

# HIGH PRICES PREVAIL

AT

## Terrell & Satterfield's Big New Warehouse

The Market opened Monday again with a big rush. Tobacco was here a plenty. We sold on our floor over 140,000 pounds at prices that were very satisfactory to our farmer friends. Every pile that is sold on our floor has our personal attention, and that is why we get the very highest dollar for the weed. Load your wagon full and bring it to the warehouse where you get a square deal.

Where Terrell Pulls and Satterfield Pushes.

# Terrell & Satterfield

### MANY DELICIOUS DISHES

#### PREPARED FROM CHEESE

Experiments Show It is as Easily and Thoroughly Digested as Other Staple Food; One Ounce of Cheese Equivalent to Two Ounces of Meat.

In hot weather, even hearty appetites grow tired of meat. Cheese naturally suggests itself as a substitute, since it is rich in the same kind of nutrients which meat supplies and is a material which can be in a great variety of ways.

Many people believe cheese to be difficult to digest, but extensive investigations have been carried on in the Department of Agriculture, the results of which show that cheese, properly prepared and used, is not a general cause of trouble.

From the standpoint of the housekeeper, cheese is of importance because of its nutritive value (particularly its high percentage of muscle-forming materials), because of the ease with which it can be kept and prepared for the table, and because of its appetizing flavor and the great variety of ways in which it can be served.

In substituting cheese for meat special pains should be taken to serve dishes which are relished by members of the family. A number of recipes for dishes which contain cheese are given below:

#### Cheese Fondue

1 1-3 cups soft, stale bread crumbs.  
6 ounces of cheese (1 1-3 cups of cheese grated fine or cut into small pieces.)

4 eggs. 1 cup hot water.  
1-2 teaspoon salt.

Mix the water, bread crumbs, salt, and cheese; add the yolks, thoroughly beaten; into this mixture cut and fold the whites of eggs, beaten until stiff.

Pour into a buttered baking dish and cook 30 minutes in a moderate oven. Serve at once.

The food value of this dish, made with the above quantities, is almost exactly the same as that of a pound of beef of average composition and a pound of potatoes combined.

#### Rice Poudue

1 cup of boiled rice.  
2 tablespoons of milk.  
4 eggs. 1 cup of grated cheese.  
1-2 teaspoon of salt.  
1 teaspoon of some commercial meat sauce, or similar flavoring.

Heat the rice in the milk, add the other ingredients, and cook slowly until the cheese is melted. Serve on crackers or toast.

The food value is not far from that of a pound of beef of average composition.

#### Corn and Cheese Souffle.

1 tablespoon of butter. 1 tablespoon of chopper green pepper.  
1-4 cup of flour.  
2 cups of milk. 1 cup of chopper corn.

1 cup of grated cheese. 3 eggs.  
1-2 teaspoon of salt.

Melt the butter and cook the pepper thoroughly in it. Make a sauce out of the flour, milk, and cheese; add the corn, cheese, yolks, and seasoning; cut and fold in the whites beaten stiffly; turn into a buttered baking dish and bake in a moderate oven 30 minutes.

Made with skimmed milk and without butter, this dish has a food value slightly in excess of a pound of beef and a pound of potatoes.

#### Tomato Rabbit.

2 tablespoons of butter.  
2 tablespoons of flour.  
3-4 cup of milk.  
3-4 cup of stewed and strained tomatoes.

1-8 teaspoon soda.  
1 pound of cheese.

2 eggs, slightly beaten. Salt, mustard, cayenne pepper.

Cook the butter and the flour together, add the milk, and as soon as the mixture thickens add tomatoes and soda. Then add cheese, eggs and seasoning. Serve on toasted whole wheat or Graham bread.

#### Green Corn, Tomato, and Cheese

1 tablespoon of butter.  
2 cups of grated cheese.  
3-4 cup of canned or grated fresh corn. 1 ripe pimiento.  
1-2 cup of tomato puree.  
2 egg yolks.  
1 teaspoon salt.  
1-2 teaspoon of paprika.  
7 clove of garlic.  
4 slices of bread.

Into the melted butter stir the cheese until it, too, is melted. Then add the corn and pimiento, stir for a moment and add the egg yolks beaten and mixed with the tomato juice and the salt and paprika. Have ready the bread toasted on one side and very lightly rubbed on its untoasted side with the garlic cut in two. Pour the mixture over the untoasted side of the bread and serve at once. A poached egg is sometimes placed on top of each portion, making a very nutritious combination.

#### Cheese and Macaroni Loaf

1-2 cup of macaronia broken into small pieces.

1 cup of milk. 1 cup of soft bread crumbs

1 tablespoon of butter.  
1 tablespoon chopped green pepper.  
1 teaspoon each of chopped onion and parsley.

3 eggs. 1 teaspoon of salt.  
1-2 cup of grated cheese.

Cook the macaroni in boiling salted water until tender, and rinse in cold water. Cook the parsley, onion, and pepper in a little water with the butter. Pour off the water or allow it to boil away. Beat the egg white and yolk separately. Mix all the ingredients, cutting and folding in the stiffly beaten whites at the last. Line a quart baking dish with buttered paper; turn the mixture into it; set the baking dish in a pan of hot water, and bake in a moderate oven from one half to three-fourths of an hour. Serve with tomato sauce.

#### NOTICE OF DISCHARGE

I will apply to the Judge of Probate for Clarendon County on the 15th day of September 1919 at 11 o'clock a. m. for Letters of Discharge as Administratrix of the Estate of Henry J. Wheeler, deceased.

Mrs. Elizabeth Wheeler,  
Administratrix.

New Zion, S. C. Aug. 16, 1919.

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