

For And About Women

PAGE THREE—SECTION ONE, THE CHOWAN HERALD JANUARY 5, 1967.



ECONOMICAL DISH—This ground beef specialty, Beef and Peppers Roma, has many tasty virtues and is economical. Meatballs are combined with green pepper, onion and mushrooms in a spicy seasoned tomato sauce.

The Herald Kitchen

By MILDRED HUSKINS

It's time to clear the holiday recipes out of the file and tuck them away for another time.

It's also about that time, too, when we get down to the real business of planning economical meals.

Are there those among us who did not splurge a bit for special holiday meals?

The American homemaker has long known the food value, economy and just plain good taste of including ground beef frequently in menu planning. This recipe for Beef and Peppers Roma makes a quick skillet dish

that's deliciously seasoned and easy to prepare. Serve it with noodles.

- Beef And Peppers Roma**
- 1 teaspoon Tabasco, divided.
 - 1 lb. ground beef.
 - 1 teaspoon salt.
 - 1/4 cup grated Parmesan cheese.
 - 2 tablespoons minced parsley.
 - 1/2 cup packaged dried bread crumbs.
 - 1 egg, beaten.
 - 1 medium onion, chopped.
 - 1 can (1 lb.) tomatoes.
 - 1 can (6 oz.) tomato paste.
 - 1 can (3 oz.) mushrooms.
 - 4 green peppers, cut into lengthwise pieces.

1/2 teaspoon Italian seasoning.

- 1/2 teaspoon sugar.
- 1 bay leaf.
- 1 clove garlic.

1/2 teaspoon Tabasco over ground beef. Add salt, cheese, parsley, bread crumbs and egg; mix well. Shape into 12 small balls. Brown meatballs in hot fat in large skillet. Remove and set aside. Sauté onion until tender; add tomatoes, tomato paste, mushroom liquid and remaining Tabasco and seasonings. Bring to a boil; add green peppers and mushrooms; cover and simmer 10 minutes, stirring occasionally. Remove bay leaf and garlic clove; add meatballs and simmer 10 minutes longer. Serve over noodles. Makes four generous servings.

Look for specials at the meat counter. Consider some of the less-familiar cuts of beef. Take boneless chuck, for example. It offers "beefy" good eating at much less than you'd pay for sirloin or rib. The two secrets for cooking less-expensive cuts of meat are: one, slow, moist cooking at low temperature; two, the liquid used to braise the meat should contribute flavor goodness of its own and blend with the meat juices.

Tomato-Braised Beef uses versatile condensed tomato soup to give the braised meat inviting color and seasons the beef to perfection. Just pour on a can of tomato soup, toss in some onion slices, a bit of garlic and a pinch of oregano and let your oven do the cooking.

Good-buy foods to round out your menu include parsleyed potatoes, carrots and a cabbage salad. Squares of warm gingerbread topped, if you like, with lemon sauce end the meal on a spicy sweet note.

- Tomato-Braised Beef**
- 1 boneless chuck (about 3 1/2 lbs.)
 - 1 cup sliced onion.
 - 1 large clove garlic, minced.
 - 2 teaspoons oregano, crushed.
 - 3 tablespoons butter or margarine.
 - 1 can condensed tomato soup.
 - 1 cup water.
 - Generous dash pepper.
- Trim fat from meat; place in roasting pan. Bake at 350 degrees for one and one-half hours. Spoon off fat. Meanwhile, in saucepan, cook onion, garlic and oregano in butter until onion is tender. Stir in remaining ingredients. Pour over meat. Cover, bake one and one-half hours more or until tender. Thicken sauce if desired. Makes six servings.

Public Parade

Continued from Page 1

daughters of righteous(ness), we will rise and warm our eyes and bless our hearts, for the old year's gone and the New Year's come and for good luck we'll fire our guns.

Those who did the brain-work as well as the leg-work for Monday's affair are to be commended. And we hope it won't be another 192 years before "this quaint little Colonial town" gets back around to shooting the works.

HERALD SOCIETY NEWS

Little Miss Laura Leonard of Fayetteville, daughter of Mr. and Mrs. Norman Leonard, former Edentonians, was a visitor with Mr. and Mrs. Pete Manning and family last week.

Congressman and Mrs. Walter B. Jones were the guests of Mrs. Jones' parents, Mr. and Mrs. J. J. Long, over the weekend.

Mr. and Mrs. Dick Weeks and family of Greensboro, and Mr. and Mrs. Dick Balzar and family of Pennsylvania were the guests of their parents, Mr. and Mrs. J. Clarence Leary, over the holidays.

Ikie Davis and Mack Privott left Sunday to return to their base in Fort Riley, Kansas.

Harry Venters and Jack Parker made a business trip to Hickory, Va., on Thursday.

Mr. and Mrs. Charlie Wheeler of Suffolk were the New Year's Eve guests of Mr. and Mrs. Frank Habit.

