

The Herald Kitchen: Planning Economical, Nutritious Meals With Eggs

By Mildred Huskins
If balancing a tight food budget while planning balanced meals leaves you feeling out of balance, consider low-cost, high-protein eggs.

nutritional dishes can you think of which feature eggs? Besides the breakfast egg, think of souffles, omelets, quiches and crepes, just to name a few. Sandwiches made of flavorful egg salad are great for the lunch bag. Whether off to a football game with the makings of a tailgate picnic or just

driving through the scenic autumn countryside, the picnic would not be complete without the all-time favorite, deviled eggs. Of course, we could go on and on about the incredible egg for few of us could cook without eggs in the refrigerator ... always handy. Here is a recipe that

is nutritious as well as delicious. Apple Crisp Custards are a tasty way to serve the protein, vitamins and minerals found in eggs and milk. Chopped apples flavor the creamy custard and a crisp oatmeal topping adds the crowning crunch. You can serve Apple Crisp Custards as a fancy dessert or they can double as a treat when the kids come home from school.

tablespoons of topping. Continue baking until knife inserted near comes out clean, about 10 to 15 minutes more. Remove immediately from hot water. Serve warm or chilled. Serves six.

For Crisp Topping combines 1/4 cup brown sugar, 2 tablespoons flour, 2 tablespoons uncooked oats and 2 tablespoons softened butter. Mix until crumbly. It's apple-picking time and Apple-Saucy Oatmeal Cookies will be just perfect for the first cookie-making day in the kitchen. The aroma of these oatmeal cookies will bring the backyard crowd running. They are perfect for after school snacks, for after the sandlot football game or after long walks with your family in the woods. They just have the flavor of fall in them.

Apple-Saucy Oatmeal Cookies
1 cup quick or old-fashioned oats, uncooked
1 cup all-purpose flour
3/4 cup applesauce
1/2 cup raisins
1/2 cup chopped fresh apple
1/2 cup butter or margarine, softened
1 egg
1 teaspoon baking powder
1 teaspoon vanilla
3/4 teaspoon cinnamon
1/4 teaspoon salt
1/2 teaspoon nutmeg

Heat oven to 350 degrees. In large bowl, combine all ingredients; mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheets. Bake about 23 minutes or until light golden brown. Makes about 2 dozen

cookies. (Variation: Omit fresh apple; increase applesauce to 1 cup and proceed as recipe directs).

What's New
Jolly Time Pop Corn is offering a delightful new recipe folder featuring 20 recipes for pop corn lovers, plus a "how-to" holiday and party crafts section. Send 25 cents with name and address to JOLLY TIME Pop Corn Recipes, Box 178, Sioux City, Iowa, 51102.

Country Morning Blend is something new from Land O'Lakes. They have combined 40 per cent Land O'Lakes sweet cream butter with 60 per cent pure corn oil margarine. So, it tastes and looks like butter and there is no difference in color or texture. CMB may be used exactly like butter or margarine in cooking, baking, frying or as tabletop spread. It is available in lightly salted and sweet unsalted varieties and comes in a one-pound carton which contains four quarter-pound, foil-wrapped sticks.

Pillsbury is now packaging Hungry Jack Microwave Popcorn for the home microwave. Originally developed for food service vending machines, workers bought these single serving packages to prepare at

home. After five years of testing, the company decided to package it with directions for home use in the microwave. In about 3 to 5 minutes, depending on oven wattage and cooking pattern, the special bag (with oil and salt), will expand to hold 2 quarts of

ready-to-serve popped corn. The company has pointed out, however, that the popcorn is grown especially for use in the microwave oven. Hungry Jack Microwave Popcorn is designed for use in microwave ovens with an output of at least 600 watts.



NUTRITIOUS DESSERT — Apple Crisp Custards are nutritious as well as delicious and are highly favored as an autumn dessert.

Illness Claims Williams

Mrs. Bessie Bonnaville Williams, 86, Route 3, Edenton died Sunday morning in Chowan Hospital after an extended illness.

A native of Gloucester County, Va., she was a daughter of the late Josephus and Indiana Rowe Bonnaville.

Mrs. Williams was the wife of Richmond Lee Williams, Sr., and a member of the Church of God on Johnston Street.

Other survivors included, four daughters: Mrs. Myrtle W. Tynch and Mrs. Irma W. Wright both of Edenton; Mrs. Mary W. Porter of Chesapeake, Va.; and Mrs. Sadie W. Hassell of Bessemer, Ala.; one son, Richmond Lee Williams, Jr. of Edenton; one brother, Mack Bonnaville of Gloucester, Va.; 16 grandchildren, 24 great grandchildren, and four great-grandchildren.

A funeral service was held Tuesday at 2 P. M. in the

Church of God by Rev. Marvin Baccus and Rev. Mitchell Edwards. Burial was in Beaver Hill Cemetery.

Pallbearers were: Thomas Perry, John Williams, James Criddle, Frank Porter, Larry Tynch, and Michael Hassell.

Swindell - Bass Funeral Home was in charge of arrangements.

Sewing Course

Tailoring, an advanced sewing course, will be offered through College of the Albemarle starting on Tuesday, at Holmes High from 7-10 P. M.

A good knowledge of basic sewing techniques and jacket construction are prerequisites of the course. The class will meet every Tuesday night ending December 8.

For further information, call Pauline Travis at 482-8426.

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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.

ABENTEE 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, 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

Julius S. Chambers
Chairman, Chowan County Board of Elections

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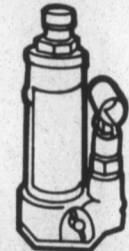


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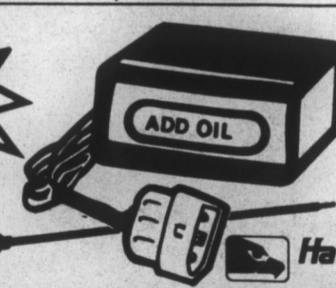


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