

# Herald Kitchen: Packing School Lunches

By Mildred Huskins  
Inflation has hit the school lunchroom and, according to reports from school administrators, lunches will cost more during this year. Some managers have predicted that the cost will rise even more by the middle of the term depending on the financial assistance which could be available. More and more homemakers will be

packing the lunch bag and planning for school lunches can be a real problem. The "if it's Tuesday, this must be bologna" syndrome attacks many a brown bagger from time to time. Staring blankly into the lunch bag, loss of appetite, bored sighs of "not this again" are symptomatic of such attacks. Boredom in the lunch room takes its toll on good nutrition, too. As summer fades into fall,

millions of students from kindergarten through college will be indulging in this noon-time ritual. Yet, the lunch bag is not "for kids only". Many employees in all working realms are brown bagging it. Lunches should be packed with tantalizing textures, colors, and tastes for eye appeal and with those foods that satisfy important nutritional needs. You can get out of the lunch-time rut if you think "fresh" when packing lunches. Fresh fruits and vegetables are as versatile as your imagination. Fresh apples, oranges, bananas, pears, grapes, carrots, celery and radishes are favorites for out-of-hand eating. Tuck in cucumber spears, green and red pepper sticks or rings, cauliflowerets, broccoli buds, cherry tomatoes, turnip sticks or squash rings. Carry assorted vegetables in a tightly sealed plastic bag and you might add a small container of dressing or a favorite dip. Create endless salad combinations with fresh fruits and vegetables and for a gourmet touch, roll lettuce leaves around a meat, egg, fish or cheese filling. Use fresh fruits and vegetables as natural stuffers. For instances, core an apple and stuff with peanut butter or cottage cheese mixed with nuts, grapes or other sliced fresh

fruit. Add tuna or a seafood salad into a green pepper cavity. Make a banana boat slicing the banana lengthwise and filling it with peanut butter. Don't forget fresh fruits and vegetables add pizzazz to sandwiches, too. The lunch bag would be incomplete without a cookie or a piece of cake to top off the "fresh" lunch. Heavenly Crunch Cookies are unearthly good! Can you think of a richer, tastier combination of ingredients in a cookie than chocolate chips, coconut, almonds and 100 per cent natural cereal? What we've been trying to say to Mom is that it is time to fill the cookie jar for the lunch bag and for munching just any ole time.

by rounded teaspoonfuls onto prepared cookie sheet. Bake for 9 to 11 minutes or until light golden brown. Cool one minute on cookie sheet; remove to wire cooling rack. Makes three dozen cookies. Unless you've already had the pleasure of tasting the flavor combination of prunes with brown sugar and chocolate you have a delightful surprise when you bite into these Chocolate Frosted Prune Bars.



**CRUNCHY DESSERT** — Finish off a nutritious and interesting bag lunch with these Heavenly Crunch Cookies. It is time to fill the cookie jar not only for lunches but for munching at any time.

**Heavenly Crunch Cookies**  
1 cup firmly packed brown sugar  
1/2 cup butter or margarine  
2 cups 100 per cent natural cereal  
1 1/2 cups all purpose flour  
1 pkg. (6 oz.) semi-sweet chocolate pieces  
1/2 cup flaked or shredded coconut  
1 egg  
3 tablespoons milk  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 teaspoon almond extract  
Heat oven to 350 degrees. Grease cookie sheet. In large bowl, beat together sugar and butter until light and fluffy. Add remaining ingredients; mix well. Drop

**Chocolate Frosted Prune Bars**  
1 cup pitted sun-sweetened prunes  
1 cup sifted all-purpose flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
one-third cup soft butter or margarine  
1 cup firmly packed light brown sugar  
1 large egg  
1 teaspoon vanilla  
1/2 cup chopped nuts  
Chocolate Browned Butter Frosting  
Snip prunes into small pieces. Resift flour with baking powder and salt. Combine butter, sugar, egg and vanilla, and cream until light and smooth. Stir in flour mixture, then prunes and nuts. Spread in greased 7x11x1 1/2 inches. Bake at 350 degrees about 30 minutes, until firm on top to touch and lightly browned at edges. Cool in pan. Spread Chocolate Browned Butter Frosting, and allow frosting

**Continued On Page 2-B**

# Williams Is Award Recipient

PRINCETON, N. J. — The famed American Boy Choir School of the Lampert Estates here has awarded a \$4,300 scholarship to Michael Kerry Williams, 11, son of photographer Jack Williams and piano and voice teacher, Lynda Williams, of The Eyrie, Route 4, Elizabeth City, Headmaster Stephen Howard announced this week.

electrified audiences at age nine in historic cathedrals of the Low Countries, Cologne and Notre Dame. Home town supporters and the

Pasquotank Arts Council contributed greatly to his travels which resulted in programs with the famed **Continued On Page 2-B**

A professional singer and actor, Michael is considered one of the leading boy sopranos in the nation according to his manager, John Shallenberger of Pittsburgh and New York. Michael was invited to audition with other prominent choirs, such as St. Thomas Episcopal Choir in New York City, but "his sterling qualities in voice, high academic promise and self-discipline" led the versatile maestro Donald Hanson, of Toronto, to insist on Michael's grant with the American Boy Choir performers. There is the only non-sectarian boy choir in the Western hemisphere.



