

# For And About Women

PAGE THREE THE CHOWAN HERALD, EDENTON NOVEMBER 23, 1967



BE ADVENTUROUS—Try two or more recipes of stuffing for Thanksgiving. Bake one in the turkey body cavity and one in the neck opening. Another could be done in a casserole for a wide choice.

## The Herald Kitchen

By MILDRED HUSKINS

Every traditional Thanksgiving dinner features certain foods—turkey, stuffing, mashed potatoes, gravy and cranberries.

What you add depends on where you live.

We, here in the South, swear by our own yams, while Yankees turned to mashed rutabaga or creamed onions. Pumpkin or mince pie are preferred by Northerners, while cousins in warmer climes rally to ambrosia.

Even the stuffing traditionally served depends largely on whether mother grew up with the corn bread and sausage variety, Pennsylvania Dutch potato filling, or old fashioned herb seasoned bread cube dressing.

This year, be adventurous! Serve your family the stuffing to which they are accustomed and a second variety baked along. It's easy when you start with packaged mixes. Herb seasoned dressing may be baked in the body cavity of your turkey. For a change in color and texture, tuck corn bread stuffing into the neck opening. Place emphasis on color and try the more colorful cranberry-pecan-

mushroom kind. You never know. It may be next year's favorite!

### Holiday Stuffing

1 pkg. cube stuffing.  
1 cup chopped onions.  
1 cup sliced mushrooms.  
1/2 cup chopped pecans.  
1/2 cup butter.  
1 cup cranberries, cut in half.

3 tablespoons sugar.  
1/2 cup chopped parsley.  
Prepare stuffing according to package directions. Meanwhile saute onions, mushrooms and pecans in butter five minutes. Combine cranberries and sugar. Add all ingredients to stuffing, stirring only to blend. Place in a one and one-half quart casserole and bake, covered last 30 minutes of roasting time. Makes six servings.

If you make your dressing or stuffing from scratch try this moist Apple Bread Stuffing in casserole. The flavor is delightful.

### Apple Bread Stuffing

6 cups toasted bread cubes.  
2 cups sliced apples.  
1/2 cup onion flakes.  
1/4 cup celery flakes.  
1/2 cup butter, melted.  
2 teaspoons poultry seasoning.  
1 1/2 teaspoons salt.  
1 teaspoon parsley flakes.

1/4 to 1 cup stock or water.

1 tablespoon butter.

Combine bread cubes and apples in large mixing bowl. Mix onion and celery flakes with 1/4 cup water; let stand five minutes. Sauté in one-fourth cup melted butter five minutes. Add to bread apple mixture with remaining ingredients. Mix well. Place in buttered two-quart baking dish. Dot with butter. Bake covered in 375-degree oven for 30 minutes.

This Baked Yam Pudding would be a great addition to the holiday festive board.

### Baked Yam Pudding

2 cups raw yams.  
2/3 cup maple syrup.  
2 eggs, beaten.  
2 tablespoons butter or margarine.  
1 1/2 teaspoons ground ginger.  
1 1/2 teaspoons baking powder.

1 teaspoon grated lemon peel.  
1/2 teaspoon ground nutmeg.  
1/4 teaspoon salt.

Combine all ingredients and mix well. Turn into buttered one-quart casserole. Bake in 350-degree oven for 50 minutes or until firm in center and browned on top. Serve hot or cold, topped with whipped cream, if desired. Serves six.

The accompaniment should be as attractive as the turkey. Pumpkin, spice and everything nice to go into these sweet potato balls to be served with a beautifully browned bird.

### Pumpkin-Spice Sweet Potatoes

3 medium-sized sweet potatoes, cooked and peeled.  
1 cup pumpkin.  
1/2 teaspoon salt.  
1/2 teaspoon cinnamon.  
1/4 teaspoon nutmeg.  
1/4 teaspoon ginger.  
1/4 cup milk.  
Chopped nuts.

Cut sweet potatoes in quarters. Place in mixing bowl. Add pumpkin, spices and milk. Blend thoroughly until thick, smooth consistency. Using one-half cup pumpkin-potato mixture, shape into round balls. Roll in chopped nuts to coat evenly. Place on baking sheet, heat in 350-degree oven for 20 minutes. Serve hot on turkey platter garnished with parsley.

Serve it with cider, or a glass of milk, or eat it at the tea table. This Holiday Leaf fills the bill. Keep a leaf on hand during the coming holiday season or make up a few leaves for gifts.

## Alcoholism Center Functioning In Area

By ROSE I. PUGH

July 1, 1967, marked the opening of the Alcoholism Center for Information and Service in our community. The headquarters are in the Medical Building in Elizabeth City but in Chowan County the Health Department in Edenton acts as a telephone and referral station and keeps a supply of literature.

