

Creative Cooking From The Herald Kitchen

By MILDRED HUSKINS

If the rude awakening of an alarm clock fails to bring your sleepyheads to the breakfast bar, better try a more gentle persuader.

For example try the incense of homemade sweet rolls heating in the oven or the makings of a fluffy omelet.

These Maple-Pecan Rolls are so special, make them for a weekend breakfast that needn't be rushed. They can be made a day ahead and reheated at breakfast time.

Encouraged your family to eat a hearty, nutritious breakfast each day and to satisfy a variety of tastes, serve a tasty Cottage Cheese Omelet made with crunchy grape-nuts. The nut like cereal nuggets make an important contribution to the nutritional value of the omelet. Serve it with melba

toast, seasonal fruits, milk and coffee for a complete breakfast. Here is the recipe for the rolls:

Maple-Pecan Rolls
1 cake-compressed or 1 pkg. dry yeast
1/4 cup lukewarm water
1/2 cup milk, scalded
One-third cup butter or margarine
1/4 cup sugar
1 teaspoon salt
1 teaspoon grated lemon peel
2 1/2 to 2 3/4 cups sifted flour
1 egg, beaten
1 cup quick or old-fashioned oats, uncooked

For dough, soften yeast in lukewarm water. Pour milk over butter, sugar, salt, and lemon peel; stir until butter melts. Stir in one cup flour, egg and softened yeast. Stir in oats and enough additional flour to make a stiff dough. Turn out on

lightly floured board and knead until smooth and satiny, about 10 minutes. Round dough into ball; place in greased bowl. Cover and let rise in warm place until double in size, about one hour. Meanwhile, combine two-thirds cup maple-blended syrup, one-fourth cup melted butter or margarine, one-fourth cup coarsely chopped pecans and one-fourth cup dark raisins in a nine-inch square baking pan; spread evenly. Punch dough down; roll out to form and rectangle. Brush with melted butter. Starting with short side, roll up like a jelly roll. Cut into nine one-inch slices. Arrange in omelet pan. Cover and let rise in warm place until nearly double in size, about 45 minutes. Bake at 350 degrees 30 to 45 minutes. Cool five minutes

before inverting onto serving plate.

Cottage Cheese Omelet
1 can (8 oz.) stewed tomatoes
1/4 teaspoon onion salt
Dash pepper
4 eggs, slightly beaten
1/2 teaspoon onion salt
Dash pepper
1/4 cup nonfat milk
1 tablespoon butter or margarine
One-third cup skim milk cottage cheese

Two-thirds cup Post Grape-Nuts Brand cereal
Heat tomatoes in a saucepan. Break up with a fork. Season with onion salt and dash of pepper. Cover and keep hot while omelet is cooking. Combine eggs, onion salt, pepper and nonfat milk; mix well. Melt butter in a skillet. Add egg mixture and cook over low heat. As omelet cooks, loosen edges gently with a spatula so that uncooked egg runs to the bottom. When mixture is almost set, spoon cottage cheese over top. Sprinkle with cereal. Loosen omelet around the sides and crease across the center with a spatula. Fold gently in half and slide onto a warm platter. Top with hot tomato mixture. Serve immediately. Makes four servings of 206 calories each.

Have you been looking for a very sophisticated and nutritious breakfast idea? How

