

# Give mom a treat on Mother's Day Sunday

I'll admit it, I was all set to write on an entirely different topic until I looked at the calendar and realized how close it was to Mother's Day. While I usually stress the values and joys obtained from home cooking and doing-it-yourself, this is one time that I will deviate from my normal stance and say "go out to eat!" Even if your mother claims she would really rather stay home and cook for the whole family assert yourself and force her to hang up her apron and let the family honor her at a restaurant. Even if she says she will "take it easy" and "not do to much" don't believe her. I know very few women who will allow others to come into their kitchen, prepare a meal, eat, and clean up, without stepping in at some point to "help out."

Since I began writing this column, several people have asked me if my mother taught me how to cook. Well, yes and no. My interest in cooking began when I was probably about 6 or 7 years old. I have been inspired and influenced over the years by three truly great cooks: my mother and my two grandmothers. None of them ever took me into their kitchen, cookbooks in hand and "taught" me how to cook. Each one has, though, in her own unique way taught me how to prepare food in such a way that the meal nourishes not only the physical needs but also the emotional needs of a family or group of friends. They also taught me that you have not prepared enough food unless there are leftovers.

My mother not only taught me to cook by example but also by granting me the freedom to experiment and practice in her kitchen. When I started collecting my own recipes and wanting to try new foods on my family, she graciously stepped aside and let me loose in her kitchen. Although she said that I seemed to mess up every pot, pan, bowl and utensil (she still says

that I'm a messy cook) she never complained. So yes, without really teaching me, my mother has taught me how to cook. She continues to help me -- how do you think I get so many recipes each week? I say all of this as my way of saying thank-you Mom, thank-you Mama Beachum and thank-you Mama Huneycutt.

The recipes this week are a hodge-podge of my family's favorites, all of which happens to be desserts. One look at all of us and you will know that dessert is our favorite part of the meal.

A great big "thumbs-up" to the ladies at Resurrection Lutheran Church who prepared a delicious meal for the Kings Mountain Church Women Banquet. Everything not only looked wonderful but tasted great! Thank-you ladies.

### Mom's Banana Pudding

1 large package of vanilla pudding, instant  
2 1/2 cups milk  
1/2 pint whipping cream, whipped  
4 ounces sour cream  
1 bag vanilla wafers  
4-5 bananas

Blend pudding and milk for two minutes. Fold in half of the whipped cream and all of the sour cream. Layer bananas and vanilla wafers in a large serving bowl. Pour in pudding mixture. Repeat layering then top with the remaining whipped cream.

### Plain Good Pound Cake

1/2 pound butter  
1/2 cup shortening  
3 cups sugar  
5 eggs  
3 cups sifted plain flour  
1/4 teaspoon salt  
1/2 teaspoon baking powder  
1 cup milk  
1 tablespoon lemon flavoring

Cream butter, shortening and sugar well. Add eggs one at a time beating well after each one. Sift dry ingredients together and add al-



From My Kitchen To Yours by Shearra Miller

ternately with the milk, beginning and ending with the flour. Stir in the flavoring. Bake in a greased and floured tube pan for 1 hour and 25 minutes at 325 degrees.

### Mom's Lazy Day Pie

1 quart frozen, thawed or canned peaches  
1 stick butter  
3/4 cup sugar  
3/4 cup flour, self-rising  
1/2 cup water

Melt butter in 1 1/2 quart deep baking dish. Combine sugar, flour and water. Pour into greased dish. Spoon peaches on top. Bake at 425 degrees for about 30 minutes.

### Mama Beachum's Pecan Pie

1 pound brown sugar  
4 eggs  
1 stick butter, softened  
1 tablespoon cornmeal  
1 teaspoon flour  
5 tablespoons milk  
1 teaspoon vanilla  
1 cup pecans, chopped

Combine all ingredients except pecans and blend well. Stir in pecans and pour into two unbaked pie shells. Bake at 325 degrees about 30-45 minutes.

### Cheesecake

1/4 cup margarine, melted  
1 cup graham cracker crumbs  
1/4 cup sugar  
Two 8-ounce packages cream cheese  
1 can sweetened condensed milk  
3 eggs  
1/4 teaspoon salt

## About that Les Paul special

Here's an excerpt from a book I'm doing on my rock-a-billy days.

As I've said before, some of those dives, beer joints, or honky tonks were rough as a skinned shin. I have mentioned before about some in South Alabama that had chicken wire stretched across the front of the bandstand. It protected the band from flying beer bottles.

