

Creative Cooking From The Herald Kitchen: Tasty Menus For Country Cooking

By Mildred Huskins
There's a hint of fall in the air and that means we will be thinking of heartier foods to satisfy more robust appetites.

After a couple of weeks vacationing and taking leave of the kitchen, we returned with some menu changes in mind. Our star boarder has not complained of the "lighter" foods we've been serving during the hot, humid weather of late summer, but pretty soon we will get a request for something like pinto beans, cabbage and cornbread. We will know then that summer is over and we'll get back to a bit of real tasty "country cookin'".

One of the delightful

advantages of the beginning of autumn is the arrival in the supermarket of tender turnip and mustard greens, giant collard stalks, winter squash, new crop sweet potatoes and yes, big, sweet Spanish onions.

A delicious way to enjoy first-of-the-season Spanish onions is in one of the colorful dishes we have for you today. In both dishes, the onions are tamed with another fall favorite zucchini.

Cheesy Onion-Zucchini

Bake
1 large Spanish Onion
3 cups thinly sliced zucchini
2 tablespoons butter or margarine
2 eggs, beaten

½ cup sour cream or yogurt
1 teaspoon salt
½ teaspoon pepper
½ teaspoon dry mustard
1 cup grated Swiss cheese
Peel and thinly slice onion. Separate into rings. Should measure about 3 cups. Saute onion and zucchini in butter or margarine until tender. Place in shallow 1½ quart baking dish. Combine eggs, sour cream, salt, pepper, mustard and half of cheese. Pour over vegetables. Sprinkle with remaining cheese. Bake at 375 degrees for 20 minutes or until firm. Serves 6.

MICROWAVE METHOD: Place butter or margarine in 1½ quart microwave-proof dish. Heat on high until melted. Stir in onion and zucchini. Cover with plastic wrap. Microwave on high for 6 to 7 minutes or until tender. Stir after 4

minutes. Pour egg mixture over vegetables. Sprinkle with remaining cheese. Cover with paper towel. Microwave for 8 to 10 minutes or until firm.

Onion-Zucchini Skillet

1 large Spanish onion
2 tablespoons oil
2 cups sliced zucchini, cut ½-inch thick
1 tablespoon water
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon lemon pepper
2 medium tomatoes, cut into wedges

Peel onion and cut into 1-inch wedges. Should measure 2½ cups. Heat oil in skillet. Add remaining ingredients, except tomatoes. Saute a few minutes. Cover and simmer 10 minutes or until vegetables are tender. Add tomatoes. Cook a few minutes longer to heat tomatoes. Makes 4 to 5 servings. Another time, vary the seasoning by using basil, dill, parsley or curry powder in place of oregano.

Pillsbury, which has just introduced Pillsbury Plus Carrot 'n Spice Cake Mix, is conducting a contest among newspaper readers to locate earlier carrot cake recipes. Two \$100 prizes will be awarded. One is for the oldest published recipe, and the other for the person who can locate the earliest family recipe, submitted in a form other than published. For the oldest published recipe, entrant must include

a photocopy of the cookbook page, newspaper or magazine clipping and name and date of the publication. For the heritage family recipe entrant must include a photocopy of the recipe and a short narration about the recipe, which provides validation of the age of the recipe. Winner will be chosen on the basis of age of the recipe and creativity of the narrative. Contest closes December 31, 1980. Send name, address and phone number to Carrot Cake Contest, B-177N, The Pillsbury Company, 608 Second Avenue South, Minneapolis, MN 55402.

For those who believe the ultimate carrot cake must have cream cheese frosting, Pillsbury also has brought out a new ready-to-spread cream cheese frosting. Make Layered Date Loaves with both new products.

Layered Date Loaves
1 pkg. (8-oz.) chopped dates
1 pkg. Carrot 'n Spice Cake Mix
1 cup sour cream
½ cup water
one-third cup margarine or butter, softened
3 eggs

Heat oven to 350 degrees. Grease and flour two 8x4 or 9x5-inch loaf pans. Finely chop dates; set aside. In large bowl, blend all cake ingredients, except dates, at low speed until moistened; beat 2 minutes at highest

speed. Stir in dates. Pour evenly into prepared pans. Bake 40 to 50 minutes or until pick inserted in center comes out clean. Cool 15 minutes in pan; remove and cool completely. For filling, in small bowl combine one can Pillsbury Ready to Spread Cream Cheese Frosting Supreme, one cup flaked coconut and ½ cup chopped walnuts. Slice cooled loaves into two layers. Spread frosting mixture between layers. Sprinkle powdered sugar on top. For ease of slicing, refrigerate at least 2 hours before serving.

Orange-Yogurt Coffee Cake will win raves from the Sunday brunch bunch.