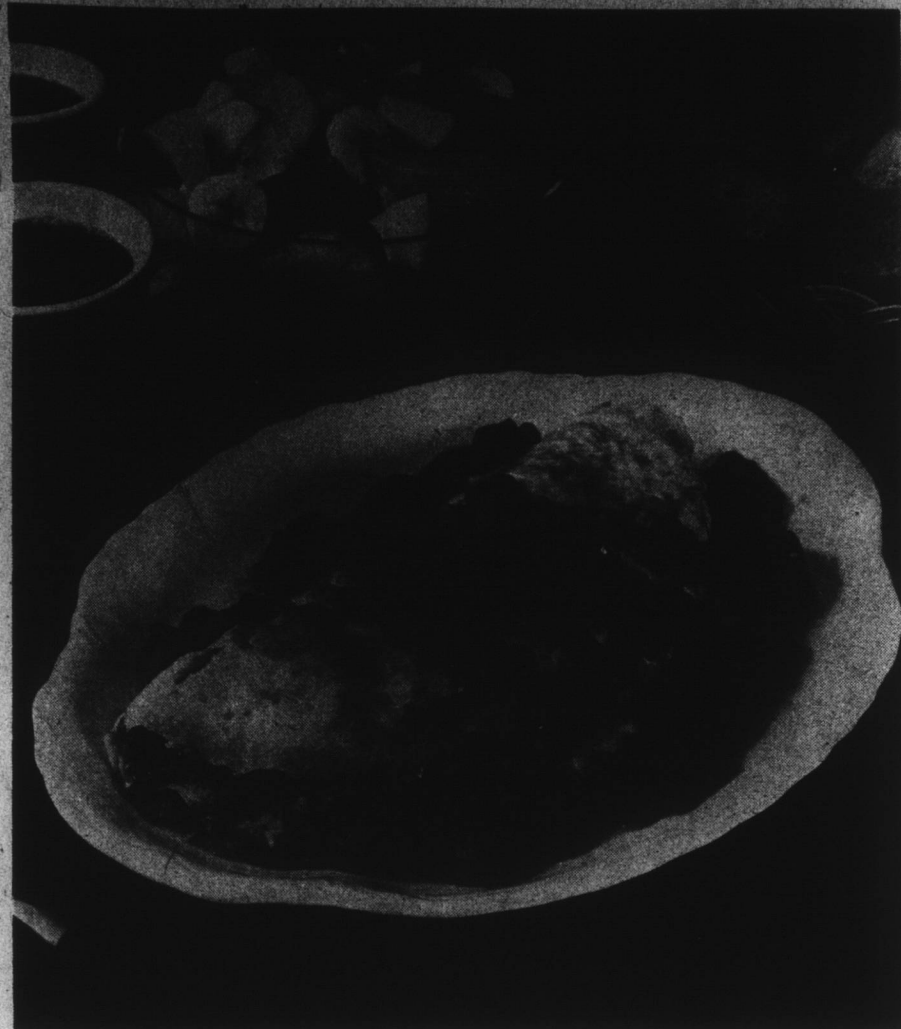
about a new spread for English muffins? Have a continental breakfast at home!

Breakfast Spread
6 English Muffins
1/2 cup honey or maple syrup
1/4 teaspoon nutmeg
1 teaspoon grated orange rind
1 pkg. (3 oz.) cream cheese
2 tablespoons milk
1/4 cup chopped nuts
Split English muffins in half with a fork and toast until lightly browned. In a small bowl, mix honey, nutmeg and orange rind. In another bowl, mash cream cheese until soft and creamy. Beat in milk. Stir in nuts. Spread cream-cheese mixture on muffin halves mixture. (Spread and honey mixture can be prepared ahead of time and refrigerated until needed.)

What's New

Quaker Oats Company has a new cereal product to excite the whole family. It is the fifth cereal in the Cap'n Crunch line and is called Jean LaForte's Cinnamon Crunch.

Pillsbury Refrigerated Foods Company is introducing a new line of refrigerated Heat 'N Serve Biscuits under the 1869 brand. They are available in both buttermilk and baking powder flavors. They are packaged in clear pouches, six biscuits to a pouch, two pouches per package.



BETTER BREAKFAST—To help the members of your family get the needed energy for busy schedules, encourage them to eat a hearty, nutritious breakfast each day. Begin by serving Cottage Cheese Omelet. Grape-Nuts adds the crunchy nut like flavor.

Recreation Scoreboard By Roy Winslow

MIDGET FLAG FOOTBALL

| Standings | | |
|-----------|-------|--|
| Redskins | 8-2 | |
| Cowboys | 4-5-1 | |
| Packers | 4-5-1 | |
| Dolphins | 3-7 | |

The Redskins increased their lead in the standings by defeating the Cowboys and the Packers in action during the past week.

