

Down East Cooking

By REBA W. MITCHELL

New Year's Eve means New Year's Eve parties. And that means feeding anywhere from four to 40 people at the smaller parties. New Year's Eve parties are a good time to try out fast and easy, but appetizing, recipes. Here are a few that should help ring out the old year and ring in the New Year.

Meatballs with Sweet & Sour Sauce

- 1 pound ground beef
- 1/4 tsp. chives
- 1 slightly beaten egg
- 1/2 tsp. tarragon leaves
- 2 slices of bread, crust removed
- 2 tbs. onion, finely chopped
- 1/4 cup plus 2 tbs. milk
- 1/2 cup all-purpose flour
- 1 1/2 tsp. salt
- 1/4 cup margarine
- 1/4 tsp. pepper

sweet and sour sauce (recipe below)
Combine ground beef and egg in a large mixing bowl. Chop bread crumbs coarse in an electric blender. Soak bread in milk and squeeze dry. Combine next five ingredients and beef mixture and add soaked bread, mixing well. Shape mixture into small balls and roll lightly in flour. Refrigerate for 20 to 30 minutes.

Saute meatballs in margarine in a large heavy skillet over medium heat until well-browned, about 10 minutes.

Sweet and Sour Sauce

- 1 cup water
- 2 tbs. catsup
- 1/2 cup dark brown sugar
- 1/3 cup lemon juice
- 3 tbs. cornstarch
- 1/4 cup cold water

Combine first four ingredients in a small saucepan and cook over medium heat until mixture boils. Combine cornstarch and cold water, stirring to dissolve. Slowly add cornstarch to mixture, stirring constantly. Bring to a boil over medium heat and boil 1 minute. Makes about 2 cups sauce.

Going back in time, we will take a look at recipes of Hershey's chocolates from different decades. Traditions of the teens in American snapshots, nickelodeons, the Model T and chocolate cookies fresh from the oven.

The following are recipes that reflect the variety of past decades. It's time to take a look at the recipes of the ages and try our hand with the variety for gifts and sharing with family, visitors and gifts.

Chattanooga Choo-Choo Pie

- 1 9-inch unbaked pie shell
- 1 1/3 cups unsifted all-purpose flour
- 1/4 tsp. baking soda
- 1 1/3 cups boiling water
- 1/2 cup sugar
- 1 1/2 cups Hershey's chocolate flavored syrup
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. vanilla
- 1/3 cup margarine

Prepare unbaked pie shell, set aside. Dissolve 1/4 tsp. baking soda in boiling water, stir in chocolate syrup and vanilla. Set aside. Combine flour, sugar, 1/4 tsp. baking soda and salt, cut in margarine to form coarse crumbs.

Set aside 1 cup each of chocolate mixture and crumbs, gently combine remaining chocolate and crumbs and stir just until crumbs are covered (mixture will be lumpy). Pour reserve cup of chocolate mixture into pie shell, pour chocolate crumb mixture over the liquid. Sprinkle with remaining cup of

crumbs and cinnamon. Bake at 375 degrees for an hour and cool completely.

Chocolate Fudge Cake

- 1/4 cup Hershey's cocoa
- 1 tsp. vanilla
- 1/2 cup sugar
- 1 1/3 unsifted all-purpose flour
- 1/2 cup water
- 1/2 cup shortening
- 1 tsp. baking soda
- 1/2 cup margarine
- 1 tsp. salt
- 1 1/4 cups sugar
- 2/3 cup milk
- 3 eggs

Combine cocoa and 1/2 cup sugar in a saucepan, add water and shortening. Cook over low heat, stirring constantly until shortening is melted and sugar is dissolved. Remove from heat and cool. Cream margarine and 1 1/4 cups sugar in large bowl. Add eggs, one at a time, beating after each addition. Add vanilla. Combine flour, baking soda and salt and add alternately with milk to creamed mixture. Blend in chocolate mixture. Pour into 2 greased and floured pans. Bake at 350 degrees for 35 to 40 minutes or until cake tests done. Cool 10 minutes and remove from pans. Cool and frost as desired.

