

# Down East Cooking

Something new and different is very popular with many people. Without changes and variety, the art of cooking would be boring. Not only the cooking would be boring, but meal time would be boring also. It takes a variety to add spice to every phase of life.

I have some new ideas from Martha White Kitchen that I am going to share with you in this week's column. Now is the time for ripe grapes so the season would not be complete without a grape pie and the wonderful flavor of grapes captured in jellies and jams. There are many things that can be made with jellies and jams, as well as using them for spreads on toast an peanut butter and jelly sandwiches. This week we will use a recipe for making grape butter.

**Chili Con Cornbread** 2 cans (15 ounces each) chili or 4 cups home-made chili

1 pkg. (6 1/2 ounces) Martha White Mexican cornbread mix  
1 cup grated cheese

Prepare cornbread mix according to package directions. Spread chili in an 8-in. square baking dish or 1 1/2 qt. baking dish. Cover dish and place on an inverted saucer. Microwave at high for 3 to 5 minutes or until hot, stirring after half the time. Combine prepared cornbread batter and cheese, pour evenly over hot chili. Tent corners of dish with foil. Place dish on inverted saucer. Microwave at medium high for 5 to 7 minutes or until cornbread topping is even. Remove foil and microwave at high for 2 or 3 minutes or until topping springs back when lightly touched. Center should be almost dry. Let dish stand 10 minutes for center of top to finish cooking.

The triangle of aluminum foil prevents the corners of the bread from overcooking before the center gets done.

Mexican cornbread mix adds the spicy flavor, but any cornbread mix can be used.

Because microwave ovens do not brown, sprinkle a little grated cheese on top of the batter before cooking to add to the color

Canned tamales will not only add flavor, but will add to the number of servings. Unwrap tamales and place in the bottom of a 2 qt. dish. Spread with chili and top with cornbread batter.

Garnish with avocado slices, sour cream, grated cheddar cheese and black olive slices for a Mexican flair.

Serve with a green salad for a complete meal.

### Hush Puppies

2 cups self-rising corn meal mix  
3 lbs. self-rising flour  
1 lbs. finely chopped onion  
1 cup milk or water  
1 beaten egg

Combine corn meal, flour and onion. Gradually beat in milk or water and egg. Drop from a spoon into deep hot fat and fry golden brown. Drain on paper towel.

Note: These hush puppies go great with fish.

Hush puppies made easy: allow batter to sit 5 minutes before spooning into hot fat.

Keep oil at 375 degrees, then hush puppies will be done in center before the outside gets too brown. For extra onion flavor, add 1 tsp. onion powder with the chopped onion to 20 hush puppies.

### Muscadine Pie

Pastry for one double crust pie (9 in.)  
3 1/2 lbs. ripe muscadine grapes  
1 lbs. fresh lemon juice  
1/4 cup all-purpose flour  
1 to 1 1/2 cups sugar  
2 lbs. butter

Roll half of pastry to 1/8 inch thickness on a floured surface. Fit into a 9-in. pie plate and set aside.

Wash grapes and separate the hulls from the pulp, set hulls aside. Strain the pulp. Reserve juice and discard seeds. Combine juice and pulp in a heavy saucepan, cover and cook over low heat 20 minutes or until hulls are tender. Cool and combine hull mixture and lemon juice, flour and sugar. Mix well and pour into pastry shell. Dot with butter.

Roll remaining crust into 1/8 in. thickness. Cut into 3/4 in. strips and arrange in lattice fashion over pie. Bake at 400 degrees for 10 minutes and reduce to 375 degrees and bake 25 to 30 minutes.

### Grape Butter

5 pounds grapes  
5 cups sugar  
2 1/2 tsp. ground cinnamon  
2 tsp. mace  
1/2 tsp. cloves

Wash grapes, drain and remove stems. Plunge grapes into boiling water to cover, boil 2 minutes. Drain well, slip skins off grapes and grind skins, reserving pulp. Set aside.

Place pulp in a flat bottom kettle, cook over medium heat for 10 minutes or until seeds begin to pop out, or separate from the pulp. Press through a sieve to remove seeds, discard seeds.

Return pulp to kettle, add reserved skins and remaining ingredients, stirring well. Cook over medium heat, stirring constantly 30 minutes or until mixture thickens.