William Privott scored both TDs as the Redskins downed the Cowboys, 14-6. He also accounted for an extra point as did Greg Shackelford. Edward Jackson scored the lone Cowboy touchdown.

Defensive standouts for the Redskins were: Clif Clark, Jim Chesson and Raleigh Basnight while Blake Boyce, Tommy White and Allen Downum provided the defensive spark for the Cowboys.

The Redskins, again behind the scoring of Privott and Shackelford, defeated the Packers, 20-13. Privott scored three times and added an extra point with Shackelford getting an extra point. Steve Holley and Bobby Hutchison scored TDs for the Packers and Ed Small converted once.

Jeff Babb joined Basnight and Clark in leading the Redskins' defense with Small, Holley and Keith Nixon being defensive

standouts for the Packers.

Earlier the Cowboys defeated the Dolphins, 18-13, with Edward Jackson pushing across three touchdowns. Bobby Ashley and Woody White scored for the Dolphins and White added an extra point.

Tommy White, Allen Downum and David Jordan turned in a good defensive game for the Cowboys with Bobby Ashley, Mike Spear, and James Johnson being standouts on defense for the Dolphins.

Bobby Ashley scored two touchdowns and an extra point to lead the Dolphins over the Packers, 13-7. Bobby Hutchison scored for the Packers with Steve Holley getting the extra point.

Ashley was joined by Woody White and Larry Ferebee in the defensive spotlight while Trent Nixon, Ed Small and Thomas White turned in good defensive play for the Packers.

WOMEN'S VOLLEYBALL

| | |
|-----------------|-----|
| Bankers | 5-1 |
| Carterettes | 5-1 |
| Edenton Shell | 4-2 |
| Eden Motel | 2-4 |
| George C. Moore | 2-4 |
| Hospital | 0-6 |

Shell def. Moore; 15-9, 15-2. Bankers def. Eden; 15-0, 15-0. Carterettes def. Hospital; 15-1, 15-6.

Eden def. Moore; 7-15, 15-12.

Bankers def. Hospital; 15-0, 15-0. Carterettes def. Shell; 15-12, 15-11.

MEN'S VOLLEYBALL

| | |
|-------------------|-----|
| George Chev. | 6-0 |
| Town of Edenton | 6-0 |
| Carters Ink | 5-1 |
| Down Towners | 4-2 |
| Immanuel Baptist | 3-3 |
| Edenton Methodist | 2-4 |
| Edenton Baptist | 1-5 |
| Guard A | 1-5 |
| Guard B | 1-5 |
| Jaycees | 1-5 |

City def. Guard A; 15-7, 15-8. George def. Immanuel; 15-5, 15-4.

Methodist def. Jaycees; 15-0, 15-0. Immanuel def. Guard A; 15-0, 15-0.

Carters def. Towners; 14-16, 15-5, 15-8. Guard B def. Baptist; 15-7, 15-8.

City def. Guard B; 15-6, 15-5. Towners def. Jaycees; 15-0, 15-0. George def. Methodist; 15-6, 15-6. Carters def. Baptist; 15-0, 15-0.

The House of Representatives first established its Committee on Education and Labor in 1867, according to the U. S. Department of Labor.

Commodity Loans Are Available

As our farmers complete harvest operations this fall and finalize sales plans for the unmarketed portion of their crops they should not overlook the availability of commodity loans offered by the ASCS Office as a part of their marketing planning.

Although current market prices are above the 1973 loan rates for the commodities under the loan program, producers may find advantages in the loan program for interim crop income if they plan to sell at a later date, thus providing themselves with greater independence in their crop marketing.

We are in no position to tell farmers when or how to market their crops but we do want the farmers to know we have loan programs available if they want to utilize it as a marketing tool in obtaining maximum crop income.

