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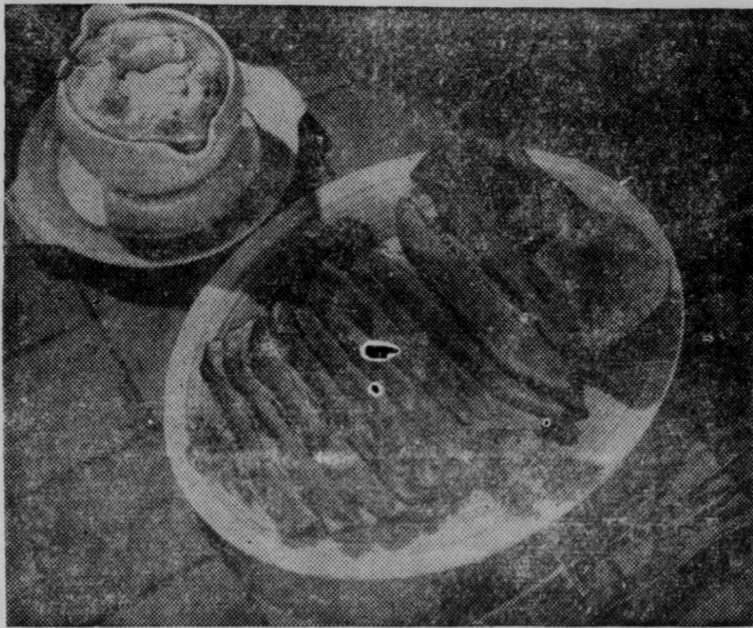
ROCKET TO MARS . . . Prof. Alexander Ananoff, director of astronautics at Sorbonne university, Paris, hopes to send the first atomic energy rocket ship to Mars by 1960. No humans would be aboard on the 40 million mile "swish," lasting 15 days, he said.

Santo Domingo Once Jewel of Caribbean

Columbus' son, Diego, became vice regent of the Dominican islands and built a magnificent palace at Santo Domingo whose ruins still stand today. He gathered around him one of the most brilliant courts of the time - nobles seeking gold, scientists and explorers, and rich, enterprising merchants. They made the city the glittering capital of the New World and the springboard from which new conquests were launched. Nunez Balboa who found the Pacific and De Soto, discoverer of the Mississippi, began their adventures there. But the prosperous days of Santo Domingo were short lived. The discovery of enormous wealth in Mexico and Peru soon drained the city of its importance and brilliance. In 1586 Sir Francis Drake sacked and burned the city with such violence that the scars of his plundering still remain on the walls of the cathedral.

In 1795 when Spain ceded the eastern portion of the island to France, the priests of the city removed the ashes of Christopher Columbus from the cathedral to Havana. But in the darkness the priests made a fortunate blunder. They opened the wrong crypt. The coffin taken to Havana and later to Spain did not contain the remains of Columbus but those of his son, Diego. The ashes of the great admiral were later found in a crypt where records showed they had always been. They now rest in a magnificent tomb in the cathedral at Ciudad Trujillo awaiting transfer to the Columbus memorial lighthouse, which is soon to be built on a high promontory just outside the city.

Say You Saw It In The News



Here's Meat for Your Table (See Recipes Below)

Choice Ways with Meat

The large amounts of cattle butchered recently mean more meat on your table and for many of us, it will mean rounding up those delectable, mouth-watering recipes that make meat so good to eat. There's not meat to waste, but you'll be able to find a variety of cuts with which I'd suggest you do your very best. Cook it carefully so as not to shrink it or dry it out. Season it well and you'll give the family something to cheer about.

First we'll start off with some very flavorful beef recipes. One uses sour cream which will make rich, delicious gravy along with the meat, and the other uses good seasonings which will do the most for the cut of meat.

*Swiss Steak in Sour Cream. (Serves 6 to 8)

- 3 pounds round steak (2 inches thick)
Flour, salt, pepper, fat
2 onions, sliced
1/2 cup water
1/2 cup sour cream
2 tablespoons grated cheese
1/2 teaspoon paprika

Dredge steak with flour and season with salt and pepper. Brown on both sides in hot fat. Add remaining ingredients, cover pan closely and simmer slowly until meat is tender, about 2 1/2 hours.

Beef a la Mode. (Serves 10)

- 5 pounds beef rump roast
1/2 pound fat salt pork
Pepper
1 clove garlic, chopped
Salt, cayenne, flour
2 onions, sliced
4 tablespoons bacon drippings
1 bay leaf
1 sprig parsley
3 carrots sliced
1 turnip, sliced
1/2 cup boiling water

Cut deep gashes in beef. Slice salt pork very thin, rub with pepper and place in gashes of meat. Rub meat with garlic, salt and cayenne and dredge with flour. Brown onions in bacon drippings, remove onions and place meat in kettle. Place onions, bay leaf and parsley over the meat. Cover and cook slowly until well browned on one side. Turn and brown on other sides. Add vegetables and cook until well browned. Add boiling water, cover closely and simmer for 3 hours or longer, adding more water if necessary. Serve meat with vegetables and gravy.

You should be able to find plenty of pork on the market, and there's no more tempting way of preparing pork chops than with apple stuffing. Here's how it's done:

LYNN SAYS:

Pan-Broiling Meat: If you don't have a broiler and want to broil meats, use a heavy, pre-heated frying pan. Do not use any fat in the pan, except when broiling ground meat. Brown meat in the hot pan on both sides. Season only after it is browned, otherwise the salt will draw out the rich juices.