Quickly ladle into hot, sterilized jars, leaving 1/4 inch head space. Cover at once with metal lids and screw bands tight. Process in boiling water for 5 minutes.

# Single Parent Families Go Through Adjustments

If you have recently found yourself as the head of a single parent family, you may be feeling a little overwhelmed, but you shouldn't despair or feel alone. "Single parent families account for 20 percent of this state's families," says Dr. Cynthia Johnson, extension human development specialist at North Carolina State University.

Although the adjustment may be rough at times, researchers have found that the most successful single parent families:

- accept their family lifestyle.
- have support networks of friends and relatives who help out.
- put down roots in the community.
- rally around their rituals, which can range from pizza every

Friday night to Thanksgiving dinner at Grandmother's house.

- include a social life for the parent.
- are good to themselves. Even when money is limited, it is important to treat yourself and your children kindly.
- appreciate their children as they are.
- believe the family will do just fine.
- give children a strong sense of who they are.

"Being a single parent family is one way to live. It takes a lot of hard work to build a successful family, but it can be done," Dr. Johnson says.

**North Carolina Cornucopia** by James D. Charlot

**DID YOU KNOW...**  
THAT THESE ARE SOME OF OUR OFFICIAL STATE SYMBOLS?

1988 Carolina Cornucopia

- STATE FLAG
- STATE SEAL
- STATE TREE PINE
- STATE MAMMAL GRAY SQUIRREL
- STATE GEM STONE EMERALD
- STATE FLOWER DOGWOOD BLOSSOM
- STATE SEASHELL SCOTCH BONNET
- STATE BIRD CARDINAL
- STATE SALT WATER FISH CHANNEL BASS
- STATE REPTILE BOX TURTLE

# Noticeboard

**DRIVERS NEEDED**  
Drivers are needed to transport people for the Council on Aging from Vanceboro to appointments with doctors. Mileage will be paid. Contact Camille at 638-2118.

**CRAFTS CLASSES**  
The Craven County Council on Aging will host craft classes. Audrey Smith and Joan Arnast will teach beginning and intermediate oil painting. Ms. Arnast will also teach wood carving. Mildred Flanagan will teach water colors and Ruth Sattle will teach pastels. Rose Smith will teach a variety of craft classes. For more information, call Jan at 638-2119 or come by the office at 2501 Trent Rd., New Bern, to sign up for the classes.

**VOLLEYBALL**  
The Craven County Recreation and Parks Department is sponsoring teams for the coed recreational volleyball league. The league is designed for maximum enjoyment and exercise for men and women and begins this month. An organizational meeting was held last Thursday. Contact Alesia Sanderson at 636-6606 for more information.

**MINT MUSEUM**  
The Craven County Arts Council is offering an overnight bus trip to Charlotte to experience the splendor of Egypt's most phenomenal pharaoh in the exhibition "Rameses the Great: The Pharaoh and His Time." The bus will depart New Bern the morning of Nov. 30 and return Dec. 1. The cost of the tour is \$99 per person for double occupancy or \$127 for single occupancy. The cost includes transportation, overnight accommodations at the Radisson and a ticket to the exhibition.

**CALENDAR**  
Sept. 8 through Oct. 7 — "Current Fiber" exhibit at the Bank of the Arts. Sept. 14 — Historic Preservation Foundation public meeting. 8 p.m. Tryon Palace auditorium. Sept. 16-17 — Tour of River Homes. Tickets \$12. For information, call 633-6448. Sept. 18 — Wildlife and Sportsman Show, Chamber of Commerce.

**BATON**  
Attention twirlers, new and old! The Craven County Recreation and Parks Department will be holding registration for baton classes to be held at Brinson Memorial Elementary School on Tuesday, Sept. 13. Delores Daniels will begin classes in mid-September. The classes will include preparations for local parades and contests. All students 5-years-old or older are eligible for the lessons. The classes will continue throughout the school year.

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**FOR MORE INFORMATION**, contact Eddie Games at 636-6606 or Ms. Daniels at 637-2040.

**GYMNASTICS**  
The Craven County Recreation and Parks Department is currently accepting registrations for gymnastic classes for children age 4 and older. Classes will be held in Havelock and New Bern and will begin this month. Pre-registration is required. For more information, contact the Craven County Recreation and Parks Department at 636-6606.

