

# Down East Cooking

By REBA W. MITCHELL

Many people that know me know I am a chocolate lover. There is nothing I like better than more chocolate. It is my very special favorite. Valentine's Day will soon be coming up and chocolate is among the favorites for Valentine's Day gifts. Valentine's Day parties can be a time of indulging in some new chocolate dessert. Many eastern North Carolinians have already discovered that the Mississippi Mud Cake is very delicious. As I was reading in Southern Living magazine, I believe the article said that any Southerner that knows grits knows what you mean when you say Mississippi Mud. It has nothing to do with the Delta, silt or agriculture. It just simply means layered chocolate desserts.

These goodies can be found at many dinner tables, covered-dish events and even spreads at grandma's house. There is nothing better to look for at these special occasions. It will make the cook very proud to see how much her Mississippi Mud recipes are loved.

Here are two versions of the Mississippi Mud recipes. The pie comes from Edith Askins of Greenville, Texas. The pie is a frozen concoction complete with coffee-flavored ice cream and a little whipped cream. The brownies, with chocolate frosting and tempting marshmallows, are made in the microwave. You don't have to wait so long for this one to come out ready to eat.

### Mississippi Mud Pie

- 3 1-ounce squares unsweetened chocolate
- 1 1/2 cups sifted powdered sugar
- 1/2 cup whipping cream
- 1/3 cup margarine
- 3 tbs. light corn syrup
- dash of salt
- 1 tbs. vanilla
- 1 9-inch graham cracker crust
- 1 cup chopped pecans, divided
- 3 cups coffee-flavored ice cream, softened and divided

sweetened whipped cream  
Melt chocolate in heavy saucepan over low heat and add powdered sugar, whipping cream, margarine, corn syrup and dash of salt. Cook stirring constantly until the mixture is smooth. Remove from heat, stir in vanilla and let mixture cool.

Spread half of chocolate sauce into graham cracker crust and sprinkle 1/4 cup pecans. Freeze 10 minutes and remove from freezer and spread 1 cup ice cream over pecans. Freeze 20 minutes and repeat layers twice.

Cover pie and freeze at least 8 hours. Drizzle remaining chocolate sauce over pie. Pipe whipped cream over pie and sprinkle with remaining pecans.

### Mississippi Mud Brownies

- 1/2 cup margarine
- 1 cup sugar
- 2 eggs, slightly beaten
- 3/4 cup all-purpose flour
- 1/2 tsp. salt
- 1/4 cup cocoa
- 1 tsp. vanilla
- 1/2 cup chopped pecans
- 1 1/2 cup miniature marshmallows

Place margarine in a 2-quart mixing bowl and microwave on high for 1 minute or until margarine melts. Stir in sugar and eggs, set aside. Combine flour, salt, cocoa and stir well. Stir dry ingredients into egg mixture. Stir in vanilla and pecans.

Spread batter into greased and floured 8-inch square baking dish. Shield corners with triangles of aluminum foil, keeping foil smooth and close to dish. Place dish atop a microwave-safe cereal bowl inverted in microwave oven. Microwave at medium at half power for 6 to 7 minutes, giving dish a half-turn after 3 minutes. Remove shields, microwave at high for 2 to 3 minutes or until top is almost dry. Remove and place on counter to cool.

Sprinkle marshmallows on top of brownies and cover with aluminum foil. Let stand 2 minutes. Remove foil and spread with chocolate frosting (see recipe below) and cool on rack. Cut in squares to serve.

### Chocolate Frosting

- 1/4 cup margarine
  - 3 tbs. milk
  - 3 tbs. cocoa
  - 1/2 tsp. vanilla
  - 2 cups sifted powdered sugar
- Combine margarine and milk in a microwave-safe mixing bowl, microwave on high for 1 1/2 minutes or until margarine melts. Stir in cocoa and vanilla. Gradually add powdered sugar, beating at medium speed until smooth. Makes about 1 1/2 cups frosting.

## Obituary

**Herman S. Adams Jr.**  
CHOCOWINITY — Herman Stencil Adams Jr., 73, died Saturday in Beaufort County Hospital. Services were to be today at 3:30 p.m. at Wilkerson Funeral Home in Greenville. The Revs. J. Frederick Dixon and Elton Lancaster were to officiate. Burial was to be in Pinewood Memorial Park in Greenville.

Adams was a native of Pitt County and had lived in the Eastern Pines community until 1964. He then moved to the Hodges Chapel community of Beaufort County. Adams was a retired brick mason and a member of the Hodges Chapel Pentecostal Holiness Church.

He is survived by his wife, Mrs. Myrtle Ruth Paramore Adams; four daughters, Mrs. Kenneth Smith of Rt. 1, Bethel, Mrs. Ruth Mills of Greenville, Mrs. Robert Hardee of Kinston and Mrs. Dan McRoy of New Bern; his mother, Mrs. Ada Hales Adams of Chocowinity; three brothers, J.D.

