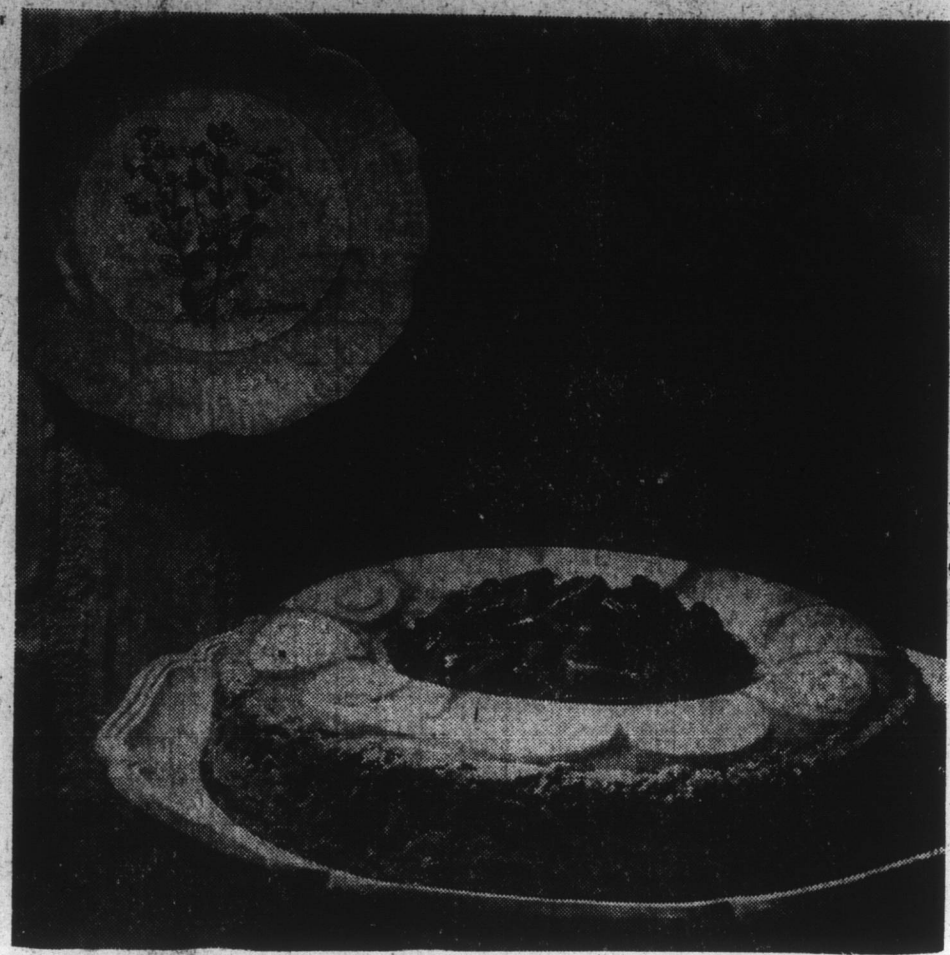


# For And About Women

PAGE THREE—SECTION ONE, THE CHOWAN HERALD AUGUST 4, 1966.



**LUNCHEON MOLD** — A real braggin' salad is this Salmon Luncheon Mold with salmon and mushrooms and other good things enhanced by the aroma of marjoram.

## The Herald Kitchen

By MILDRED HUSKINS

Homemakers who haven't succumbed to the wild rush to use of herbs in the daily menu are missing a great deal of excitement in the kitchen.

The variety, in such attractive jars, is in itself exciting. The very plainest casserole can become a gourmet dish with a pinch of something—or other off the spice shelf.

How about marjoram?

It is good in almost anything: in vegetables such as peas, beans and potatoes; in seafood dishes; in egg and cheese concoctions; and, of course, in stuffings, stews and casseroles. Use about one-half teaspoon of marjoram to four to six servings of food.

