

Holiday Beverage

What plans for holiday entertaining have you made this year? Is there a tree-trimming party on the agenda? Are you planning an open house replete with a buffet or a gift-wrapping bee? For these and many other holiday happenings, you'll need a beverage with general appeal. A smooth, creamy eggnog fills the bill throughout the holiday season.

What could be nicer for nutrition-conscious or dieting friends than a beverage combining eggs and milk, both of which supply protein, vitamins and minerals? This Fruit Spice version is even nicer. It adds cranberry and apple juices to make the nutrient content of this savory sipper exceptionally high for a party drink. The kids will love it, too, as long as you don't tell them how good it is for them.

One of the biggest reasons eggnog has been a traditional holiday beverage is that it's so easy to flavor in a host of different ways. This Fruit Spice Eggnog, for example, becomes more "spirited" with the addition of cranberry liqueur and a festive garnish of whole fresh cranberries. For the younger set, top it with a scoop of vanilla ice cream and provide cinnamon stick stirrers. Use your imagination to create your own special eggnog variation.

There's no last minute preparation with an eggnog. Make it the morning or evening before your big event and chill it in the refrigerator until time for serving. Though it's unlikely, if you should have some left over, return it to the refrigerator. It will make a deliciously nutritious breakfast-in-a-glass!

'Tis the season for an eggnog. However you choose to serve it, it will be the life of the party!

FRUIT SPICE EGGNOG

Makes 4 1/2 cups

4 eggs

2 1/2 cups milk

1/2 cup sugar

1/4 teaspoon salt

1 stick cinnamon

1/2 cup cranberry juice+

1/2 cup apple juice+

In heavy medium-size saucepan beat eggs slightly. Stir in milk, sugar and salt until blended. Add cinnamon stick. Cook over medium heat, stirring constantly until mixture thickens and just coats a metal spoon. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Remove cinnamon stick. Stir in cranberry and apple juices. Pour into bowl or pitcher. Cover and chill thoroughly.

+ 1 cup cranapple juice may be substituted for cranberry juice and apple juice.

Macks Stores

Dividend Set

SANFORD—The Board of Directors of Macks Stores, Inc., has announced the declaration of a quarterly dividend of 5 cents per share on the common stock of the company, payable on December 15, to stockholders of record at the close of business on December 1. Macks Stores, Inc. operates 97 variety stores in North Carolina, South Carolina, Virginia, and Georgia.

Leary Begins Early Planting In Macedonia

R. West Leary, a certified tree farmer, is getting an early jump on tree planting by using containerized seedlings he is spot planting on his land in the Macedonia section.

Back in 1972 the Forest Service established a containerized seedling test plot on Leary's farm. From this test, and others like it in the state, there is now a greenhouse at the forestry facility at Clayton to grow one-half million improved loblolly pine seedlings at one time. The seedlings stay in the greenhouse around ten weeks and then are put outdoors on racks to adjust to the outside climate.

The seedlings are then ready to be planted. There are two good reasons to plant these types of seedlings. First, they are improved loblolly pine from the state tree orchard in Goldsboro.

Second, they can be planted during the summer months when bare root seedlings cannot be planted. A few more details concerning the handling and planting of these seedlings are being studied.

Leary believes in the future of growing trees. If you would like more information on reforestation contact the Chowan County Forest Ranger, Roger Spivey at 482-4554.



TREE FARMER—R. West Leary is pictured here with Roger Spivey, Chowan County forester, as he prepares to plant tree seedlings which are containerized. Leary is a pioneer in this field.

The back swimmer bug has three pairs of legs: one for capturing food, one for holding objects and one for rowing itself upside down in the water.

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Centralized Lunch Menus

Centralized menus in cafeterias of Edenton-Chowan Schools for the next week include:

Monday — Frankfurter with bun, ketchup, mustard, french fries, apple pie and milk.

Tuesday — Chicken salad on lettuce, green peas, buttered corn, fruit gelatin, rolls and milk.

Wednesday — Beef-vegetable soup, sandwiches, crackers, peach cobbler and milk.

Thursday — Barbecued chicken, potato salad, green beans, gelatin, rolls and milk.

