup green pepper, finely chopped
- 2 pounds chuck beef, ground
- 1 cup rolled oats, uncooked
- 2 eggs, beaten
- 3-4 cup tomato juice
- 3 1-2 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon dry mustard
- 1-4 cup horse-radish
- 1-2 cup catsup

Melt shortening in skillet, add onion and green pepper and fry about 10 minutes. Combine all ingredients except catsup. Add onion and green pepper and mix thoroughly. Pack in 10x5-inch greased loaf pan. Spread catsup on

top. Bake in hot oven (400 deg F) 1 hour. Serve hot or cold. Makes 8 servings. For a smaller loaf, use 1-2 the recipe and bake only 45 minutes.

Mallo-Nut Fudge Cup

- 3 ounces chocolate, cut very fine
- 3-4 cup boiling water
- 1 3-4 Cups sifted cake flour
- 1 1-2 cups sugar
- 3-4 teaspoon salt
- 1-2 teaspoon baking powder (or 1 teaspoon tartrate baking powder)
- 3-4 teaspoon soda
- 1-2 cup shortening
- 1-3 cup thick sour milk
- 1 teaspoon vanilla
- 2 eggs, unbeaten
- 18 marshmallows, cut in half
- 1-2 cups nuts, cut

Put chocolate in mixing bowl. Pour boiling water over chocolate and stir until melted. Cool. Sift flour, sugar, salt, baking powder, and soda into chocolate mixture. Drop in shortening. Beat 200 strokes (2 minutes on mixer at low speed.) Scrape bowl and spoon. Add sour milk, vanilla, and eggs and beat 200 strokes (2 minutes on mixer at low speed). Bake in two 8x8x2-inch greased-coated pans in moderate oven (350 deg F) 30-40 minutes. While cake is warm, press marshmallows on one layer, turned bottom-side up. Spread with Minute-Boil Fudge Frosting, put other layer on top. Add nuts to remaining frosting, spread on top of cake. Decorate each corner with a quartered marshmallow.

Minute-Boil Fudge Frosting

- 2 ounces chocolate, finely cut
- 1 1-2 cups sugar
- 7 tablespoons milk
- 2 tablespoons shortening
- 2 tablespoons butter
- 1 tablespoon corn syrup
- 1-4 teaspoon salt
- 1 teaspoon vanilla

Place chocolate, sugar, milk, shortening, butter, corn syrup and salt in saucepan. Bring slowly to a full rolling boil, stirring constantly, and boil briskly 1 minute. (On rainy or very humid day, boil mixture 1 1-2 minutes.- Cool to lukewarm. Add vanilla and beat until thick enough to spread. If frosting becomes too thick, add a little cream or soften over hot water. Make enough frosting for tops of two 8-inch layers on top and sides of 8x12x2-inch cake. Nut Fudge Frosting: Add 1-2 cup nuts to frosting just before spreading.

WNC Prepares For Color Panorama

Asheville—Reports from forest rangers and motor tour drivers that the first tinge of color has been sighted along the highest peaks of the surrounding mountains indicates that the brilliant panorama of the Great Smokies and Blue Ridge ranges will soon start its annual march.

Just as spring creeps up the mountains every year, autumn crawls down the slopes—making it possible to view the season in various stages while on a single motor trip. As for colors—the leaves of the hickories, catalpas, sycamore, poplars and willow oaks will turn a rusty green or a pure yellow. Black walnuts, red-buds, shadbush, mulberries and wild black cherries are bright golden yellow. Many of the oaks show brown, purple, reddish-brown or bronze tints in various shades and combinations.

But the glory that is truly autumn in these southern mountains in the vivid scarlet of the plentiful dogwoods, sourwoods, the black gums, the sassafras, and the orange yellow and crimson of the red maples. Mixed in among the evergreens of pine and balsam the colors take on a brilliance that cannot be duplicated in the mountains of needle-leaved trees found in northern American and west of the Mississippi.

By the middle of September the color parade will be off to a roaring start, reaching an over-all color peak in mid-October with the later turning oaks and beech continuing the peak into November. Each fall as the panorama approaches it brings to Western North Carolina an army of sight-seers for the "leaf" season. Many resorts will remain open and summer rates are usually reduced from 10 to 25 percent.

Johnston Begins Swine Improvement

Johnston County farmers have started a program to improve their methods of swine production, according to Jack Kelley, animal husbandry specialist for the State College Extension Service.

Plans for the program were worked out by a group of growers in a recent meeting with Kelley, County Agent John Piland

and representatives of Kingan and Company.

Several of the growers agreed to conduct swine sanitation demonstrations to show the best method of producing good and choice hogs that are free from worms. Kingan agreed to pay a premium for hogs in the demonstrations if recommended practices are followed.

Kelley says the program is the first of its kind to be set up in North Carolina. Its purpose, he adds, is to encourage the production of better hogs in Johnston and surrounding counties.

The following points will be stressed:

Sows will be bred to a good boar.

Pigs will be farrowed and raised on clean pasture.

Hogs will be fed a balanced ration consisting of grain, protein, supplement, and mineral mixture.

A report giving the number of hogs raised and the number of pounds sold will be made to the county agent.

New Buildings May Also Burn

A new farm building, if poorly constructed, can be as dangerous as an old one, County Agent H. E. Vernon of the State College Extension Service warned today.

"Many farmers think that because a building was recently put up, there is little chance that it will catch on fire," he said. "This is dangerous thinking that can lead to tragic consequences."

Mr. Vernon made the following recommendations to local farmers who are planning to build:

Space building far enough from other structures so that one fire will not endanger entire farm.

Install a safe electrical system which complies with the National Electrical Code.

Be sure Underwriters'-approved fire extinguishers are located in plain view throughout all buildings.

Build chimneys upon concrete or solid masonry foundations with a two-inch space between chimney and any wooden construction.

Use roofing materials that are "fire-retardant." Tile, metal, or slate are considered most fire-resistant by experts. Asbestos shingles, composition shingles and prepared roofings are considered satisfactory.

Install firestops of non-flammable materials at intersections of floors and walls.

Be sure furnace rooms are large enough to allow air to circulate, thus preventing overheating.

Use concrete, stone, cinder block or hollow tile whenever possible.

Keep new building spic-and-span. Be sure sawdust, shavings and wood scraps are swept up.

A total of 423 North Carolina farmers have entered the 200-bushel corn contest for 1949, according to Dr. E. R. Collins, in charge of agronomy for the State College Extension Service.

Adult farmers and 4-H Club boys are doing a good job of improving the stock of Hampshire hogs in Vance county, reports Assistant Farm Agent Hugh D. Barden.

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