Home economists of the American Spice Trade Association has supplied us with this Salmon Luncheon Mold recipe which is delicately redolent of a bit of marjoram.

**Salmon Luncheon Mold**  
2 envelopes unflavored gelatin.  
1 can chicken consommé.  
1 tablespoon lemon juice.  
1/4 teaspoon salt.  
5 or 6 hard-cooked eggs.  
1 can (1 lb.) red salmon.  
1/4 cup salmon liquid.  
1 teaspoon instant minced onion.

1 can (3 oz.) chopped mushrooms, drained.  
1/4 cup water.  
1/4 cup cider vinegar.  
2 teaspoons sugar.  
2 teaspoons ground marjoram.

1 teaspoon parsley flakes.  
1/2 teaspoon black pepper.  
1/2 cup heavy cream whipped.

Marinated green beans.  
In saucepan, sprinkle one envelope of the gelatin over one-half cup of the consommé. Place over low heat and stir until gelatin is dissolved. Remove from heat; chill until consistency of unbeaten egg white. Mix gelatin thoroughly with flaked salmon mixture. Fold in whipped cream. Spoon lightly over eggs in ring mold; spread evenly with spatula. Chill until firm. Unmold onto serving plate. Fill center with marinated green beans.

**Marinated Green Beans**  
2 pkgs. (9 oz. each) frozen cut green beans.  
6 tablespoons cider vinegar.  
2 teaspoons marjoram leaves, crumbled.  
1 teaspoon sugar.  
1/2 teaspoon salt.  
1/4 teaspoon black pepper.  
Cook beans as package directs, just until crisp-tender; drain and cool. In small bowl, combine oil, vinegar, marjoram, sugar, salt and black pepper. Beat until blended. Pour dressing over beans; cover and marinate in refrigerator 12 hours. Serves six.

While we're on the subject of vegetables, we'll share a recipe for stuffed fresh zucchini squash. The Italians cook zucchini so deliciously that we often think of it as an Italian vegetable despite its Western Hemisphere origin. It is actually a summer squash with an extremely tender rind. It can be sliced and used raw in a mixed green salad, or it can be sautéed with butter and onion or garlic with perhaps a bit of fresh basil. Besides all that, it is marvelous "buy" in calories—only 17 to the half-cup serving.

**Stuffed Zucchini**  
6 medium (1 1/2 lbs.) zucchini squash.  
1/2 lb. ground beef.  
1 slice lean bacon, chopped.  
1/2 cup minced fresh parsley.  
1/2 cup finely chopped tomato.  
1/4 cup finely chopped onion.

1 clove garlic, minced.  
1/4 teaspoon salt.  
1/2 teaspoon black pepper.  
1/4 cup salad oil.  
2 slices white bread.  
1/4 cup milk.  
About 2 tablespoons water.  
Cut squash in half lengthwise. Scoop out some of the squash to form a shell with walls about one-fourth inch thick. Dice scooped out portion and set aside. Save shells. Brown meat and onion in large skillet. Add diced squash, parsley, tomato, onion, garlic, salt, pepper and oil. Stir and cook five minutes. Soak bread in milk, squeeze dry and add. Mix well and spoon squash into shells, filling them. Place squash side by side in skillet. Pour in water, just enough to create a little steam. Cover and cook over low heat 10 minutes or until squash is tender.

**Chicken With Zucchini**  
1 broiler-fryer chicken, cut in serving pieces.  
1 1/2 teaspoons salt, divided.  
1/2 teaspoon pepper.  
1/2 teaspoon paprika.  
1 medium onion, sliced.  
3 tomatoes, peeled and cut in pieces.  
1 lb. unpared zucchini, sliced.  
Sprinkle chicken with one teaspoon salt, pepper and paprika. Brown under broiler heat 10 minutes, turning once. Remove chicken to skillet. Add onion, tomatoes, oregano and remaining one-half teaspoon salt. Cover; cook 30 minutes. Add zucchini; cover and cook 10 minutes longer. Makes four servings.