Michael was the school's guest last spring and has since signed a contract to participate in their widely acclaimed recordings with national orchestras and TV specials. Their most recent presentation was "The Messiah" with operatic tenor Charles Bressler, of Manhattan School of Music, who recommended Michael for the school. The choir has performed with conductor Leonard Bernstein and Eugene Ormandy's Philadelphia Orchestra, and their renditions have entertained presidents and royalty. Michael will feel his stride when the choir tours Japan this season since he has

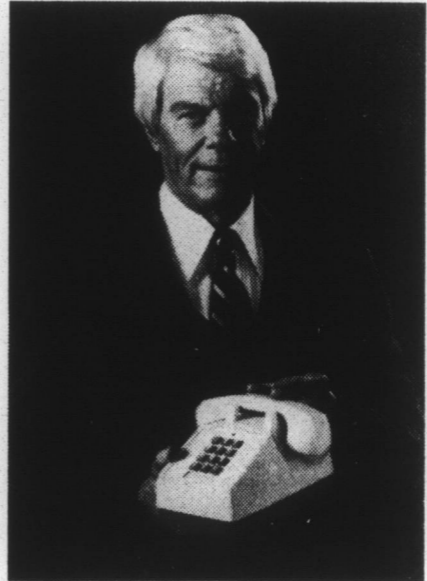
**GIVEN SCHOLARSHIP** — Displaying his charms as a singer and actor, boy soprano Michael Kerry Williams, 11, of Elizabeth City, performed earlier this year for the Little Miss Philippines Pageant, Virginia Beach. He has just earned a \$4,300 scholarship to the internationally-acclaimed American Boy Choir School, Princeton, N.J.

**TARKINGTON'S**  
Our New Fall Fashions Are Here.....  
Fashions For Ladies And Children  
DOWNTOWN, EDENTON

**Completes Training**  
Navy Seaman Rusty J. Barath, son of Micklos and Margo Barath, West Queen Street, Edenton, has completed recruit training at the Naval Training Center, Great Lakes, Ill. During the eight-week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

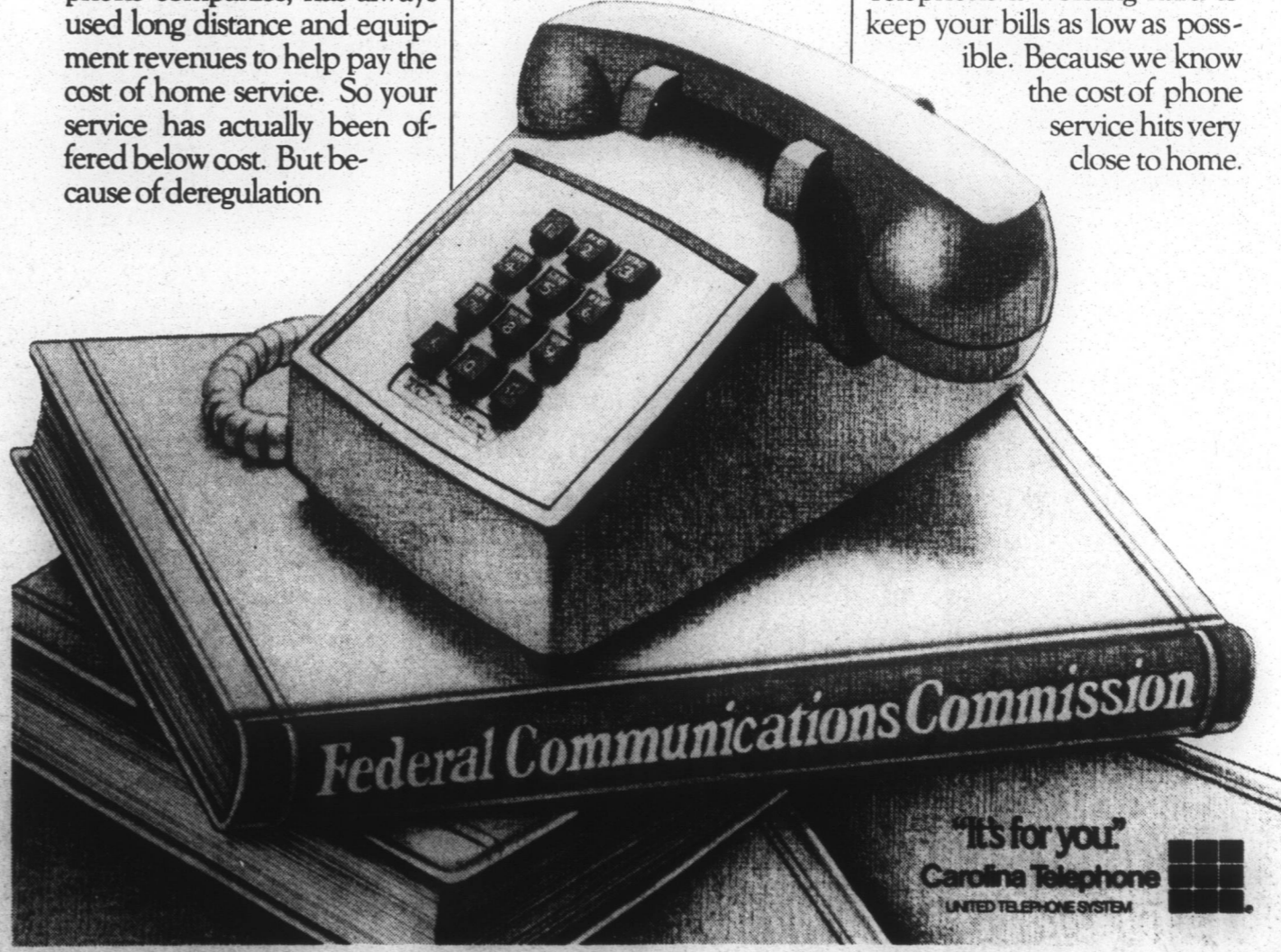
# Federal Deregulation. The Cost Is Coming Home.

