

Farmers Discuss Peanut Legislation

The Young Farmers and Ranchers Organization, which is sponsored by Chowan County Farm Bureau, had their meeting

April 26 at the Courthouse. The program was David Bateman, president, N. C. Peanut Growers Association, who explained 1976 peanut legislation that is pending in Congress. Bateman pointed out that North Carolina - Virginia peanut growers produce only 25 per cent of the peanuts in the U. S. while the Georgia peanut growers produce 50 per cent and to get any legislation through Congress it takes a lot of giving and taking as the interest of Georgia farmers is not the same as the North Carolina - Virginia farmers. Bateman also pointed out that money collected for the Peanut Growers Association is used for research and promotion and the use of peanuts.

of the Young Farmers and Ranchers and he announced that details of the program for May are being worked out and that all the members will be notified.

Former Resident Taken In Death

GREENVILLE — S. Russell Cobb, 71, died Tuesday. Mr. Cobb lived in Edenton for several years prior to moving to Greenville in 1946.

He was retired from Carolina Dairies and a member of Memorial Baptist Church.

He was a native of Bertie County.

Funeral services will be held at 3:30 P.M. today (Thursday) in the Wilkerson Funeral Home Chapel. Burial will be in Pinewood Memorial Park.

Surviving are three daughters: Mrs. James L. O'Brien of Derwood, Md.; Mrs. J. Tom Smith and Mrs. Kenneth W. Adams of Greenville; two brothers: Joseph W. Cobb of Oxon Hill, Md.; and Thomas B. Cobb of Elizabeth City; seven grandchildren; and two great-grandchildren.

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From The Chowan Herald Kitchen

By Mildred Huskins
The take-from-home meal is making the scene from school rooms to bankers' meetings and even to movie sets.

One star, in fact, always brings her own "health" food to posh restaurants after performances. Not only is she sure of having her own choice vittles but she gets a few choice headlines as well.

With food price already high and many eating places less than relaxing, it makes sense to treat yourself to delicious nutritious, home-fixed meals even when you're away from home.

Canned tuna in vegetable oil is base for some great lunches. And, if you're on a diet, you know that some favorite brands also pack tuna in water for waistline-watchers.

There is no limit to the ways you can prepare tuna in table, easy-on-the-calories lunches. These can be easy on cost, too. Start by teaming the tuna with plain yogurt, the low fat kind. Then add a selection of vegetables. Another time, use fruit.

The best part of a bagged lunch for us is the satisfaction and the enjoyment of eating what we like, when we like and with each other. It is not a quiet lunch break here at the office, but it gives us opportunity to have a few minutes together to review our individual mornings. You guessed it. We bag it. Here are some ideas for tuna lunches.

Tuna Health Salad
1/2 cup well-drained cottage cheese
1/2 cup plain yogurt
1 can tuna in vegetable oil
1/2 cup cut-up orange sections
1/2 cup chopped unpeeled red apple
1/4 cup chopped walnuts
1/4 cup raisins
2 tablespoons sunflower seeds
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon cinnamon
In medium bowl combine all ingredients and mix well.

Chill and serve. Serves two. (Variation: Substitute one-half cup drained crushed pineapple and three chopped figs for orange, apple and raisins. Add on tablespoon wheat germ.)
Tuna-Cottage Cheese Dip
1 1/2 cups creamed cottage cheese
1 can tuna in vegetable oil
2 tablespoons plain yogurt
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon Worcestershire sauce
Combine all ingredients in container or blender. Cover and process at medium speed until well mixed. Chill. Serve with fresh finger vegetables and "health" bread. Makes one cup.

Tuna-Yogurt Garden Cups
1 can tuna packed in oil or water
1 cup plain low-fat yogurt
1/2 cup mixed fresh vegetables
1 tablespoon chopped fresh parsley
Salt and pepper to taste.
Drain tuna. Place in bowl and break into flakes. Combine with yogurt, vegetables and seasonings. Spoon into two one-cup containers, cover and keep chilled until lunch time. If no refrigerator is available, use insulated container. Makes two servings.

(Note: Use combination of two or three fresh vegetables such as scallions, radishes, tomato, cucumber, celery, green pepper. Vary with chopped fresh pears or apples.)
We can't promise you this Sweet Potato Surprise Cake is low in calories but wouldn't it taste delicious as a surprise in the lunch box?

Sweet Potato Surprise Cake
1 1/2 cups cooking oil
2 cups sugar
4 eggs, separated
4 tablespoons hot water
2 1/2 cups sifted cake flour
3 teaspoons baking powder

Pinch salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 1/2 cups grated sweet potatoes
1 cup chopped nuts
1 teaspoon vanilla
Combine cooking oil, sugar and beat well until smooth, add egg yolks and beat well. Add hot water, then dry ingredients which have been sifted together. Stir in sweet potatoes, nuts and vanilla, beat well. Beat egg whites until stiff and fold into batter. Bake in three greased eight-inch cake pans at 350 degrees for 20 to 30 minutes. Cool and frost with the following: Combine one 14 1/2 ounce can evaporated milk, one cup sugar, one stick margarine, three egg yolks and one teaspoon vanilla in top of double boiler. Cook 12 minutes until thick, stirring constantly until mixture thickens, remove from heat and add one and one-third cups flaked coconut. Beat until cool and frost cake.



Most lifetime homers by a professional baseball player? Not Babe Ruth or Hank Aaron, but Josh Gibson holds the record. He hit 800 lifetime homers playing for the Homestead Greys!



BAG IT—The do-it-yourself lunch solves many eating-out problems. Our Tuna Health Salad with yogurt, fruit, nuts and seeds is a good idea for a nutritious lunch. Other ideas for non-sandwich bag lunches are low-calories Tuna-Yogurt Garden Cups and a Tuna-Cottage Cheese Dip for fresh vegetables.

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Divorce Notices\$20.00
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