

From The Herald Kitchen

By MILDRED HUSKINS
An International "Day of Bread" is to be celebrated here Tuesday, October 3, as part of Harvest Festival Week.

Thus once again, as for centuries, the act of breaking bread gains modern significance transcending time and the boundaries of countries and continents.

The "Day of Bread" is not one day alone, but an annual point in time to celebrate nature's bounty and focus public attention on the need of good nutrition for the health and well-being of every man, woman and child.

The significance of the occasion was emphasized in 1953, when West Germany revived the age-old tradition epitomizing the spirit of the harvest season, a "Day of Bread" . . . a time throughout history when man pauses in his labors each fall to give thanks for the yield from land, sea and air. The observance spread to other countries of the Continent to the Americas and the Far East.

What better way to join in the many observances than with bread itself?

Of course, you'll be serving bread all day Tuesday, just like every day. But, we just wanted to remind you to take note of the nutritional value of that morning toast, those slices used for the luncheon sandwich and how about Gulliver's Bread Sticks with the hearty salad for dinner? And

a most appropriate dessert to offer as the grand finale for International "Day of Bread" is a sweet and buttery Quick Cannoli. The cups are slices of enriched bread (with crusts trimmed), flattened with a rolling pin, dipped in melted butter, sugar and spice, then popped into muffin tins to shape and bake.

If the family prefers a sweeter ending to their meal, a quickly prepared pudding mix or canned fruit pie filling can be substituted for the cheese mixture.

Gulliver's Bread Sticks
1 loaf unsliced enriched sandwich bread.

1 1/4 cups butter.
1 tablespoon chopped parsley.
1 tablespoon basil.
1 tablespoon chopped chives.

1/4 teaspoon garlic powder.
Cut unsliced loaf bread in half crosswise. Cut each in half lengthwise into quarters. Turn on side and cut again into quarters, making 16 more sticks from each half. Arrange sticks on baking sheets and let stand uncovered, about one hour. Melt butter or margarine with all remaining ingredients. Brush herb-butter on all sides of bread sticks. Bake at 375 degrees for 20 minutes, turning once, for chewy sticks or 35 minutes, turning once, for extra crisp sticks. Makes 32 sticks.

Quick Cannoli
12 slices enriched white bread.

1/4 cup butter, melted.
1/4 cup sugar.
1 teaspoon cinnamon.
2 cups (1 lb.) Ricotta cheese.

1 teaspoon grated lemon rind.
1/4 cup lemon juice.
2 tablespoons sugar.
Chopped nuts, optional.

Trim crusts from bread slices. Flatten slices with a rolling pin until very thin. Dip both sides of slices in melted butter. Combine sugar and cinnamon. Dip one side of bread in cinnamon-sugar mixture. Arrange buttered side down, in muffin cups. Bake in preheated 375 degree oven 15 minutes or until golden brown. Remove from muffin cups and cool completely on wire cooling racks. Beat cheese, lemon rind, juice and sugar until slightly fluffy. Spoon filling into bread cups just before serving. Garnish with chopped nuts, if desired. Makes 12 cups. (Note: Without the sugar and spice, toast cups are handy holders for turkey or chicken ala king, scrambled eggs or creamed chipped beef.

During Harvest Week, present the family a traditional Egg Braid made by this recipe.

Sewing Project Proves Helpful

By MARION DAIL

There are a variety of projects that any 4-H girl can participate in such as cooking, home improvement, canning, horse and electric.

One of the most rewarding projects is sewing. This project is economical, practical and interesting, too. You learn how to use a sewing machine, apply zippers, pockets and many interesting details that allow you to be creative.

With the sewing project you learn what goes into a garment and what goes with a garment.

Learn how to sew and go creative!



DAY OF BREAD—Go international with Quick Cannoli for dessert in observance of Day of Bread Tuesday, October 3, at the beginning of Harvest Festival Week. If your family prefers a sweeter dessert substitute a pudding or pie mix for the cheese mixture.

Lions Sponsor Corn Contest

By HAROLD BUNCH
Advance 4-H Club

The 4-H corn contest is sponsored by the Edenton Lions Club. There are three divisions: Nine to 12 years old; 13-14 years old and 15 years and above.

You are required to take a soil sample. You are encouraged to use recommended production practices. The

yields are determined by an estimation method. The county winners will be announced at the Farm-City banquet in November.

Four-Hers with corn projects are: Connie Monds, Nadine Monds, Bob Jordan, Gene Jordan, Bill Jordan, Harold Bunch, Jr., Harry Ward, Ivey Ward, Michael Perry, Joseph Goodwin, Bradley Ward and Claudia Lane.

STUDIES AT UNC-G

GREENSBORO—Ninety-nine of North Carolina's 100 counties are represented by the 7,411 students enrolled this fall at the University of North Carolina at Greensboro. Only Tyrrell County is missing. Among the undergraduate and graduate students attending UNC-G this fall is one student from Chowan County. She is Claire D. Copeland of 124 Morris Circle, Edenton.

Horse Project Said To Be Enjoyable

By MARTA ROGERSON
Center Hill 4-H Club

For the past four years I have taken the horse project in 4-H. Three of these years I have given demonstrations on horses. I have won district each time and have gone to State 4-H Congress to give my demonstration in state competition.

One of the reasons I have taken it is to gain a deeper understanding of the horse. Through this project I have learned to recognize the parts of the horse.

Surprisingly, horseback riding is becoming an "in" thing. There are about nine 4-H'ers in my community who have horses and many more adults and non-members. During the summer we often rode together on long distance rides. A friend and I once rode to Winfall and back. I have gained much pleasure from this project. There have also been some frustrating times, such as falling into a drain-

age canal or running through an electric fence.

You meet a lot of new people and much more important, you learn to work with others.

NOTICE!

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This statement would not have got you much of an argument back in the 1400's—most people believed it. Of course, Columbus and others have proved it wrong and we have come a long way in the explanation of our planet and universe.

In the field of health, we have also made fantastic progress. Whooping cough, typhoid, diphtheria, bubonic plague and the fears that were associated with them have all but vanished. The reason?—medical explorers have developed vaccines, antibiotics and a host of other miraculous drugs that can prevent and cure such once dreaded afflictions.

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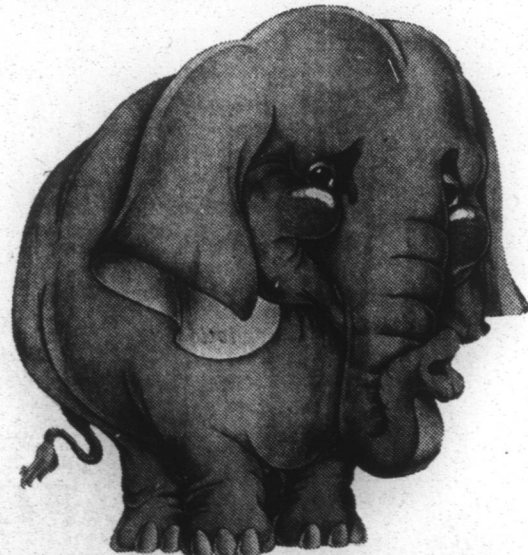
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