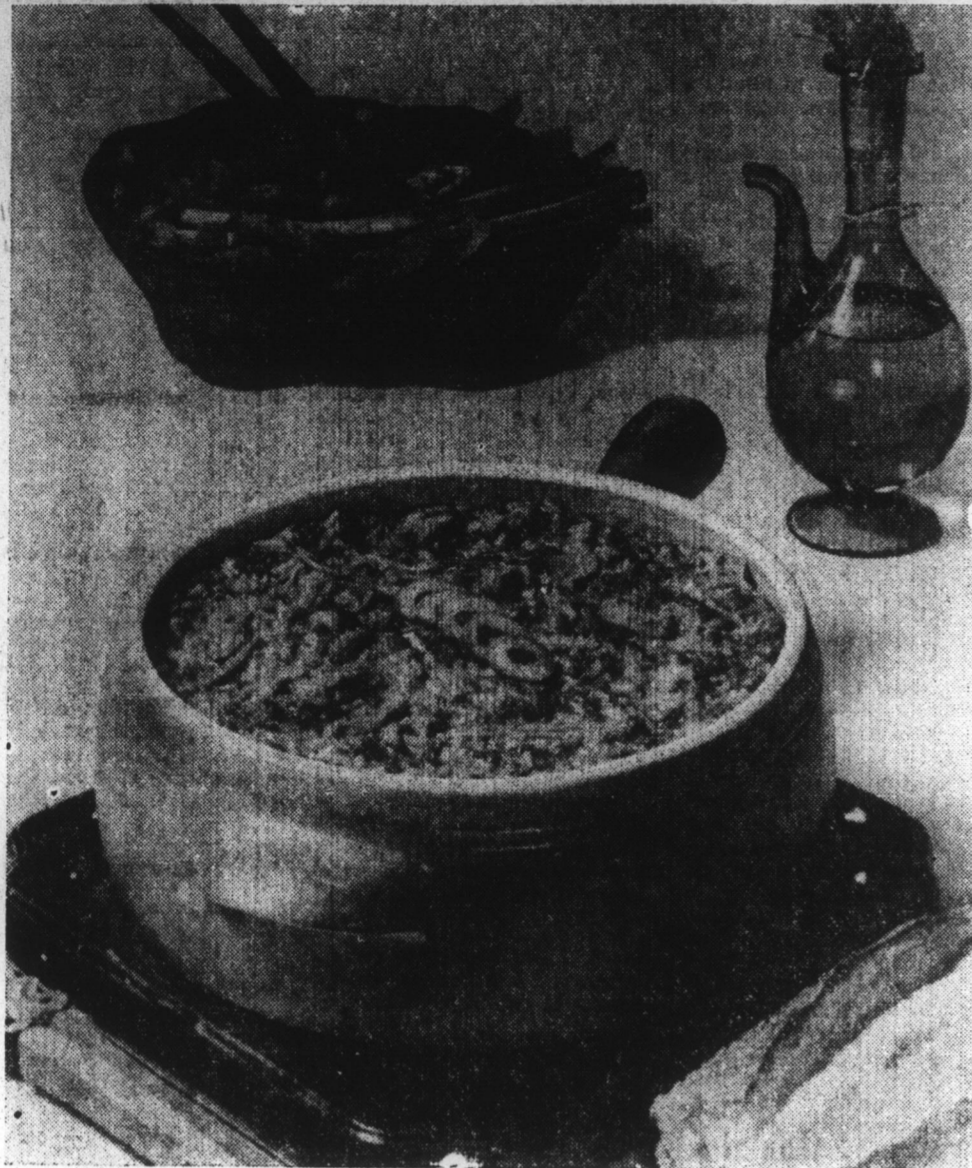


# For And About Women

PAGE THREE—SECTION ONE, THE CHOWAN HERALD JANUARY 19, 1967.



**SUPPER DISH** — A wonderful meeting of flavors occurs in this casserole of Angostura Spanish Rice with Beef. It is the perfect supper dish. Add a crisp salad and hot French bread and you have a delicious as well as an economical meal.

