

New Holiday Menus From The Kitchen

By Mildred Huskins
It is almost Thanksgiving and the appropriate chill is in the air.

Thanksgiving is a holiday

we take particular pride in because it's such a thoroughly American occasion. The first Thanksgiving feast was held



DAZZLING DESSERT — Light and airy Orange Pumpkin Chiffon pie provides the perfect ending to a lavish Thanksgiving holiday meal.

December, 1621, by the Pilgrims in gratitude for the ending of a difficult year and a successful harvest. Over the years the traditional Thanksgiving customs have harkened back to that initial celebration, with large family gatherings and bountiful dinners featuring turkey and pumpkin pies and an assortment of fruits and vegetables.

It is easy to give thanks on Thanksgiving Day when you're sharing a sumptuous meal. The familiar turkey bursts with a savory stuffing. Platters are heaped high with fresh vegetables. From the oven comes the aroma of an enticing dessert.

Here is a scrumptious dessert pie guaranteed to make your Thanksgiving memorable. It is citrus-laced in the holiday tradition of serving fruit. What's more this treat is so stunning and festive that you'll want to serve it right from the holiday table and it might become a standard part of your holiday menu repertoire.

Orange Pumpkin Chiffon Pie is a light creation that offers a new twist on the pumpkin pie favorite. The pie derives its airy texture from beaten egg whites which are combined with a pumpkin mixture. Orange juice and rind give this concoction a distinctive taste.

Orange Pumpkin Pie
1 envelope unflavored gelatin
1/2 cup brown sugar, firmly packed
1/2 teaspoon salt
1/2 teaspoon ground nut-

meg
1/2 teaspoon cinnamon
1/4 teaspoon ginger
2 eggs, separated
3/4 cup milk
1 1/4 cups canned or cooked pumpkin
2 teaspoons grated orange rind
1/2 cup fresh orange juice
1/4 cup sugar
1 prepared nine-inch graham cracker crust
1/2 cup heavy cream, whipped
1 orange, peeled and sectioned

In medium saucepan mix together gelatin, brown sugar, salt and spices. Beat together egg yolks and milk; stir into gelatin mixture. Place over low heat and cook, stirring constantly, until gelatin dissolves, about 5 minutes. Remove from heat; stir in pumpkin, orange rind and orange juice. Chill, stirring occasionally, until mixture is cooled and mounds when dropped from a spoon. Beat egg white until stiff, but not dry. Gradually add sugar and beat until very stiff. Fold into pumpkin mixture. Turn into prepared crust. Chill until firm. Before serving garnish with whipped cream and orange sections.

To vary the Thanksgiving dessert tradition, how about a pumpkin cake? Moist with pumpkin, this one is flavored with a hefty helping of cinnamon and a pinch of nutmeg. A cinnamon and brown sugar glaze crowns the cake. Easily put together, it keeps well if hidden from hungry sleepwalkers.

Spiced Pumpkin Cake
1 cup butter or margarine

1 1/2 cups sugar
4 eggs
1 can (16 oz.) pumpkin
3 1/2 cups all-purpose flour, unsifted
1 tablespoon ground cinnamon
2 teaspoons baking powder
2 teaspoons baking soda
1 teaspoon salt
1/2 teaspoon ground nutmeg
1 cup chopped walnuts or pecans
1/2 cup seedless raisins

Preheat oven to 350 degrees. In a large bowl cream together butter and sugar until light. Add eggs and pumpkin; beat until smooth. Mix together, flour, cinnamon, baking powder, baking soda, salt and nutmeg; fold into pumpkin mixture. Blend in walnuts and raisins. (Batter will be stiff.) Spoon into a well-greased and lightly floured 10-inch tube pan; bake for 1 hour. Cool in pan on wire rack for 10 minutes. Loosen sides with spatula; remove cake from pan; cool completely on rack. Spoon Cinnamon Glaze over top. To make glaze combine in a small bowl 1/2 cup confectioners sugar, 1/2 teaspoon cinnamon and 2 1/2 teaspoons water; mix well. Spoon over cake.

Serve this pudding cake with a warm creamy sauce, ice cream or whipped cream.

Lewista's Pumpkin Pudding Cake
1 cup shortening
3 and one-third cups flour, sifted
2 and two-thirds cup sugar
2 teaspoons baking soda
1 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon ground cloves
2 cups cooked pumpkin
two-thirds cup water
2 eggs
2 cups dates, chopped
1 cup chopped nuts

Sift flour, sugar, soda, salt, baking powder and spices together into mixing bowl. Add shortening, pumpkin and water. Beat two minutes at medium speed on electric mixer or 300 strokes by hand. Scrape sides and bottom of bowl. Add eggs and dates. Beat 2 minutes longer. Mix in nuts. Pour into four 1-quart or 2 three-quart well-greased ring molds. Bake in a 350-degree oven 35 to 40 minutes for the one-quart molds and 40 to 45 minutes for the larger molds. Serve warm with a creamy sauce, ice cream or whipped cream.

Holiday Tips

"Here's to Holiday Traditions" is a new leaflet which will give you help on year-end, festive meals or gifts. Send a stamped self-addressed long envelope to Holiday Traditions, United Dairy Industry Assoc., 6300 N. River Road, Rosemont, Ill. 60018. For 20 cents in coin to cover mailing and

handling you can get a two-color, 16-page leaflet containing cookie recipes. Send your request to Hollicookies, United Dairy Industry Assoc., 6300 N. River Road, Rosemont, Ill. 60018.

Death Claims Mrs. Britt, 89

Mrs. Mary Myers Britt, 89, of Colerain, died November 6 in Roanoke-Chowan Hospital in Ahoskie. She was a housewife.

Mrs. Britt was born in Bertie County on April 25, 1890, daughter of the late Joseph and Mary Perry Myers. She was the widow of Dorsey Monore Britt.

Surviving are two sons: Henry F. Britt of Colerain; and Dorsey M. Britt of Riverhead, N. Y.; a daughter, Mrs. Hazel B. Wright of Roanoke, Va.; two sisters: Mrs. Gladys Smith-wich and Mrs. Lula Canady, both of Windsor; 12 grandchildren and 12 great-grandchildren.

She was a member of Colerain Baptist Church where funeral services were held at 2 P.M. Thursday with Rev. Bennie Pledger officiating. Burial was in Hillcrest Cemetery with Williford-Barham Funeral Home in charge of arrangements.



Lake Superior is 1290 feet deep in one part.



NEW PLANTINGS — The Garden of Eden Club has recently given \$500 to be used for landscaping at the Barker House. The over-grown shrubs across the front of the house in the above photograph will be moved as a part of the landscaping. Part of the planting design will be to camouflage the mechanical system and the oil tank.



The word "television" comes from Greek and Latin words that mean "far seeing."

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Biofeedback consultation and training services are now available at Chowan Medical Center. Biofeedback training for self control and self regulation will be available every Thursday, according to Lee Acebedo, therapist.

Biofeedback is a training technique for teaching self control and self regulation for many disorders, such as tension headaches, migraine headaches, anxiety, essential hypertension, low back pain and chronic muscle spasm.

Acebedo is certified by the Biofeedback Society of North Carolina and is associated with Eastern

Neurological Associates, Inc., in Greenville.

Further information concerning biofeedback may be obtained from Acebedo in Greenville, 752-4848, or by contacting Chowan Medical Center.

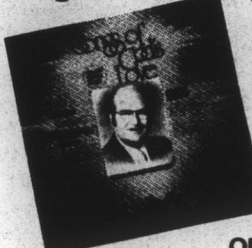
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