

## The Herald Kitchen Celebrates Mother's Day, 1979

By Mildred Huskins  
Mothers are for spoiling—at least one day a year.

Even in these days of liberated households, Mother still usually prepares the majority of the 1,095 family meals demanded in a year's time. That alone merits the luxurious breakfast we have in mind for her Mother's Day, the one day of the year set aside in her honor.

Naturally, the breakfast is not to be made by Mom herself! Everyone including small children can have a hand in its creation. And while the dishes on this menu could be exquisitely presented on a bed tray that Sunday morning, each recipe provides enough food to reward all the loving, erstwhile cooks.

Set the littlest youngster to work on Berry Yogurt Topping for fresh juicy grapefruit halves. Mixing the diced strawberries with vanilla yogurt couldn't be easier, and garnishing the topping, just like sundaes, is a lot of fun.

Fritata Almondine, the main dish for Mom's day breakfast or brunch, is a sophisticated offering, but not so complicated that she will have to make it. There must be someone in the family who would like to show off baking skill so do it with Orange Turnovers Orlando. Mom will be im-

pressed and she'll never have to know that the pastry is refrigerated biscuit dough. Let the young ones roll out the dough, then wrap it around a chewy filling.

Don't forget to clean up the kitchen when the breakfast is all finished and served. It is this chore that Mother will appreciate most of all.

**Berry Yogurt Topping**  
½ cup diced strawberries  
½ cup vanilla yogurt  
2 grapefruit  
4 whole strawberries

In small bowl, combine strawberries and yogurt; mix well; chill. Slice grapefruit in half. Remove core. Cut around each section loosening fruit from membrane. Spoon strawberry-yogurt topping over each grapefruit half. Garnish with whole strawberry. Makes 4 servings.

**Fritata Almondine**  
8 eggs  
½ cup light cream or milk  
1 cup chopped, cooked ham

1 tablespoon chopped parsley  
½ teaspoon grated orange rind  
¼ teaspoon salt  
2 oranges, peeled, sectioned  
¼ cup toasted, sliced almonds

In medium bowl, beat eggs and cream with rotary beater until light. Add ham,

parsley, orange rind and salt; mix well. Divide egg mixture into four individual buttered ramekins. Bake, uncovered, in 350-degree oven five minutes; add orange sections, and almonds. Bake 10 minutes longer until eggs are set. Makes 4 servings.

**Orange Turnovers Orlando**  
¼ cup finely chopped nuts  
One-third cup flaked coconut

¼ cup chopped raisins  
5 tablespoons frozen orange juice, undiluted  
1 pkg. (7.5 oz.) refrigerated biscuits

Confectioners' sugar  
In medium bowl, combine nuts, coconut and raisins; stir in 4 tablespoons thawed orange juice. On waxed paper, roll out each biscuit to a four-inch circle. Place about one tablespoon filling in center of each circle. Fold dough in half; crimp edges with fork. Place turnovers on ungreased baking sheet. Bake in 350-degree oven 10 to 12 minutes until brown. Cool on rack. For glaze, combine confectioners' sugar with remaining 1 tablespoon thawed orange juice. Spread over cooled turnovers. Makes 10 turnovers.

Now, be sure the coffee is very hot and serve up the breakfast on Mom's prettiest china being very careful not to chip or crack it. Place your Mother's Day card on the tray with a little bunch of flowers from her garden. She's bound to be proud of her family on her day.

—○—  
We are all continually looking for quick and easy ways to serve our family fine foods. Here are some "fast food" ideas that are nutritious and creatively seasoned. They are all a happy marriage of convenience food products and your spice shelf.

**Savory Ham Strata**

Place four slices buttered enriched white bread in a nine-inch square casserole. Spread with a can of ham spread and one-third cup drained sweet pickle relish. Top with 4 slices of buttered bread. Beat together one cup milk, 5 eggs, ¼ teaspoon powdered mustard, ¼ teaspoon thyme leaves, salt and black pepper to taste. Pour over bread. Cover with foil and bake in preheated 400-degree oven for 15 minutes. Uncover and

continue to bake an additional 10 to 12 minutes.

**Herbed Lemon Butter for Vegetables**

In small saucepan, melt ¼ cup butter. Add grated peel and juice of one-half lemon, one tablespoon parsley flakes, and ¼ teaspoon oregano leaves, crushed; heat. Serve over cooked cauliflower, lima beans, peas, summer squash, spinach. Makes about one-third cup.

