

Food for Freedom

Food for Freedom blinked from an electric lighted sign surrounded with big, brown and white eggs in dozen lots, this being flanked by well cured hams and fronted by home canned meats all arrayed on a red, white and blue background, as Dean J. C. McLaughlin of A. and T. College mounted the rostrum to deliver the main address of the evening at the Brown Summit High School, March 27, at 8 o'clock p. m.

"Freedom from want, from hunger, from under-nourishment and freedom from those who seek to destroy our very way of living," said the head of the department of Agriculture at A. and T. college, as he talked from both a practical and national angle.

Prizes for products on display were won by Miss M. Taylor, Harry Whitsett and Herbert Summers. Others contributing to the success of the show were: Herman Patrick, George Waugh, Azzie Whitsett, Mrs. Jordan and Wilbert Summers.

The food show in line with the national emphasis on greater food production hopes to inspire the already progressive Brown Summit farmers to even greater production in pork, eggs, poultry and dairy products. These foodstuffs are essential to our war effort and must come from American farms to insure freedom, so such, that no one, or group of enemy nations can ever hope to destroy it.

The show was sponsored by the Brown Summit N.F.A. boys and a group of Vocational Agricultural teacher trainees from A. and T. College.

Sears, Roebuck Gives Eight Scholarships

Greensboro—President F. D. Rutherford announced last week that Sears-Roebuck and company has awarded eight one hundred dollar scholarships to A. and T. college to be given to freshmen in the field of agriculture.

The eight freshmen students who received the scholarships last year are now completing their first year of agriculture. They are as follows: Ester McNair, Laurinburg, N. C.; James Harshaw, Lavendale, N. C.; George Faulk, Lumberton, N. C.; Charles Cates, Roxboro, N. C.; Willis Jacobs, Pendleton, N. C.; James M. Goode, Macon, N. C.; Richard Spencer, Silversville, N. C.; and Howard Foxworth, Rowland, N. C.

Recipients of this year's scholarships have not as yet been designated.

Women's Sports At A. and T. College

The Woman's Sports Day Association will have events at A. and T. College on Friday and Saturday, April 10 and 11. The meetings will be sponsored by the Woman's Athletic association of the college.

Members of the association are North Carolina State College, Howard University, Hampton Institute, Bennett College and A. and T. College.

The fall meetings were held at Hampton, and the winter meetings were held at Virginia State. These will be the first such meetings at A. and T.

The sports day, which will be held on Saturday, will be preceded by a meeting of association members on Friday. Included on the program will be: basketball, softball, tennis, archery, horseshoe pitching, mass deck tennis and novelty relays.

ADVERTISE IN THE FUTURE OUTLOOK AND WATCH SALES GROW

Fashion Decreases

By ROSELLEN CALLAHAN

Washington, D. C., and New York share honors these days as international and fashion centers. We spend part of this week in the nation's Capital, checking up on future governmental edicts on fashion and making notes on the styles preferred by a cross section of women from all parts of the globe. We'll start with the debs, who were on a busy round of Easter holiday parties. The "National Theater audience was dotted with bright checked and plaid taffeta evening frocks, and hair-do's adorned with gold kid, bows or brilliant flowers. . . . Lunching at the Mayflower Hotel our eye was caught by several girls wearing easy fitting sports suits—also in checks and plaids. One especially smart gray pin-striped model had a matchless "beanie" made important with a gold and sapphire clip. . . . Tea dancing at the Carlton Cosmos Room, a young lady in a soft gray wool slim-lined frock dotted with gold nailheads and set off by gold costume jewelry; several very smart women in black crepe models—brightened by elbow-length gloves in cyclamen, turquoise or American Beauty. . . . At Hotel 2400 after the theater, an epidemic of calots, one with a half dozen pale blue love birds; a yellow and black hydrangea print frock and black calot applied with flowers of dress fabric. . . . At the Shoreham, a bright-eyed girl in a navy crepe street dress with crisp white ruffled collar and petticoat, asking maestro Barnee to autograph her souvenir menu.

Motion picture glamour gowns have been adapted for the average American woman by Hollywood's clever designer Adrian. Recently he showed his first collection at Bonwit Teller in New York, and drew a record crowd and plaudits for his figure flattering fashions. He stressed broad shoulders, soft drape above the waistline, slender skirts, high necklines and very gay color combinations. We liked the dipping bellines on his suits and coats because they give a slimming line where we need it most; the sealing wax emblem buttons on a well-cut navy suit; the two-piece dinner gowns with snug fitting jackets that give a one-piece effect; and this ingeniousingham jackets "some flammarous" with sequin studding.