Orange-Yogurt Coffee Cake
1 pkg. Pillsbury Plus Carrot 'n Spice Cake mix
1 carton (8-oz.) plain yogurt
one-third cup orange juice
3 eggs

Filling
1 cup finely chopped walnuts
½ cup firmly packed brown sugar
1 tablespoon grated orange peel

½ teaspoon cinnamon
¼ teaspoon cloves
Grease and flour 13x9-inch pan. In large bowl, blend all cake ingredients until moistened; beat 2 minutes at highest speed. In small bowl combine all filling ingredients; set aside. Pour half of batter in prepared pan. Sprinkle half the walnut mixture evenly over batter; spread with remaining batter. Top with remaining nut mixture. Bake at 350 degrees for 30 to 40 minutes or until tests done. Cool completely. Makes 12 servings.



CHEESY BAKE — Enjoy the fall harvest of sweet Spanish onions and zucchini baked together in a cheesy custard base, seasoned with a touch of dry mustard.

SHOP I.N.S.
- At -
W.E.S.

FULL CUT ROUND STEAK lb. \$2.19

BARBECUE cup \$1.59

GWALTNEY FRANKS pkg. 99c

OLD SOUTH ORANGE JUICE lg. size 69c

DUNCAN HINES CAKE MIX box 79c

COCONUT, PEACH OR APPLE PET-RITZ PIES 26-oz. 99c

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Fall Singles Match Is Held

This year's Chowan Tennis Association tournament ended last weekend with the annual fall singles matches.

In the men's 19-34 age group, Jimmy Byrum was champion with Bobby Ashley runner-up.

Llewellyn Towe took the women's title with Patricia Byrum coming in second.

The men's 35 and over category was won by Jerry Downum with Allen Hornthal runner-up.

Chowan Tennis Association begins a new year in October. Persons interested in joining are encouraged to write to the Chowan Tennis Association in Edenton.

Church Holds Workshop

On Tuesday, September 23 beginning at 10:00 A.M. a District Issues Workshop will be held at the Edenton United Methodist Church.

The important issue to be uplifted at this workshop is the "Energy Crisis". Mrs. Jo Anne Jefferies, Conference Coordinator of Social Involvement, United Methodist Women will be the leader of this workshop. A representative of Carolina Power and Light Company will also assist in the workshop.

Both men and women are invited, and urged to attend this relevant, informative, and enlightening workshop. A light lunch will be served.

State Fair Trip Sponsored

The Perquimans County Parks and Recreation Department is sponsoring a trip to the State Fair on Thursday, October 23. The cost will be \$10. This \$10 includes the bus fare, you are responsible for your ticket at the gate.

The bus will leave the recreation department in Hertford at 7:00 A.M., and return around 7-8:00 that night.

Seats are limited, so come by the recreation department soon to reserve your seat.



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482-4428

CHOWAN COUNTY FAIR
Sept. 22-27
EXHIBIT ENTRY
Sunday, Sept. 21 - 3 to 5 P.M.
Monday, Sept. 22 - 9 A.M. to 6 P.M.

MIDWAY OPENS
Monday - 7:00 P.M. (Gates-6:00 P.M.)
Tues. & Wed. - 4:00 P.M. (Gates-3:00 P.M.)
Thur. & Fri. - 5:00 P.M. (Gates-4:00 P.M.)
Saturday - 4:00 P.M. (Gates-3:00 P.M.)

FEATURED ENTERTAINMENT
Thurs. & Fri. - Melissa Lewis Show
2 shows nightly - 8:00 P.M. & 9:30 P.M.

FIREWORKS— 2 Nights Only
Tues. & Wed. - 8:30 P.M.

SENIOR CITIZENS DAY
Thursday - Special Entertainment
65 and over admitted FREE

KIDDY DAYS— Tues. & Wed.
12 and under admitted FREE
2 Bicycle Drawings each night - 7:15 P.M.
Must be present to win.

Services Held For Mrs. Williams

GATESVILLE — Mrs. Cornelia Jordan Williams, 86, a native of Chowan County, died Monday. Funeral 3 P.M. today (Thursday), Middle Swamp Baptist Church. Burial will be in the church cemetery.

Surviving are two daughters: Mrs. Jessie R. Jones of Suffolk, Va., and Mrs. O. R. Brittenham of Gatesville; four sons: Henry Williams of Jamesville, Fla.; Randolph Williams of Statesville; Ernest Gay Williams of Sunbury; and George Williams, Jr. of Gatesville; one brother: Loranza Jordan of Lynchburg, Va.; four sisters: Mrs. Vera Greene of Sunbury, Mrs. Amanda Jones of Suffolk, Va.; Mrs. Dorothy Oliver of Woodbridge, Va.; and Mrs. Venola Outland of Norfolk, Va.; 19 grandchildren, 22 great-grandchildren and two great-grand-grandchildren.

