

The Contest Swinging Along!

By BOOKER T. BUMBLE

As the picture at the right shows, I am being flooded with letters from you for my Soul Food Contest. Keep them coming because I like being flooded.

The reaction so far on my contest has been overwhelming and I hope that you continue to give me your support.

I must ask, however, that you start printing your recipes or typing them please, because there have been several entries that I have had to throw away.

I am sure that you want to be eligible for the \$50 first prize so here is the address: Booker T. Bumble, AFRO Magazine section, P.O. Box 1857, Baltimore, Md. 21203.

As most of you know, if your entry gets printed on this page, like the ones below, you receive one dollar. The checks are being mailed out one week after each magazine appears.

Some of you have already received your checks. Congratulations. The rest of you had better get to work.

BANANA SPICE CAKE

Mrs. Iris O. Hairston, 1306 Roundabout Rd., Martinsville, Va., 24112, has sent us her recipe for Banana Spice Cake.

Ingredients

Two and 1/4 cups sifted flour, 1-2/3 cups sugar, 1 1/4 teaspoons baking powder, 1 1/4 teaspoons baking soda, 1 teaspoon salt, 1 1/4 teaspoons astor cinnamon, 1/2 teaspoon astor ginger, 1 teaspoon astor all spice, 2/3 cup astor shortening, 2/3 cup buttermilk, 1 1/4 cups mashed ripe bananas, 3 medium eggs.

Sift dry ingredients into large mixer bowl. Add shortening, buttermilk, and bananas. Beat for two min-

utes. And eggs and beat for one minute. Pour batter into nine-inch layer pans that have been greased and lined with wax paper. Bake at 350 degrees for about 35 minutes.

CARROT CAKE

Miss Carolyn Stinson, 2864 Harford Rd., Baltimore, Md., 21218, has sent us her recipe for what she calls a delicious cake.

Ingredients

One and one-half cups oil, 2 cups sugar, 4 eggs, 2 cups flour, 2 teaspoons soda, 2 teaspoons cinnamon, 1 teaspoon salt, 3 cups grated carrots, 1 cup chopped nuts.

Mix oil and sugar well with electric mixer. Add eggs to oil and sugar mixture. Mix and beat. Sift together flour, soda, cinnamon, and salt. Add to the above mix a little at a time.

Fold in the carrots and the nuts. Bake at 350 degrees for about one hour. Can be baked in 9 x 13 pan or two layer pans. Layers bake in a shorter time. That is 35 to 40 minutes.

VANILLA, BUTTER, AND NUT CAKE

Miss Robin Tatum, 2408 Guilford Ave., Baltimore, Md. 21218, has sent us her recipe of the following.

Ingredients

Three cups sugar, 1/2 cup crisco, 3 cups flour, 1 small can of milk, (add water to make 1 cup), 2 tablespoons vanilla, butter, and nut flavoring, 2 sticks margarine, 5 large eggs, 1/4 teaspoon salt.

Cream shortening, sugar and salt. Add eggs one at a time. Add flour and milk alternately, ending with flour. Fold in flavoring by hand. Bake in greased tubepan for one hour and

forty-five minutes at 325 degrees. Start in a cold oven. Do not open door while baking. Remove pan immediately.

SOFT SHELL CRAB APPETIZER

Mrs. Letha MacCain, 13 S. Monastery Ave., Baltimore, Md., 21229, has sent us her recipe for Soft Shell Crab Appetizer.

INGREDIENTS

Twelve soft shell crabs, salt, freshly ground black pepper, milk, 3/4 cup flour, 2 eggs, lightly beaten, 3/4 cup fine cracker crumbs, vegetable oil for deep fat frying.

