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Our thanks to Mrs. Robert King Davis for lending us her copy of the Williamston Cook Book, published in 1945. She suggested that we pass along this recipe by Elizabeth Strong Worthington, that tells you how to cook husbands.

"A good many husbands are entirely spoiled by mismanagement, in cooking, and so are not tender and good. Some women go about it as if their husbands were bladders and blow them up.

Others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in pickle all their lives.

It cannot be supposed that any husband will be tender and good managed in this way. Turnips wouldn't, onions wouldn't, cabbage heads wouldn't, and husbands won't; but they are really delicious when properly treated.

In selecting your husband, you should not be guided by the silvery appearance, as in buying mackerel; nor by the golden tint, as if you wanted salmon. Be sure to select him yourself as tastes differ.

And by the way, do not go to the market for him, as the best is always brought to the door. It is far better to have none unless you patiently learn how to cook him. A preserving kettle of the finest porcelain is the best, but if you have nothing but an earthenware pipkin it will do, with care.

See that the linen in which you wrap him is nicely washed and mended, with the requisite number of buttons and strings nicely sewed on. Tie him in the kettle by a strong silken cord called Comfort, as the one called Duty is apt to be too weak.

Husbands are apt to fly out of the kettle and be burned and crusty on the edges, since, like crabs and lobsters, you have to cook them while alive. Make a clear, strong, steady fire out of Love, Neatness and Cheerfulness.

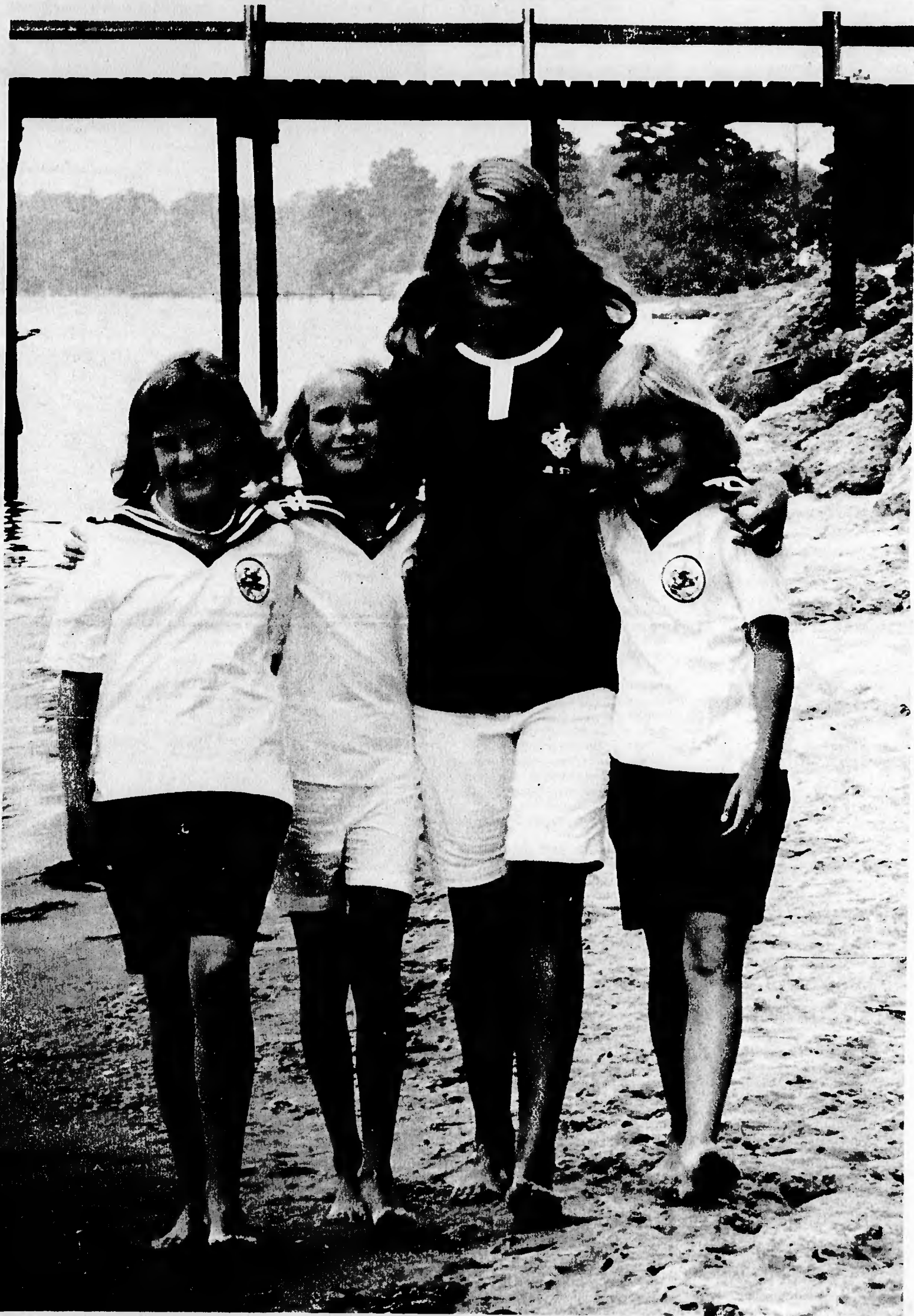
Set your husband as near this as seems to agree with him. If he sputters and sizzles, do not be anxious. Some husbands do this until they are quite done. Add a little sugar in the form of what confectioners call kisses, but no pepper or vinegar on any account. A little spice improves him, but it must be used with judgement.

Do not stick any sharp instrument into him to see if he is becoming tender. Stir him gently; watch the while lest he lie too flat and close to the kettle, and so become inert and useless. You cannot fail to know when he is done.

If thus treated, you will find him very digestible, agreeing nicely with you and the children, and he will keep as long as you want, unless you become careless and set him in too cold a place."

Rumors have it that Superior Court Judge William J. (Dick) Bundy of Greenville will probably retire from the bench, rather than seek reelection. A likely candidate to

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THEY LOVE IT—Big girls and little girls have more in common than meets the eye, not the least of which is the joy they derive from strolling along an inviting beach, as shadows lengthen on a summer day. In this instance, the sand crunching delightfully under tanned bare feet, borders the rippling Neuse at Camp Seafarer east of New Bern. Since it was founded, soon after neighboring Camp Sea Gull came into being, Seafarer has attracted thousands of girls from coast to coast, and many from several foreign countries. When they leave they return to their homes as good will ambassadors for the Land of Enchanting Waters. They find the Neuse, as it approaches Pamlico Sound,

a veritable paradise for those who are happiest when they're sailing before a brisk wind, swimming, or simply basking in the sun. There are few idle moments at Seafarer. Staffed by competent counselors, it has a program of varied activities that is said to surpass anything else available at a girls camp in eastern America. There is no shortage of land sports, music and handicraft, and an abundance of Southern cooking, prepared Pamlico county style, but the big attraction remains the Neuse. An easy-flowing river, journeying to the sea, is made to order for hearts that are young.