Some of the aims of the center are (1) provide effective alcohol education for young people (through workshops, schools, speakers' bureau, etc.) One ministers' workshop has already been held which included a special invitation to Chowan ministers. (2) Up to date information for all: literature, films, talks, etc., in order to increase the public's understanding of alcoholism, its nature and treatment and promotion of the principle that alcoholics can be helped. The center staff are available as speakers whenever time can be arranged. (3) To give service to the alcoholic in with physician, AA, hospitals, clergy, group therapy and rehabilitation along with the individual counseling. (4) To give service to the alcoholic's family through referral to appropriate agency, individual counseling and group

counseling. The Alcoholism Center is advised by a board of directors appointed by the board of county commissioners in the participating counties. Chowan members are Ernest Kehayen and Raye Adams and they are particularly to be commended for the interest they have shown and their attendance at meetings.

The staff of the center is composed of Mrs. Pugh, director; R. E. Rhodes, associate director, and Mrs. Helen J. McPherson, secretary.

As of October 1, we were extremely fortunate in securing the part time services of a family life consultant, Mrs. Letitia Evans. Mrs. Evans will work in family counseling and community education in Chowan County on Thursdays and also may be reached by calling the Health Department in Edenton, 482-2511.

Mrs. Pugh and Rhodes visit Chowan County every Wednesday morning and may be reached by calling the Health Department in Edenton or by calling the center office in Elizabeth City, 335-1663.

Please feel free to call at the center office or your Health Department, 482-2511, for any additional information or how we may best serve you.

## 'Handicrafts' Program Topic

The Garden of Eden Club had its monthly meeting at the home of Mrs. Gertrude Rosevear. Five new members were welcomed at this time: Mrs. Fay Bindeman, Mrs. Deborah Cameron, Mrs. Deanna Darnell, Mrs. Betsy Tysor and Mrs. Letitia Evans.

Mrs. Jane Weikel presented Mrs. Emily Harrell, and Mrs. John Lane of Hertford, who presented a delightful program on handicrafts.

President Snooky Bond reported on the district garden club meeting in Elizabeth City. The Garden of Eden Club won third place on Club Book design. Club members were pleased, as the club is so new and were competing with 33 other clubs.

Mrs. Frances Inglis, chairman of Christmas decorations for the Cupola House, announced that workshops have begun for authentic 18th Century Christmas decorations for the Cupola House. Club members have been researching and planning for this exciting event.

The Cupola House Association and the Garden of Eden Club are jointly working together to make the authentic Christmas

decorations a real asset to our historic heritage during the holiday season.

Going hunting? Wear lightweight but warm clothing, the North Carolina Heart Association says. Most people can hunt even if they have a heart condition, the North Carolina Heart Association says, but see your doctor first and be sure.



In The Chowan Herald

## All-Purpose four-plow power



## NEW SIZE FORD 5000

- NEW SIZE. Completely new from the ground up.
- Rugged all-new, all-tractor engine. Big, extra efficient 4-cylinder diesel.
- Now stronger throughout to handle high engine output under heavy load.
- Choice of transmissions—Power-shift ten-speed Select-O-Speed or dual range eight speed.
- Multi-disc brakes—for safe, easy braking and long service-free performance.
- Independent PTO
- Differential lock—to direct power to both rear wheels when needed.

Bring This Massive New Tractor Now!

**FORD** Edenton Tractor & Equipment Co.

## Herald Society News

Jimmy Dail of Raleigh spent the weekend with his parents, Mr. and Mrs. Percy Dail, Sr.

Mr. and Mrs. Hector Lupton, Jr. and son Ricky and daughter Patty of Raleigh arrived Wednesday to spend the Thanksgiving holidays with his parents, Mr. and Mrs. Hector Lupton, Sr.

Mrs. Irma Allbrook is spending this week in Richmond as guest of her mother.

Mrs. Edward Zimmerman and daughter, Joanne, of London, England, arrived Wednesday to spend some time with Mr. and Mrs. J. Edwin Bufflap.

Mr. and Mrs. Julian Jethro and family of Portsmouth, Va., spent Sunday with his parents, Mr. and Mrs. Dallas Jethro, Sr.

Mrs. W. D. Elliott and Mrs. Milton Tynch spent Friday night at Virginia Beach, Va., visiting Mr. and Mrs. James Spencer.

Mr. and Mrs. Frank Pulumbo had as their guests over the weekend his parents from Alexander, Va.

Dr. W. I. Hart returned from Coral Gables, Fla., on Friday.

Mr. and Mrs. D. L. Jethro, Jr., and family spent Sunday in Clayton.

Mr. and Mrs. Bert Hughes will spend the Thanksgiving holidays in West Virginia visiting her family.

Mr. and Mrs. Preston Rogerson visited Mrs. Olive C. Goodwin, who is a patient in Norfolk General Hospital, Sunday.

Mr. and Mrs. Lyn Bond, Jr., of Charlotte will spend the Thanksgiving holidays with Mrs. Lyn Bond.

