

For And About Women

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APPLES AND PORK — Apples make a perfect accompaniment for roast pork, pork chops or ham. Try these Sesame Apple Rings the next time you serve pork in any form.

The Herald Kitchen

By MILDRED HUSKINS

In the market the other day we were salvaging our conscience for splurging on a handsome basket of plump, red strawberries, and searched the meat counter for a bargain.

We didn't find one. But the next best thing was a nice little pork roast.

Since we are accustomed, from our youth, to expect good pork during the cold, winter months, we still find out menus including pork during these cold days than at other times in the year.

Apples make a perfect accompaniment for roast pork, and pork chops or ham. Their tang complements the richness of the meat in a way that has been known for centuries. We baked a couple of beauties last Sunday to accompany our roast. We did it the modern way.

Baked Apples
4 large cooking apples, peeled half way down and cored.

4 tablespoons sugar.
4 tablespoons brown sugar.
1 teaspoon ground cinnamon.
1/4 cup seedless raisins.
2 tablespoons butter or margarine.

Place each apple on a square of foil. In a small bowl mix sugars, cinnamon and raisins. Fill core centers to overflowing with the mixture. Top each with a tablespoon butter. Wrap lightly in foil and place in a baking dish. Bake at 350 degrees for

45 minutes or until apple tests done. Serves four.

Try these flavorful Sesame Apple Rings the next time you serve pork in any form.

Sesame Apple Rings
3 large red apples.
1/4 cup melted butter or margarine.

1/2 cup packaged fine dry bread crumbs.

1 tablespoon sugar.
2 tablespoons sesame seeds.

Core apples; do not peel. Cut two half-inch thick slices from each. Brush slices on both sides with melted butter; coat with crumbs. Arrange in greased shallow baking dish; sprinkle with sugar and sesame seeds. Bake at 400 degrees for 20 minutes or until golden brown and tender. Serve hot as an accompaniment for pork or ham. (Note: Save the thick slices for applesauce later).

A salad with an oriental touch combines rice, pineapple and sharp cheddar cheese. This one should be especially good as one of the partners in a soup-and-salad luncheon or supper menu.

East-West Apple Salad
3 cups cooked rice.
1 can (13 oz.) pineapple chunks.

1 cup cubed Cheddar cheese.
2 cups diced unpeeled red apples.
1/2 cup French salad dressing.

Salad greens.
Combine rice, pineapple, cheese and apples. Toss with dressing. Chill. Serve on crisp salad greens. *M.H.K.*

six to eight servings.

We are partial to a dessert we have always called apple crisp. This recipe has a topping of instant oatmeal. By the way, if you haven't tried the instant oatmeal, especially that with raisins and spice, you've missed a fine cold morning breakfast treat.

Raisin Spice Apple Crisp
2 medium-sized apples.
2 tablespoons firmly packed brown sugar.

1 teaspoon lemon juice.
1 pkg. (1 1/2 oz.) instant oatmeal with raisins and spice, uncooked.

1 tablespoon flour.
1 tablespoon butter or margarine, melted.

For base, peel and slice apples; divide evenly between two individual baking dishes. Add one tablespoon brown sugar and one-half teaspoon lemon juice to each; toss lightly. For topping, combine oatmeal and flour. Stir in butter until mixture resembles coarse crumbs. Sprinkle mixture evenly over each apple base. Bake in 375 degree oven about 25 minutes or until apples are tender. Serve warm with cream. Makes two servings.

From out of "what's new" file we found an elegant dessert made from Sara Lee's new frozen Devil's Food Cake. It is bound to be good.

Devil 'N Snow Cake
1 Sara Lee Devil's Food Cake.

2 cups fresh strawberries, sweetened, well drained.
1 1/2 cups whipping cream.
5 tablespoons sugar.

1 Sara Lee Golden Cake.
3 tablespoons chocolate curls or shavings.

For best results work with cakes while they are still frozen. Place devil's food cake on serving plate. Arrange strawberries evenly on top. Whip cream. Gradually add sugar until peaks form. Spread one-half cup of whipped cream over strawberries, top with golden cake, icing side down, and cover entire cake with remaining whipped cream. Sprinkle top of cake with chocolate curls or shavings.