Adams of Stokes, Melvin Adams of Vanceboro and Bobby Adams of Chocowinity; six sisters, Mrs. Bernice Beavers, Mrs. Plum Mills and Mrs. Floyd Mayo, all of Chocowinity, Mrs. Nathan Coward and Mrs. Shirley Potter, both of Washington, and Mrs. J.B. Forrest of Rt. 2, Ayden; 10 grandchildren and two great-grandchildren.

The family will be at the home of Mrs. Ruth Mills at 2406 Umstead Ave., Greenville.

### REFEREE CLINIC

The New Bern Area Soccer Association will sponsor a 16-hour USSF referee certification clinic at Craven Community College (room 15) in New Bern Feb. 3-5. This clinic is open to those seeking certification as soccer officials. The instructor is James Mitchell, the area referee administrator. The clinic will cost \$10 and the certification fee is \$25, and includes dues and insurance. Following the clinic, a new three-hour, class II, N.C. Youth Soccer Association training program for linesmen will be given. All certified officials desiring more Classic assignments are urged to attend this course (bring flags). For more information, contact Joe Bach at 638-4729 or Carl Baker at 638-6606.

### COOKBOOK

The Craven County Extension Homemakers have available for sale the latest N.C. Extension Homemakers Cookbook. This cookbook was compiled by the N.C. Extension Homemakers for the 1988 national meeting it hosted and contains recipes from across the state. For more information contact Susan Noble at 633-1477.

### SEEK-A-SENIOR

The Twin Rivers YMCA Seek-A-Senior program is a referral service promoting odd-job employment of active older adults who are 55-years-old or older by community members needing work done at reasonable rates. Call the YMCA at 638-8799 to find resources for hiring seniors to do such work as maintenance and repair, sewing, house-sitting and babysitting.

### MEN'S BASKETBALL

The Craven County Recreation and Parks Department is sponsoring a men's basketball league for the 1988-89 season. All games will be played at J.T. Barber Junior High School. For more information, call Carol Baker at 636-6606 between 8 a.m. and 5 p.m. Mondays through Fridays.

### BABYSITTING

The Twin Rivers YMCA is offering a course titled "Babysitting Techniques" for young people ages 10 and up who would like to get a solid foundation in babysitting. Students will be taught safety issues, caring techniques and areas of responsibility involved in child care. Classes will be taught at the YMCA on Wednesdays from 7:30 to 8:15 p.m. Call the YMCA at 638-8799.

### AFTERSCHOOL PROGRAM

The Twin Rivers YMCA offers after school care for school-age children at the following school sites. In New Bern, Brinson Elementary; in Havelock, Roger Bell, Graham A. Barden Elementary and Pamlico County, Fred Anderson and Arapahoe schools. Children may enroll in the program at anytime during the school year. The cost is \$12 for one child, \$20 for two and \$26 for three children per week. For more information, contact the YMCA at 638-8799.

### DRIVERS NEEDED

Drivers are needed to transport people for the Council on Aging from Vanceboro to appointments with doctors. Mileage will be paid. Contact Camille at 638-2118.

### ARCHERY

Learn and experience the challenge of archery. Craven County Recreation and Parks Department is seeking currently organizing archery classes in New Bern beginning this fall. Classes will be available for youth, adults and senior citizens. In interested in participating or for more information, contact Eddie Games at 638-6606.

### WINTER PROGRAMS

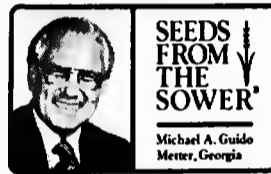
The Twin Rivers YMCA offers its winter session of programs. Programs will include low impact aerobics, CAM II fitness classes, small-fry gymnastics (ages 2-5 years), after-school gymnastics (ages 5-14 years), men's 4-on-4 basketball, basic exercise and stretching, babysitting techniques and the after-school fun program and more. Please call the YMCA at 638-8799 to pre-register for for more information.

### BASKETBALL COACHES

Youth basketball coach volunteers needed two to two days a week between 4 and 6 p.m. Knowledge of basketball skills and genuine interest in children required. Contact Twin Rivers YMCA at 638-8799 for more information on these coaching positions.

### DROPOUT PROGRAM

High school dropouts can earn a high school diploma by attending night classes. Contact the extended day program director at New Bern Senior High School or any school counselor in the New Bern-Craven County Schools. Classes began Jan. 30. Call 636-8230 for more information.



**SEEDS FROM THE SOWER**  
Michael A. Guido  
Mener, Georgia

A little girl hugged a toy to her heart and then ran to her daddy, saying, "Here's a gift for you." "Why?" he asked.

"Because I love you," she answered.

But in a few minutes she demanded, "I want my car." And she took back her gift.

How like many of God's children. We give ourselves to Him, but then we take back the gift.

So the Psalmist suggested, "Bind the sacrifice with cords to the altar." Cords of what? Cords of love.

