

For And About Women

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SPRING MENU—Succulent leg of spring lamb is surrounded by a colorful garland of vegetables which includes tender little Brussels sprouts. Accent this spring meal with Banana Cherry Tarts glistening under an apricot glaze.

The Herald Kitchen

By MILDRED HUSKINS

Spring makes it possible... the musical note of the birds... the whiff of fragrance of a just-opened bud... the green of the awakening grass... the smell of a freshly mown lawn. Certain food comes to mind with the re-awakening that is this season of the year. The Greeks recognized this season of "newness of life" when they honored the first animal born in the spring... the lamb... as a symbol of both new life and purity. And down through the ages lamb has remained a tradition at the springtime tables of peoples of all religions and nationalities.

In this country we're proud of our American lamb. It's tender, juicy, a good source of high-quality

protein, rich in vitamins and minerals, and so easy to prepare that the starry-eyed bride finds it a pleasure to include spring lamb in her weekly menus. It is a favorite at our house. We sort of save up our coins and splurge on a leg of lamb. It is usually too much for our family of two but we like the leftovers about as well as the juicy, pink roast at its first appearance.

Let's build a Sunday dinner around a leg of spring lamb. You'll want to think about vegetables and one of the most fascinating of all is Brussels sprouts. These little gems require much pampering while growing up, but once they arrive in your kitchen, conveniently frozen, you'll find them delightful to work with. Our recipe calls for frozen Brus-

sels sprouts to be cooked in the marinade you saved from the lamb. Remember not to over-cook them. Additional vegetables for the garnish include cooked white onions, cherry tomatoes, little new potatoes and carrots.

For dessert, a handsome tart for each diner. The filling is a creamy orange pudding topped with bananas and maraschino cherries.

Spring Lamb With Brussels Sprouts

- 2 tablespoons chopped chives.
- 1 clove garlic, crushed.
- 1/2 bay leaf.
- 1/2 teaspoon salt.
- 1/4 teaspoon each: basil, rosemary and tarragon.
- 3/4 cup dry white wine.
- 1/4 cup olive or salad oil.
- 6 lb. leg of lamb.
- 2 pkgs. (10 oz. each) frozen Brussels sprouts thawed.
- 1/2 lb. white onions, cooked.
- 1 pt. cherry tomatoes, cooked.
- 8 potatoes, cooked.
- 1 can (1 lb.) whole carrots, heated and drained.

In advance mix together chives, garlic, seasonings, wine (or 2/3 cup chicken bouillon and two tablespoons lemon juice) and oil. Pour over lamb; cover and chill overnight. To cook; reserve marinade; place lamb on rack or in shallow roasting pan. Bake in 325 degree oven for three hours or to medium doneness. Cover and cook Brussels sprouts in reserved marinade 10 to 15 minutes, until just tender. Drain. Serve lamb with vegetables, sprinkled with parsley.

Banana Cherry Tarts

- 1/2 cup sugar.
- 1/2 cup flour.
- 1/4 teaspoon salt.
- 2 cups scalded milk.
- 2 egg yolks, slightly beaten.
- 1 teaspoon vanilla.
- 1/2 teaspoon grated orange peel.
- 1/2 cup heavy cream, whipped.
- 8 baked tart shells.
- 6 medium bananas, sliced.
- 1 jar red maraschino cherries, drained and halved.
- 1/4 cup apricot preserves.
- 1 tablespoon lemon juice.
- Mix sugar, flour and salt in top of double boiler. Gradually stir in milk. Stir over hot water until mixture thickens; cover and cook 10 minutes. Stir some of hot mixture into slightly beaten egg yolks. Return to double boiler; stir two minutes longer over hot water. Cool. Stir in vanilla and orange peel; fold in whipped cream. Turn one-half cup of filling into each tart shell. Arrange bananas and cherries on top. Melt apricot preserves with lemon juice over low heat; spoon over fruit. Chill until served. Makes eight tarts.

The next time you oven fry chicken serve tomatoes



MISS CAROLE ANN KNOTTS

Kirby-Knotts Plans Are Made

The engagement of Miss Carole Ann Knotts of Atlanta, Ga., to Marion Wesley Kirby of Edenton is announced this week by her parents, Mr. and Mrs. T. E. Hammond of Atlanta.

Miss Knotts is a 1965 graduate of the University of North Carolina at Greensboro. She is currently employed as a high school

teacher of Atlanta.

Mr. Kirby, son of Mr. and Mrs. O. B. Kirby of Hickory, is head football coach at John A. Holmes High School here.

He is a graduate of Lenoir Rhyne College in Hickory and received his MA degree from East Carolina College in Greenville.

No date has been set for the wedding.

SOCIETY NEWS

Mrs. Frankie Prevatte of Ahoskie was the weekend guest of her mother, Mrs. Leslie Morgan and Mr. Morgan.

