



food news & cues

from famous test kitchens

English-Accented Corn Bread



Sally Lunn is a traditional English bread that has also won American favor. Originally a yeast loaf, often baked in a Turk's head mold, the bread was adapted to the quick bread method by ingenious American cooks. Baking powder reduces preparation time and beaten egg whites, folded into the batter, give the bread its customary lightness.

Another New World addition is enriched corn meal, a staple of so many American kitchens. Corn meal adds a subtle flavor and slightly crunchy texture that is truly delightful. Attractive Sally Lunn Ring is delicious with butter and marmalade. Serve it with tea or coffee and bring a charming custom of the British tea table to your own table soon.

SALLY LUNN RING

Makes one 1 1/2-qt. ring mold

- | | |
|--------------------------------|-----------------------------------|
| 3/4 cup enriched corn meal | 1 tablespoon baking powder |
| 1 cup sifted all-purpose flour | 3 tablespoons butter or margarine |
| 2 tablespoons sugar | 3 eggs, separated |
| 1/2 teaspoon salt | 1/2 cup milk |

Heat oven to hot (400°F.). Sift together corn meal, flour, sugar, salt and baking powder into medium-sized bowl. Cut in butter until mixture resembles coarse crumbs. Beat egg whites until stiff peaks form. Beat together egg yolks and milk. Add to corn meal mixture; stir only until dry ingredients are moistened. Fold in stiffly beaten egg whites.

Pour into well-greased 1 1/2-qt. ring mold. Bake in preheated oven (400°F.) 25 to 30 minutes. Serve hot with butter and marmalade.

Tips Given for Boosting Lagging Milk Production

A seven-point plan for increasing milk production per cow has been suggested to Tar Heel dairymen by Marvin E. Senger, who heads dairy extension work at North Carolina State University.

Senger said he was suggesting the plan because "most dairy plants are short of milk..." His plan, which is designed to help dairymen get a quick increase in production, is as follows:

1. Increase grain feeding. Additional grain feeding will generally get any production in a dairy cow that is not being realized at present. Chances are that cows are not getting all the grain they need if they are being fed grain only in the milking parlor. Dairymen should try putting some grain on the silage out in the feed bunk. Start out with five or six pounds per cow per day and see if it helps.

2. Be sure the protein content of the grain mixture is adequate. If corn silage is the only roughage at least 18 per cent, and possibly, 20 per cent protein mixture is needed. Dairymen can have a sample of their silage analyzed for protein content. The laboratory will also give them an "estimated net energy" in their silage. County Extension agents can provide instructions on sending silage and other feed samples to the laboratory.

3. Are you doing a good job of milking? Milking is harvesting the milk crop. After all the feed, labor and management that have been required to produce milk, every effort should be made to get all of it at harvest time. Good milking with properly operated equipment

will increase production and keep down mastitis.

4. Small grain supplemental pasture stimulates production. If dairymen have small grain that is starting to grow, they may want to consider using some of it for pasture. Turn the cows on small grain when it is several inches high for only an hour a day to supplement dry lot feeding. Cows generally respond favorably with increased milk production.

5. Wean calves from whole milk a few days earlier. There are good milk replacers that can either replace whole milk entirely or partially and usually cost less than whole milk. But a dairyman generally has to be a better "calf man" when using replacers. Feed accurate amounts, watch sanitation, keep utensils clean, have proper milk temperature, and so forth. In other words, follow directions carefully for good results.

6. Keep a simple mineral mixture available for producing cows at all times. This should

ANSWERS TO TURKEY QUESTIONS

by Martha Logan

Q. Is there a guide to follow for the size turkey you should buy?

A. Allow for each person 1 1/2 lbs. of the ready-to-stuff turkey and 1 1/2 to 2 lbs. of already stuffed turkey. This amount will yield generous servings with enough left for snacks and next day dishes.

Q. What is the advantage of a deep basted turkey?

A. Special self-basting mixture, added deep inside where hand basting can't reach, bastes the Butterball Swift's Premium Turkey all the way through as it cooks. Exclusive vegetable oil recipe won't alter the natural flavor but assures you of tenderness and juiciness never before possible... every time.



Q. How much stuffing should you make for a 12 lb. turkey?

A. Count on about 3/4 cup stuffing per lb. of turkey or about 9 cups stuffing for a 12 lb. bird. Stuff the bird lightly just before roasting.

Q. Why do you stuff poultry lightly?

A. Because stuffing expands during the cooking period.

Bill Nicholson is Promoted to Sgt.

