

Down East Cooking

By REBA W. MITCHELL

There is more than apple butter when it comes to different butters to put on toast or biscuits. There are ways of using fruit butters other than using them as spreads and toppings, but many people do not know about them. In desserts, you can avoid fattening creams by using thick fruit butters to line baked tart shells or fill tiny pastries. For an even "skinnier" dessert, try stewing fresh or dried fruit in a mixture of 2 cups fruit juice and ¼ cup fruit butter.

For appetizers, fold together one part fruit butter and one part yogurt and use for a dip with fresh apple, pear and peach slices. You can thin the dip with bit of juice and make a dressing for fruit salad.

To use for a glaze for roasting chicken, try thinning ½ cup fruit butter with fruit juice. Spread the glaze on the chicken before roasting. Try creating your own combinations, like cranberry-grape, apple-pear or apricot-lime. When making fruit butters, always use a pot with a heavy bottom.

Grape Butter

- 6 pounds of grapes
- ½ cup water
- Honey

In a large, heavy-bottomed kettle combine grapes and water. Cook for about 30 minutes, stirring and mashing frequently.

Run the mixture through a food mill to remove seeds and hulls. Return the mixture to the kettle with the honey to taste (if desired). Cook until thick, about 2 hours. Fill clean ½ pint jars, put on lids and screw bands tight. Process in boiling water for 10 minutes. Makes 3½ cups. Fruit butters can be frozen. To serve, defrost in refrigerator overnight.

Pumpkins are for more than just carving and decorating. Pumpkins can be used for pies and other baked treats. Pumpkin is great for the microwave.

Quick pumpkin pie features a crunch graham cracker, oat and walnut crust that is mixed in the pie plate it's cooked in. The filling is cooked in the mixing bowl. As it begins to thicken, it can be stirred, then it's poured into the crust. That creates a real saving on dirty dishes.

Pumpkin's nut-like flavor makes it a perfect partner to serve with meat. Autumn fruit chutney combines cubes of pumpkin, apple and raisins seasoned with orange juice, cinnamon and ginger. It is a delicious relish to savor with pork or poultry.

Cooked Fresh Pumpkin

- 1 5- to 6-pound pumpkin

Cut pumpkin in half crossways. Remove seeds and set aside. Peel and cut pumpkin into 1-inch cubes, place in shallow 2-quart dish. Cover tightly with heavy plastic wrap, fold back small edge of wrap to allow steam to escape. Microwave on

high for 20 to 25 minutes, or until tender, giving dish a quarter-turn every 5 minutes. Mash pumpkin if desired. Makes 3 to 4½ cups mashed pulp or 5 to 6 cups of cubes.

Toasted Pumpkin Seeds

- 1 cup pumpkin seeds
- 1 tbs. butter
- ¼ tsp. salt

Wash the seed and drain well, removing fiber. Spread seeds in a single layer to dry, stirring from time to time.

Line a 9-inch plate with 2 layers of paper towels. Sprinkle seeds on towels. Microwave on high for 13 to 14 minutes or until seeds or dry but still white. Stir every 5 minutes during drying process and then let stand for 5 minutes. Place butter in a 2-cup measuring cup and melt in microwave. Add seeds and salt and stir to coat. Serve as a snack.

Autumn Fruit Chutney

- ½ orange juice
- 1 cup firmly packed brown sugar
- 1 tbs. lemon juice
- ¼ tsp. ginger
- ½ tsp. cinnamon
- 1 cup cubed apples
- 1 cup cooked pumpkin cubes
- ½ cup golden raisins

Combine orange juice, brown sugar, lemon juice, ginger and cinnamon in a 2-quart casserole. Stir in cubed apples. Cover tightly with plastic wrap, fold back a small edge to allow steam to escape. Microwave on high for 2 minutes or until apples are crisp and tender. Add pumpkin and raisins, cover and microwave on high for 2 minutes or until thoroughly heated. Stir after 1 minute. Serve with pork, poultry or ham.