Whipped Cream Frosting

- 1 cup heavy cream
 - 2 tbs. Hershe's cocoa
 - 1/2 cup confectioner's sugar
 - 1/2 tsp. vanilla
- Whip cream until slightly thickened and add confectioner's sugar, cocoa and vanilla; whip until stiff. Makes about 2 cups cream frosting.

Disco Berry Loaf

- 2 cups unsifted all-purpose flour
 - 2 tbs. shortening
 - 1 cup sugar
 - 1 egg, slightly beaten
 - 1 1/2 tsp. baking powder
 - 1 cup chopped cranberries
 - 1 tsp. salt
 - 1 cup Hershey's semi-sweet chocolate mini chips
 - 1/2 tsp. baking soda
 - 3/4 cup orange juice
 - 3/4 cup chopped nuts
 - 1 tsp. grated orange peel
 - glaze (optional)
- Combine flour, sugar, baking powder, salt and baking soda in a large mixing bowl. Add orange juice, orange peel, shortening and egg and mix with spoon until well-blended. Stir in cranberries, mini chips, and nuts. Pour into a greased 9-by-5-by-3-inch loaf pan. Bake at 350 degrees for 65 to 70 minutes or until a toothpick inserted comes out clean. Cool 10 minutes and remove from pan. Glaze if desired or garnish with cranberries.

Glaze: combine 1 cup confectioner's sugar, 1 tsp. margarine, 1 tbs. milk and 1/2 tsp. vanilla.

Space Age Marshmallow Glaze

- 1/3 cup sugar
 - 3 tbs. marshmallow cream
 - 3 tbs. hot water
 - 1 cup Hershey's semi-sweet chocolate mini chips
- Combine sugar and 3 tbs. water in mixing bowl, microwave on high about 1 minute or until boiling. Add chocolate chips at once, stir until melted. Blend in marshmallow cream and add hot water a tsp. at a time until glaze is desired consistency.

Along The Pathway

Along the pathway of life we have observed the Christmas celebration for 1988. For many, it was a great occasion, for others it was a sad occasion. There were some that were disappointed with what they received. There were some that did not have the material values of life they needed for day-to-day living. There were some with troubles of one type or another. Death claimed many relatives of different families. And there were some with unsolved mysteries of missing family members.

My family is one of those. My brother will be missing six weeks this coming Sunday. Christmas was sad with his place empty in the home. Yet, we look up with steadfast hope, hoping this mystery will soon be solved.

With Christmas over now, we are looking for the New Year to come in. We know not what the new year will bring with it, but we have a Father above that holds the future in his hand. If we will let him, he can help us meet the new year knowing he will guide us and make our new year worthwhile. Therefore, I encourage all of you that are weary and heavy laden, come to Jesus and let him share your load. If things are going great for you, that is wonderful. But you still need the guidance of the Lord. We know not what may be around the next bend in the road. We need him to see through us and lighten the load for us.

Pray The New Year In

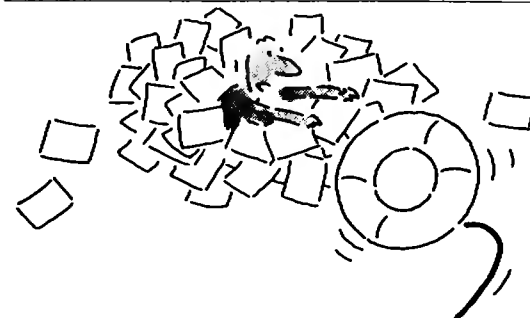
There is a better way to end the old year and begin the new. Your new year is a clean as clean can be, no spot on record. With heads bowed in prayer, let us all bid the old year adieu. As the new year comes in, let the new way of life be preferred.

If we begin the new year with Jesus as our Lord and Savior, If we will follow him day by day from morning until night, When we face the end of another year in Christ we'll have favor.

We will not be walking in darkness, but in the light.

Reba W. Mitchell

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West Craven Noticeboard

SKI TRIP

Anyone interested in a two-day ski trip leaving from Vanceboro on Jan. 8 and returning Jan. 9 is asked to call Nancy Ormond at 244-1567. The \$95 price includes ski rental, two-day lift ticket, transportation and one night's lodging. Seats are limited and reservations should be made now.