Joe Conger, III, a student at UNC, will spend the Thanksgiving holidays with his parents, Mr. and Mrs. Joe Conger, Jr.

Bob Oglesby from Dallas, Texas, will be visiting his brother, Jimmy Oglesby, for Thanksgiving through November 24.

Mr. and Mrs. Jackie Otero of Florida are spending several days with his sister and brother-in-law, Mr. and Mrs. Noah Goodwin.

Mr. and Mrs. Calvin Keeter of Elizabeth City spent Sunday with Mr. and Mrs. James Hughes.

Mr. and Mrs. Calvin Harrell spent the weekend in Columbia visiting his parents, Mr. and Mrs. Luther Harrell.

Mr. and Mrs. M. R. Warden of Sarasota, Fla., are spending several days with Mr. and Mrs. David Goodwin and Mrs. Henry C. Goodwin.

Martin Zimmerman of Rocky Mount spent the weekend as guest of his mother, Mrs. J. Edwin Bufflap and Mr. Bufflap.

Mr. and Mrs. Marion L. Mosely and family are spending the Thanksgiving holidays in Charleston, S. C., with Mr. and Mrs. William E. Mosely, Sr., and in Moncks Corner, S. C., with Mrs. Idell Canady.

Larry J. Williams has returned from a three-day Goodyear conference in Richmond, Va.

Mr. and Mrs. James Hatch and Michael are spending Thanksgiving with Mrs. John Jinnette and Mr. and Mrs. John Hatch in Goldsboro.

Mr. and Mrs. Dewey Mills and family are spending several days with Mr. and Mrs. Dewey Mills in Wilmington and with Mr. and Mrs. Obbie Long in Ash, N. C.

Guests for Thanksgiving in the home of Mr. and Mrs. Alfred Guay are Mr. and Mrs. John Guay and Lydia of Austin, Texas and Mr. and Mrs. Walter Shanosky of West Roxbury, Mass.

Saturday guests in the home of Mr. and Mrs. Leo LaVoie and Mrs. W. H. White were Mr. and Mrs. David Scott from Alexandria, Va., and Mrs. David Hughes of Elizabeth City.

Mr. and Mrs. Larry J. Williams and family are spending Thanksgiving with Mr. and Mrs. W. Shirley Williams in Chesapeake, Va.

Mr. and Mrs. David White and Mrs. Judy Weymer of Norfolk and Mrs. D. L. Stewart, Mark and Paul of Cherry Point were Sunday guests in the home of Mrs. W. H. White and Mr. and Mrs. Leo LaVoie.

Mr. and Mrs. Herman Layden, Steve, Scott and Stanley of Virginia Beach are visiting with Mr. and Mrs. Albert Gray.

Mr. and Mrs. Clifford Overman and children of Roanoke, Va., will spend the Thanksgiving holidays with their parents, Mr. and Mrs. R. F. Elliott and Mr. and Mrs. C. W. Overman.

Mr. and Mrs. W. J. P. Earnhardt, Jr., will spend Thanksgiving in Wilmington visiting her parents.

Scott Harrell, Earl Britton, Bill Boyce, Bob Brooks and Oscar White attended the Baltimore Colts-Detroit Lions football game in Baltimore, Md., on Sunday.

Mr. and Mrs. Jerry Holmes and daughter visited Mr. and Mrs. Zackie Harrell in Windsor on Sunday.

Mr. and Mrs. William A. Ward of Rich Square visited their daughter and son-in-law, Mr. and Mrs. Jack Parker, on Sunday.

# The Betty Shoppe

AFTER

# Thanksgiving

## REDUCTIONS

### Begins Fri. At 9 A. M.

Reductions on SPECIAL Groups of EARLY Fall Merchandise

- ★ Dresses
- ★ Skirts
- ★ Suits
- ★ Hats
- ★ Sweaters
- ★ Coats & Dresses To Match

Fur Trimmed Coats Values to \$99.00

**NOW ONLY \$79.00**

SHOP EARLY FOR BEST SELECTIONS!

# The Betty Shoppe

(A DIVISION OF CUMMEL'S DEPARTMENT STORE)

Open Wednesday Afternoon—Saturday Until 9 P. M.

### Sound Advice



Never kill a fly with a gun, and never use drugs left over from a serious illness for self-treatment of a similar ailment. In the first case, you'll blow your kitchen ceiling to smithereens along with the fly. In the second case—you get the point. You see, modern drugs are highly potent—that's why we dispense them only when your physician prescribes. If you dose yourself with leftovers, you may do serious damage. It's a good idea to pour the remains of old prescriptions down the drain and destroy the bottles.

### Hollowell's

REXALL DRUG STORE  
REGISTERED PHARMACIST ALWAYS ON DUTY

Phone 482-2127, Prompt Delivery