

NORTHEASTER HONORED—Garland Strickland, third from left, is shown with a cash award and plaque on behalf of the Albemarle Conservation District for national honors with the newsletter "Northeaster." The picture was made recently during the national convention held in Houston, Tex.

Receives Recognition

The Albemarle Conservation District received an award for excellence in public information work from the National Association of Conservation Districts (NACD) at the association's 28th, Annual Convention held in Houston, Tex. February 11-14.

The district newsletter, the "Northeaster" was recognized as a second place area winner in the Southeastern United States. Garland Strickland, treasurer of the N. C. Association of Conservation Districts, receiving a cash award and plaque on behalf of the Albemarle District for this achievement.

chairman, states: "As we begin our 14th year of publication we are pleased with the record that "Northeaster" established, having been except for flight, farm, or on-job

Newsletter Contest.

"With a mailing list of over ,600, we feel that the timely tidbits of news presented monthly by the "Northeaster" reflects the conservation work being carried on by the people in our area".

This year, 41 district newsletters out of 750 entries received awards. All of the nearly 3,000 local Soil and Water Conservation Districts in the 50 states, Puerto Rico and the Virgin Islands are eligible to participate in the Annual Contest.

The Veterans Administration L. C. Bunch, district reminds veterans discharged between January 31, 1955, and June 1, 1966, that they have only until May 31, 1974, to complete has training under the GI Bill recognized each year except trainees, who have until August 1967 and 1972 in the National 30, 1975.

Phone Company Gives Promotions

The Norfolk & Carolina Telephone & Telegraph Co. and The Norfolk & Carolina Telephone Co. of Va., have announced that at their recent board meetings O. V. Hobbs was appointed superintendent installation & repair, and C. G. Castellow was appointed outside plant consultant.

The appointments were part of an overall restructuring withinthecompanies which realigned departments and is designed to make the companies more responsive to the growing needs of their service areas.

The companies, headquartered in Elizabeth City, now serve over 35,000 stations in eight northeastern North Carolina counties and over 11,000 stations in Chesapeake and Virginia Beach, Virginia.

The Chowan Herald

followed by its nutritional code and this code is set forth on the very first page.

The February issue has a section on homemade breads; one on recipes to serve 2,6 or 24; a special menu with recipes to follow to present your Valentine; requests from readers; herbs and spices, etc., etc.

requests from readers; nerve and spices, etc., etc. We were especially interested on the good buyer guide entitled "Cheese...The Food of Infinite Variety." In this section there is an article on the fine art of to give you a few of their hints, many of them, you probably already know. First of all cheese, as with all high protein foods, becomes tough and stringy if overcooked so long cooking of cheese must be at a low temperature. Cheese is easily scorched, so a heavy pan should always be used or a double boiler. Cheese heated beyond the boiling point separates out unless it is mixed with a starch such as pasta, flour or cereal. Grate cheese before adding to a sauce or

Fondue parties are popular still among the young set and are fun, informal and easy ways to entertain. Here is the recipe given by Good Food for Cheese

Cheese Fondue 1 clove garlic, halved 2 cups dry white wine 4 cups (1 lb.) grated Swiss

3 tablespoons flour 14 cup kirsch or brandy Dash nutmeg Salt to taste Cubes of French, rye and

umpernickel bread

Make fondue in a non-metallic pot. Rub the inside of the pot heavily with the cut clove garlic. Discard garlic. Heat wine in pot just until bubbles form. In a bowl mix grated cheese and flour. Add cheese to

salt, Set aside, Cream butter

added to our recipe collection and if you can find all the chesses locally try it soon with a big tessed sailed. vanilla until very soft.

Mestless Lasagna
1 box (16 oz.) lasagna noodles
2 tablespoons salad oil
3 jars mariana sauce

2 cartons (8 oz.) ricotta or small curd cottage cheese 2 pkgs. (8 oz. sliced

2 pkgs. textured vegetable

Mozzarella chee 1/2 cup grated Parmesan

Cook lasagna noodles according to directions adding oil to cooking water. Drain and place noodles side by side on waxed paper to prevent sticking. Mix marinara sauce and vegetable protein together. Cover bottom of well-greased 9x13x2 inch baking pan with a little of this mixture. Cover with layer of noodles. Add a layer of half of the ricotta and half the Mozzarella cheese. Top with a third of remaining sauce. Cover dish with more noodles and the final portion of sauce. Sprinkle top with Parmesan cheese. Bake at 350 degrees for one hour until bubbly and brown. Let stand 15 minutes before

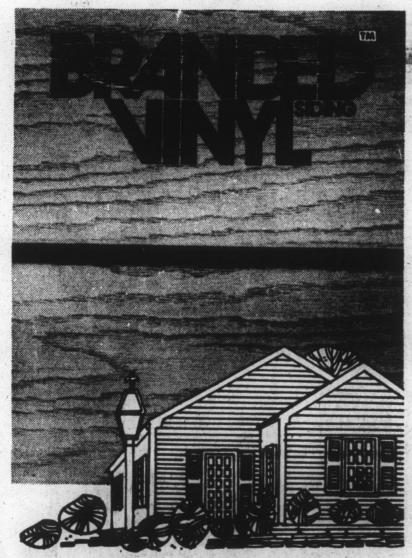
serve six to eight. Did you miss the most historic recipe for old-fashioned tea cakes which dates back to the 1774 Edenton Tea Party? Nan Wiley came up with it and it is

serving. Cut into squares and





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Credit Course GREENVILLE-A 10-week college credit course, Psychology 380G, Psychology of Exceptional Children, will be

offered in Edenton beginning March 19, by the Division of Continuing Education of East Carolina University. It will be taught in three-hour ons at John Holmes Hip School, Room 143, each Tuesday

evening through May 21. Each session will meet from 6:30' P.M. to 9:30 P.M. Dr. Jerry Sloan will be the instructor for the course. Pre-registration for the

course is necessary. Pre-registration for the cuse

is necessary.
Psychology 380G carries three quarter hours of college credit which may be used toward certificate renewal or for degree credit if the course fits into the student's degree

program.

For pre-registration or further information you may contact James P. Harrell, Regional Coordinator, Edenton-Chowan Schools, P. O. Box 206 Edenton, N. C. 27982

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