

Creative cooking from the Herald kitchen

By Mildred Huskins from the yard do not make spring
Two fat robins pulling worms but they are telling us something.

Besides the many indications of the gray earth's awakening, the people we see from time to time seem to be shaking off the winter "blues" and humming a diddy tune. Yesterday we were almost startled to hear a grocery shopper whistling! You will agree that it is a bit unusual to hear women whistling as they work but to hear it at the supermarket brightened our spirit. So, with Easter coming up, can spring be far behind?

Mary Gubser, a bread expert and cookbooks author, can put a song in your heart and good things on your family's table with these fiber-rich quick breads. You won't have to say "eat your bread, it's good for you", when you bring out these piping hot Orange-Banana Muffins, crisp corn sticks or Lemon Pistachio Bread, which is one of Mary's pet recipes because the bread is so moist and the flavor is delectable. This bread uses natural bran flakes with raisins. Walnuts or cashews can be substituted for the pistachios.

You will want to try Mary's Cornbread Sticks, which can also be used for muffins. They reflect Mary's heritage for her mother was part Southerner and part Texan. It combines natural bran flakes with cornmeal and canned cream style corn. Yummy.

Orange-Banana Muffins
1/2 cup butter or margarine, at room temperature

1 cup firmly packed brown sugar
2 eggs
Grated rind of 2 large oranges
1/2 cup orange juice
2 cups all-purpose flour
1 tablespoon double-acting baking powder

1/2 teaspoon salt
1 cup mashed ripe bananas
2 cups whole wheat and bran cereal with raisins, apples and almonds

1 cup peacans or walnuts, coarsely chopped
Cream the butter and sugar until fluffy. Add the eggs, one at a time, beating well after each. Combine grated rind and orange juice. Mix flour, baking powder and salt. Add half the mixture to the butter mixture and beat well. Add the orange juice and beat until well blended. Stir in remaining flour mixture and beat well. Blend

in bananas, cereal and nuts. Pour batter into greased muffin cups. Bake at 425 degrees for 20 minutes, or until cake tester inserted in centers comes out clean. Remove from oven and cool in pans 10 minutes. Turn out onto serving plate or wire rack. Serve warm or cooled. Makes 18. Note: If mixture is baked in 9x5-inch loaf pan use 350 degree temperature for 1 hour and 15 minutes. Cooled loaf may be wrapped in plastic wrap or foil and frozen.

Cornbread Sticks
1 cup cornmeal
3/4 cup all-purpose flour
2 tablespoons sugar
4 teaspoons baking powder
1 teaspoon salt
1 1/2 cups natural bran flakes
2 eggs, beaten
1/2 cup butter or margarine, melted

3/4 cup milk
1 can (8-3/4 oz.) cream style corn
Grease corn stick pan and muffin cups and preheat in 425 degree oven while preparing batter. Combine cornmeal, flour, sugar, baking powder and salt in a mixing bowl. Process the cereal in a food processor or blender until in tiny flakes. (Or crush with a rolling pin.) Add to cornmeal mixture. Combine eggs, butter, milk and corn; blend well. Make a well in the dry ingredients and pour in milk mixture all at once. Stir quickly just until dry ingredients are moistened. Spoon into the preheated corn stick pan or muffin cups. Bake at 425 degrees for 18 minutes for corn sticks and 20 minutes for muffins. Serve hot. Makes 9 sticks or 12 muffins. Note: For crispier corn sticks, increase baking time to 23 minutes.

Lemon Pistachio Bread
1 1/2 cups all-purpose flour
3/4 cup sugar
4 teaspoons baking powder
1/4 teaspoon salt (if walnuts or pecans are used increase salt to 1/2 teaspoon)
Grated rind 1 large lemon
1 1/2 cups Raisin Bran cereal
2 eggs
1/2 cup butter or margarine, melted
1/2 cup water
1/4 cup lemon juice
3/4 cup pistachios, coarsely chopped
Mix flour, sugar, baking powder

Continued On Page 3-A



CHRISTOPHER THOMAS VENTERS
Mr. and Mrs. Charlie T. Venters, Jr., of Tyner, are proud to announce the birth of their second child, a son, Christopher Thomas, born March 6, at 10:40 p.m. in Albemarle Hospital, Elizabeth City. He weighed 9 lbs. and 15 ounces. Maternal grandparents are Mr. and Mrs. Collin M. Davis of Bertie Co. Paternal grandparents are Mr. and Mrs. Charlie T. Venters Sr. of Edenton. Mrs. Venters is the former Betty Davis.