Chicken is one of the low-calorie foods, too. Combine it with delicate summer squash, and you have a low-calorie dish that makes the dieter forget he's weight-watching.

## Miss Spivey Is Married To James M. Turner

Rocky Hock Baptist Church was the setting Sunday, July 17, for the wedding of Miss Nancy Marie Spivey and James Myron Turner.

The bride is the daughter of Mr. and Mrs. Ernest Alphonso Spivey of Edenton. The bridegroom is the son of Mr. and Mrs. James Stockton Turner of Tyner. Rev. Raymond H. White of Hillsborough, uncle of the bride, officiated at the double-ring ceremony.

Mrs. Robert Harrell of Edenton accompanied Jackie B. White of Winston-Salem in providing wedding music. Mistress of ceremonies was Mrs. Lois Ashley, cousin of the bride.

Given in marriage by her father, the bride wore a formal gown of silk organza over bridal taffeta. The empire bodice with lace overlay was fashioned with a scalloped sabrina neckline encircled with lace, seeded pearls and elbow length sleeves. Motifs of lace adorned the sheath to the hemline. A square wattleau panel falling gracefully to a full chapel train repeated the lace motif. Her fingertip veil of silk illusion was attached to a triple crown of lace sprinkled with pearls. She carried a lace-covered Bible topped with a white orchid.

Mrs. June Turner, sister of the bridegroom, was the maid of honor. Mrs. Carl B. Jones of New Bern was matron of honor. Bridesmaids were Miss Judy Haste, cousin of the bride, Miss Jane Bass of Edenton, Miss Judy Sawyer of Winston-Salem and Mrs. James R. Allred of Cary.

Miss Linda Vaughan of Durham, Miss Brenda Stainback of Henderson, Miss Margo Teu of Arlington, Va., Miss Judy Bass, Miss Etta Ree Bunch and Miss Susan Evans, all of Edenton, were honor attendants.

The attendants were gowned in pink empire waist crepe and pink lace bodice. The fitted bodices were fashioned with bateau necklines and short sleeves. The dresses featured loose pleated sheath and ankle-length skirts. Their crowns of pink crepe encircled with pearls were finished in matching pink tulle. The attendants carried cascades of mixed pink and blue spring flowers.

The bridegroom had his father as best man. Ushers were Carl B. Jones of New Bern, James A. Allred of Cary, Sammy Byrum, brother-in-law of the bridegroom, Robert Turner, brother of the bridegroom, Allen Spivey, brother of the bride, and Arlyn Bunch, cousin of the bride, all of Edenton.

The mother of the bride chose a two-piece dress of blue lace with matching accessories. She wore a corsage of white cymbidium orchids. The bridegroom's mother wore a pink linen dress with lace applique and matching accessories. She also wore a corsage of white cymbidium orchids.

Immediately following the wedding ceremony, the couple received the guests in the church vestibule.

The bride is a graduate of East Carolina College with a degree in English and French. The bridegroom will also be a graduate of East Carolina College on August 18.

In the fall the couple will reside in Elizabeth City, where they will be teaching.



MRS. JAMES M. TURNER



**AUGUST BRIDE-ELECT** — Mr. and Mrs. Johnnie Paul Bunch of Tyner announce the approaching marriage of their daughter, Linda Lou, to Mr. Melvin Thomas Jethro. Mr. Jethro is the son of Mr. and Mrs. C. B. Jethro of Corapeake. The wedding will take place August 28.

## White - Dail Vows Planned

Mrs. James T. Dail of Newport News, Va., has issued invitations to the marriage of her daughter, Miss Peggy Ann Dail to Jerry Dean White, son of Mr. and Mrs. Bryant White of Hobbsville.

Miss Dail is the daughter of the late Mr. Dail.

The ceremony will take place at the Tabernacle Baptist Church, Newport News, August 13.

