

Down East Cooking

By REBA W. MITCHELL

Winter days, when we have the opportunity to be inside, are wonderful times to try our hand at making homemade breads, creating new recipes, trying recipes created by others and trying out piping hot casseroles.

If you are in a mood to try yeast breads, it is well worth the wait for the dough to rise. If you are hooked on deserts, it is worth your time to look for low-calorie deserts. I am enclosing a couple of low calorie deserts and a good cream cheese coconut pie that my sister developed.

Yeast breads take a little longer to prepare than other types. Flavor, texture and aroma are worth the extra effort involved in baking yeast breads. If you will follow the basic procedures, you will have good results every time.

When dissolving yeast, be sure the water is not too hot. If it is, it will kill the yeast. If the water is too cool, the bread will rise slowly. The correct temperature for dissolving yeast is between 105 and 155 degrees.

When baking bread by the rapid-mix method, the yeast is mixed in the dry ingredients before adding liquids. With this method the liquid should be between 120 and 130 degrees when added to the dry ingredients.

Proper kneading is essential for bread to have a good texture. With floured hands, lift the farthest edge of the dough and fold it toward you on a floured board. Using the heels of the hands, press down on the dough and away from you. Give the dough a quarter of a turn and repeat the kneading until the dough loses its stickiness.

The ideal temperature is 85 degrees. A gas range with the pilot light on or an electric range with the oven light on, or the oven containing a large pan of hot water, should provide this temperature.

Rising is completed when the dough is doubled in bulk. To test, lightly press a finger in the dough about one-half inch. If the indentation remains, the bread is ready to shape.

Honey Whole-Wheat Bread

- 2 packages dry yeast
- 1/2 tsp. sugar
- 1 1/2 cups warm water
- 1/2 cup honey
- 1 cup water
- 3 tbs. butter
- 2 tsp. salt
- 2 1/2 cups whole-wheat flour
- 4 to 4 1/2 cups all-purpose flour

Dissolve yeast and sugar in warm water in a large bowl and let stand 5 minutes. Combine honey, water, butter and salt in a saucepan until butter melts. Cool to between 105 and 115 degrees. Add to yeast mixture. Add whole-wheat flour and stir until blended. Stir in enough all-purpose flour to make a soft dough.

Turn dough onto a floured surface and knead until smooth and elastic (about 10 minutes). Place into well-greased bowl,

turning to grease top. Cover and let rise in warm place (85 degrees) and free from drafts until doubled in bulk.

Punch dough down. Cover and let rise again in warm place until doubled in bulk. Punch dough down and divide in half, shape each half into a loaf. Place in 2 well-greased 9-by-5-by-3 loaf pans.

Cover and let rise in warm place about 20 minutes or until bulk doubles. Bake at 350 degrees for 30 minutes or until loaves sound hollow when tapped. Brush loaves with melted butter, remove bread from pans and let cool.

Ham Or Turkey Casserole

- 1/2 cup chopped onions
- 2 tbs. melted margarine
- 3 tbs. all-purpose flour
- 1 cup half-and-half cream
- 2 tbs. vinegar
- 1/4 tsp. pepper
- 3 cups cooked ham or turkey
- 1 4-ounce can sliced mushrooms, drained
- 1/2 cup shredded Swiss cheese
- 1 1/2 cups soft bread crumbs
- 3 tbs. melted margarine

Saute onion in 2 tbs. margarine in skillet until tender, add flour and stir until smooth. Cook for 1 minute. Gradually add half-and-half and vinegar, cooking over medium heat and stir constantly until mixture is thick.

Stir in pepper and add turkey or ham and mushrooms. Spoon mixture in a lightly-greased 2-quart casserole and sprinkle with cheese. Combine bread crumbs and 3 tbs. margarine and mix well. Sprinkle evenly over casserole. Bake at 350 degree for 30 minutes or until thoroughly heated and topping is light brown. Makes 4 to 6 servings.

Low-Calorie Marbled Cheesecake

- 1 8-ounce carton plain low-fat yogurt, drained
- 1 16-ounce carton park-skim ricotta cheese, drained
- 1 cup sugar
- 2 1/2 tbs. all-purpose flour
- 1 8-ounce carton light-processed cream cheese, softened
- 2 eggs
- 2 egg whites
- 2 1/2 tsp. vanilla
- 1/2 tsp. almond extract
- 1 1/2 tbs. low-calorie margarine, melted
- 2 tbs. unsweetened cocoa
- 1/2 (1 ounce) square semi-sweet chocolate, grated

chocolate crust (recipe follows)
Combine yogurt, ricotta cheese, sugar and flour in electric blender and process until smooth then set aside.

Beat cream cheese in a large mixing bowl until smooth at medium speed.

Add eggs, egg whites and flavorings and beat until smooth.

Gradually add ricotta cheese mixture and beat until smooth (the mixture will be thin). Set aside. Combine margarine and cocoa, stirring until smooth. Combine 1/2 cup cheesecake mixture and cocoa mixture and stir until smooth. Pour remaining cheesecake mixture into a prepared crust. Spoon chocolate mixture on top of cheese cake and gently swirl with a knife. Bake at 325 degrees for 1 1/2 hours. Remove from oven and cool on wire rack. Cover and chill 8 hours before serving. Sprinkle with grated chocolate.

The following recipe was created by my sister, Edna Faye Wiggins.

Cream Cheese Coconut Pie

- 8-ounce cream cheese, softened
- 12 ounces whipped topping
- 1 5/14-ounce vanilla instant pudding and pie mix
- 1 cup cold milk
- 2 cups flaked coconut
- 2 graham cracker pie crusts

Blend all ingredients together and spoon into the 2 pie crusts. Garnish with flaked coconut. Chill 3 or more hours before serving. You may garnish with cookie crumbs and chopped nuts.