## The Herald Kitchen

By MILDRED HUSKINS

We simply didn't have the heart to give you our favorite recipe for Lobster Thermidor while the budget is still so far out of balance.

So, we'll save it, along with a number of other favorite seafood dishes for another time.

But, there are still good meals to be had from economical cuts of meat and with a bit of dressing up your family will be happy that you're "back to normal" kitchenwise.

In some families, such as ours, a "supper dish" is any meal-in-one-dish. We like one occasionally.

Spanish rice is a real favorite at our house if it doesn't show up too often. We do it various ways and come up with stuffed bell peppers, shrimp creole and just plain Spanish Rice with beef.

This recipe is an easy one, inexpensive and great for preparing ahead of time to reheat later. It only gets better with more cooking. It is a little different from the one we've included here before. Toss up a crisp green salad and heat up a long loaf of French bread for a fine supper on a cold night.

### Spanish Rice With Beef

1/4 cup cooking oil.  
1 pkg. (8 oz.) beef flavor rice mix.  
1 lb. ground chuck.  
11 can (6 oz.) sliced mushrooms, drained.  
1/2 cup sliced stuffed olives.  
2 cans (1 lb.) stewed tomatoes.

1 cup water.  
1 1/2 tablespoons Angostura aromatic bitters.  
Salt and pepper.  
Additional olives for garnish.

Heat oil and add rice. Cook while stirring until golden brown. Pour mixture into a two-quart casserole. Sprinkle seasoning mix from package over rice. Cook chuck in skillet until brown and crumbly. Drain

excess fat and pour beef into casserole. Add mushrooms, olives, tomatoes, water and bitters. Stir to blend. Cover and bake in a preheated moderate oven (350 degrees) for 40 to 45 minutes or until rice is tender. Uncover and stir mixture with a fork to fluff. Season to taste with salt and pepper. Garnish top with additional olive slices. Makes six generous servings.

You can do interesting things with canned Spanish rice, which eliminates several cooking steps and which is fine flavored. Combine it, right from the can, with a pound of ground beef which has been browned in a little fat and crumbled with a fork. Heat thoroughly and serve. For an interesting variation add a small package of frozen cooked shrimp and heat until they are thawed. You can add mushrooms to the skillet meal. We often use the leftover bit, if there is any, for stuffing a couple of bell peppers for a quick supper. So much for Spanish rice!

We had no complaints from the head of our house when we recently served a low cost meal of corned beef hash, boiled cabbage seasoned with ham drippings, black eye peas and corn muffins.

Campbell's has added Bounty Corned Beef Hash to its line of good foods and we were anxious to try it. We found that it measured up very well. We cut the top and bottom out of the can and slipped the hash out in one piece. We sliced it into four slices, dipped the slices in a batter and fried them just until the batter coating was crisp and brown. If you haven't tried it, there is just a suggestion for an economical family meal.

Long ago in our home, when we were growing up, rice pudding was a great favorite. It was rich with eggs, butter, cream and

spices with a few plump raisins appearing now and then. Here is a modern version of an old favorite. Besides the rice and the traditional mixings of a delicious rice pudding, this one calls for nuts, raisins and diced unpeeled apples. It should be just the hot dessert for any cold night served plain or with cream or whipped cream.

### Apple Rice Pudding

4 eggs, slightly beaten.  
1 cup firmly packed light brown sugar.

1 teaspoon cinnamon.  
1/2 teaspoon allspice.  
1 teaspoon salt.  
1 tall can evaporated milk.  
1 2/3 cups apple juice.  
3 cups cooked rice.  
1 cup chopped walnuts.  
1/2 cup golden raisins.  
2 cups diced unpeeled red apples.

Nutmeg.  
Combine eggs, brown sugar, cinnamon, allspice and salt in greased two-quart casserole; mix well. Add milk, apple juice and rice. Stir in remaining ingredients. Sprinkle with nutmeg. Bake at 325 degrees about one and one-half hours or until knife inserted near rim comes out clean. Makes eight to 10 servings.