SENIOR EXERCISES

Twin Rivers YMCA now offers a basic exercise and stretching class for adults over age 55. The classes are on Mondays and Wednesdays from 9 to 9:45 a.m. at the YMCA. For more information, call 638-8799.

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.

YOUTH BASKETBALL

The Craven County Recreation and Parks Department is holding registration for youth ages seven through 18 from Vanceboro, James W. Smith and West Craven Middle schools. The league will consist of four divisions — mites, 7-9; midjets, 10-12; juniors, 13-15 and seniors, 16-18. Games will be played at Vanceboro and West Craven Middle School beginning in December. To sign up or for more information, call 638-6606.

CRAFTS CLASSES

The Craven County Council on Aging is offering the following classes beginning in January: beginners' oil painting, intermediate oil painting, water colors, pastels, photography. Teachers are needed for the following courses: wood carving and needle crafts. For more information, call Jan at 638-2119.

WRESTLING

The Craven County Parks and Recreation Department will offer children's wrestling this year. Coaches are also needed. For more information, call the department at 638-6606 or Tom Marsh after 7 p.m. at 638-3344. The program will start in November.

WINTER PROGRAMS

The Twin Rivers YMCA offers its winter session of programs. Programs will include low impact aerobics, CAM II fitness classes, small-fry gymnastics (ages 2-5 years), after-school gymnastics (ages 5-14 years), men's 4-on-4 basketball, basic exercise and stretching, babysitting techniques and the after-school fun program and more. Please call the YMCA at 638-8799 to pre-register for for more information.

BASKETBALL COACHES

Youth basketball coach volunteers needed two two days a week between 4 and 6 p.m. Knowledge of basketball skills and genuine interest in children required. Contact Twin Rivers YMCA at 638-8799 for more information on these coaching positions.

YOUTH BASKETBALL

Youth basketball pre-registration is now being conducted for youth ages 5 through 12. Games will be on Saturday mornings beginning Jan. 7. Call or come by the Twin Rivers YMCA at 638-8799 to pre-register a child.

BLOODMOBILE

The bloodmobile will be at the AHEC Building at Craven Regional Medical Center from noon to 6 p.m. Jan. 5 and from 10 a.m. to 4 p.m. Jan. 6.

SEEK-A-SENIOR

The Twin Rivers YMCA Seek-a-Senior program is a referral service promoting odd-job employment of active older adults who are 55-years-old or older by community members needing work done at reasonable rates. Call the YMCA at 638-8799 to find resources for hiring seniors to do such work as maintenance and repair, sewing, house-sitting and babysitting.

MEN'S BASKETBALL

The Craven County Recreation and Parks Department is sponsoring a men's basketball league for the 1988-89 season. All games will be played at J.T. Barber Junior High School. For more information, call Carol Baker at 638-6606 between 8 a.m. and 5 p.m. Mondays through Fridays.

SELF-ESTEEM

Twin Rivers YMCA will offer the eight-week course "Your Child's Self-Esteem" taught by Rose Helms beginning Jan. 24 from 9 to 11 a.m. This course is designed to help parents understand parenting a little better. Call the Y at 638-8799 to register. Parents may join Ms. Helms for a lunch session Jan. 31 from noon to 1 p.m. at the YMCA. To pre-register for more information, call the Y at 638-8799.

ARCHERY

Learn and experience the challenge of archery. Craven County Recreation and Parks Department is seeking currently organizing archery classes in New Bern beginning this fall. Classes will be available for youth, adults and senior citizens. If interested in participating or for more information, contact Eddie Games at 638-6606.

CAPTAINS' MEETING

A team captains' meeting will be held tonight at 7 p.m. at the Twin Rivers YMCA to discuss league format, rules and organization for the 4-on-4 men's league starting early in January. All team captains interested in registering a team for the league should attend. Contact Doug Manners at 638-8799 for more information.

DEADLINE

The deadline for registering for the YMCA Youth Basketball League is December 30. League play will begin Jan. 7. The format will be 3-on-3 half-court leagues for children 5- to 8-years-old and 4-on-4 full-court leagues for children between 9- and 13-years-old. Volunteer coaches are also needed for the leagues. Call the YMCA at 638-8799 for more information.



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