



Lois Satterfield



Debra Harrell



Jennifer White

DAR Good Citizens To Be Honored

Three high school students have been named DAR Good Citizens for the current school term, according to an announcement from the Tea Party Chapter, Daughters of the American Revolution.

They are: Lois Paulette Satterfield of Holmes High; Debra Harrell of Chowan High, and Jennifer Ann White of Perquimans High.

The students were chosen for their dependability, service, leadership and patriotism. They will compete with students from the district for further state and national honors.

The DAR Good Citizens and their mothers will be honored Saturday at a luncheon at Edenton Restaurant and will be taken on a tour of Historic Edenton.

Miss Satterfield is the daughter of Mr. and Mrs. Willie Satterfield. She was a semi-finalist in the National Achievement Program for

Outstanding Negro students, delegate to the N. C. Scholastic Press Institute at the University of North Carolina at Chapel Hill and president of the junior class.

Miss Harrell is the daughter of Mr. and Mrs. Melvin Harrell. Honors she has received in high school include: medals for outstanding

achievement in home economics, biology, typing, U. S. history and a French I merit certificate.

Miss White's parents are Mr. and Mrs. Emory White. Her honors include: co-editor of the high school annual; JV cheerleader, nurses' aide, and president of United Methodist Youth Fellowship.

FROM THE HERALD KITCHEN

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Basic Banana Bread

½ cup soft butter or margarine.
1 cup sugar.
2 eggs.
3 large or four medium bananas, mashed.
1 tablespoon milk.
1 teaspoon vanilla.
2 cups unsifted all-purpose flour.
1 teaspoon baking soda.
¼ teaspoon salt.
½ cup chopped nuts.
In large bowl cream butter with sugar until light and fluffy. Beat in eggs. Combine bananas, milk and vanilla. Mix flour, soda and salt. Blend in flour mixture alternately with bananas. Stir in nuts. Turn into a greased loaf pan. Bake at 350 degrees one hour and 10 minutes, or until tests done. Cool 10 minutes, turn out of pan and cool completely. Makes one loaf.

The easiest way to insure nutrition values in a solo lunch is to buzz up a Banana

Blender Shake, rich with milk, egg and fruit.

Banana Nog

½ cup milk.
1 medium banana, cut in pieces.
1 egg.
½ teaspoon vanilla.
Combine all ingredients in electric blender container. Cover and process at high speed until foamy. Makes one serving.

Orange Shake

½ cup orange juice.
½ cup milk.
1 banana, cut in pieces.
1 egg.
1 teaspoon sugar.
¼ cup crushed ice or two ice cubes.
Combine all ingredients in electric blender container. Cover and process at high speed until foamy. Makes one serving. For a coffee shake substitute one-half teaspoon instant coffee for the orange juice and increase sugar to two teaspoons.

Banana Esbies

Makes breakfast easy, brighter and more nourishing with these:
Slice a banana on a piece of buttered toast. Mix one teaspoon sugar and ¼ teaspoon cinnamon. Sprinkle over bananas. Place under preheated broiler for two minutes.

In electric blender container combine three-fourths cup milk, 1 ripe banana and ½ teaspoon sugar. Cover and blend until smooth.

Add two cups sliced bananas to your favorite recipe of pancake batter; bake as usual.

Add sliced bananas to favorite cereal, cooked or ready-to-eat.



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"Somewhere, somehow, the public must learn that it's of small importance whether a candidate looks and sounds like one of the Kennedy brothers, or whether he has charisma or glamour. The paramount thing is whether a man believes in the principles of America, and whether he is willing to stand up for them, win or lose."

November 3, 1970

Where does JESSE HELMS stand...

VIETNAM

"The war in Vietnam has been, from the beginning, a tragic study in contradictions, a seemingly endless road leading to an incomprehensible nowhere. It is, in the first place, not even a declared war, and in the second place, a war which the United States has too often made clear that we do not intend to win in the accepted military sense. No wonder, then, that there now exists an increasing bewilderment at home, a growing sense of frustration, and a frightening discord as to our national purpose."

February 27, 1968

POLLUTION

"The litter along the roadside, the trash that is increasingly infesting society, will not clean itself up. We are on the threshold of suffocating in the swamps of our own garbage."

April 14, 1971

BUSING & EDUCATION

"One can only conclude that, in the view of the federal courts, education no longer counts for anything. Only integration. It is time that reasonableness and logic be reintroduced into solving the problems of education."

August 21, 1969

RIISING PRICES

"The dollars you earn will continue to buy less and less at the grocery store—unless and until the Congress decides to do something about the waste and extravagance in Washington."

January 13, 1971

NATIONAL DEFENSE

"National defense is indeed expensive—and so is an adequate police force... Surely any rational citizen can understand that it is better to have it and not need it, than to need it and not have it. The difference is a matter of survival itself."

July 17, 1969

FARM SUPPORTS

"As for our farmers—who produce our food, fibres, tobacco and other products—society simply cannot in good conscience, or good sense, turn its back on those who labor to feed and clothe all the rest of us."

August 5, 1972

TAXES, TAXES, TAXES

"There is no governmental sympathy for the men and women who work for a living to support their families. The official mood is to levy even greater taxes upon them, and to give away even more to those who claim that they have a 'right' to a comfortable guaranteed annual income, regardless of their willingness to work."

January 22, 1971

CRIME

"What will deter crime is a return to the concept of punishing criminals—stern punishment, quick punishment. Not the kind of powder-puff, by-your-leave pats on the wrist that return criminals to the street an hour or so after they have been arrested."

August 28, 1969

HE'S ONE OF US! CHOWAN COUNTY CITIZENS FOR HELMS

(PARTIAL LISTING)

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REV. PAUL HAWKINS
EDENTON

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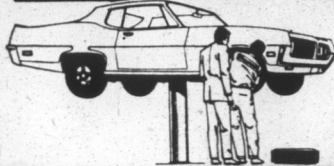
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