

From The Chowan Herald Kitchen

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1/2 teaspoon allspice.
Cut acorn squash in half lengthwise and remove seeds. Place cut side down in baking dish with one-half inch water. Cover and bake in 350 degree oven for 30 minutes. Meanwhile prepare stuffing. In small skillet or saucepan melt butter; add celery and onion and cook until tender. Add ham, sugar and allspice; heat. Invert squash. Fill cavities with ham mixture. Cover and bake 15 minutes. Remove cover and bake 15 minutes longer. Serves four.

If you're having friends over after the game you could go a little Chinese and serve Stir-Fried Steak with Green Peppers. This recipe is a little different from the one used for the pepper steak you order in restaurants. You could show off your work or use a large skillet. In this one, a pound of flank steak serves four.

Stir-Fried Steak With Green Peppers
1 lb. flank steak.
2 teaspoons cornstarch.

1 teaspoon ground ginger.
1 teaspoon sugar.
3 tablespoons soy sauce.
1 tablespoon medium sherry.
1/4 cup peanut oil.
4 large green peppers, seeded and cut into one-half inch strips.

Hot cooked rice.
Place steak in freezer until partially frozen or about 45 minutes. Trim off and discard excess surface fat. Slice steak on an angle into very thin crosswise slices. In a medium mixing bowl stir together cornstarch, ginger, sugar, soy sauce and sherry until smooth. Mix in meat. Let stand 20 minutes. In a wok or a large skillet heat the oil over high heat. Add green pepper. Stir-try one minute. Mix in meat. Cook and stir until meat loses its red color or about four minutes. Serve with rice. Makes four servings.

Sundown Potatoes in an interesting way to make a casserole which would be just about right with thick slices of honey glazed ham at your next buffet. The casserole may be prepared ahead of

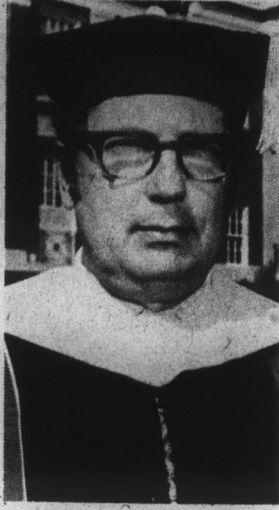
time and refrigerated before baking.

Sundown Potatoes

2 cans cheddar cheese soup.
1/2 cup milk.
1/4 cup Parmesan cheese.
8 cups thinly sliced potatoes.
1 cup thinly sliced onion.
1 tablespoon butter or margarine.
Paprika.
In bowl, blend soup, milk and cheese. In buttered shallow baking dish arrange alternate layers of potatoes, onion and sauce. Dot top with butter; sprinkle with paprika. Cover; bake at 400 degrees for 45 minutes. Uncover, continue baking for 15 or 20 minutes or until potatoes are tender. Serves six.

Americans Discover Norwegian Oil Field

Because of the ever-growing need for petroleum, both as a fuel and as a source of many other products, petroleum engineers and geologists are spanning the earth in their constant search to replenish the world supply. For example, Phillips Petroleum Company of Bartlesville, Okla., as operator for a multi-company group, has found another oil field in the Norwegian sector of the North Sea, according to W. F. Martin, president of Phillips. The field has been named Edda. Martin said it is expected that wells on the Edda structure will each be capable of producing at the rate of approximately 10,000 barrels of oil per day after permanent producing facilities are installed.



INAUGURATED—Dr. John E. Weems, Meredith College's sixth president, stands in front of Johnson Hall, the college administration building, in full academic regalia. Dr. Weems was inaugurated president of the Raleigh senior church-related woman's college Friday.

Chowan High Happenings

By VICKI LEARY and DARLENE EVANS

Vicki Leary and Darlene Evans will be the Chowan Herald correspondents for the 1972-73 school year. **Chowanian Receives Merit** The Chowanian has received its eighth All-American rating from the National Scholastic Press Association for the spring semester, 1972. The staff was led by Susan Jordan, editor, and Kitty Evans, associate editor. The present editor and associate editor are Vicki Leary and Darlene Evans, respectively. The advisor for the All-American paper is Mrs. Marvis Hendrix.

SCA Representatives Elected SCA representatives were elected in class meetings the past week. Representatives from the seventh grade are Wally Byrum and Shelia Lassiter; eighth grade, Carroll Perry and Salinas Copeland; ninth grade, Marta Rogerson and Peggy Boyce; 10th grade, Mark Long and Susan Taylor; 11th grade, Mel Evans and Vincent Roberts, and 12th grade, Michael Hare and Jean Roberts. The Student Council officers are: Carleen Goodwin, president; Belinda Byrum, vice president; Shelia Byrum, secretary and Brad Hollowell, treasurer.

Dentist Administers Dental Care Dr. Wiley Hines is teaching proper dental care for grades 5-7. He is sponsored by the N. C. State Board of Health. Dr. Hines will be working in four counties this school year. They are Chowan, Perquimans, Pasquotank and Camden.

Yearbook Plans Underway Leading the Chowan Chief staff this year are Joan Jordan, editor, and Beth Boswell, associate editor. Co-business managers are Darlene Evans and Richard Bunch. Advising the staff is Mrs. Nelia Amstutz. Progress has been made with the sale of advertisements, the sale of the yearbooks and the choice of a theme.

Seniors The senior class of 1972-73 met and elected their class officers. They are: Jeff Copeland, president; Richard Elliott, vice president; Debra Harvell, secretary; Don Bass, treasurer, and Donna Pecele, reporter.

Senior proofs arrived last Friday. Seniors are having a hard time deciding which pose they want to purchase.