Along The Pathway

Along the pathway of life we see many people that are burdened down with a heavy load. We see many people that are lonely and need someone to talk to and someone to speak out encouraging word to them, as well as our prayers. I know sometimes it seems we have all we can bear, but if we take the time to encourage others with visits, encouraging words and take time to listen to them, we will find God blesses us for our efforts.

I know sometimes it is hard to listen to people pour out their troubles, but there is no way we can know the relief they get by pouring some of it out. I believe that is one reason we have so many suicides. People bottle up their troubles inside until they can't stand anymore. If we don't have what it takes to lend an ear, we need to go to God in prayer. If we are sincere he will meet us and give us the needed strength. His spirit will guide us with words we need to speak.

There is a work for all to do. Visiting, listening to others that need someone to talk to and praying are things everyone can do. If we really love our fellow man we can feel his infirmities. Our hearts will go out to them, our prayers will go up for them. Romans 12:15 tells us to "Rejoice with them that do rejoice, and weep with them that weep." If we obey that scripture how can we turn our backs on those that need someone to talk to. We cannot know how great that need is unless we have been in a similar situation. Let us listen, watch and pray or we may fail someone along life's way, and later hear Jesus say, "Depart from me, for I was hungry and you gave me no meat; I was thirsty and you gave me no drink; I was a stranger and you took me not in; and you clothed me not; sick and in prison and you visited me not."

If we fail our fellow man we have failed our Lord. My friend, you don't have to be locked behind bars to be in prison. There are other types of prison. We can be shackled down with a load of guilt, win, trouble and problems we can't solve. If we love our Lord Jesus as we should, we cannot walk away when they need us, turn our backs on them or turn a deaf ear to them.

We need to try and put ourselves in the other persons shoes a little while. Just suppose we were the ones that needed an encouraging word or someone to listen to us. How would you feel if you were burdened down with troubles and you cried out to God, and he turned a deaf ear to you? Suppose you came before him on that great day and he said "Depart from me. You failed your brethren on earth and that means you failed me?"

Today's Prayer

Lord, let me see those around me today,
That are in need along life's troubled way.
If there is an encouraging word I can say,
Help me to speak it without any delay.
If there is a need I can reach,
Lord, I need you to teach,
That I will know the right way to reply,
And what to give from my own supply.
Lord, help me to lend an open, receptive ear,
And reach up to help dry someone's tear.
And bring them before thy throne of grace,
That you may place a smile upon their face.

— Reba W. Mitchell



Bits And Pieces

Wedding
Ruby J. Miller and William L. Ellis were united in marriage Wednesday, Feb. 8 at 7 p.m. in a private ceremony. Thirty guests attended.

The wedding took place at the home of the bride's son and daughter-in-law, Max and Beth Jordan, on Farm Life Avenue in Vanceboro. The Rev. Claude Wilson officiated at the ceremony.

Mrs. Verna Edwards of Washington served the wedding cake and Mrs. Bruce Whitford served punch. The house was decorated with mixed floral arrangements.

The couple will reside in Vanceboro after a wedding trip to Tennessee.



Rev. Joe Farlow

with special music guests The Klings and Susan Williams from the Wilmar Church of Christ.

The Rev. Joe Farlow from Randleman will be the guest speaker for both services.

A nursery will be provided for both services. Sunday school begins at 10 a.m., the morning worship service begins at 11 a.m., a covered-dish lunch will be held at noon, the soup supper is slated for 6 p.m. and the evening service is at 7 p.m.

For more information, call Rev. Dan Hall at 244-2001.

Teacher Honored

Margaret C. Gray was one of six East Carolina University School of Education graduates who received an ECU Council for Teacher Education award during ceremonies at the seventh annual James W. Batten Distinguished Lecture and Awards program held last Tuesday night. Gray, a Greenville resident and chairman of the science department at West Craven High School, was presented her award by Dr. William A. Bloodworth, acting vice chancellor for academic affairs at ECU. Gray has taught physical sciences in elementary and high schools in Williamston, Winterville and at Farm Life in Vanceboro. She also teaches chemistry and biology at West Craven.

Sweetheart Dinner
The men of Vanceboro Christian Church took their wives and sweethearts out to dinner for an early Valentine's Day celebration.

The men took the women to the Berne Restaurant in New Bern on Saturday night. Arrangements were made by David Wayne, president of the Christian Men's Fellowship.

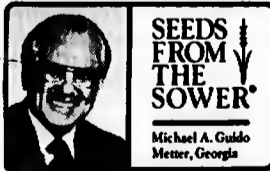
Rev. Dan Hall, pastor of the church, gave the invocation before the meal was served.

About 35 people attended the event.

Vanceboro Christian Church

The Vanceboro Christian Church will hold its first Bring A Friend To Church Day on Feb. 19 at 11 a.m. and 7 p.m.

The day will include music from the Children's Choir, Junior Choir, Adult Choir, along



SEEDS FROM THE SOWER

Michael A. Guido Metzger, Georgia

power. There's the power of authority. The Bible says, "As many as received Him, to them gave He power to become the children of God."

And there's the power of ability. "You shall receive power," said the Lord, "after the Holy Spirit is come upon you."

Like the convict said, "More power to ya."

While speaking in a prison an inmate said to me, "I want to tell you about two friends."

"Tom asked, 'Where are you going?'"

"To the electric chair," answered Joe.

"More power to ya," shouted Tom."

That's a little extreme, but the Lord wants you to have more

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