Charlotte ("Stepmother") Manson came to town the other day for her Spring wardrobe. She began her shopping tour by buying a ballerina dancing frock, a soft gray wool dressmaker suit with silver buttons and white pique touches, and all navy accessories. . . . When Alice Frost joined the "Woman of Courage" cast this week, the sponsor sent each of the girls on the show a corsage of pink carnations. . . . Betty ("We Love and Learn") Worth is a study in beige and brown this Spring. Olga Coelho, attractive Brazilian soprano, arriving at her CBS "Romance of Latin America" program in an oh-so-smart plain black dress and small black hat.

Special Trades Needed For Defense Projects

Eight types of defense project workers are needed at various points over the state and in the eastern section, according to Waldo Porter, office manager of the local employment service.

On the current list he included: Construction engineer for water system; construction engineer for sewer system; asbestos pipe coverers; electricians; caterpillar crane operators; painters for structural steel work (must have recent experience and work at heights); roofers, composition; and laborers.

New Cooked Salad Dressings

By BETSY NEWMAN

Cooked salad dressings are preferred in some households. I'm going to give you a couple of recipes I have used many times. They are economical and good. Make a white cake or soufflé of the egg whites if you use the first dressing recipe.

Today's Menu

Meat Cakes with Dumplings
Buttered Carrots
Mixed Green Salad with Cooked Dressing
Colonial Custard Coffee or Tea

Meat Cakes with Dumplings
1½ lb. ground beef
1½ tsp. salt
¾ tsp. pepper
2 tsp. prepared mustard
1 small onion
1 tsp. flour
1 c. condensed tomato soup
½ tsp. salt
2 c. hot water

Mix ground beef with salt, pepper, chopped onion and mustard and shape into 15 small cakes. Brown on both sides in fat in deep skillet. Lift out meat cakes, blend flour with fat, add tomato soup, salt and hot water and replace meat cakes, blend flour with fat, add tomato soup, salt and hot water and replace meat cakes. Bring to boil, add dumplings, cover and steam for 20 minutes.

Dumplings.

2 c. sifted flour
4 tsp. all-phosphate baking powder.
½ tsp. salt
4 tsp. shortening
About 2.3 c. milk
Sift flour, measure and sift again with baking powder and salt; cut in shortening; add milk to make a soft dough, stirring only enough to moisten dry ingredients. Drop by spoonfuls on meat mixture. Serves 5 or 6.

Cooked Salad Dressing.

Yolks 4 eggs
6 tsp. vinegar
1½ tsp. butter or margarine
1 tsp. salt
1 tsp. mustard
Sprinkling of pepper
¼ tsp. paprika
Beat egg yolks, stir in vinegar gradually and add butter. Cook over hot water until thick, then add salt, mustard, paprika and pepper.

Cooked Salad Dressing.

3 eggs
2 tpe. tsp. sugar
1 tsp. flour
1 tsp. dry mustard
1 tsp. salt
¼ tsp. cayenne pepper
¼ tsp. melted butter or margarine
1 c. vinegar
1 c. milk
Beat eggs well, add sugar, flour, mustard, salt, cayenne and melted butter; stir in vinegar gradually, then milk, and cook until thick in double boiler.

Colonial Custard.

1 pt. milk
3 eggs
1-4 c. mild molasses
¾ tsp. salt
1 tsp. vanilla
Scald milk; stir eggs, molasses, salt and vanilla together; add hot milk gradually and mix well. Pour into custard cups or dish, place in pan of water, and bake at 350 degrees F. about 30 minutes. Serves 4.

Men Get Jobs In Norfolk Navy Yard

Several young men who have completed the six months training in Machine Shop work at the Greensboro Defense Shop have taken advantage of the Civil Service Jobs at the Norfolk Navy Yard. These young men will go to the NYA Induction Center at Hampton, Va., and after a period of two weeks will be placed as machinist helpers at a wage of \$4.72 per

Avoid Making Baby Stubborn

GARRY CLEVELAND MYERS, Ph.D.

Stubborn children were not born that way. They were made stubborn, by the parents who supposed they were doing their best to prevent stubbornness.