Give your body to God. Let it be a living sacrifice. Since God gave all for you, shouldn't you give all for Him for all time!

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# Noticeboard

### HERITAGE CRAFTS

The N.C. Extension Service will conduct a two-day "Heritage Crafts" workshop March 21-22 at the Agriculture Extension Center in Kinston. Participants make select from a variety of one- or two-day classes. Classes are from 9:30 a.m. to 4 p.m. each day. Participants are asked to bring a bag lunch. For more details on classes, cost, supplies and registration, contact Susan Noble at 633-1477. Registration closes Feb. 28.

### LEARNING TO LIVE

"Learning to Live," a conference designed for senior citizens and anyone associated with senior citizens, will be held at the Sheraton Hotel and Marina in New Bern Feb. 13-14. The Feb. 13 session opens at 9 a.m. with Rep. Beverly Perdue as keynote speaker. The conference is sponsored by the Neuse River Council of Governments. All inquiries and reservations may be made through the local senior citizen center or Alvina Keldwierski at 638-3185. The fee is \$10. Registration is limited to 300.

### YOUTH BASKETBALL

Youth basketball pre-registration is now being conducted for youth ages 5 through 12. Games have started and will be played on Saturday mornings. Call or come by the Twin Rivers YMCA at 638-8799 to pre-register a child.

### RESCUE AUXILIARY

The Vanceboro Rescue Squad Auxiliary meets the first Tuesday night of each month at the Vanceboro Volunteer Fire Department at 7:30 p.m. Those interested in serving in a worthwhile volunteer organization and helping the community are asked to attend.

### QUIZ BOWL

The 1989 Quiz Bowl has been set for Feb. 4 at 10:30 a.m. at New Bern Senior High School. The Quiz Bowl is sponsored by the Craven-Pamlico-Carteret Regional Library.

Participating will be all the high schools in Craven, Pamlico and Carteret counties.

### SENIOR CITIZENS

The senior citizens in United Tri-County Senior Citizens Inc. are reminded to attend the "Happy Birthday Party" this month. Senior citizens in Vanceboro meet regularly in the newly-renovated community center in Vanceboro. The last Friday of each month is the date for the "Happy Birthday Party."

### SENIOR EXERCISES

Twin Rivers YMCA now offers a basic exercise and stretching class for adults over age 55. The classes are on Mondays and Wednesdays from 9 to 9:45 a.m. at the YMCA. For more information, call 638-8799.

## On The Home Front

Susan Baker

### Picture This Family

Don't you enjoy receiving those wonderful photos of your relative's family, especially the ones with the children, often the family dog?

We're always getting adorable pictures like that from my brother and his wife. So recently, we decided to do likewise, thinking it would be nice to let distant friends and relatives see our charming daughters.

We're still married, but it was tough and go for a while.

Our friend Dottie is an amateur photographer. She even entered a contest and won second place for her close-up of a mushroom.

So it seemed logical to ask her to take the picture, particularly since she had had, for some time now, the lens to my husband's camera.

The date and time of the picture-taking was set. Julie, our 8-year-old, was instructed to come directly home from school and wash her hair.

Emily's "hair," for lack of a better word to describe the fluff around her 18-month-old head, was washed days in advance to allow time for it to settle. The apple juice and mashed potatoes she rubbed over it helped.

It was time. I took Julie aside for a gentle talk about her one minor flaw, her front teeth. She understood. She needed to sort of smile in a way that lessened the protrusion until the braces could solve the problem permanently.

All set. Julie, her hair perfect, smiles prettily. The baby's jumper is straightened.

Ready. Aim. Emily heads for the dining room.

Capture Emily, straighten jumper. Pose again. Julie smiles. Emily stands, runs behind the draperies yelling "Boo doggie!"

Grab Emily, sit her down. SMILE! Emmie, restrained by Julie, screams. Emily gets a cookie to make her smile. She screams because it is broken.

Julie begins to read a book. Emily and Julie posed again. SMILE! TEETH. JULIE! EMMIE!!!

The second night was worse. It was worse, probably, because Dottie was not there, the pictures she took having been overexposed.

Her absence made it easier for me to speak my mind about how Jim, with a camera borrowed from a neighbor, was undertaking this project.

How dumb, I said, to scream at an 18-month-old to smile and look at a camera. I went to the other room and turned on the television, but still I could hear. EM! EM! HERE! LOOK HERE! SMILE!

On the third night, Jim assured me he had a foolproof camera. It was not like the neighbor's, he said, which had failed because of something about film speed.

I went to the bedroom, closed the door and refused to come out.

Actually, those photos were not too bad, but not nearly as good as the ones that arrived of my brother's children.

"What was that pretty background you used?" I asked.

"Oh," said my sister-in-law, whose ability to breeze through these projects is something I envy. "It was one of several we could have chosen at the studio in the mall." ■

Susan Baker is a writer who lives in Kentucky with her husband and daughters.

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