FOR QUICK RESULTS
HERALD CLASSIFIED ADS

Triple Family Reunion Is Held

The families of the late Mr. and Mrs. Charlie Blanchard, Mr. and Mrs. Henderson Dail and Mr. and Mrs. John Chappell held a family reunion Sunday, September 24 at the club house at Arrowhead Beach and Boat Club.

Those attending the reunion were: Mr. and Mrs. Watson V. Blanchard of Arrowhead Beach, Mr. and Mrs. Hillery Twine, Tommy and Helen Raye Twine, Mr. and Mrs. William E. Blanchard, Billy and Kathy Blanchard, Mr. and Mrs. Raymond O. Blanchard and Randall Blanchard, all of Suffolk, Va., Mr. and Mrs. Thomas J. Blanchard of Richmond, Va., Mr. and Mrs. Charles W. Blanchard and Teresa Blanchard, also Mr. and Mrs. Jerome Strickland and Kendall Strickland of Portsmouth, Va., children and grandchildren of the late Mr. and Mrs. Charlie Blanchard. Mr. and Mrs. Murray Chappell of Poplar Branch, Mr. and Mrs. Tony Clark of St. Petersburg, Fla., children of the late Mr. and Mrs. John C. Chappell.

Mr. and Mrs. Kelma Copeland, Sr., and Alicia and Beth Copeland of Norfolk, Va., Mrs. Louise Patton of Washington, Mr. and Mrs. Henry Clay Sullivan of Hertford, Miss Bernice Dail, Mr. and Mrs. Clifton Dail, Mrs. Jamsey Hicks, Mr. and Mrs. Wendell Copeland and Connie Copeland, Mr. and Mrs. Earl Bunch, all of Edenton, children of the late Mr. and Mrs. Henderson Dail.

They are all former residents of Chowan County and several are actively affiliated with Bandon Chapel, Arrowhead Beach.

PRACTICE TEACHING Nancy H. Leake, Route 1, Tyner, is now practice teaching in business education at North Pitt High School at Bethel. Miss Leake is a student at East Carolina University.

CARPET WINNER Bob Marsh, Route 2, Roper, recently won a quantity of carpet given away by the Carpet & Appliance Plaza here during the Chowan County Fair.

Industry Hired to Solve State Rubbish Problems

Connecticut is planning a statewide system for disposing of garbage, trash, and other solid wastes with maximum recovery of material and energy.

The General Electric Company has been chosen by Connecticut from among 22 organizations submitting proposals to develop new processes and machines for recycling wastes from mixed refuse.

"This approach creates a pioneering partnership of private enterprise and government, serving the public good through the solution of a pressing social problem within the free enterprise system," according to Gov. Thomas J. Meskill. "We are especially proud that Connecticut is the first State in the nation to tackle the problem of solid waste on a statewide basis in this way," he said.

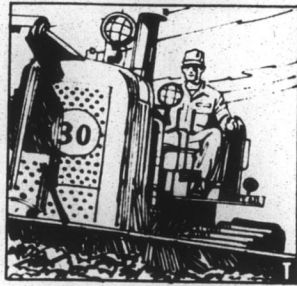
Citing the failure of piecemeal solutions in the race against continued environmental degradation he said, "Statewide planning for resource recovery, implemented regionally, in concert with local government, offers great

potential benefits to the people of Connecticut. It will help to create a more livable human environment, while conserving natural resources and providing additional jobs for Connecticut citizens."

D. J. Fink, GE vice president, said the Connecticut solid waste management program parallels the Apollo program in which GE participated. "Many in this nation have asked the question, if we can go to the moon, why can't we solve some of our most pressing earth problems? In the first phase, the Connecticut program is a major systems design involving broad scope and high technology. It is quite analogous in many ways to the challenge we faced and helped solve in the 1960's when NASA asked GE to work with them in initially defining the approach to getting men to the moon," he said.

Fifteen regional planning agencies and 169 Connecticut cities and towns are expected to play active roles in the planning and implementation process.

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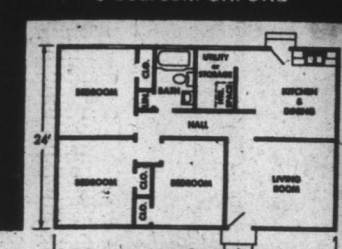
THE GOLDEN RULES OF GOOD HEALTH

Examinations are as natural a part of school days as grades, graduations and senior proms. But the one particular exam that we are thinking about is even more important than any of the others—your regular physical exam. It's the one test that you can't afford to flunk, at least not for long.

But, how can you "study up" for this kind of exam? It's really very easy. Proper rest (midnight studying is not recommended), balanced diet and regular exercise (your choice) are a few ways to stay in shape. This year try to get top grades in your physical exam.

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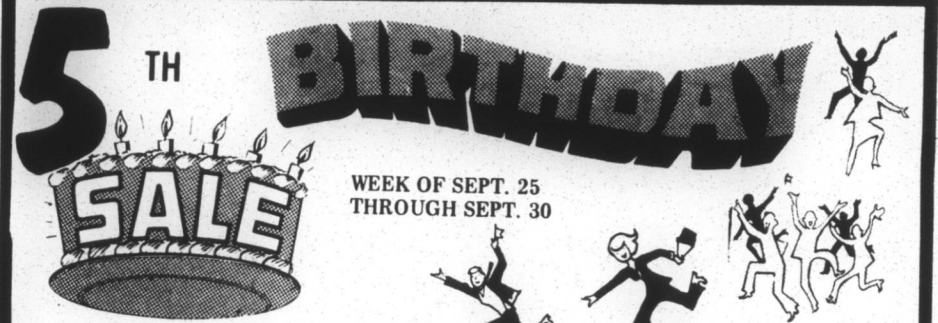
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