

# "File 13...How To Stuff A Camel"



Gall Roberson

I'm trying to figure out how I'll get the vacuum cleaner in here without sucking up all the notes and files that are stacked up on the floor. I need to organize and review what's been piled up here for months. Years even. But right this minute I have a fat folder in my hands marked "File 13." So, how about some food facts to accompany your next country meal of collards and butterbeans:

Did you know that the average American adult will eat 525 pounds of food each year of his life? Consider the following: Taking into account that you have reached the age of 70, you will have consumed 35 turkeys, 23 hogs, 14 cattle, 2 calves, 12 sheep, 770 pounds of fish and 880 chickens. I was planning on going to the supermarket in a while, but I've suddenly had a change of heart.

Did you ever hear of Hanson Crockett Gregory? Well, it seems that in 1847 Hanson was a 15-year old boy living in Rockport, Maine. He had a good case of indigestion due to the fact that his

mother had been frying a round, flat cake with a soggy, half-cooked center, done the same way the early Dutch settlers introduced them to Colonial America. Young Hanson took it upon himself to poke out the uncooked middles with a fork. When the dough was fried, it was considerably more delicious as well as easier to digest. Today, doughnut makers use a special machine to cut the centers, all because a 15-year old boy tired of indigestion in 1847. There's even a plaque commemorating that eventful day, nailed to the house in Maine where Hanson invented the doughnut hole.

I particularly owe a debt of gratitude to the English nobleman, the Fourth Earl of Sandwich, who, in the 1700's unknowingly gave his name to the popular concoction...the sandwich. The Earl was noted in his time as a compulsive gambler. He enjoyed it so much that he would not take time away from the game to eat a decent meal. Instead, he had his servants place pieces of roasted meat between two slices of bread so that he was able to eat with one hand while continuing his card game with the other. McDonalds and I thank thee, Earl of Sandwich, from the bottom of our toasted buns.

And speaking of buns. There is, as you know, no ham in a hamburger. The name "hamburger" applies to our favorite fast food simply because it originated in Hamburg, Germany. The hamburger came to this country with German immigrants in the 1830's but the bun was not added until the early 1900's. The frankfurter came from Frankfurt, Germany, bologna from Bologna, Italy, and salami from Salamis, A Greek city on the island of Cypress.

Moving on now to birthday cakes. The big breath needed to blow out the candles on your delicious cake is really a test of strength...a way for modern people to carry on the old custom of children showing their added skill and strength with each new year of life, a custom dating back to centuries ago.

I was horrified to discover that some Eskimo and South Sea Island tribes consider belching and burping at the end of a meal to be a form of politeness...a way of saying to their host, "Thank you. The food was excellent." I'd like to see "Miss Manners" get ahold of that 'un.

And last, but certainly not least...for all you devoted cuisine lovers who long for something other than cornbread and iced tea tonight...I present to you, the stuffed and roasted camel. Should you wish to rush right out for one, here's the way to do it: Cooked eggs are stuffed into fish. Fish are stuffed into cooked chickens. Chickens are stuffed into roasted sheep, and the sheep are stuffed into a whole camel which is roasted and then served as one gigantic main dish for wedding feasts of the Bedouin tribes of Africa.

So, dear friends, until next week, Bon Appetit from me and File 13.

# I Remember Take Time

By Lela Barrow



Lela Barrow

Eccl.3. To everything there is a season, and a time for everything under the heaven. A time to keep silent and a time to speak. There is time for purpose and for every work.

What is Time? You look in Webster's dictionary and count all the meanings it gives - then get your Bible Concordance and study all it's meanings and give me the answer to Time. In Genesis we read God worked six days and rested the seventh. He counted time as the evening and the morning as a day. Perhaps he went by the rising and setting of the sun-it doesn't say He had a sun-dial. Anyway, He arranged his work by days and he finished each day as planned. After he had made the firmament - the water and other living things, He made man on the sixth day and was pleased with his work. Then He rested on the seventh.

What happiness we could have if we could finish ours each week.

Why do we hear so often "Oh! I just don't have time; I know I should visit the sick, but I work"? Let us take time to examine our innermost selves and see where our capabilities are most needed and will do the most good.

I remember one Christmas Eve, Willford Buck called me about 6:30 and said; "Miss Lela, you are the only person I know in Vanceboro that isn't busy; can you go around town tonight judging the decorated homes and help me decide which is best? I have called so many and they did not have time - just couldn't go." I told him yes I'd go. When he came for me, I told him I was expecting thirty people to come to eat Christmas dinner. At the time I also was working on a job six days a week, but I was young and loved to work. All of this takes time, but we should be careful and use our time in a way that we will have time for others. Spend your time in nothing which you know you will be sorry of; in nothing on which you might not pray the blessing of God. Time is precious if used for good-wasting time makes us say, "I just don't have time." Let us then be up and doing, still persuing, still achieving learn to labor and to wait.

Many of us are going to do great things tomorrow. But tomorrow never comes, for the only day we have is today. The demand that life makes on all of us is to be ready at all times-do not live in the past, nor in the future, but in the present. Do your duty today-tomorrow may be too late. The men and women who put off till tomorrow what ought to be done today are the men and women who make a shipwreck of time and eternity.

Take time to pray often-go to God in prayer-He hears you.

Take time to be holy, Speak often with thy Lord;

Spend much time in secret, With Jesus alone;

Make friends of God's children, Help those who are weak.

Forgetting in nothing, His blessing to seek.

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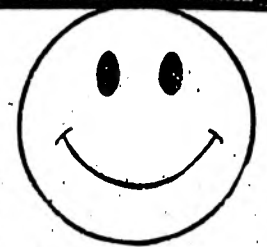
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Craven County's Family  
Weekly Newspaper  
P.O. Box 404/711, Main  
Street Across from Post  
Office in Vanceboro  
North Carolina 28586  
Phone (919) 244-0780  
Publisher, Editor, &  
Business Manager  
R. L. Cannon, Jr.  
Office Manager &  
Circulation Manager

Edith Hodges

Typesetters

Teddle Hartsell

June Foote

Layout & Paste Up

Margaret Ellis

Published

Every Thursday

Second Class Postage

Paid at Vanceboro, N.C.

(Permit entered

March 1, 1978)

UPSP 412-110

Subscription Prices

In County Rates

Single Copy ..... 20¢

1 Year ..... \$7.32

2 Years ..... \$11.50

3 Years ..... \$15.68

Out of County Rates

1 Year ..... \$8.36

2 Years ..... \$12.54

3 Years ..... \$16.72

Above includes N.C. Tax.

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