

For And About Women

PAGE THREE—SEC. ONE CHOWAN HERALD NOVEMBER 18, 1965.



FLAVORFUL DINNER—A charming heritage of good eating in this table of Southern specialties: Brunswick Chicken 'n Gravy, flaky biscuits, and meltingly rich poundcake.

The Herald Kitchen

By MILDRED HUSKINS

A legacy of fine food is as much a part of the South as its magnolia blossoms and stately plantations.

Many of these traditional dishes, however, are time-consuming to prepare and we no longer have that old family cook in the kitchen.

If you haven't learned, yet, to take short cuts and use the convenience foods available in wonderful variety, you will find your work load is heavier than it need be.

Canned gravies are better than you think they are especially if you use them in such dishes as Brunswick Chicken 'n Gravy, a colorful dish reminiscent of Eastern Carolina's thick, hearty Brunswick Stew.

These canned gravies take much of the labor out of meal preparation. They are perfectly smooth and enticingly seasoned as well as low in fat. Most new cooks complain of the fact they are unable to make good gravy.

When you try Brunswick Chicken 'n Gravy serve a salad, hot biscuits dripping with butter and honey, and for dessert thin slices of rich, rich rum poundcake dusted lightly with confectioners' sugar. Of course this calls for plenty of hot coffee . . . enough for seconds all around.

Brunswick Chicken 'n Gravy

2 lbs. chicken parts
2 tablespoons flour
1/4 teaspoon salt
Dash pepper
2 tablespoons butter or margarine
1 can giblet gravy
1/4 cup chopped canned tomatoes
1/4 cup tomato liquid

Dash poultry seasoning
1 cup cubed cooked potatoes

1/2 cup cooked corn
1/4 cup cooked okra

Dust chicken with flour, salt, and pepper. In skillet, brown chicken in butter. Add gravy, tomatoes, tomato liquid, and poultry seasoning. Cover; cook over low heat 30 minutes. Stir now and then. Add vegetables; cook 15 minutes longer. Stir now and then. Makes four to six servings.

During International Canned Tuna Week, November 11-20, serve tuna in some form just to prove you've not put it aside until next summer for salad and sandwiches. For these Tuna Hobos, super-good supper sandwiches, bits of mild cheese melt through the tuna-salad filling as each bun bakes in foil. Do them this way:

Tuna Hobos

1 can (7 oz.) tuna, drained and flaked
1/4 cup diced celery
2 triangles process Gruyere cheese, diced
1 tablespoon chopped parsley
1 pimiento, diced
1/4 cup mayonnaise or salad dressing
1 teaspoon lemon juice
1/2 teaspoon salt
1/4 teaspoon Worcestershire sauce
4 split hamburger buns, buttered

Combine tuna, celery, cheese, parsley, and pimiento in a medium-sized bowl. Blend mayonnaise or salad dressing with lemon juice, salt, and Worcestershire sauce in a cup; spoon over tuna mixture; toss lightly to mix. Put hamburger buns

together with filling, dividing evenly. Wrap each in foil; place on a cookie sheet. Bake in a 400 degree oven for 20 minutes or until heated through. Remove sandwiches from foil and serve hot. This recipe for Buttermilk Gems makes about three dozen small biscuits. Make plenty for they will disappear pretty fast. If you haven't made biscuits "from scratch" recently, your family will bless you for serving up a batch of these one of these cool nights.

Buttermilk Gems

2 cups sifted regular flour
2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
4 tablespoons (1/2 stick) butter or margarine
3/4 cup buttermilk
Sift flour, baking powder, salt, and soda into a medium size bowl; cut in butter with a pastry blender or two table knives until mixture is crumbly; stir in buttermilk just until mixture is moist. Turn out onto a lightly floured board; knead gently one-half minute. Pat dough into a square about one inch thick; cut into rounds with a small cutter. Place, not touching, on one or two ungreased cookie sheets. Bake in a 475 degree oven for 10 minutes or until puffed and golden.

Anything that involves your life is important — like safe driving, for instance.

'Turkey Talk' Given By Agent

By MARY G. COWPER

Home Ec. Extension Agent "Turkey Talk" has been so frequent in the magazines and bulletins crossing our desk in the last few weeks, we want to pass some of the most timely items on to you.

First, this does seem to be the year to celebrate Thanksgiving with the traditional turkey dinner. Supplies of turkeys are plentiful and prices are attractive.