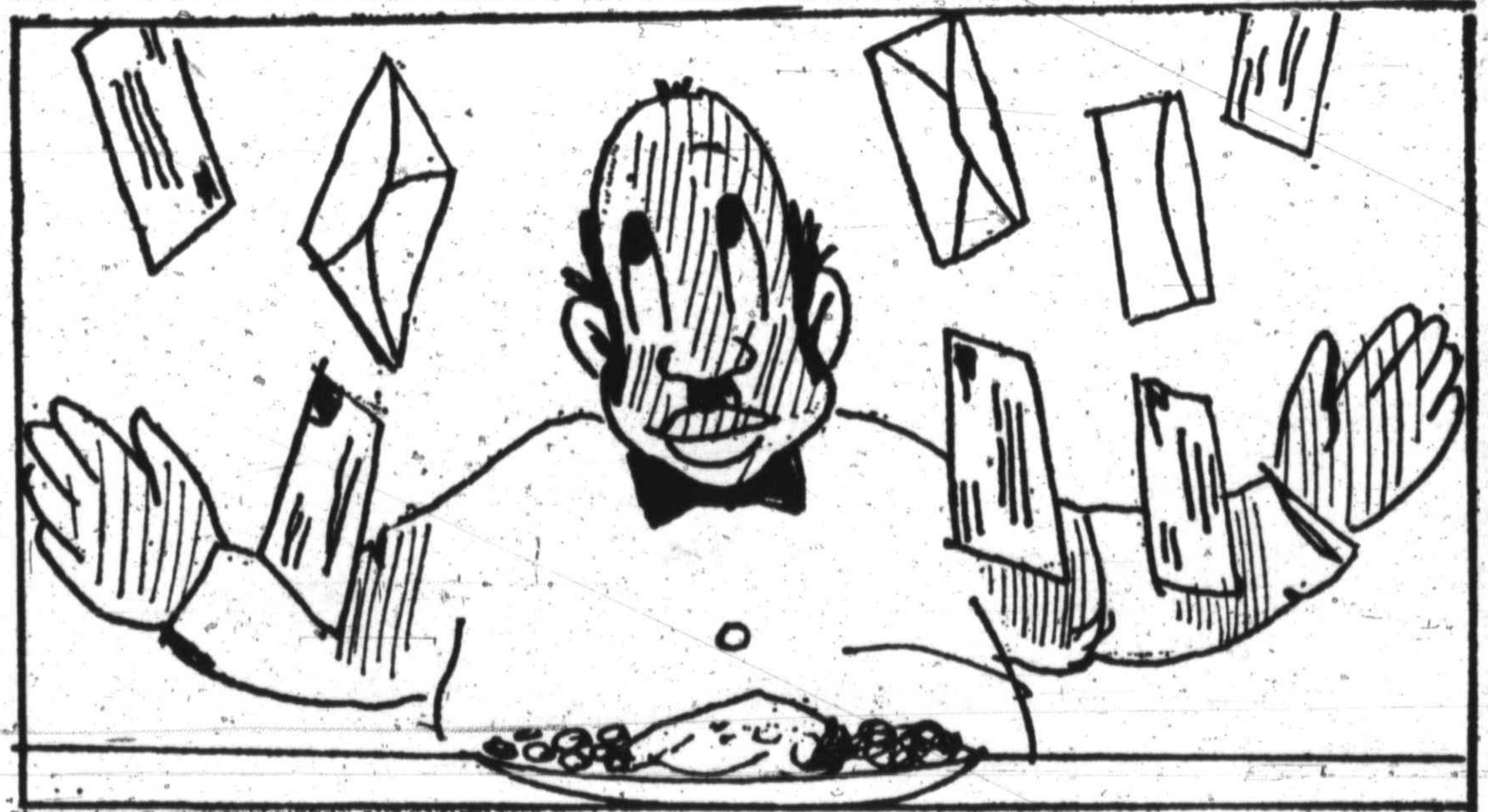
Have market clean crabs, or do it yourself. Wash carefully in cold water. Drain well on paper towels, sprinkle with salt and pepper, cover with milk. Let stand about 30 minutes. Roll in flour and eggs and then in cracker crumbs. Heat vegetable oil to 350 degrees or until bread cubes are brown. In about 60 seconds, add few crabs at a time and fry until golden brown. Drain on paper towels. Serve at once.

CREOLE JAMBALAYA

Mrs. Grace Johnson, 1715 Madison Ave., Baltimore, Md. 21217, has sent us her recipe for Creole Jambalaya.

Brown three medium chopped onions, 1 chopped green pepper in 3 tablespoons of butter. Add one small can tomato paste, 2 cloves finely chopped garlic, 2 teaspoon chopped parsley, salt and pepper to taste. Simmer for 30 minutes and add cleaned deveined fresh shrimp, cook 1/2 hour longer or until shrimp are done. Serve over fluffy rice.

SWEET AND SOUR



"KEEP THEM COMING"

SAUERKRAUT

Mrs. Laverna Carroll, 5358 Cordelia Ave., Baltimore, Md. 21215, has sent us one of her recipes, Sweet and Sour-Sauerkraut. Combine sifted flour, bak-

INGREDIENTS

Two — pounds pack of sauerkraut, 10 ounce can of whole tomatoes, 1/2 cup of brown sugar, 6 pieces of bacon, 1/4 cup of white sugar, salt and pepper to taste.

Place sauerkraut, tomatoes, 1/4 cup brown sugar, 1/4 cup white sugar, and pepper to taste in a deep casserole dish. Mix well and place the 6 pieces of bacon on top. Place the rest of the brown sugar on top of bacon. Place in oven 375 degrees for 25 minutes. It is nice to serve with turkey dinner.

Sweet potato biscuits
Mr. Louis F. Rohm, 219

W. 37th Street, Savannah, Ga., 31401, has sent us his marvelous recipe for Sweet Potato Biscuits.

Ingredients

Two cups sifted flour, three teaspoons baking powder, one teaspoon salt, one cup boiled and mashed sweet potatoes, two tablespoons brown sugar, 1/2 cup melted oleo, 1/2 teaspoon baking soda, 3/4 cup buttermilk.

ing powder, and salt and sift together into mixing bowl. Combine mashed sweet potatoes with brown sugar and oleo and beat until well blended and fluffy. Dissolve baking soda in buttermilk. Add buttermilk and sweet potatoes mixture to dry ingredients stirring until moist. But mixing as little as possible. Put on to floured surface roll out. And cut with biscuit cutter on ungreased baking sheet. Bake at 425 degrees for 15 minutes.

Neckbone stew
Mrs. Betty Johnson 2938 9th Street, Columbus, Georgia, 31906 has sent us her recipe for neckbone stew.

Ingredients

One to two pounds of meaty neckbones, one tablespoon of salt, two tablespoons of black pepper, 1 medium size onion parted into four sections, 1/2 teaspoon of garlic powder.

Wash neckbones real good and discard any fat. Set to boil with all ingredients above over medium heat. Let boil for 2 1/2 hours or until almost dry. Take off stove and pour off water. Line bottom of electric skillet with onions chopped round, then place neckbones in the skillet. Let simmer for about 20 minutes.

Chop 2 sticks of celery length wise; place around the skillet and in the middle. Let simmer 10 minutes.

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WEE PALS

