

# TARHEEL KITCHEN

By MISS E. YORK KIKER

Cookbooks are plentiful but never cease to have a fascination. Some are for giving, some are for reading, and others are for using. As the N. C. Department of Agriculture Tarheel Kitchen home economist, I have had frequent requests for recipes for one or two person family units. Answers will be easier, for a brand new book, **Cookbook for Two**, published by Oxmoor House, is now available in bookstores. The author, Audrey P. Stehle, is a southerner who received her M. S. degree in home economics from the University of North Carolina in Greensboro.

**Cookbook for Two** offers 60 menus for every occasion — for breakfast, brunch, lunch, outdoor meals, suppers, dinners and for entertaining. Menus are supplemented with over 600 recipes. Helpful tips and ideas on shopping, storing food and economizing are included. Audrey is true to her southern heritage and has included numerous recipes featuring easily available and familiar foods. Lots of ideas are given which can be adapted to individual tastes, time and desires.

The **Pancake Breakfast Menu** of frothy orange drink, bran cheddar pancakes topped with cold applesauce, Canadian bacon and cinnamon hot chocolate will help you start the day right. In case you are not a breakfast eater, this one should change your habit. Also, this menu could be served easily for supper. It is worth noting when a hearty breakfast is eaten it is possible to save money by eating a smaller lunch or dinner.

The **German-Style Dinner** of sausage and cabbage, nippy beets, hot German potato salad, muffins and spiced baked apples sounds like a winner on a cold winter night. Recipes from the two menus are shared from the **Cookbook for Two**. If you need a gift for a special person, the book with loads of good recipes might solve your problems.

### FROTHY ORANGE DRINK

- 1 cup orange juice
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup instant nonfat dry milk
- $1\frac{1}{2}$  tablespoons sugar
- 2 to 3 drops vanilla extract
- $\frac{1}{2}$  cup crushed ice

Combine ingredients in container of electric blender; blend until frothy. Serve immediately. Yield: about 2 cups.

### BRAN-CHEDDAR PANCAKES

- 1 egg, beaten
- 2 teaspoons vegetable oil
- $\frac{3}{4}$  cup buttermilk
- $\frac{1}{2}$  cup pancake mix
- $\frac{1}{4}$  teaspoon baking powder
- $1\frac{1}{2}$  tablespoons bran
- $\frac{1}{4}$  cup shredded sharp Cheddar cheese

Combine egg, oil, and buttermilk, mixing well. Stir in pancake mix and baking powder. Add bran and cheese, stirring just enough to distribute throughout batter. For each pancake, pour about  $\frac{1}{4}$  cup batter onto a hot, lightly greased griddle. Turn pancakes when tops are covered with bubbles and edges are slightly browned. Yield: about 2 servings.

### SAUSAGE AND CABBAGE

- $\frac{1}{4}$  medium cabbage, coarsely shredded
  - $\frac{1}{4}$  cup chopped green pepper
  - Salt and pepper to taste
  - 2 tablespoons water
  - $\frac{1}{2}$  pound German or Polish sausage, cut into 1-inch slices
- Combine cabbage and green pepper in a medium skillet; season with salt and pepper. Add water, and heat until water begins to boil. Reduce heat, and place sausage on top of cabbage mixture. Cover and simmer about 15 minutes. Yield: 2 servings.

### HOT GERMAN POTATO SALAD

- 2 medium potatoes
- 2 teaspoons instant minced onion
- 1 teaspoon all-purpose flour
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- $\frac{1}{2}$  teaspoon celery seeds
- 2 slices bacon
- 3 tablespoons vinegar
- 2 tablespoons sliced radishes
- 1 tablespoon chopped fresh parsley

Cook potatoes in boiling salted water about 30 minutes or until tender. Drain well, and cool slightly. Peel and cut potatoes into  $\frac{1}{2}$ -inch cubes; place potatoes in the center of heavy-duty foil. Combine onion, flour, sugar, salt, pepper, and celery seeds; sprinkle over potatoes. Fry bacon until crisp; remove from pan, and drain on paper towels. Drain off bacon drippings, reserving 2 tablespoons in pan. Stir vinegar into drippings; pour over potatoes. Crumble bacon, and sprinkle over the potato cubes. Wrap foil tightly, and place potato bundles on a cookie sheet. Bake at 400 degrees for 1 hour. Add radishes and parsley; toss. Serve warm. Yield: 2 servings.

