

For And About Women

PAGE THREE THE CHOWAN HERALD, EDENTON, DECEMBER 26, 1968.

The Herald Kitchen

Put us down as a brown bagger.

More and more people are joining the throng.

There are many reasons why the crowd grows. Many, like the Huskines have such limited time for lunch that they cannot go home or wait to be served. Some just like home cooked food. Some find they have more variety less expensively by carrying their lunch to work or school.

With a little advance planning, a carried lunch can be nutritionally well-balanced, colorful and tasty. Snack meals should be kept in a cool place because cooked foods are perishable. If a refrigerator or a cooler is not available, sandwiches and cooked meats can be frozen before packing the lunch. As the frozen food thaws, it will keep vegetable relishes and fresh fruits refreshingly cool. Our grandson, entering the second grade this year in a Georgia preparatory school, carries his lunch. His mother prepares it the night before and slips it in the refrigerator. She does it to save early morning time but it also helps to prevent spoilage. Only the thermos of milk is added just as the car-pool arrives.

Here are some suggestions, some of which we have tried:

A sesame seed sandwich bun filled with slices of bologna layered with slices of sharp cheese makes a hearty sandwich. Several slivers of dill pickles add a tangy touch to the sandwich. Fall grapes, white or red, are fine finger fruits for the carried lunch.

By MILDRED HUSKINS

ally packable. Brown bread sandwiches with a cream cheese and chopped nut filling plus a crisp apple or pear are a good combination with the chicken.

Cold roast pork is a favorite with us. Slice it thin and arrange on rye bread. Mustard, mayonnaise or Thousand Island Dressing spread on the bread keeps it moist and compliments the lean roast pork. A small container of apple-sole slaw adds crispness to the luncheon menu. A banana and one or two crisp sugar cookies are the dessert for this meal.

Well, there is always Sego or Metrecal, you know!

It's a sure bet that you can't eat just one peanut! Indeed, peanuts are habit-forming, but it's the kind of habit that food experts praise, for peanuts have good nutritional value. The protein in six tablespoons of peanut butter will equal a three-ounce serving of cooked boneless meat.

The greatest single use for peanuts continues to be in peanut butter which Americans eat at over half a billion pounds a year. Here is a tasty recipe which features peanut butter and these cookies would also fit into the lunch bag.

Toffee Squares

1/3 cup butter or margarine.
1/2 cup cream style peanut butter,
1 lb. marshmallows,
1 tablespoon milk,
4 cups pre-sweetened puffed oat or wheat cereal.

Combine butter or mar-

garine, peanut butter, marshmallows and milk in heavy saucepan. Place over low heat and stir constantly until all ingredients are melted and smooth. Add cereal and stir until all cereal is coated with mixture. Remove from heat and turn into two greased oblong pans (11x7x2 inches). Press into even layer.

Cooky Topping

2 pkgs. (6 oz.) Semi-sweet chocolate pieces,
1 tablespoon shortening,
1/2 cup salted peanuts, chopped.

1/2 cup pre-sweetened puffed oats and wheat cereal.
Melt chocolate bits and shortening in top of double boiler. Spread half of chocolate over each pan of cookies and sprinkle tops with chopped peanuts and cereal. Cool. Cut into bars or squares. Makes about 96 squares.

Peanuts can go into or onto many foods to add flavor and crunch. Here are a few suggestions: Sprinkle chopped peanuts and cinnamon-sugar over hot oatmeal or any cooked cereal; stir a few chopped peanuts into waffle or pancake batter before baking, or heat the peanuts with maple-flavor syrup to serve with pancakes, waffles or French toast; substitute whole peanuts for croutons in your favorite green salad, or toss into cole slaw; heat whole or chopped peanuts with butter or margarine and a bit of lemon juice to spoon over fish fillets or over broccoli, asparagus or Brussels sprouts; scoop vanilla, chocolate, coffee or banana ice cream into balls; roll in finely chopped peanuts and freeze firm. Serve with chocolate or fruit sundae sauce.

We can report on Peg Bracken's Go Go Cake. It will go down in our book with rave notices. The recipe, which we gave you last week calls for three-fourths cup sherry, but, not having sherry on hand we dumped in the same amount of rum and the batter was just like a real thick egg nog and tasted better. The next time we bake this easy cake we'll do it according to the recipe and bake it in a smaller than 10-inch tube pan. Our nine-inch bundt pan would have been just about right. We served the sample to the coffee-drinkers at the office yesterday and it disappeared immediately.

That's a pretty good sign.

Has Some Value

Television in the classroom inspires good marks because if the student isn't promoted he has to watch re-runs.

—Globe, Atchison, Kan.



JUNE BRIDE-ELECT—Mr. and Mrs. William Trent Ragland, Jr., Route 6, Raleigh, announce the engagement of their daughter, Anna Wood, to Joseph Daniel Love, Jr., of Columbia, S. C. His parents are Mr. and Mrs. Love, Sr. The bride-elect is also the granddaughter of Mrs. John Gilliam Wood, Sr., of Edenton and the late Mr. Wood; and Mrs. William Trent Ragland, Sr., of Raleigh, and the late Mr. Ragland. Miss Ragland is a graduate of Salem Academy and will receive her degree from Randolph-Macon Woman's College in June, 1969. She made her debut in 1965. Mr. Love, a 1967 graduate of Princeton, was a Tower Club member there. He is currently attending the University of Virginia Medical School.

ECU Extension Course Planned

GREENVILLE — A 10-week college credit course, Education 306G, Social Studies in the Elementary School, will be offered in Elizabeth City beginning Wednesday, January 8, 1969, by the Division of Continuing Education of East Carolina University.

It will be taught in three-hour sessions at the College of the Albemarle each Wednesday evening through March 12, 1969. Each session will meet from 6:30 to 9:30 P. M. Mrs. Sarah J. Pell will be the instructor for the course.