Mr. and Mrs. Theodore W. Beach returned to their home in Richmond, Va., after spending the Christmas holidays with her parents, Mr. and Mrs. Leon G. Leary.

Mr. and Mrs. David Bumgarner have as their weekend guests, Mrs. Bumgarner's parents, Mr. and Mrs. Guice of Greenville, N. C.

Mrs. Ann Jenkins returned to her home after a visit with her son and daughter-in-law in Texas.

Mr. and Mrs. J. C. Griffin of Williamston visited in Edenton during the holidays. Mr. and Mrs. James Spencer were guests of Mr. and Mrs. Luke Wright over the weekend.

Mr. and Mrs. Van Williams of Burlington, N. C., were the guests of Mr. and Mrs. J. P. Ricks, Sr., over the weekend.

Mr. and Mrs. George Habit and family were the guests of Mrs. Habit's parents, Mr. and Mrs. W. L. Boswell over the holidays.

Mr. and Mrs. Medlin Belch and daughter Claire, visited Mrs. Belch's brother, Mr. Poe of Statesville, N. C., over the holidays.

Mr. and Mrs. Bennie Twine of Rockville, Maryland were the guests of Mr. and Mrs. T. E. Mitchell over the weekend.

Mr. and Mrs. Al Habit and family of Hampton, Va., and Mr. and Mrs. Peck Lassiter, Jr., and family of Washington, N. C., were the guests of Mr. and Mrs. Jack Habit during the holidays.

Mr. and Mrs. Bob Waller had as their guests, Mr. and Mrs. M. M. Waller and family, over the holidays.

Mr. and Mrs. Jasper Holmes, Sr., had as their weekend guests their son and family, Mr. and Mrs. Jasper Holmes, Jr.

Mr. and Mrs. Bob Shelby and family of Richmond, Va., Mr. and Mrs. John Marshall of Winston-Salem, and Mrs. L. B. Shelby of Virginia Beach were the holiday guests of Mr. and Mrs. M. M. Perry.

A hearty welcome to Mr. and Mrs. Ed Puryear and their daughter Ginny, who have recently made their home on North Broad Street. Mr. Puryear is plant manager for George C. Moore Company.

Mr. and Mrs. Fred Cameron had as their holiday guests Mrs. Cameron's parents, Dr. and Mrs. Charles Shaim of New London, Mass. and her cousin, Mr. and Mrs. Pierce Fuller of Norwell, Mass.

Mr. and Mrs. Thomas Corprew are visiting in Oklahoma.

Mr. and Mrs. Britton Byrum and family visited relatives in Greenville and Newport News, Va., over the weekend.

Miss Edna Bishop returned to Edenton on Thursday after spending the holidays in Atlanta, Ga., with Mrs. Homer Stark. While in Atlanta, Miss Bishop also visited other friends and relatives.

Mr. and Mrs. A. W. Furgieue and daughters, Martha Jane and Harriet Randolph, returned to their home at Culpeper, Va., Monday after spending the Christmas holidays with Mrs. Furgieue's parents, Mr. and Mrs. T. J. Wood.

Mr. and Mrs. Merton Britt and Mrs. Harold Lupton spent Saturday in Norfolk and visited their sisters, Mrs. Winifred Spruill and Mrs. Mary Benthall.

Mrs. Helen Clark of Norfolk visited her sister, Mrs. H. A. Ruetschi, and attended the Tea Party at Penelope Barker House Monday. Mrs. Clark attends all historical events staged in Edenton.

the next few weeks are his parents, Mr. and Mrs. Martin Lash of Cleveland, Ohio.

Mrs. Grace Marshall and Mrs. Goldie Midgett of Elizabeth City were Monday guests of Mrs. J. Edwin Bufflap.

RECEPTION

Mr. and Mrs. A. T. Knowles, Mr. and Mrs. C. B. White, Jr., Mr. and Mrs. Tim White and Mrs. W. V. Gaylerd cordially invite you to a reception honoring Mrs. Gladys Brooks Roberts and Cotter Bright White, Sr., on Saturday, January 7, between the hours of 2 and 4 at the home of C. B. White, Sr., Tyner.

CHURCHWOMEN

The Churchwomen of St. Paul's Episcopal Church will have their regular luncheon meeting on Tuesday, January 10, in the Parish House at 1 P. M.

★ WEEKEND SPECIALS ★

SMOKED
Picnics lb. 39c

DELICIOUS
Chuck Steaks 1/2 lb. 49c

LUTER'S
Franks 1-lb. 49c

TURKEY - BEEF AND CHICKEN
Frozen Pot Pies 5 for 89c

TRO-PI-CAL LOW CALORIE
Fruit Drinks 1/2 gal. 39c

FROZEN FRUIT PIES	APPLE, PEACH AND CHERRY FAMILY SIZE	3 FOR 89c
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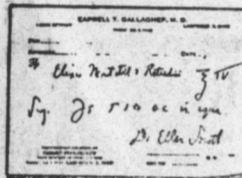
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