The family will accept the casserole dinners with more grace if you surprise them with a glamour-type dessert occasionally. How about a Chocolate Chiffon Pie? This one can be in a nine-inch crumb or baked pie shell. It was developed in the Pet Milk Kitchens.

### Chocolate Chiffon Pie

9-inch crumb or baked pastry crust.  
1 envelope unflavored gelatin.  
1/2 cup cold water.  
1/2 cup sugar.  
1/4 cup cocoa.  
1/4 teaspoon salt.  
1 tall can evaporated milk.  
1 tablespoon vanilla.

Have pie crust ready. If baked be sure it is cool. Soften in a one-quart saucpan gelatin in water. Stir

## SOCIETY NEWS

Miss Joan Harney, a student at the University of North Carolina at Chapel Hill will arrive Tuesday to visit her grandmother, Mrs. W. S. Harney.

Mr. and Mrs. Billy Twiddy left Friday to return to his base at Fort Wurtmith Air Force Base, Michigan, after spending some time with their parents, Mr. and Mrs. Frank Twiddy and Mr. and Mrs. Joe Stroud.

Miss Suzanne George of Meredith College, Brenda White, Bob Bass, Dwight Flanagan and Charles Swanner of East Carolina College were all guests of their parents over the weekend.

Miss Sharon Dunbar returned home Sunday after being a patient in Washington Memorial Hospital in Washington, N. C.

Mrs. Robert White and children returned to Elkin, N. C., on Tuesday after an extended visit with her parents, Mr. and Mrs. Edward Wozelka.

Jim Elliott arrived home Tuesday to spend several days with his parents, Mr. and Mrs. J. D. Elliott.

Mr. and Mrs. Bobby Bunch, Mr. and Mrs. Marvin Ashby, and Mr. and Mrs. Wayne Ashley spent Saturday in Chesapeake, Va., where they attended the 25th anniversary party of Mr. and Mrs. Thomas Ashley.

Dr. and Mrs. David Wright and family spent the weekend in Boonville, N. C., visiting relatives.

Mrs. D. A. Hughes of Elizabeth City spent several days this week with Mrs. W. H. White.

Mr. and Mrs. Cecil Bowen and family of Williamston spent the weekend with Mr. and Mrs. Sherwood Harrell.

Mrs. R. L. Bailey of Williamston visited her daughter, Mrs. Frank Halsey and family over the weekend.

Mrs. John Edward Foxwell and family of Virginia visited Mr. and Mrs. John Foxwell over the weekend.

Mrs. Essie Lee Parks of Hobbsville is visiting her sister, Mrs. Mildred Lamb, this week.

Mr. and Mrs. Jarvis Skinner visited friends on Saturday night.

in sugar, cocoa and salt. Stir over medium heat until gelatin dissolves completely, about five minutes. Take off heat. Stir in one cup evaporated milk. Chill in small bowl of mixer until firm. Beat with electric mixer at low speed until mixture is broken up. Beat in 2 1/2 cup evaporated milk and vanilla. Beat at high speed until mixture fills bowl. Let stand a few minutes, or until the mixture mounds when dropped from a spoon. Heap into crust. Top with shaved chocolate. Chill until firm, about one hour.

Wilford Goodwin, Jr., celebrated his 8th birthday on Saturday night.

Mr. and Mrs. Lloyd C. Bunch, Mr. and Mrs. H. Fahy Byrum, and Joe Webb, Jr., attended the annual meeting of the North Carolina Association of Soil and Water Conservation Districts in Raleigh last week. Mr. Bunch was installed as president of the state association.

Mrs. J. R. Piland of Raleigh is spending several days with her sister and brother-in-law, Mr. and Mrs. C. C. Walters. Mrs. Walters has just returned home after undergoing surgery at Albemarle Hospital in Elizabeth City.

Mr. and Mrs. John E. Speight and sons of Chesapeake, Va., visited relatives in Edenton last week.