**CPR CLASS**  
The Craven-Pamlico Chapter of the American Red Cross will have a CPR class at the Rick A. Moore M.D. Building, 601 Broad St., New Bern from 9 a.m. to 3 p.m. Sept. 17. A fee will be charged. For more information or to register, call 637-2460.

**AEROBICS**  
Anyone interested in participating in low- to medium-impact aerobics in New Bern or Vanceboro should contact the Craven County Recreation and Parks Department at 636-6606. Classes will begin this month and will be taught by certified instructors. Pre-registration is required.

**HOSPICE**  
Craven County Home Health Hospice is offering a Hospice Education and Volunteer Training Program in New Bern at the Craven County Health Department beginning Sept. 12. Morning classes will be held from 9 a.m. until noon and evening classes will be held from 6:30 p.m. until 9:30 p.m. in the health department conference room. This is a nine-week program. For more information, call Lori Powell at 633-2605.

**WREATH WORKSHOP**  
The Craven County Extension Service will conduct a dried floral wreath workshop Sept. 20 at the new Agricultural Center, 300 Industrial Dr., New Bern. There will be two sessions, one from 9:30 a.m. until noon and the second from 1:30 p.m. until 4 p.m. Participants will make large Williamsburg-style wreaths of dried flower and/or herbs. All materials will be supplied for a fee of \$18 per session. Participants do need to bring scissors. Contact Susan Noble, home extension agent, at 633-1477 for details on paying the fee. The fee must be paid by Sept. 14. Judy Hubers of Bay Tree Products will be the instructor.

**TRI-COUNTY PAGEANT**  
United Tri-County Senior Citizens, Inc. is sponsoring its fourteenth annual Ms. Tri-County Pageant on Sept. 17. The pageant will be held in the George Street Center in New Bern at 7:30 p.m.

Senior citizens from Craven, Pamlico and Jones counties will be competing for the 1988-89 queen's crown. A special feature of this year's pageant will include a decade of former Ms. Tri-County queens on review and a male fashion show.

**TENNIS TOURNAMENT**  
The Craven County Recreation and Parks Department is sponsoring an open doubles tennis tournament Oct. 1 and Oct. 2 at Craven Community College. Events include women's, men's and mixed doubles. T-shirts will be given to all entrants and balls will be provided. Trophies will be awarded to first- and second-place teams in each category. Deadline for entry is Sept. 28 at 5 p.m. For more information, contact Alesia Sanderson at 636-6606.

**PIG PICKIN'**  
The fifth annual pig pickin' and picnic for present and retired employees of the New Bern-Craven County School System and their families will be held Sept. 24 at Glenburnie Park in New Bern. Serving time will begin at 4 p.m. This event is sponsored by businesses, citizens and board members.

**FLAG FOOTBALL**  
The Twin Rivers YMCA is taking registration for youth flag football. The league is designed for youth ages 5 to 12 years to learn the fundamentals of football in a safe, instructional environment. Play will begin the third week in September and games will be played in the afternoon. Come by the YMCA or call 638-8799 for more information.

# Along The Pathway

Along the pathway of life there are times when the enemy overpowers. You can be sure there is a reason for the great struggles of life, if we take a good inventory of our lives we will find the reason.

If we want to overcome the enemy we must be sure we are on the right side. God, our father, has promised us the victory if we will give him the first place in our lives. If we give him the first place in our lives, we will not transgress against his word. We will be obedient. If we fail to be obedient, we will find ourselves losing battles. The enemy will be the overcomer instead of us.

The children of Israel lost the battle at Ai because of sin in the camp. Joshua 7:11 says, "Israel hath sinned, and they have also transgressed my covenant which I commanded them." If we read Chapter 7 of Joshua, we will find a great lesson for having victory in our lives.

If we will serve God with all our hearts, he will deliver us from the power of the enemy. If we find the enemy is taking control of our lives, we have not submitted ourselves to the deliverance of the Heavenly Father.

If there is sin in the camp, we need deliverance. The only way to get deliverance from the power of sin is to repent before God and let him come in our heart with his forgiving love.