William J. Nicholson, son of Mr. and Mrs. William J. Nicholson, Jr., 1300 W. Vernon Ave., Kinston, has been promoted to sergeant in the Air Force.

Sergeant Nicholson, a missile facilities specialist at Johnston Island, is assigned to a unit of the Aerospace Defense Command.

A 1964 graduate of Grainger High School, he attended Le-noir County Community College.

be in addition to the mineral in the grain mixture. Insufficient phosphorus can limit milk production. Availability of defluorinated rock phosphate or dicalcium phosphate in the exercise lot will take care of this.

7. Don't overlook plenty of fresh water. High producing cows will consume up to 190 to 200 pounds of water daily. Be sure it is conveniently available at all times.

SYNON

Continued from page 3 do that and we won't need any integrating, any segregating, no nothing.

"What we need is Christian living. Lord knows, we don't have much time here to fool around, and I'm telling you the truth. That's my insides."

Mary says she doesn't have many friends left.

But I suspect she has more than she realizes; one, anyway.

LEGAL NOTICE

NOTICE TO CREDITORS
The undersigned, having qual-

ified as Administrator of the Estate of Floyd Franklin Huggins, deceased, late of Jones County, this is to notify all persons having claims against said Estate to present them to the undersigned before the 22nd day of May, 1969, otherwise, this notice will be pleaded in bar of their recovery.

All persons indebted to said Estate will please make immediate settlement.

This the 22nd day of November, 1968.

Lloyd Franklin Huggins,
Administrator of the
Estate of Floyd Franklin
Huggins
P. O. Box 1
Trenton, North Carolina
JJ-2-20,27; 3-6,13pd.

NORTH CAROLINA JONES COUNTY

Having qualified as Administrator for the Estate of Cheatom Wesley Parry, Deceased, late of County of Jones, State of North Carolina, notice is hereby served on all persons holding claims against said Estate to present them, duly itemized and verified on or before the 13th day of August, 1969, or this notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate settlement.

This 10th day of February, 1969.

Branch Banking and Trust Company,
Administrator for the Estate of Cheatom Wesley Parry, Deceased
JJ-2-13,20,27; 3-6

NOTICE OF FORECLOSURE NORTH CAROLINA JONES COUNTY

Under and by virtue of the power of sale contained in a certain deed of trust executed by J. N. KORNEGAY and wife, L. VIOLA KORNEGAY, to S. A. Wilson, Jr., Trustee, dated the 29th day of January, 1965, and recorded in Book 138, at Page 245, in the office of the Register of Deeds of Jones County; and under and by virtue of the authority vested in the undersigned as substituted trustee by an instrument of writing dated the 31st day of December, 1968, and recorded in Book 152, at Page 689, in the office of the Register of Deeds of Jones County, default having been made in the

payment of the indebtedness thereby secured and the said deed of trust being by the terms thereof subject to foreclosure, and the holder of the indebtedness thereby secured having demanded a foreclosure thereof for the purpose of satisfying said indebtedness, the undersigned substituted trustee will offer for sale at public auction to the highest bidder for cash at the courthouse door in Trenton, North Carolina, at twelve o'clock noon, on the 7th day of March, 1969, the land conveyed in said deed of trust, the same lying and being in Trenton Township, Jones County, North Carolina, and more particularly described as follows:

FIRST TRACT:

Lying and being in Trenton Township, Jones County, North Carolina, on the north side of Trent River and the south side of Mussell Shell Branch containing 15 acres more or less and being designated as share number 4 as shown on a map entitled "Division of lands of Olivia Kornegay formerly known as the 'Poor House Tract'"; said map prepared by William H. Utley is of record in Map Book 3, page 51 of the Jones County Registry and said map is incorporated herein by reference for a more particular description.

SECOND TRACT:

All our rights title, and interest, said interest being a one-four undivided interest in and to that certain tract of land lying and being in Trenton Township, Jones County, North Carolina, and being more particularly described in that certain deed from the Joint Stock Land Bank to Booker W. Kornegay, J. N. Kornegay, Nettie and Olivia Kornegay of record in Book 99, Page 554, of the Jones County Registry to which reference is hereby made for a more particular description.

But this sale will be made subject to all outstanding and unpaid taxes and special assessments, and a cash deposit of 10 per cent of the first \$1,000.00 bid and 5 per cent of the excess of the bid will be required of the highest bidder at the time of the sale.

John R. Whitty,
Trustee
Norris Reed, Jr.
Attorney at Law
P. O. Box 89
New Bern, N. C.
J-2-6,13,20,27

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