Miss Linda Basnight and Miss Vivian Whiteman of Atlantic Christian College, Wilson, N. C., spent the weekend with their parents, Mr. and Mrs. D. W. Basnight, and Mr. and Mrs. Robert Whiteman.

Lee Johnson of Asheboro, N. C., spent the weekend with Mr. and Mrs. Bert Hughes.

Lewis Hughes of Norfolk, Va., visited his brother and sister-in-law, Mr. and Mrs. Bert Hughes, on Sunday.

Mr. and Mrs. Ernest Kohayes celebrated their 35th anniversary on Monday.

Mr. and Mrs. Ramon Harmon of Aboskie were guests of Mr. and Mrs. William A. Elliott over the weekend.

Mrs. Kone Brugh of Roanoke, Va., is visiting her daughter and family, Rev. and Mrs. George Holmes.

Mr. and Mrs. C. H. Venters, Jr., spent the weekend in New Bern, N. C., visiting relatives.

### Chapters Meet To Honor Regent

Edenton Tea Party Chapter, DAR, joined with the Betsy Dowdy Chapter of Elizabeth City last week to honor Mrs. A. M. Cornwell of Lincolnton, state regent.

A luncheon meeting of the two active DAR chapters was held at the Holiday Inn in Elizabeth City.

Mrs. Cornwell was introduced by Mrs. Wood Privott of Edenton, state historian.

During her address, the state regent gave a history of DAR as related to the four women who organized the society. They were: Mary Desha, Eugenia Washington, Ellen Hardin Walworth and Mary Smith Lockwood.

Mrs. Privott gave a brief report on the success of the re-enactment of the Edenton Tea Party.

Mrs. Philip McMullan, regent of the Edenton chapter, and Mrs. George Mack, Tea Party chapter secretary, was among Edentonians attending the meeting.

The next regular meeting of the Edenton chapter will be held February 8 at the Edenton Restaurant.



DR. JAMES C. RESPASS

### Talk Scheduled By Dr. Respass

CHAPEL HILL—The operation of a small alcoholism clinic operated at the University of Virginia School of Medicine will be described in Edenton next Wednesday at a 19-county meeting of practicing physicians in eastern North Carolina and southeastern Virginia.

Dr. James C. Respass, an associate professor of medicine at the University of Virginia Hospital in Charlottesville and former director of the Ennon G. Williams Preventorium there, will speak twice at the meeting.

A 4:30 P. M. session will be devoted to indigestion and how it is related to hiatus hernia, duodenal ulcer and several other disorders in the gastrointestinal tract.

At 7:30 P. M., Dr. Respass will talk about his alcoholic clinic and describe some of his experiences with the different types of alcoholics seen in the clinic.

He will explain some of his research with animals which prefer alcohol to water and he will make some comments about the treatment of alcoholics.

This is the third in a series of six weekly medical meetings in Edenton which constitute a postgraduate course in medicine under the sponsorship of the First District Medical Society and the University of North Carolina School of Medicine.

Meetings are held at the Edenton Restaurant.

The Edenton meetings are for physicians in Bertie, Beaufort, Camden, Chowan, Currituck, Dare, Gates, Hertford, Hyde, Martin, Northampton, Pasquotank, Perquimans, Tyrrell and Washington counties in North Carolina and the Isle of Wight, Nansemond, Princess Anne and Southampton counties in Virginia.

The series of meetings continues through February 15.

### WEDDING PLANNED

Mr. and Mrs. W. Clarence Bass announce the forthcoming marriage of their daughter, Nancy Louise, to Mr. James Richard Morgan, Jr., on January 29, at 4:30 P. M. in Rocky Hook Baptist Church. The public is cordially invited.

FOR QUICK RESULTS TRY A HERALD CLASSIFY

## Couple Speak Wedding Vows

In a quiet ceremony at Ballard's Bridge Baptist Church on December 31, 1966 at 3 o'clock, Miss Marilyn Baker, daughter of Mr. and Mrs. Locke C. Baker of Tyner, became the bride of Robert R. Boyce, son of Mr. and Mrs. Elton Boyce, Route 1, Edenton.