Guide To Series Now Available

The Economic Improvement Council, Inc., has announced that Guide II to the television program "Sesame Street" is available for parents or any interested persons. The program is carried on Educational Channel 2, Columbia, N. C.

The guide is designed to assist adults in helping children learn about themselves and the world around them. Some of the educational features in this series include: (1) continuation of teaching the alphabets and numbers; (2) the parts of animals; (3) telling about your feelings; (4) naming the parts of the body; (5) putting things in order, etc.

Guide II to "Sesame Street" can be picked up at either of the Economic Improvement Council administrative offices in Edenton or Elizabeth City or at any of the Economic Resource Centers sponsored by EIC.

A check with the local program listings will tell when the program is scheduled for viewing.

Garden Of Eden Flower Show Meeting Topic

The Garden of Eden Club is having a meeting open to the public at 10 A. M. February 3 in Edenton Municipal Building.

A film will be shown on arranging flowers for a flower show. The film, according to Mrs. L. F. Amburn, Jr., flower show chairman, will be helpful to club members as well as individuals who anticipate taking a part in the local standard show on April 17-18.

Also, rules and procedures for entering the show will be explained.

The April flower show, the first sponsored by the Garden of Eden Club, will be held in the public buildings here as well as historic sites in cooperation with Historic Edenton, Inc.

New Secretary Assumes Position

Mrs. Edwin Martin has assumed her duties as secretary in the Edenton Chamber of Commerce office, according to Robert Moore, executive vice president.

Mrs. Martin replaces Mrs. Garland Askew, who has taken a position as court reporter with the General Court of Justice, working in the District Court.

Mrs. Martin, a native of Pantego, attended Meredith College for two years. Her husband is a basketball coach and teacher at Chowan High School.

The Martins are living at 309 North Broad Street. They are Baptists.

MEETING CHANGED

Edward G. Bond No. 40 of the American Legion is changing its regular meeting night in February from the third to the tenth.

Little Miss Bambi and Mandi Belch of Virginia Beach, Va., spent the weekend with their grandparents, Mr. and Mrs. Clyde Adams.

Green Thumb Tips

A pencil and a seed catalog are the gardener's best friends during winter.

They furnish a way to pass the time and help to turn dreams into realities.

Add a pad of cross-section paper to pencil and catalog and you add another dimension — the plan for later planting.

Anyone can count squares — you don't need to be either an artist or a landscape architect. And approximate footages of the areas you intend to plant can be stepped off at any time of year.

An interesting and unusual house plant that can be grown from seeds is the Jacaranda tree — a 50-foot native of Brazil. Fern-like leaves and blue flowers make this one of the world's outstanding trees.

Of course no tree will grow in your window but seeds planted in the garden will furnish dainty foliage all summer and a plant or two potted to bring indoors will be a conversation piece all winter.

If you live in an area where salt is used on paths to melt ice, beware of the after-effects on nearby lawns or plants.

If you must use salt, flush the nearby plants with a copious supply of water just as soon as weather permits — certainly in early spring.

Then fertilize as early as possible to give injured plants a chance to survive.

And if you live where it's warmer, plant seeds of quick-flowering annuals like poppies and bachelor buttons or cool-weather annuals like larkspur and sweet peas unless, of course, you sowed their seeds earlier.

As a matter of fact, poppy and bachelor button seeds can be planted even in the North, even on top of snow.

They may not come up in a perfectly straight row, but sprout they will when the soil and air warm.

Perhaps you thought that morning glories were the only flower that opened early and closed late? Not so.

Bartonia, more commonly called Blazing Star, opens at night and stays that way until noon of the next day.

And, of course, you know that four o'clocks get their name from their habit of opening at four in the afternoon.

Have you ever tried growing mushrooms during winter? It's a rewarding experience.

You need a place where the temperature stays between 50 and 60 degrees.

You buy the mushroom spawn and plant it in rich soil, water well and keep covered until the first buttons show.

The Herald Society News

Mr. and Mrs. Frank Williams, Jr., of Chapel Hill visited his parents over the weekend.