## Founders' Day Held

Twenty-eight members of the Oxford-Henderson Alumnae Chapter of Delta Sigma Theta Sorority, Inc., attended the 15th Annual Area Founders' Day Observance in commemoration of their sorority's 69th anniversary on Saturday, January 9. The 15th Area Founders' Day of chapters in the South Atlantic Region, hosted by the Enfield-Roanoke Rapids Chapter, was held at the Civic Center in Roanoke Rapids.

Services, of Washington, D. C. Area sorors Edith Anderson, Bessye McGhee, and M. Dora Hill were program participants.

Members of the Oxford-Henderson Alumnae Chapter who attended were: Sorors Bessye McGhee, Roberta Howell, Mayor O. Scott, Florrie Leatherberry, Vernell Anderson, Anne Platt, Rejean P. Wilson, Juanita Rogers, Sallie C. Foreman of Oxford; Soror Pearlene Pearson, Clarksville, Va.; Soror Wanda Braswell, Kittrell; Sorors Nell Eaton, Ludie B. Green, and Gracy Moore, Creedmoor; Sorors Sybil Steele, Connie Kenney, Alice Kelly, Clara McMillan Annie Vass, Lorraine

## First Leaf Body To Hold Meeting

North Carolina's first organization for tobacco growers will hold a meeting, educational program, and a drive for new members during the 1982 Southern Farm Show, scheduled for February 3-5 at the N. C. State Fair Grounds in Raleigh.

The Tobacco Growers Association of North Carolina, formed in November to give growers a stronger voice on tobacco issues and farm policies, will meet in the Downtown Arena on February 3, "Tobacco Day," at the show. It is the opening day of the Farm Show, an annual agricultural exposition that attracts farmers from both Carolinas and Virginia and the agribusiness interests that serve them from all over America.

"The success of this new organization is critical to the future of tobacco in North Carolina," commented Prof. Furney A. Todd, one of its organizers. "Every tobacco grower should plan to attend this program, and investigate membership in the association." Todd, professor emeritus of N. C. State University and a tobacco specialist, consultant, and author, will serve as master of ceremonies for the 10:00 a. m. to 2:00 p. m. program.

"Fine-Tuning the Tobacco Program" is the subject of Wednesday morning's session, which features six speakers who will explore various aspects of government tobacco and farm policy and discuss how they will affect growers both today and in the future. The speakers include: Witcher Dudley, vice president-leaf division of Philip Morris USA, who will speak on the domestic tobacco marketing situation; Dr. Hugh Kiger, executive vice-president of the Leaf Tobacco Exporters Association, who will discuss the export market for tobacco; Fred Bond, general manager of the Flue-Cured tobacco Co-operative Stabilization Corp. who will discuss the stabilization program and its future; Lionel Edwards, director of the Bright Belt Warehouse Association, who will talk about the warehouse marketing picture; Hoke Leggett, associate administrator of the Agricultural Stabilization and Conservation Service, USDA, who

will talk on tobacco control and price support programs and Donald E. "Donnie" Taylor, president of the new Tobacco Growers Association of North Carolina, who will explore how growers view the tobacco program.

Following a Dutch-treat barbecue luncheon, the meeting will reconvene at 1:00 p. m. for a keynote address, "The Tobacco Program: Present and Future." The keynote speaker will be Congressman Charlie Rose.

The Tobacco Growers Association of North Carolina is the state's first organization of tobacco farmers whose purpose is to speak specifically for tobacco growers and to promote their interest.