In order to keep the love of God in the heart, we cannot stop when we receive him. There is something for us to do. We need to stay in close contact with him through prayer and studying his word, applying it to our lives in obedience and love. We need to grow in grace. There is no parking place. There will be more battles along the way, rocks to hurt our feet, deep valleys and high hills to climb. We are not always delivered from every obstacle or valley. Many times we are delivered in the problem. No matter what faces us, we can make it if we put Jesus first. He will deliver, he will not fail. He is never late. He is always on time. He will not force his way in, we have to ask him. We must desire his company.

— Reba W. Mitchell

# Church News

**Vanceboro Pentecostal Holiness Church**  
There have been some changes and activities at the Vanceboro Pentecostal Holiness Church this summer.

The former pastor, Rev. James Norton and his wife, Villa, have gone to their new post of duty. They served our church faithfully while they were here. We love and appreciate them very much. We hope and pray they will have great success in their new church.

Our new pastor was welcomed to the church with a dinner in the fellowship hall Sunday. He has been with us several Sundays. We are glad to have him and his family with us.

The devotions were done by Mrs. Sandra Whitford. The meeting closed with prayer and a house warming for Mrs. Toler. She and her family have moved into a new home.

The Women's Ministries met Sept. 6 in the fellowship hall. The meeting was opened by President Jeanette Boyd who gave the devotions. Her topic was "Does a Christian Sin?" Minutes were read by Secretary Barbara Manning. The Penny Report was given by Reba Mitchell, who said the group has started on the third tenth of a mile of pennies. The Harvest Train for the children's home in Falcon was given by Mrs. Pauline Waters and Mrs. Linda Charlotte Smith.

There have been three Women's Ministries meetings since the last report was made on church activities. The July meeting was held in the fellowship hall with Mrs. Pauline Waters giving the devotions. Her topic was women of the Bible.

The August meeting was held in the home of Mrs. Joyce Toler.

**Community Holiness Church**  
An appreciation services for evangelist Delestine Wallace is set for 11 a.m. and 6 p.m. Sunday at the Community Holiness Church on the Mile Road in Vanceboro with the Rev. Levi Bryant as guest speaker.

# September Offers Many Garden Opportunities

September, nearly always the last frost-free month of the year for most of North Carolina, offers many opportunities for the gardener who wants to stay busy.

Keep annual flowers cut and watered this month, suggest North Carolina State University agricultural extension specialists. You can have flowers right up until the first killing frost.

Onion sets can be planted any time in September in most areas. Onion seeds, radishes and mustard can be planted until about mid-month in the Piedmont, one to two weeks later in the Coastal Plain and 10 to 20 days earlier in the Mountain section.

You should plant strawberries this month. Keep both new and established plants watered throughout the fall season. Next year's fruiting buds are forming, and the plants should be under as little stress as possible.

Long season crops, such as okra, tomatoes and eggplant, may need a little shot of fertilizer as soon as possible. This will help them keep bearing right up until frost gets them.

Fertilize fescue and other cool season grasses with a pound of nitrogen per 1,000 square feet of lawn area. Ideally, this should be applied just before a rain, according to the NCSU experts. Nitrogen is the only plant food element you will

need on fescue at this time of the year. The grass won't take up much phosphorus or potassium in the fall.

Continue care of roses for insect and disease control. October is a productive time for roses.

If you are going to try "gibbing" your camellias, now is the time. This is the process of applying gibberellic acid to camellia buds to hasten flowering and increase flower size.

When minimum night temperatures drop into the 50s, start bringing house plants back inside overnight. It doesn't take a frost to damage these plants. Also, bringing them in at night will help them make the transition gradually to inside conditions. This way the plants won't experience the shock of suddenly moving from chilly outside temperatures to very warm conditions inside.

September is also planning time for October. You may want to include in those plans planting flowering bulbs. It's also a good time to take soil samples to see what fertilizer elements are needed in your garden or lawn. If you have never done this before, get instructions from the local county office of the North Carolina Agricultural Extension Service. Most of these offices are listed in phone directories under the county or local government heading.

When friend fell, he called for Help.

but Confusion came instead.

At last Help came, and Help knew what to do. In times of emergency, are you Help? If not, learn Red Cross First Aid where you work - or call your local chapter.

**American Red Cross**