Beginning with the infant, the first problem is to avoid practicing the child in unnecessary resistance. The wise and skillful mother aims not to hamper the child with haste nor crowd him madly with clothes; neither does she cram his arms and legs hurriedly into a garment nor bathe him as if he were a metal doll. She always takes ample time in order to avoid his resistance and win his co-operation.

When he begins to seize small and dangerous objects from the floor, she gets them from him, probably, by putting something into the other hand, without stirring up resistance in him. If the object is in his mouth she is still more skillful at getting it from him.

Should she hurry him and cause him to grow angry and resist, she has taught him stubbornness. If, on the contrary, she eventually succeeds in getting him to hand her such foreign objects as he finds, approving him with smiles, tender words and loving pats, she has taught him effectually to co-operate, and not to be stubborn.

When To Spank.

When your child begins to walk, you will teach him to always avoid a few specific things. As soon as he has learned the meaning of NO, you can change from spanking as punishment to having him sit doing nothing where you can see him for exactly 20 minutes.

Remember, you will use punishment only to keep him from doing the few forbidden things; not to get him to do what you want him to do. Make painful only what he must never do; pleasant what you want him to do.

PLAY A GAME

By BETSY NEWMAN.

If the family is inclined to be extravagant with sugar in this emergency, follow the scheme one woman worked out. She had noticed sugar in the bottom of the children's cocoa cups, and felt more sugar was used on the cereal than was necessary, so she provided each member of the family (adults and children) with a different colored baking cup containing one-half cup sugar. The game is to see which one can make his or her sugar last the longest! I'm giving you two cake recipes today which will help save sugar, too.

Today's Menu.

Baked Fish Baked Potatoes
Stewed Tomatoes
Fresh Green Salad
Super Delicious Chocolate
Cake or Durk Cake
Coffee or Tea
Baked Fish

2 lbs. fish steaks or fillets about ¾ inch thick, or 3 lbs. small, whole dressed fish.

1-4 tsp. pepper.
2 tsp. grated onion
Cooking oil

Salt
1 c. bread crumbs

Heat the oven to 500 degrees F.; mix pepper thoroughly into bread crumbs. Cut fish in serving pieces

day. The young men who have already gone to the Induction Center are Samuel Smith, Gibsonville; James Harvey, Greensboro; Napoleon Penn, Winston-Salem, and Floyd Marshall, Winston-Salem. There are still vacancies in the Greensboro Defense Shop for young men between 17 and 24 years of age. For further information apply at the NYA Office, 811½ East Market street, second floor, room 2.

and dip them into a salt solution made of 2 tablespoons salt and 1 cup cold water; drain, roll in crumb-peppermixture, and put on greased baking pan. Sprinkle fish with grated onion and cooking oil and bake near top of oven for from 8 to 10 minutes, depending upon thickness and species of fish.

Dark Cake.

½ c. sugar
1 c. molasses.
½ c. lard
2 eggs.
3-4 c. hot water.
1 tsp. cinnamon
1 tsp. cloves
2 tsp. soda
½ tsp. salt.
2½ c. flour

Cream lard, add sugar a little at a time, and cream thoroughly, then add well-beaten eggs and molasses. Sift flour, measure and sift again with soda, salt and spices and add alternately with hot water. Do not add more flour if batter seems thin. Bake in layers or loaf in moderate oven (350 degrees F.)

Super Delicious Chocolate Cake.

3 sqa. unsweetened chocolate, melted.
2-3 c. honey
1 3-4 c. sifted flour
1 tsp. soda
3-4 tsp salt
6 c. shortening
½ c. sugar
1 tsp. vanilla.
2 eggs, unbeaten
2-3 c. water

Blend chocolate and honey, cool to lukewarm. Sift flour, once, measure, add salt, and soda and sift together 3 times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy; add chocolate-honey mixture and vanilla, and blend. Add eggs one at a time, beating thoroughly after each addition. Add flour, alternately with water, a small amount at a time, beating after each addition until smooth. Bake in 2 greased layer pans in moderate oven (350 degrees F.) 30 to 35 minutes. Spread with any desired frosting.

The highway department's giant road magnet is doing double duty in its war effort. In the first 242 miles covered, the magnet picked up more than a ton of metal pieces which could shred tires. The metal was contributed to war salvage.

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