Turkeys can be had fresh, frozen, or pre-cooked as best suits you. There are more larger birds available this year and the larger bird is really the most economical buy as there is more meat per pound. Allow about 3/4 pound per serving (dressed weight).

One way for a small family to take advantage of the larger bird is to have the butcher cut it in halves, use one half now and freeze the other half to use in a few weeks. We did this last year and it worked fine for us.

We have several recipes for roasting turkey and for various dressings which we will be glad to send you upon request.

Whatever the recipe allow about 1/2 cup bread cubes for each pound of turkey. Always combine stuffing ingredients just before roasting. Pack the cavity lightly so the stuffing will heat rapidly to a high enough temperature to kill food-poisoning organisms. Placing the turkey neck down in a large mixing bowl may make stuffing an easier task.

If you have leftovers, separate the cooked turkey, the broth, the stuffing, and the gravy before putting in the refrigerator. Use within one or two days. If you plan to keep it any longer, store in freezer.

Harvest Dance Planned At Club

Chowan Golf & Country Club will be the site November 27 for a Harvest Moon Dance, the first fall social function in Edenton.

The informal dance for club members and their guests will begin at 9 P. M. Dancing will be to the music of Bud Skiles Band until 1 A. M.

Earl Jones will cater the regular Saturday night dinner from 6:30 P. M., to 8:30 P. M.

Reservations are requested by November 24 by contacting Mr. and Mrs. Charlie Wood, 482-3438; Mr. and Mrs. Thomas Cheers, 482-3302; or Mr. and Mrs. Floyd Frizzell, 482-2403.

Chessons Lead Bridge Marathon

Mr. and Mrs. Wesley Chesson, Jr., are the second round leaders in a bridge marathon being sponsored by Chowan Hospital Auxiliary.

There are 14 couples participating in the annual benefit marathon. The Chessons have 9,500 points.

Dr. David Wright and Hiram Mayo are in second place with 9,140 points with third place being held by Mr. and Mrs. Joe Conger, Jr. with 7,550 points.

Fourth place at this stage of the marathon belongs to Mrs. J. H. McMullan and Mrs. Oscar Duncan with 7,260 while a tie exists for fifth place. Those deadlocked at 7,110 points are Mrs. I. W. Davis and Mrs. Earl Goodwin and Misses Ruby Felts and Myrtle Jenkins.

SOCIETY NEWS

In Durham At Greenville

Mr. and Mrs. Jerry McGee and family and their guest Jim McGee of Puerto Rico, spent the weekend in Durham visiting Mr. and Mrs. Mike McGee. While there they attended the Duke-Wake Forest football game.

Visits Duke
Wesley Chesson III visited the Duke University campus this weekend and attended the Duke-Wake Forest football game.

Attend Convention
Amy O'Neal, Linda Byrum, Helen Pruden, Gail Cozzens, Clara Blanchard and Ivey Lowe, accompanied by Mrs. Sammy Morris, attended the Future Teachers Association in Winston-Salem Saturday.

Weekend Trip
Marion Kirby spent the weekend in Hickory.

Visit Campus
Mike Overton, Dwight Flanagan and Charles Swanner were guests of Lenoir-Rhyne College this weekend.

Back To Florida
Dr. and Mrs. W. I. Hart left this week for their winter home in Coral Gables, Fla.

With Mother
Mrs. Lessie Mae Keeter and daughter, Sharon, spent the weekend in Elizabeth City visiting Mrs. Keeter's mother, Mrs. Simpson.

Attend Game
Mr. and Mrs. W. J. P. Earnhardt, Jr., attended the East Carolina-George Washington football game in Greenville Saturday.

Home For Weekend
Tom Bass, a student at Atlantic Christian College in Wilson, spent the weekend in Edenton with his family.

Go To Raleigh
Mr. and Mrs. Cecil Fry, Sr., spent the weekend in Raleigh visiting Mr. and Mrs. John R. Adams.

Visit Bonds
Mr. and Mrs. A. B. Harless, Jr., spent the weekend in Greenville as guests of Mr. and Mrs. Lin Bond. They attended the East Carolina College football game.

Mr. and Mrs. Hiram J. Mayo attended the business session of the ECC Alumni Association Saturday morning and the Alumni Luncheon which followed, held in the Buccaneer dining room.