Quick Pumpkin Pie

- ¼ cup plus 2 tbs. butter
- ¼ cup chopped walnuts
- ¼ cup uncooked oats (quick cooking)
- ¼ cup graham cracker crumbs
- 2 cups cooked mashed pumpkin
- ¼ cup brown sugar
- ¼ cup sugar
- 1 cup half-and-half
- 3 eggs, slightly beaten
- 2 tbs. apple juice
- 1 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. salt
- whipped cream (optional)

Place butter in a 9-inch pie plate, microwave on high for 1 to

1½ minutes or until butter melts. Stir in walnuts, oats, graham cracker crumbs and ¼ cup sugar and mix well.

Press mixture evenly over bottom and sides of pie plate then microwave on high for 1 or 2 minutes.

Combine pumpkin, brown sugar, half-and-half, eggs, apple juice, cinnamon, ginger and salt, mixing well. Microwave on high for 6 to 8 minutes or until mixture begins to thicken, stirring every two minutes. Pour into crust and microwave on medium (50 percent) power for 10 to 15 minutes or until set, giving pie plate a quarter-turn every 5 minutes. Serve with whipped cream if desired.

Along The Pathway

Along the pathway of life you may have failed to commit your life to the Lord before your children grew up and began lives of their own. You may now wonder how to turn your children around to the ways of the Lord. With you, it is impossible. With God, all things are possible if you will really trust Him.

If you have waited to commit your life to the Lord after your children have gone out to face the world without real Christian training, or maybe your children are teen-aged, there is still a job for you to do. Let them see the change the Lord has brought in your life. Tell them what He has done for you and what He can do for them. If they will commit themselves to the same Jesus that has set you free, they can be set free from sin also. Keep them before God always in prayer, knowing that He does really hear you and will deliver them. God does not fail. He never lost a battle yet. The answer does not always come when we first ask. It may be days, weeks or longer, but remember if we wait on the Lord, He will renew our strength.

We see the woman of Canaan that came to Jesus in behalf of her daughter. In the Book of Matthew, chapter 15, verses 15 through 28, verse 28 tells us Jesus answered, "O woman, great is thy faith: be it unto you as thy wilt." And her daughter was made whole from that very hour.

If we fail to get results, we need to check our faith. Are we really believing without a doubt? Are we really living a life that is Christ-like? Do we wait on the Lord with patience? The answer may not always come at the time we think it should, but if we continue in faith the answer will come. God will deliver just as He has promised. He never fails.

Pray Without Ceasing

God, you know where my loved ones are today.
If one falls along life's way,
I know you were there, you did see,
I know you will hear my earnest plea.
I will keep them before you day and night,
On them you will shine your great light,
So they will plainly see their great need.
My loved one from destruction you will lead,
Because in prayer I keep them before you,
Trusting that you will make the anew.
In their lives old things will pass away,
As they step out in a brand new day,
With all things by you made, made anew,
Set free, dear Lord Jesus, by you.
Because I will pray without ceasing,
And upon you dear Lord I am depending.

— Reba W. Mitchell

Co-op's Publication Gets Honor

Carteret-Craven Electric Membership Corporation's (EMC) consumer-member newsletter has been cited for outstanding achievement in an evaluation program for the state's EMCs' newsletters.

The *Communicator* was one of 10 winners in the inaugural program, sponsored by the N.C. Association of Electric Cooperatives (NCAEC)—the trade association for the state's 28 EMCs. Frank L. Lloyd, editor, received the newsletter's "Award of Excellence" at an editor's workshop in Raleigh.

The *Communicator* is the EMC's monthly publication circulated to over 23,000 consumer-members of the co-op.

The newsletters were rated by a panel of three judges and awarded points for the coverage of EMC activities, the co-op's role in the community, clarity and forthrightness and reader appeal.

Newsletters that met established requirements were honored.

Other EMCs honored were: Blue Ridge EMC, Lenoir; Crescent EMC, Statesville; Edgecombe-Martin County EMC, Tarboro; Four County EMC, Burgaw; Halifax EMC, Enfield; Piedmont EMC, Hillsborough; Roake EMC, Rich Square; Tri-County EMC, Dudley and Union EMC, Monroe.