**Cupboard Casserole**

Combine one can condensed cream of mushroom soup, a can of tuna, one teaspoon dill weed, crushed and ½ teaspoon seasoned salt. Mix in 3 cups cooked rice and ½ soup can milk. Heat until bubbly on top of the range or in a 350-degree oven 15 minutes. Serves 6.

### One Minute Sports Quiz

- Who won the Doral Open golf tournament?
- Who won the Atlanta 500 stock car race?
- Jo Anne Carner is known in what sport?
- Who won the World Championship in women's free style skating?
- Name the pitcher who has the most wins in a lifetime.

### Answers To Sports Quiz

- Mark McCumber.
- Buddy Baker.
- Lady golfer.
- Linda Fratianne.
- Cy Young, 511.

## Spring Crafts Festival Is Announced

Watermark, Inc., and the Elizabeth City Chamber of Commerce are sponsoring a Spring Crafts Festival on May 11 and 12 from 10 A.M. to 5 P.M. in the old train station on Hugh Boulevard.

The festival has been designed as a "learning experience" for the general public, with special programs in four craft areas. There will be a program on the art of decoy and wildfowl carving with presentation by many of the outstanding carvers in the area including Fred Styron, Ruth Garrison, Diane Mann, and Cecil and Evelyn McDowell. There will be decoy kits, paints, basswood and instruction books available to the public.

Also a program will be ongoing in basket and broom making as well as pillow making. These crafts will be demonstrated also by our leading craftsmen in the Albemarle Area, including Lydia Hale, Elvis Perry, Marcie Tice, Alverta Beadies, Virginia Noblitt, Annie Temple, Effie Maude Harris, and Hazel Bailey. Materials and instructions will be available for these crafts as well.

Mrs. Thomas Clarke of Hobbsville will be conducting a special program in refinishing and restoring antiques during the two-day event at Watermark. Mrs. Clark has developed new formulas for chemicals to strip furniture more quickly and economically than conventional methods.

The public is invited to come to Watermark during the festival to participate or just watch. There is no charge, except for materials

that may be purchased during the festival.

Watermark, Association of Artisans is a non-profit craftsmen's cooperative developed to serve the craftsmen of the 10-county Albemarle Area. There are currently more than 130 members, craftsmen representing each of the 10 counties, with their crafts for sale at the retail shop in Elizabeth City.

## Record-Keeping Advised

By Julie Bender  
N.C. State University

Just because you have your tax refund in hand, don't think the Internal Revenue Service may not want to audit you sometime in the next few years.

Specialists with the North Carolina Agricultural Extension Service say that a refund only indicates that the initial processing of your refund has been completed.

You should keep all records and receipts used in your tax preparation to back up your returns for the last three years, they recommend.

Chicken Costs

If you can buy chicken breasts for less than 50 percent more per pound than whole broiler-type fryers, then the breasts are a better buy, says specialists. Agricultural Extension Service.

Packages of legs and thighs can cost up to one-third more per pound and still be a better bargain.

Dryer Energy  
To help keep your clothes dryer from being energy hog, it's a good idea to check its lint trap or filter after every load.

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MOM'S DAY TRAY — Mothers deserve at least one day each year when she can be spoiled. Begin Mother's Day by serving her breakfast in bed. Tuck a Mother's Day card in the napkin and add a spray of flowers from her garden.

## Belk Tyler

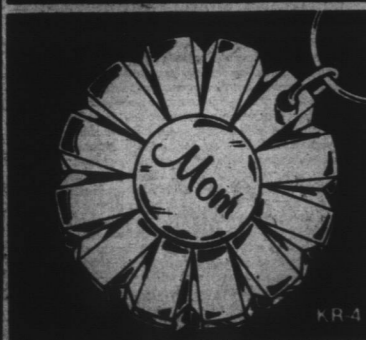
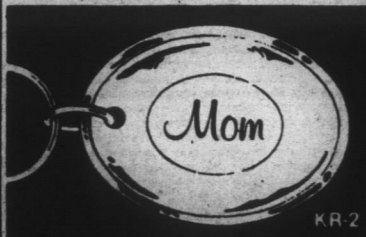
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\*DuPont's registered trademark

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