Never add water or cover the pan for pan broiling. The idea is to make it as close to oven broiling as possible.

When meat is browned, turn down the heat to finish cooking. Turn occasionally to cook evenly, and keep pouring off the fat as it accumulates so that the meat will broil rather than fry.

Lamb chops, small steaks, chops and meat patties are excellent when prepared by this method.

LYNN CHAMBERS' MENUS

- *Swiss Steak in Sour Cream
Green Beans with Slivered Carrots
Browned Potatoes
Head Lettuce Salad
Fresh Cantaloupe with Berries
Bread Beverage
*Recipe given.

Pork Chops with Apple Stuffing. (Serves 6)

- 6 thick pork chops
1 slice salt pork, diced
1/2 cup bread or cracker crumbs
2 teaspoons finely chopped parsley
3 tart apples, diced
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup sugar
Salt and pepper

Have pork chops cut one to two inches thick, with a pocket cut from the inside. Fry salt pork until crisp, then add celery, and onion and cook until tender. Add diced apples, sprinkle with sugar and cover. Cook slowly until they have a glazed appearance. Add bread crumbs and season. Stuff into pocket of pork chops. Season chops with salt and pepper and brown on both sides in hot skillet. Reduce heat, add a few tablespoons water, cover and cook slowly until done, for about 1 1/2 hours.

Braised Veal Steak. (Serves 4)

- 2 pounds veal steak
1 egg, slightly beaten
2 tablespoons milk
2 cups crushed cereal flakes
4 tablespoons fat
1 small can mushrooms

Have steak cut one inch thick. Cut into pieces for serving. Dip into mixture of egg and milk, then in cereal flakes. Brown in hot fat and cover with mushrooms and their liquid. Cover tightly and cook slowly until tender, about 45 minutes. Thicken the liquid for gravy and serve over the veal steaks.

If you've been lucky enough to get your share of lamb, then you will want ideas for preparing the different cuts. Because of its delicate flavor, lamb takes a different type of seasoning than other meats.

Lamb Hash in Cabbage Leaves. (Serves 6)

- 1 head of cabbage
1 pound lamb, minced
2 onions, chopped
1 cup uncooked rice
Salt and pepper
3 or 4 tomatoes, sliced
1/2 cup water
Meat stock

Cook cabbage until tender; drain and separate leaves carefully. Combine lamb, onions, rice, salt and pepper and mix well. On each cabbage leaf place a tablespoon of the mixture and roll, turning ends of the cabbage in to secure the roll. Place the rolls in a greased pan, add tomatoes, water and sufficient stock to half cover the rolls. Cook in a moderate (350 degree) oven or until rice is tender.

Lamb en Brochette. (Serves 6)

- 2 pounds lamb steak
3 tablespoons cooking oil
6 tablespoons lemon juice
1 onion, minced
1 teaspoon salt
1/2 pound mushrooms

Cut lamb into 1-inch squares. Combine oil, lemon juice, onion and salt and pour over lamb and let stand several hours. Drain lamb and place meat on skewers alternately with mushroom caps. Place 4 inches below moderate broiler heat and broil 12 to 15 minutes, turning several times.

Remember that uncooked meat will keep safely only a few hours unless you put it in a refrigerator or very cold place. Ground meat needs colder storage and keeps a shorter time than unground meat. Leftover cooked meat also needs storing in a cold place.

Released by Western Newspaper Union.

ROD AND GUN

By Tom Walker

Schedule completed: North Carolina sportsmen now can finish marking their engagement books with times and places for the 1946-47 shooting season.

Announcement last week by the U. S. Fish and Wildlife service of this year's regulations for taking migratory wildfowl completed the lineup of seasons and bag limits for game found in this State.

No Surprise

Action of the Fish and Wildlife Service in reducing the waterfowl season from 80 to 45 days came as no surprise to sportsmen who have kept up with statements from the service this year linking reports of a decrease in ducks and geese with an anticipated heavy increase in hunting pressure. The 1946-47 season will run from November 23 through January 6.

The service also reduced the duck bag limit and shooting hours. The daily bag limit for ducks was decreased from 10 to seven with a possession limit of two days' kill (one woodcock may be included in the daily bag or possession limit).

A half-hour at the end of the day was taken from the shooting period. This year hunters may shoot from a half-hour before sunrise to a half-hour before sunset, instead of continuing to sunset.

The daily bag and possession

limits for geese and brant remain at two (bag and possession limit considered in the aggregate).

The service changed dove dates, although the total length of the season was not cut. This year's dates are September 16-30 and December 2-January 15. This takes 15 days from the first part of the season and adds them to the latter part.

Other seasons and limits are the same as last year's. They are as follows:

Coot: November 23 through January 6 (25 daily, 25 possession); sora: September 1 through November 30 (25 daily, 25 possession); rail, marsh hen, and gallinule: September 1 through November 30 (15 daily, 15 possession).

Currituck Rules

Two changes in Currituck County's special regulations for wildfowl shooting have been announced by D. S. Wright, chairman of the county's game commission. These changes established lay days and decreases shooting hours.

Lay days will be observed in Currituck on Wednesday and Saturday of each week; and on shooting days, hunters must stop firing take up rig and decoys.

As in the past, hunters in Currituck may not leave their mooring or established leaving point before sunrise.

For Turkey Hunters

The list of counties in which hunting of wild turkey will be allowed this season has been increased to 15 from the original list of five set up by the Board of Conservation and Development at

(Continued on page twelve)



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