Mr. and Mrs. David Goodwin visited Mr. and Mrs. Bill Perry of Greenville Sunday.

Mrs. Alulu Colvin of Temperanceville, Va., is visiting with Mrs. Herman White and Mrs. Anne Jenkins.

George Holmes, a student at East Carolina College, visited his parents, Rev. and Mrs. George Holmes, over the weekend.

Mr. and Mrs. Britton Byrum of Norfolk, Va., visited friends and relatives here this weekend.

The office personnel of the ASC office are attending the fall conference at Morehead City. They are H. O. West, Mrs. John Byrum, Mrs. Asa Griffin, John Bass and Mrs. Buddy Tilley of Hertford.

Mr. and Mrs. Harold Webb of Bristol, Va., visited Mrs. Grace Webb over the weekend.

Mr. and Mrs. Clark Peele and family of Pantego spent Tuesday visiting his parents, Mr. and Mrs. Charlie Peele.

Mr. and Mrs. Danny Wright and daughter Angela of Hampton, Va., spent the weekend with his sister, Mrs. Maurice Nixon.

Mr. and Mrs. Errol Flynn and Amy spent Friday in Conway visiting friends.

Mr. and Mrs. Johnny Ballin and family of Hopewell, Va., spent the weekend with Mr. and Mrs. Henry Overton.

Mr. and Mrs. Billy Bunch and family have moved to Mt. Olive, where he will be associated with the First National Bank.

Mr. and Mrs. Dean Britt of Newport News, Va., visited Mr. and Mrs. Linwood Winslow on Saturday.

Mr. and Mrs. Gus Hughes, Jr., and daughter of Raleigh spent the weekend with his father, Gus Hughes, Sr.

Shirley Alexander visited her parents, Rev. and Mrs. E. C. Alexander, over the weekend.

Ed Cullipher celebrated his 90th birthday on Thursday.

Mr. and Mrs. John T. Skiles and daughter Kerrie spent the weekend in Raleigh visiting Mr. and Mrs. Charles Overton.

Mr. and Mrs. Bert Willis, Jr., are spending a week in Raleigh while he is attending an agriculture seminar at the State University of North Carolina.

Tom Dail, son of Mr. and Mrs. Pete Dail, celebrated his seventh birthday this weekend. Al Byrum, son of Mr. and Mrs. Britton Byrum, attended the party.

Mr. and Mrs. Murray Hollowell and family of Falls Church, Va., visited with Mr. and Mrs. W. T. Boyce, Sr., over the weekend.

Mr. and Mrs. Paul Chappell and family of Chesapeake, Va., spent the weekend with Mr. and Mrs. Roy Harrell.

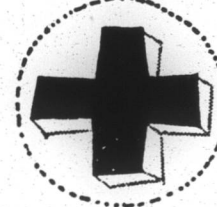
Randy Hollowell, a student at East Carolina University, spent the weekend with his parents, Mr. and Mrs. Richard Hollowell.

Mr. and Mrs. Francis Manning of Williamston spent a brief visit Saturday with Mr. and Mrs. J. Edwin Bufflap.

Mr. and Mrs. Dewey Whitehurst and Greg spent Sunday in Greenville visiting his brother.

Robert M. Wiltshire, Jr., a student at Virginia Commonwealth University, Richmond, Va., is visiting his aunt, Miss Sara E. Miller, for several days.

What to do till the doctor comes



Emergencies strike with sudden swiftness. A slip, a fall, a collision is seldom

announced. So be prepared. At least one member of every family should have a working knowledge of first aid. There are books on the subject and the American Red Cross gives classes where such information and training can be acquired. We recommend that you, or someone in your household, acquire the know-how. Another worthy recommendation is to maintain a supply of first-aid medications on hand at all times—antiseptic, gauze bandages, adhesive tape, alcohol, soothing creams, etc. The cost is small and we'll be glad to assist you in your selection.

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RED AND WHITE Napkins 100 COUNT PKG. 29¢	Texize Cleaner pint 33¢
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Duncan Hines Cake Mix
FUDGE MARBLE — WHITE — FUDGE
3 boxes \$1.00