Rev. George Cooke performed the double ring ceremony before a background of palms, white mums, gladioli, snapdragons and lighted candles. Miss Belinda Perry played the wedding music and Mrs. Mary Lou Bunch, soloist, sang "Whither Thou Goest" and "The Wedding Prayer."

The bride, given in marriage by her father, wore a gown of white satin with a lace bodice. The long fitted sleeves ended in wedding

peaks over the hands and the bodice buttoned up the back with tiny self-covered buttons. Her finger tip length veil of imported illusion was arranged from a pearl studded crown. She carried a white Bible topped with an orchid and lily of the valley.

Miss Sherry Baker, sister of the bride, was maid of honor. She wore a dress fashioned with an empire waist line of red velvet and white crepe. Her headdress was of red velvet and illusion. She carried a long stemmed red rose.

Misses Lottie Baker and Lynette Boyce were bridesmaids and wore dresses identical to the maid of honor. Their headdresses were of red velvet and illusion. They also carried long stemmed red roses.

Mrs. Jane Joyner was mistress of ceremonies. Mr. Boyce was best man for his son. Ushers were Steve Myers of Ohio, and Keith Boyce of Route 1, Edenton.

The bride's mother wore a two-piece yellow wool suit with matching accessories and a white carnation corsage. The bridegroom's mother wore a green wool dress with matching accessories and a corsage of white carnations.

The couple left for a Florida honeymoon. For traveling the bride wore a white and navy wool suit with navy accessories and the orchid lifted from her bridal bouquet. Upon their return, they will reside in Suffolk, Va.

### Sale Of Tickets To Ball Heavy

Only a few tickets remain for the third annual Chowan Hospital Auxiliary Ball, to be held February 4 at Chowan Golf and Country Club.

Mrs. Jesse Harrell and Mrs. Alton Elmore, ticket co-chairmen, said those interested in securing tickets to this popular social event should contact them immediately.

Attendance at the benefit is limited to 150.

Patrons who have purchased tickets are asked to make reservations for parties of eight with Mrs. C. A. Benson, 482-2756.

General chairman for the 1967 Hospital Ball are Mrs. Warren Twiddy and Mrs. Richard Hardin.

FOR SALE: 1955 Willys Jeep with metal body. 4-wheel drive; new paint job. Good condition. Phone 482-3132. Percy Harrell. Jan 1967

Would you like to take a course in basic painting techniques one night per week, not for credit, in Edenton this Spring?

Would you like to take a course in Art History for three hours college credit here this Spring?

There is a possibility that either or both of these courses can be offered through the College of the Albemarle if enough people are interested.

If you are interested call: 482-2987 or 482-2546.

★ WEEKEND SPECIALS ★

SMOKED

**Smoked Picnics**

lb. 37c

SLICED COLUMBIAN

Bacon lb. 45c

"MAGNIFICENT—UNFORGETTABLE" BOSTON AMERICAN

"3000 SPELLBOUND LAST NIGHT" HOUSTON CHRONICLE

"ELOQUENT AND TRADITIONAL" PHILADELPHIA INQUIRER

"PACKS CIRCLE THEATRE"

"STILL GREATEST"

"ENTHRALLING"

IN THE Oberammergau

**Passion**

WITH VAL BALFOUR

CAROLINA THEATER, ELIZABETH CITY

WEDNESDAY, THURSDAY AND FRIDAY, FEBRUARY 15-17

Evening Performances at 8:30 O'clock. All Seats Reserved.

Passion Play Headquarters, Elizabeth City, High School Building

Phones: 338-8835 or 335-7000

Sponsored by the Elizabeth City Lions Club as

**LADIES! A FREE GIFT FOR YOU!**

How would you like to receive a beautiful 12-cup Stainless Steel Electric Coffee Maker, valued at \$44.95 absolutely free? No jingles to write nor puzzles to work. First 10 coupons received will qualify. Fill in the coupon and mail to 111 Grove Street, Elizabeth City, N. C. **FREE!**

111 Grove Street  
Elizabeth City, N. C.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_