**Question:** How does federal deregulation and competition affect the cost of home phone service?  
**Answer:** Carolina Telephone, like all investor-owned telephone companies, has always used long distance and equipment revenues to help pay the cost of home service. So your service has actually been offered below cost. But because of deregulation



Watch your local TV station for Carolina Telephone's commercial series "Questions & Answers on Federal Deregulation", featuring Peter Graves

and competition, Carolina Telephone can no longer count on this money to help pay for home phone service. And that's going to affect your phone bill. Yet, through it all, Carolina Telephone is working hard to keep your bills as low as possible. Because we know the cost of phone service hits very close to home.



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**NOTICE TO ALL VOTERS OF THE TOWN OF EDENTON MUNICIPAL ELECTION TUESDAY, NOVEMBER 3, 1981**

**FILING PERIOD FOR MUNICIPAL OFFICES**  
FRIDAY SEPTEMBER 11 AT 12:00 NOON  
FRIDAY, OCTOBER 2 AT 12:00 NOON  
REGISTRATION BOOKS CLOSE MONDAY OCTOBER 5 AT 5:00 P.M.  
ABSENTEE VOTING WILL CLOSE THURSDAY, OCTOBER 29 AT 5:00 P.M.

**POLLING PLACES**

**EAST EDENTON** ----- CHOWAN COUNTY OFFICE BUILDING  
Mrs. Andrew Whitson ----- Registrar  
Mrs. W. E. Mills ----- Judge  
Mrs. Rudolph Dale ----- Judge  
Mrs. Darnell White ----- Assistant  
Mrs. Phyllis Swain ----- Assistant  
Mrs. Tilmon Keel ----- Assistant

**WEST EDENTON** ----- EDENTON MUNICIPAL BUILDING  
Mrs. Carroll W. Jones ----- Registrar  
Mrs. Rosa Rountree ----- Judge  
Mrs. David O. Wright ----- Judge  
Mrs. Emily Brooks ----- Assistant  
Mrs. S. F. Hicks ----- Assistant  
Mrs. Walter Noneman ----- Assistant  
Mrs. Paul Oborn ----- Assistant

The voters of the Town will be voting for a Mayor, Treasurer, one Councilman-at-large and Councilmen for the third and fourth wards.

Persons may register at the Election Office on Monday, Wednesday, or Friday from 9:00 A.M. until 1:00 P.M., or at the Tax Office on Tuesday and Thursday from 9:00 A.M. until 1:00 P.M. They may also register at the home of the Registrars or Judges or with any member of the Board of Elections by appointment ONLY.

Any person who has been a resident of Chowan County for 30 days is eligible to register and vote. He must be 18 years of age. Any person who has moved from one precinct to another must transfer to the precinct in which he now lives. Deadline for transfer is Monday, October 5th at 5:00 P.M.

POLLING PLACES WILL BE OPEN FROM 6:30 A.M. UNTIL 7:30 P.M. CURBSIDE VOTING WILL BE ALLOWED FROM 7:00 A.M. UNTIL 6:00 P.M. ONLY.

VOTING MACHINES WILL BE USED  
CANVAS DAY NOVEMBER 5, 1981

*Julip S. Chambers*  
Chairman, Chowan County Board of Elections