Arrangements by Harrell's Funeral Home of Gatesville, N.C.

"The sinner who spends and gives away is better than the devotee who begs and lays by." Sadi

JONES REAL ESTATE
Call Terry Jones At 919-482-7522 482-2286.

NEW LISTINGS

HIGHWAY 17 SOUTH — Home near the Edenton Marina. Feat. 3 BR, 2 Baths, fireplace, carpet, air conditioning. Includes appliances. **OPTION** — Dining area, 3 BR, 2 Baths, fireplace, carpet, air conditioning. Includes appliances.

HIGHWAY 32 — Five miles out of town. Shingle two story home with LR, Kitchen, 3 BR, acre of land. \$32,000.

TWIDDY AVE. — Neat brick home features LR (fireplace), Den, Kitchen-Dining area, 3 BR, 2 Baths. Fenced backyard. \$40,000.

NEW HOME FOR SALE — New brick home features LR, den, breakfast, den (fireplace), 3 BR, 2 baths, double carport.

MORGAN PARK — Nice 2 story brick home with LR (fireplace), den-kitchen combo, 4 BR, garage. Large lot. \$65,000.

MORGAN PARK — 3,000 ft. of luxury including solarium, library, rec. room, DR, LR, kitchen, 3 BR, 2 baths, workshop, acre lot. Much more. \$93,500.

MORGAN PARK NEW HOME FOR SALE — Under construction. Features LR, eat room, DR, kitchen, 3 BR, 2 baths, large lot. Wooded lot.

MONTPELIER DR. — Attractive brick home with attractive price! Features LR, den (fireplace), 3 BR, 1½ baths, garage, screened back porch. Nice neighborhood. Assume low interest mortgage. \$49,000.

S. OAKUM ST. — Two story home near downtown. LR, den, kitchen, living room. Large lot.

CHOWAN BEACH — 2 BR home with kitchen, living rm. Good buy at \$11,000.

MEXICO RD. — Nice home with LR (fireplace), den, 3 BR, garage. ½ acre lot.

ONLY THE STRONG SURVIVE

A few years ago the public embraced the wood-burning stove as heating oil prices soared. There was a mad rush by companies to manufacture stoves to meet the demand. But there were problems. Some stoves weren't very efficient. Others cracked when they got hot. Many were poorly made. Still, they were cheap. Low prices and big claims. People who hurried to buy them now wish they had shopped a little more carefully. Now that you're getting serious about a wood-burning stove, we hope, for our sake and yours, you'll take a good, long look at the Fisher line.

All are made under rigid guidelines for quality. And all are efficient and completely safe. That's why they carry the Underwriters Laboratory seal. And that's why they will still be around when the cheap imitations are gone but not forgotten.

Compare our models against anyone's. Item for item and feature for feature we believe you'll agree that Fisher is unquestionably the best buy for the money.

Fisher Stoves

Complete Line Of Fisher Stoves and Inserts - Many At 1979 Prices!

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ON THE SOUND — This almost new Cape Cod style features a Great Room with large fireplace and magnificent view of the Albemarle Sound, formal dining room, large kitchen, 5 bedrooms, screened porch on water, upper deck, sandy beach in backyard. **PRICE CUT. CALL ME.**

ON THE SOUND — This lovely brick ranch features DR, LR, kitchen, den (fireplace), 3 BR, 2½ baths, double garage. Located on large lot with lots of tall trees. \$86,500.

ON THE SOUND — Lovely old home. Fully furnished, pier, boathouse, basement, gt. rm., 3 BR, garage. **SOLD**

ON THE GOLF COURSE with sound view, walking distance of tennis, pool, country club. Features LR, den (fireplace), DR, 4 BR, 2½ baths, lovely wrap around porch facing golf course, dble. garage, much more. **PRICE CUT. CALL ME!**

MERRY HILL — Newly remodeled home. **OPTION**

ON THE GOLF COURSE — Lovely contemporary cedar and stone house with LR, den, kitchen, 2½ baths, two huge fireplaces. Walking distance golf, pool, tennis, country club. \$118,000. Partial owner financing.

COMMERCIAL BUILDING — Full time St. contains upstairs apartment. Downstairs can be used for commercial or residential. **OPTION**

BROAD ST. — Large 2 story frame home. Lots of possibilities. \$39,500.

WEST QUEEN STREET — Small brick home with LR, kitchen, 3 BR. New paint, cabinets, carpet. \$27,000.

RIVERTON — ½ acre lot.

CAPE COLONY — Double-wide mobile home on 1½ lots. **SOLD**

LOTS FOR SALE — Riverton, Country Club Dr., Soundshore Dr.

COMMERCIAL PROPERTY — Over 30 acres in prime location