It is already a broadly-based group. Donald E. "Donnie" Taylor of Lenoir County is president, and William V. "Bill" Griffin of Jones County is first vice-president. Other vice-presidents are: F. H. "Buzz" Shackelford of Greene County, E. Fleming Crissman of Yadkin, Floyd Sprinkle of Iredell, and Albert Gregory of Harnett. W. L. Carter of Halifax County is secretary, and Tom Strickland of Johnston is treasurer. Michael Roope of Warrenton is on the association's 24-member board of directors.

# CALENDAR

## Music Show Scheduled

The Sidney Driver Country and Bluegrass Band will present a country music show at the Macon School on Saturday, January 30, from 7:30 to 10:30 p. m. Special guest will be the Rev. Steve Gandy, minister of Norfolk Baptist Church.

## Pancake Supper Planned

Warren Academy will sponsor a pancake supper at the Lion's Den in Warrenton on Sunday night, January 31, from 5:30 until 7:30. Cost is \$2.50 for all you can eat.

## Chicken Dinners On Sale

Hawtree Volunteer Fire Department will be selling barbecue chicken dinners from 12 noon until 8 p. m. on February 6 at the Wise Firehouse. Cost is \$3.50 per plate.

## Woman's Club To Meet

The Macon Woman's Club will meet at 7:30 p. m. on February 1 at the home of Mrs. Glenn Riggan with Mrs. C. E. Thompson as co-hostess. The program will be on arts and crafts.

## Lakeland Play Slated

A three-act play, "Champagne Complex," will be presented at Lakeland Arts Center in Littleton on Saturday, February 6. Dinner, which is optional, will be served at 6:30 p. m., with the performance starting at 8:15 p. m. For reservations and information, those interested are asked to call 586-3124 or 586-5577.

## Stew Sale Is Planned

The Afton-Elberon Ruritan Club is taking orders for stew which will be available at the AAA Gas Co. in Warrenton at noon on Friday, January 29. Stew will sell for \$3.00 per quart, and funds raised will be earmarked for operation of the Afton-Elberon Ruritan Recreation Park. Pork barbecue, selling for \$3.50 per pound, will be sold on February 5.

## Beginners' Sewing Class Being Planned Locally

Are you interested in learning to sew or improving your sewing skills? If so, you may want to enroll in a Beginners Sewing Class being taught by Miss Emily Ballinger, Home Economics Extension Agent.

Two classes are being offered and taught on a once-a-week basis. Class time will be Monday afternoon from 2 p. m. until 4:30 p. m., starting February 8, or Wednesday morning from 9:30 a. m.

### Promoted

Marine PFC. Richard H. Clark, son of Edith N. and James W. Clark, Sr., of Vaughan, has been promoted to his present rank while serving with Marine Corps Service Support Schools, Camp Lejeune.

until 12 noon. Wednesday classes will start on February 10.

Class size will be limited. Enrollment will be on a first-come, first-serve basis. Those desiring more information about the classes or wishing to enroll may call the Home Economics Extension Agents' Office, 257-3640.



Rick: They say this lake has no bottom. Nick: How can they say that? Look the water's only halfway up those ducks over there.

### Horse Sense

Some horses appear to have a lot more horse sense than others, a difference animal scientists are trying to study and predict.

## Warren Academy, Inc. Admission Policy

Warren Academy accepts applications on a non-discriminatory basis. For further information, phone or write:

**Warren Academy, Inc.**  
Box 676  
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## Gooch Has Play Part

FAYETTEVILLE — Willie Gooch, sophomore at Methodist College, will play the role of Lem in Eugene O'Neill's *The Emperor Jones* scheduled for production on February 4, 5 and 6 in Reeves Auditorium on the Methodist campus.

Gooch is the son of Mr. and Mrs. Willie Gooch, Jr. of Manson, and a 1980 graduate of John Graham Senior High.

O'Neill's tragedy tells of a man warped by society into a native dictator. Methodist College has scheduled *The Emperor Jones* as part of its celebration of Black History Week.

The 8 o'clock productions are free to the public.

Spencer, and Stephanie F. Taylor, Henderson; Sorors M. Dora Hill, Edith Anderson, Constance Lucas, Louisville; Sorors Cora Hawkins, Sallie Brown, Elizabeth Ward, and Shenique Jackson, Warrenton.

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