Miss Dail has chosen her sister, Mrs. Harvey A. Phillips of Ashland, matron of honor. Bridesmaids are Mrs. News, sister of the bride; James W. Skinner, Newport News, and Miss Valerie Bryant of Harrison, N. Y.

Mr. White will be best man for his son. Groomsman are R. K. Dail of Newport News, brother of the bride, Larry White of Hobbsville, and Lars Gossner of Richmond, Va.

Mrs. W. C. Sears, Jr., of Newport News will be mistress of ceremonies.

Miss Dail graduated from Newport News High School and Westhampton College in Richmond. She served two years in Nigeria with the Peace Corps and is a member of the faculty of Denbigh High School.

Mr. White graduated from Chowan High School and the University of North Carolina. He is a member of the faculty of Denbigh High School.

## More Socials on Page 6

## Smythe - Warden Vows

Trinity Episcopal Church, Southport, Conn., was the setting Saturday afternoon for the marriage of Miss Ellen, Dixon Smythe, daughter of Mr. and Mrs. D. Verner Smythe of Pequot Road Southport, to Alfred Martin Warden, son of Mr. and Mrs. Maxwell Rinehardt, Warden of Casey Key, Osprey, Fla. The ceremony at 4:30 o'clock was performed by Rev. John H. Esquirol, Suffragan bishop of the Episcopal diocese of Connecticut, assisted by Rev. Michael H. Dugan of Trinity Episcopal Church.

A reception at the Patter-son Club of Fairfield followed the ceremony.

The bride was given in marriage by her father. Her Empire Princess-like gown was of candlelight peau de soie with a bodice and elbow-length sleeves of, re-embroidered Alencon lace and a chapel-length wattleau train. Alencon lace also embellished the skirt of the gown. Her veil of silk illusion, arranged bouffant style, was held by a caplet of heiloom lace. She carried a bouquet of phalaenopsis orchids, stephanotis, and variegated ivy.

Mrs. Peter R. Andrews of Alexandria, Va., a cousin of the bride, attended as matron of honor, and Miss Margaret L. Conway of Fairfield, Conn. was maid of honor. Serving the bride were Miss Katherine Clyne of Fairfield, Miss Randi Reeve of Oyster Bay, N. Y., and Miss Elizabeth K. Smith of Fayetteville, N. Y. They were similarly attired in floor length Empire A-line gowns of aqua silk linen and carried modified crescent bouquets of yellow gladiolus and sweetheart roses and wore crowns of ivy and roses.

Maxwell Rinehardt Warden, Jr., of Scaford, Del., brother of the groom, served as best man for Mr. Warden. His ushers were Robert S. Jerries, Jr., of New Canaan, Conn., his brother-in-law, John L. McKeon, Charles B. Kentnor III, Donn V. Smythe III, brother of the bride, and James Payne, of Fairfield.

Following a wedding trip to Bermuda, Mr. and Mrs. Warden will live in Gainesville, Fla., where the groom will attend the graduate school of the University of Florida.

The bride was graduated from the Thomas School Rowayton, Conn., and in June from Skidmore College, Saratoga Springs, N. Y. She is a granddaughter of Mr. and Mrs. Dennis H. Sherman of St. Petersburg, Fla., and Washington, D. C., and Mrs. Donn V. Smythe of Washington and the late Mr.

Smythe. Mr. Warden is an alumnus of The Choate school and a graduate of Transylvania College, Lexington, Ky., where he was a member of Delta Upsilon fraternity. He is a grandson of the late Judge and Mrs. Alfred Warden of Washburn, Wisc., and of Mrs. Henry C. Goodwin of Edenton, and the late Mr. Goodwin.



MRS. ALFRED M. WARDEN

## FROM HOLLOWELL'S Cosmetic Corner

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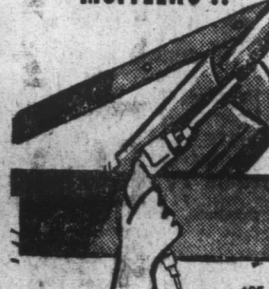
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