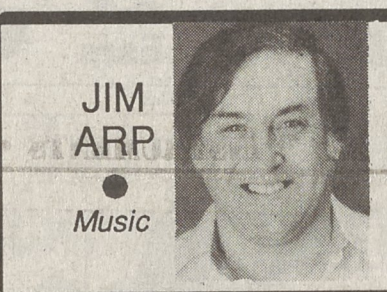
We were playing a club in New Hampshire. Shortly after we got into our first set, two healthy cats came boppin' in. They stood in front of the bandstand. For some reason they took a dislike to Bud McIntire, who was playing lead guitar. We never knew why. There weren't any words between them, just the bystander looking up at Bud. He'd say "I want you." Bud just made out like he wasn't there. However, after a while it got to be a botheration. Bud now lives in Bessemer City. Those who know him are familiar with his laid back ways and slow drawl. Everyone has a breaking point. The fellow had pulled the trigger on McIntire's temper. The next time he made his request "I want you," Bud looked over the top of his glasses and said, "Well, come and git me."

Mr. Aggression made one step on th stage. He was introduced to a Les Paul Special. Les made a big impression. It probably lasted for years. In fact, I'd say he still remembers ole Les.

McIntire had taken the guitar and swung it like a baseball bat. As you know, a Les Paul is a solid body guitar. He impact knocked the bully out amongst the dancers. He was stretched out on the floor as cold as an icebox full of homebrew. McIntire cut off his water, and took out the meter.

The unlucky cat's friend had also pounced up on stage. Clyde Fore, who now lives in Gastonia, was playing drums. He jumped up and grabbed the intruder by the seat of the pants and the nap of the neck. He was going to run his head into the corner of the brick wall. Clyde got a little off track. He ran the troublemaker's head through the bass drum.

A music company had brought



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the equipment and set it up. They wanted us to use it, hoping it would boost their sales.

There were a lot of showpeople in the club. They came to our rescue. Things went well for the rest of the night. One cat missed the dance. But, he did get a good night's sleep. Compliments of Les Paul and Bud McIntire.



## HEALTH VIEWS RAGAN HARPER

### Curb Summer Munchies

One hard part of slimming down for the summer bathing suit season is controlling that maddening desire to eat something -- anything!

When the munchies strike, try to figure out the cause. Is it a crunchy food you want? The *crunch craving* is often related to tension. One way to relieve this urge is to chew on crunchy vegetables. Do you want something smooth and cool? Yogurt is great -- and less fattening than ice cream.

Remember, low-calorie foods of similar texture and temperature can satisfy food cravings. And if all else fails, try on your bathing suit! Good health to you!

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1/4 cup lemon juice  
8 ounces sour cream  
Combine first three ingredients and press into bottom and slightly up the sides of a buttered 9-inch springform pan. Set aside.  
Beat cream cheese until fluffy. Beat in sweetened condensed milk, eggs and salt until smooth. Stir in lemon juice. Pour in cake pan and bake 50-55 minutes at 300 degrees or until middle springs back when lightly touched. Spread sour cream on top when cool.

### Punch Bowl Cake

1 box (2-layer size) cake mix  
2 boxes (3 ounces each) instant vanilla pudding  
4 cups milk  
1 can (20 ounces) fruit cocktail, undrained  
2 cans (8 ounces each) crushed pineapple, undrained  
1 can (16 ounces) cherry pie filling  
2 cups chopped pecans or walnuts

12 ounce package shredded coconut  
2 containers (8 ounces each) whipped topping, thawed  
Prepare cake mix by package directions. Cool layers. Prepare pudding mixes.

Cut cake layers into one-inch cubes. Place cubes from one cake layer in bottom of punch bowl. Place one box of prepared pudding evenly over cake cubes. Top with half each of fruit cocktail, pineapple, cherry pie filling, nuts and coconut. Spread one container of whipped topping evenly over coconut layer.

Repeat layers. Chill until ready to serve. Refrigerate any leftovers. Makes about 20-25 servings.

### Mama Huneycutt's Chocolate Pound Cake

2 sticks margarine, softened  
1/2 cup shortening  
3 cups sugar

5 eggs  
1 cup milk  
1 teaspoon vanilla  
1/2 cup cocoa  
3 cups plain flour  
1 teaspoon baking powder  
pinch salt

Cream margarine, shortening and sugar until light and fluffy. Add eggs one at a time. Sift together cocoa, flour, baking powder and salt. Combine milk and vanilla and add alternately with dry ingredients. Pour into greased and floured tube pan and bake at 325 degrees for 1 1/2 hours. When cool frost with the following.

### Chocolate Frosting

1 stick margarine, softened  
1/2 cup cocoa  
1 box confectioners sugar  
1 teaspoon vanilla  
5 teaspoons milk

Sift together dry ingredients then blend in margarine and vanilla and milk. Blend until smooth.

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