BARRETT DEATON PHILLIPS
Tom and Dee Flannery Phillips of Edenton are proud to announce the birth of their daughter, Barrett Deaton Phillips, born March 10 at 7:37 p.m. in Chowan Hospital. She weighed 6 lbs. 8 ozs. Maternal grandparents are Mr. and Mrs. W.R. Flannery of Bloomfield Hills, Michigan. Paternal grandparents are Mr. and Mrs. C.A. Phillips of Edenton.

REBEL JOE CARMEY
Carol S. Timmons, Rt. 1, Sunbury is pleased to announce the birth of her son, Rebel Joe

Carmey, born March 3 at 8:42 a.m. in Chowan Hospital. He weighed 7 lbs. 13 ozs. Maternal grandparents are George and Barbara Townsend of Sunbury, N.C.

CHRISTOPHER W. RADKE
Barbara O'Neal and David Radke of Edenton are proud to announce the birth of their son, Christopher William Radke, born March 8 at 2:25 p.m. in Chowan Hospital. He weighed 8 lbs. 5 ozs.

Maternal grandparents are Mrs. Joan R. O'Neal of Edenton and the late W.C. O'Neal, Sr. Paternal grandparents are Mr. and Mrs. Melvin Radke of Lantana, Florida.

Women's workshop series scheduled

A series of workshops for women designed to improve health and fitness will be held in Chowan and Perquimans counties in March. The series is being sponsored by Northeastern North Carolina Tomorrow and the Chowan and Perquimans Agricultural Extension Service.

Cora Guthrie, Foods and Nutrition Program Aide (EFNEP) with Chowan County Agricultural Extension Service

Continued On Page 3A



FIBER RICH—Take a package of ready-to-eat cereal and produce these extra fiber quick breads.



Jenny Wells, Roy Forehand, Belinda Perry and Bill Vogedes

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Views On Dental Health

Richard N. Hines, Jr.
D.D.S., F.A.G.D.

Pressure And Periodontal Disease

There are other causes of periodontal disease (gum disease) besides poor oral hygiene and the build-up of calculus (tartar) around the necks of teeth. One of these is abnormal pressure on a tooth or a group of teeth.

How does this happen? For one thing, crooked teeth tend to cause such pressure. A tooth that is out of line in the dental arch is frequently subjected to abnormal pressures during chewing of food or grinding of teeth. This condition is called traumatic occlusion. Over a number of years the excessive burden may result in chronic inflammation, as well as loss of bone and supporting tissue. Improperly placed fillings, crowns,

or dentures may also exert abnormal pressures. Although the dentist makes every effort to contour the restoration so that it will conform with the contour of adjacent and opposing teeth, only by using the restoration can the patient tell whether or not this goal has been achieved.

A public service with the aim of promoting a better dental health environment
From the office of:
Richard N. Hines, Jr., D.D.S.
437 South Broad Street
Edenton, N.C.
Phone: 482-2778

"We Cater To Cowards"

Edenton named among Tree Cities

RALEIGH—Twenty-one North Carolina cities and towns have been named Tree City U.S.A. communities by the National Arbor Day Foundation for their outstanding urban forestry programs.

Five of these communities are receiving their seventh consecutive award: Brevard, Edenton, Farmville, Laurinburg and Wake Forest. The other 16 communities receiving awards are: Asheville, Black Mountain, Carrboro, Cary, Charlotte, Columbus, Durham, Graham, Hillsborough, Jacksonville, Lumberton, Maxton, Monroe, Red Springs, Southern Pines and Wendell.

"The communities receiving their seventh consecutive award are special because they have been named Tree City U.S.A. winners as long as the North Carolina Division of Forest Resources has had an urban forestry program," said Harry Layman, director of the Division of Forest Resources. "These towns have shown a pioneer spirit; their urban forestry program has grown along with our Division's," he said.

The Nebraska-based Arbor Day Foundation honors communities with the Tree City U.S.A. designation upon the recommendations of the State Forester. Tree City U.S.A. winners are chosen for their adoption of a tree city ordinance, creation of a legal tree governing body, implementation of an active tree management program and observance of Arbor Day.

Most of the communities receiving the award have received assistance from the Division's urban forestry program, which provides planning and advisory services to communities interested in improving their urban environment.

Towns interested in receiving this assistance should contact the state Division of Forest Resources in Raleigh.

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