Pre-registration for the course is desired. If the class is not filled by pre-

Herald Society News

Mr. and Mrs. W. Frank Currin and children, Mr. and Mrs. Marsh Currin and children and Miss Mary Hart of Oxford and Mr. and Mrs. Russell E. Daniel and children of Richmond, Va., had Sunday lunch with Mr. and Mrs. Pat Flanagan of Country Club Drive.

Mr. and Mrs. W. O. Lambeth and Jimmy attended their son's wedding in Charlotte, N. C., on Saturday. Mr. and Mrs. Lambeth visited his brother, J. A. Lambeth in Thomasville on Monday and Tuesday.

Mr. and Mrs. Adrian E. Jones spent Sunday visiting in Aurora.

Larry Stephenson of Raleigh visited his brother-in-law and sister, Mr. and Mrs. T. J. Barnes last week and the men went hunting at Lake Mattamuskeet on Friday.

John W. Griffin, teacher at Camp Lejeune is spending the holidays with his mother, Mrs. J. W. Griffin.

Mr. and Mrs. T. J. Barnes and Melanie will be spending the Christmas holidays with their parents, Mr. and Mrs. J. Sherrill Stephenson and Mrs. Mabel Barnes of Angier.

Mrs. David Warren of Chapel Hill is visiting Rev. and Mrs. Fred Drane over the holidays.

Mr. and Mrs. Worth Hare spent Saturday in Norfolk shopping.

Mr. and Mrs. Alma Griffin spent Saturday in Norfolk shopping.

Hopeless Case

A drunk lying on the floor of a bar began to show signs of life, so one of the customers smeared a little limburger cheese on his upper lip. The drunk arose slowly and walked out of the door. In a few minutes he came back in. Then he went out again, only to return in a few more minutes.

Shaking his head with disgust he said: "It's no use, the whole world stinks."

Mrs. Crettie Presley has returned to Edenton after a three-month stay in California with her son-in-law and daughter, Dr. and Mrs. Richard Schneider.

Mr. and Mrs. Bill Boyce left Saturday to spend the holidays with her parents in Gulfport, Miss.

Mr. and Mrs. William A. Ward, Jr., and son, Winston-Salem will be spending Christmas with Mr. and Mrs. Jack Parker.

Mr. and Mrs. Robert L. Bunch, Sr., attended their son's wedding in Charleston, S. C., Saturday. They were accompanied by Mr. and Mrs. Bobby Bunch and family, Mrs. Evelyn Keeter and daughters, Debbie and Susie and Sue Bunch.

Mr. and Mrs. Earl White spent Saturday in Norfolk shopping.

Mrs. Selby Harney will be spending the Christmas holidays at Hilton Head Island, S. C., with relatives.

Miss Frances Privott of Raleigh is visiting her mother, Mrs. Wood Privott.

Mr. and Mrs. Roland Vaughan of Richmond, Va. are visiting his parents, Dr. and Mrs. R. H. Vaughan.

Mr. and Mrs. Junius Britton and children spent Saturday in Norfolk shopping.

Mrs. Grace D. Parker of Rich Square is spending the weekend with her son and daughter-in-law, Mr. and Mrs. Jack Parker.

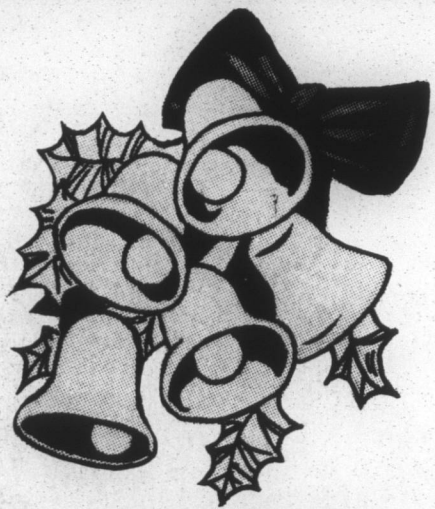
C. H. Owens and Rudolph Owens of Chesapeake, Va., are spending the weekend with Mr. and Mrs. W. C. Owens.

Mr. and Mrs. Lee Sadler spent Saturday in Norfolk.

From Us.. To You..

Season's Greetings

The Norfolk & Carolina Tel. & Tel. Co.



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OF CHRISTMAS
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May every hour of Christmastide bring increasing happiness to your fireside. Good wishes to all and a sincere thanks for all past courtesies.

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Season's Greetings



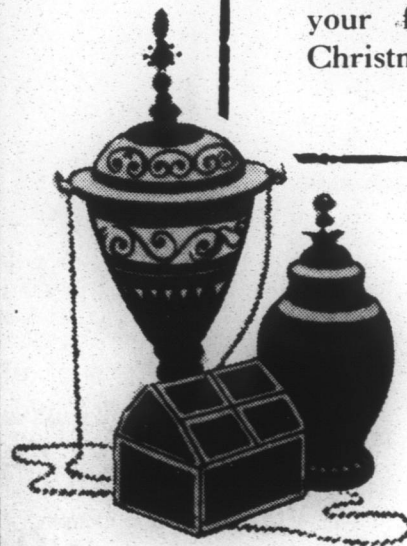
This is a happy time... a time when we gratefully look back on the friendships we have enjoyed throughout the year... the trust and confidence you have placed in us... and it is also a time for looking ahead toward our continued friendship and pleasant association throughout the days to come.

Our very best wishes to each of you and a sincere thanks for the many past favors which we have been privileged to enjoy.

Chowan Storage Company
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The Blessings of the Season

The Christmas story, as marvelous and as significant as ever, brings us again to the realization of our many blessings. May you have your full measure during the Christmas season.



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