COMMITTEE ELECTION
Candidates are now being nominated for ASC Community Committeemen. Most farmers eligible to participate in ASCS Programs may nominate or be nominated for ASC Community Committee Elections. The County ASC Committee is hopeful that at least six candidates will be nominated by petition in each ASC Community. Petitions for ASC Community Committeemen must be filed at the County ASCS Office on or before October 29, 1973.

The Committee elections will be held by mail this year during the period of November 20 through December 3, 1973.

FHA NEWS BULLETIN RELEASE

The Farmers Home Administration can now make loans to individual residents under 21 years of age to establish and operate income producing farm or nonfarm enterprises of modest size. Loans can finance nearly any kind of income-producing operation including crop production, livestock production, repair shop, woodworking shops, roadside stands, re-upholstering, and refinish furniture and other worthy enterprises. Each project must be part of an organized and supervised program of work such as FFA, FHA, Boy Scouts, etc. The eligibility requirements are:

1. Be under 21 years of age.
2. Live in rural area (10,000 population or less).
3. Be a member of an organization such as FFA, FHA, 4-H, etc. or be enrolled in some other organized course of instruction.
4. Plan to conduct income producing project.
5. Be recommended by instruction or advisor and parents.

More information may be obtained through Farmers Home Administration in Hertford, North Carolina.

REMINDERS

Return tobacco marketing cards as soon as all sales are complete. Return peanut marketing cards as soon as sales are completed. Enter in the space provided on the card, if any, peanuts that were saved for seed purposes.

H. O. WEST

RE-ELECT

James C. "Pete" Dail
Councilman-at-Large

Tuesday, November 6

Experienced — Active — Willing

YOUR VOTE AND SUPPORT WILL BE GREATLY APPRECIATED

FOR RENT

Very special house — 3 bedroom brick with many excellent features for comfortable living; two years old but "like new."

Two mobile homes on wooded lots with access to water, one being COMPLETELY furnished.

FOR SALE

HOUSES:
Brick, frame,
Large, small,
Old, new.
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— AT —
W. E. S.

FRESH GRADE A FRYERSlb. 39c
GWALTNEY FRANKSpkg. 79c
FIRST CUT PORK CHOPSlb. 79c
NO. 2 1/2 CAN PORK and BEANS 3 for 89c
16 OZ. DEL MONTE PINEAPPLE JUICE .. 3 cans \$1.00
3 OZ. SAUER'S BLACK PEPPER 44 for \$1.00
SUNSHINE KRISPY CRACKERS ..lb. box 43c
LARGE DASH WASHING POWDER 2 boxes \$1.19

TRY US FOR FRESH MEATS AND HOMEMADE SAUSAGE
W. E. Smith's Store
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Phone 221-4031 - Edenton, N. C.

HALLOWEEN SWEET TOOTH SALE

UP TO 40% OFF REGULAR RETAIL PRICES

We're overstocked on candy and snack foods. Here's your chance to get exceptional prices on items such as potato chips, fig bars, Baby Ruths, Butterfingers, Sour Grape Bubble Gum, Fun Dip, Heath Bars, Astro Pops and many, many more.

Sale starts 10:00 A. M. Monday, October 29, at old Jimbo's Jumbos on Badham Road and runs through 5:00 P. M. Wednesday.

Super Special for the kid who has almost everything — 300 pieces of Super Bubble Gum for \$1.80.

A favorite for all reduced prices of gallon hot sausage and pig feet.

Jimbo's Jumbos

Incorporated
PEANUT AND PEANUT PRODUCTS
Phone 919 - 482 - 2193 Edenton, N. C. 27932

NOTICE!
The Edenton Little Theater regrets to announce that we have been unable to cast the musical "The Fantasticks." We wish to publicly thank those people who were willing to give of their time and talents.
We anticipate an evening of Prose and Poetry at a future date.

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- Blouses
- Sweaters
- Shirt Jackets
- Shrinks

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10:00 A. M. UNTIL 5:00 P. M.
OPEN ALL DAY WEDNESDAY