Birthday Girl

Jennifer Renee Dixon celebrated her third birthday Oct. 4. She had a party at Hardee's that was attended by a clown. She is the daughter of William and Sheila Dixon of Vanceboro.



Lloyd receives award from James M. Hubbard, NCAEC vice president

OCTOBER SAVINGS

Oct. 13-19

Chair Pads asstd. colors Reg. '2.99	2 for \$5.00
Ladies Knee-Hi Socks Reg. '2.50	\$1.00 pair
Oil Lamps with Goose Design	\$7.99

Solid Wood Picture Frames

5x7 - 2.39	8x10 - 2.49	8½x11 - 2.69	9x12 - 2.69
11x14 - 2.99	12x16 - 2.99		

Halloween Costumes, Hair Color, Masks and make up.

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SUTTON'S CLOVER FARM

WE RESERVE THE RIGHT TO CORRECT ERRORS

WE WELCOME WIC & FOOD STAMPS

244-0733

<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2 LITER</p> <h2 style="margin: 0;">COCA-COLA</h2> <p style="font-size: x-small;">(REGULAR FLAVOR, SPRITE, MELLO YELLO)</p> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">.89</div> </div>	<p>WESTERN BONELESS LEAN STEW BEEFLb. 1.79</p> <p>WESTERN CHUCK STEAKLb. 1.49</p> <p>WESTERN SHOULDER ROAST.....Lb. 1.49</p> <p>WESTERN BONELESS SHOULDER/RUMP ROAST.....Lb. 1.99</p>	<p>WESTERN CHUCK ROASTLb. 1.19</p> <p>SMITHFIELD HOT DOGS12 OZ. PKG. .89</p> <p>SMITHFIELD BACON16 OZ. PKG. 1.29</p> <p>WHOLE FRYERS.....Lb. ?</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2 LITER</p> <h2 style="margin: 0;">REGULAR FLAVOR DR PEPPER</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">.89</div> </div>
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>5 LB. BAG</p> <h2 style="margin: 0;">ROLLER CHAMPION FLOUR</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">1.09</div> </div>	<p>303 CAN STOKELY'S WHOLE KERNEL GOLDEN CORN, GARDEN PEAS, CUT GREEN BEANS, GOLDEN CREAM CORN 2/.99</p>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>11.5 OZ. BAG</p> <h2 style="margin: 0;">FOLGERS FLAKE COFFEE</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">1.59</div> </div>
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>42 OZ. CAN</p> <h2 style="margin: 0;">BAKE RITE SHORTENING</h2> <p style="font-size: x-small;">WITH FOOD ORDER</p> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">.99</div> </div>	<p>300 CAN HUNT'S TOMATO SAUCE..... .59</p> <p>15 OZ. CAN CHIEF ROYAL-DEE SPAGHETTI & MEATBALLS79</p> <p>16 OZ. JAR CATER SWEET SALAD CUBES..... .99</p>	<p>46 OZ. CAN HAWAIIAN PUNCH89</p> <p>1 OZ. CAN LIBBY'S POTTED MEAT 4/\$1</p> <p>8 OZ. CAN LIBBY'S VIENNA SAUSAGE..... 2/.89</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>7.25 OZ. BOX</p> <h2 style="margin: 0;">KRAFT MACARONI & CHEESE DINNER</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">2/.99</div> </div>
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>16 OZ. CAN GIBBS</p> <h2 style="margin: 0;">PORK & BEANS</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">3/\$1</div> </div>	<p>28 OZ. SQUEEZE BOTTLE DEL MONTE CATSUP99</p>	<p>34 OZ. BOTTLE PINE SOL CLEANER 2.19</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>5 LB. FINE FARE</p> <h2 style="margin: 0;">SUGAR</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">1.39</div> <p style="font-size: x-small;">LIMIT ONE WITH FOOD ORDER</p> </div>
			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>4 ROLL PKG.</p> <h2 style="margin: 0;">COTTONELLE BATHROOM TISSUE</h2> <div style="font-size: 2em; font-weight: bold; margin-top: 10px;">1.09</div> </div>