Attend Lion Event
Mr. and Mrs. W. H. Hollowell, Jr., attended the Lions Club Cabinet Meeting in Wilson Sunday.

In Norfolk
Mr. and Mrs. Bernard Burroughs spent the weekend in Norfolk, Va.

Off To Germany
Mrs. Cecil Fry, Jr., and son Jeff left by plane Sunday to join Pfc. Fry in Frankfurt, Germany.

Attend Show
Among those attending the "Sound of Music" showing in Norfolk this weekend were Mrs. Richard Hines, Jr., Mrs. John Woolard, Mrs. Bill Gardner, Mrs. Tom Cross, Mrs. John Goodwin, Mrs. Tom Ward, Mrs. Joe Thorud, Mrs. Richard Hardin and Candy and Richard Hardin.

Weekend Guests
Mr. and Mrs. Jerry Vuncannon and Miss Judy Robb of Richmond were the weekend guests of Mr. and Mrs. Warren Nance.

In Virginia Beach
Mrs. Elizabeth Townsend is spending this week at Virginia Beach as the guest of her daughter, Mrs. M. C. Overcash.

Visiting Mother
Mrs. Charlie Griffin, Jr., of Nags Head is the guest of Mr. Griffin's mother, Mrs. C. N. Griffin.

In Raleigh
Mr. and Mrs. Charles Wood and Mr. and Mrs. J. D. Barnhill attended Parents' Day and Homecoming at N. C. State University Saturday. They also attended the N. C. State-Florida State football game.

Returns Home
Mrs. Matthew Burke, who has been the guest of her daughter, Mrs. J. P. Ricks, Jr., has returned to her home in Pink Hill.

Goldsboro Visitors

Miss Sara E. Miller of Goldsboro spent Thursday in Edenton visiting Mrs. William A. Whichard and family.

Leaves For Florida
Mrs. W. I. Hart left Monday for her home in Coral Gables, Florida, to spend the winter.

Return From Germany
Chaplain and Mrs. Billy Whiteside and sons are visiting Mrs. Whiteside's parents, Mr. and Mrs. Floyd White of Hobbsville. Recently returning from Germany, the Whitesides are enroute to Florida where they will reside.

Visiting In Greensboro
Mr. and Mrs. J. D. Swindell left Sunday for Greensboro to spend several weeks with their son-in-law and daughter, Mr. and Mrs. D. C. Lewis. Mrs. Lewis underwent surgery Tuesday at Wesley Long Hospital in Greensboro.

Weekend With Family
Mrs. James Wilkins and children, Candy and Arie Lea, of Suffolk spent Sunday with her parents, Mr. and Mrs. J. Frank White.

Visits Sister
Mrs. J. Frank White, Jr., of Charlotte spent the past week visiting her sister, Mrs. William White.

Sunday Guests

Mrs. Louise Postonate of Roanoke Rapids, Mr. and Mrs. Doc Harrell of Coletrain and Mr. and Mrs. Ollie Brown of Ahoskie visited Mr. and Mrs. J. Frank White Sunday.

Visit Daughter
Mr. and Mrs. Thomas Byrum and son Cam, spent the weekend in Greensboro visiting their daughter Pat, who is a student at Greensboro.

Weekend in Greensboro
Mr. and Mrs. J. Clarence Leary spent the weekend in Greensboro visiting their son-in-law and daughter, Mr. and Mrs. Richard L. Weaves.

Visits In Edenton
Mr. and Mrs. Ned Miller and Mrs. Woodie Miller and daughter of Washington, N. C., spent Monday with his sister, Mrs. J. Frank White.

ATTENDS MEETING
Mrs. Thomas Cheers, Jr. spent Wednesday and Thursday in Durham attending the semi-annual meeting of the board of directors and alumni council of the Woman's College of Duke University.

Kidney Danger Signals
Getting up nights, burning frequent or scanty flow, itchy eyes may warn of functional kidney disorder. Doctor Adams gives kidneys a GENTLE but thorough check with the tonico-diuretic, MILDREX, to increase and regulate passage of urine and regulate passage of bile. Buy your MILDREX at MITCHELL'S PHARMACY.

House Hunting?

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- W. Queen St. Extd. 3 Bedrooms
- Country Home (near Piece Dye Works), 3 Bedrooms and Beach Rights
- N. Granville St., 3 Bedrooms
- Duplex Apartments (1 mi. out on U.S. 17). Each Apt. 3 Bedrooms

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