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

Mr. and Mrs. L. W. Parrish, Sr., of Henderson, and Mr. and Mrs. L. W. Parrish, Jr., of Norfolk, Va., were the weekend guests of Mr. and Mrs. Nathan Owens.

Walter and David Holton have returned to Wake Forest College after spending last week with their mother, Mrs. David Q. Holton.

Mr. and Mrs. Cecil Fry, Dr. and Mrs. R. H. Hardin, and Mr. and Mrs. Joe Thornd attended the Greater Greensboro Open Golf Tournament in Greensboro last weekend.

Mrs. James E. Wood spent last week in Chapel Hill as the guest of her daughters.

Mr. and Mrs. A. B. Harless, Sr., are vacationing in Florida.

Mr. and Mrs. Joe Conger, Sr., and Mr. and Mrs. J. E. Debnam have returned home after an extended Southern tour.

Mrs. W. H. Kitchin of Virginia Beach was the weekend guest of her niece, Mrs. A. B. Harless.

Miss Jimmie Cozzens of Washington, D. C., was the weekend guest of Mr. and Mrs. J. E. Cozzens.

Mr. and Mrs. Al Sagan of New York, now stationed in Raleigh, were weekend guests of Mr. and Mrs. Charlie Swanner and Mr. and Mrs. Gene Perry. The Sagens were stationed in Edenton 22 years ago, and this is their first visit here since that time.

with an Italian touch... Tomatoes imbottiti... for a great duo.

Tomatoes imbottiti
1 pkg. (10 oz.) peas with onions frozen in butter sauce.
6 large firm tomatoes.
Salt.
3/4 cup cooked rice.
3/4 cup grated American cheese.

1/2 teaspoon oregano.
1/2 cup bread crumbs.
2 teaspoons grated Parmesan cheese.
2 tablespoons butter or margarine, melted.

Slip pouch of vegetables into boiling water and cook according to the directions. Rinse and remove stem end from tomatoes; scoop out center pulp; sprinkle with salt. Combine rice and American cheese. Partially open pouch of vegetables; drain butter sauce into rice mixture; stir to combine. Add peas with onions and oregano; fill tomatoes. Combine bread crumbs, Parmesan cheese and butter; sprinkle over tomatoes. Place in greased baking dish. Bake at 375 degrees for 25 to 30 minutes. Serves six.

Mr. and Mrs. A. W. Furguele and daughters, Jane and Harriet of Culpeper, Va. will arrive tonight to spend the Easter holidays with Mrs. Furguele's parents, Mr. and Mrs. T. J. Wood.

Dr. and Mrs. Ed Bond were the weekend guests of Mrs. Bond's parents, Judge and Mrs. Phipps, in Chapel Hill.

Mr. and Mrs. West Leary and Mr. and Mrs. Percy Smith are spending several days in New York. While there they will attend the Oberlin College Choir Concert in Philharmonic Hall, Lincoln Center, Mr. and Mrs. Leary's daughter, Jo Ann is a member of the choir.

Mrs. M. S. Elbualy and children of Baltimore, Md., have returned home after spending two weeks with her parents, Mr. and Mrs. West Leary.

Anne Jenkins has as her guest over the holidays, her college roommate, Eleanor Shaeffer of Elmwood, Ill.

Jimmie Partin, Jr., of Wake Forest College is spending the Spring holidays with his parents, Mr. and Mrs. J. P. Partin.

Misses Mary Thorud, Jean Goodwin, Anne Wells, Neila Lowe, all of UNC of Greensboro, are spending the Spring holidays with their families in Edenton.

Mr. and Mrs. Bob Waller, Mr. and Mrs. Jack Evans, Mr. and Mrs. Jack Habit, Mr. and Mrs. Pete Dail, Mr. and Mrs. Jerry Downum, Mr. and Mrs. Robert Dail, Mr. and Mrs. Clarence Shackelford, Mr. and Mrs. Van Small, Mr. and Mrs. Samuel Cox and Mr. and Mrs. Frank Habit spent the weekend in Rocky Mount attending a Jaycee Regional Meeting.

Mr. and Mrs. Linwood Ward of Conway were weekend guests of Mr. Ward's mother, Mrs. E. L. Ward.

Mr. and Mrs. Bobby Stokely of Chapel Hill are spending this week with his mother, Mrs. Ruth Stokely.

Mrs. G. A. Helms of Rocky Mount is the guest of Mrs. R. H. Hurdle.

Mr. and Mrs. Charles Wood and family spent this weekend at Nags Head.

Mr. and Mrs. Bruce Jones spent last weekend with Mr. and Mrs. Dick Weeks in Greensboro.

DANCE SLATED

Arrowhead Beach & Boat Club will hold a dance in the clubhouse April 6 from 8 until 11 P. M. Admission will be \$1.00 per couple and stag 75 cents.

The Clansmen Band will furnish the music.

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