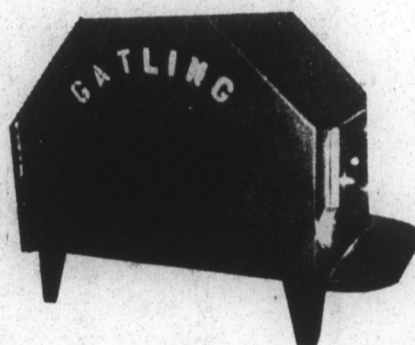
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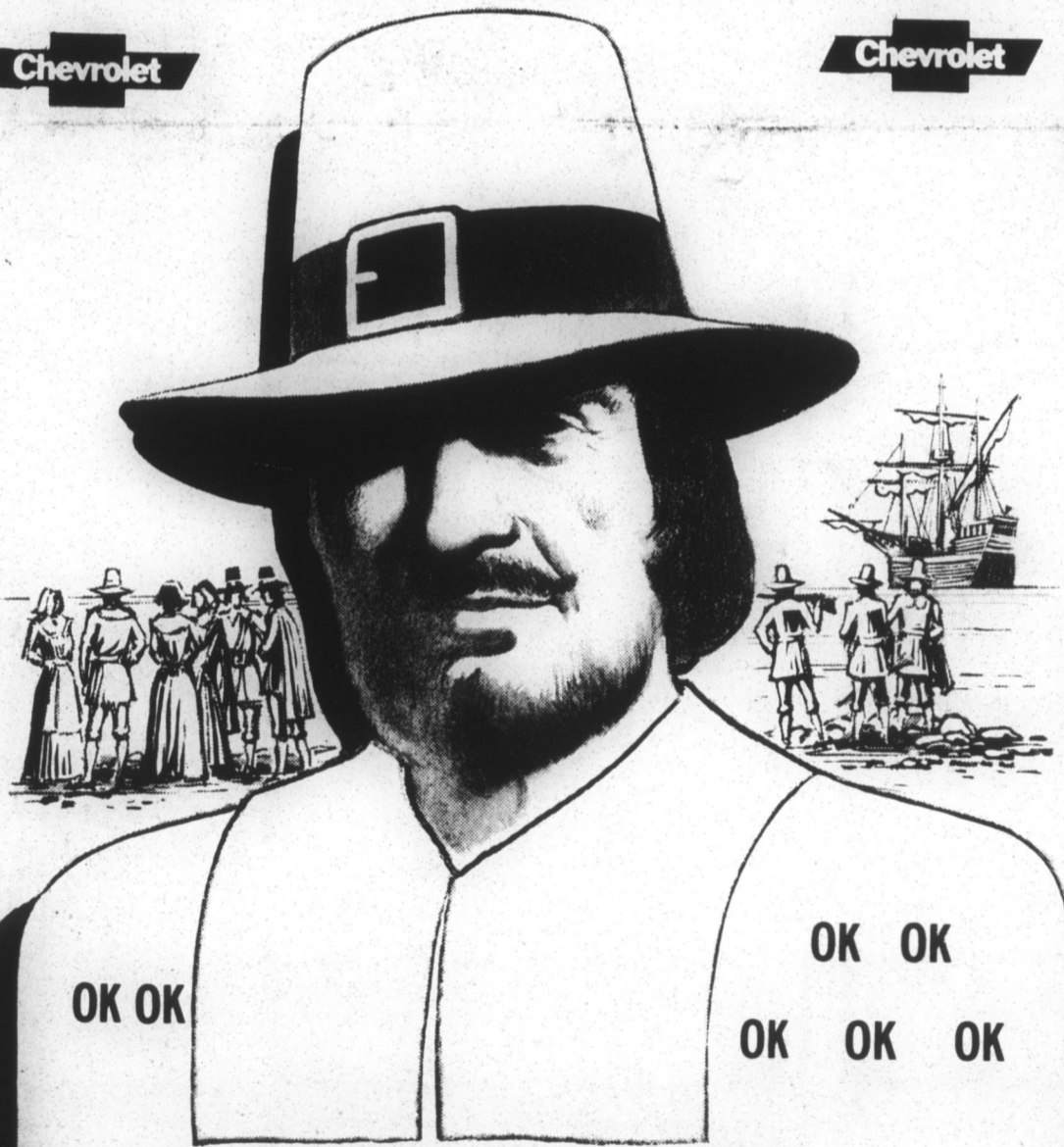
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