



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 "Northeast." 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 "Northeast" 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.

L. C. Bunch, district chairman, states: "As we begin our 14th year of publication we are pleased with the record that the "Northeast" has established, having been recognized each year except 1967 and 1972 in the National

Newsletter Contest. "With a mailing list of over 1,600, we feel that the timely tidbits of news presented monthly by the "Northeast" 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 reminds veterans discharged between January 31, 1955, and June 1, 1966, that they have only until May 31, 1974, to complete training under the GI Bill — except for flight, farm, or on-job trainees, who have until August 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 within the companies 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.

From The Chowan Herald Kitchen

By MILDRED HUSKINS
We have become interested recently in a little magazine which is small in size, easy to handle and has a great deal of valuable information for the modern homemaker who wants to feed her family well as economical as possible.

The magazine, Good Food, says its purpose is to be a magazine "whose special interest and total environment is food." Besides the convenient manner in which each recipe is 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.

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 cheese cookery which is handy to know about and we would like 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 casserole.

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 Fondue.

Cheese Fondue
1 clove garlic, halved
2 cups dry white wine
4 cups (1 lb.) grated Swiss cheese
3 tablespoons flour
1/4 cup kirsch or brandy
Dash nutmeg
Salt to taste
Cubes of French, rye and pumpernickel 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

the pot a handful at a time, stirring until smooth. If cheese becomes thick and stringy keep stirring over low heat. Stir in kirsch or brandy. Add nutmeg and salt to taste. Keep fondue hot over a warmer. Spear bread cubes on fondue forks. Dip into cheese. Serves four to six. (Note: Leftover fondue can be covered and chilled. Reheat over simmering water in a double boiler.)

This meatless lasagna will be added to our recipe collection and if you can find all the cheeses locally try it soon with a big tossed salad.

Meatless Lasagna
1 box (16 oz.) lasagna noodles
2 tablespoons salad oil
3 jars mariana sauce
2 pkgs. textured vegetable protein
2 cartons (8 oz.) ricotta or small curd cottage cheese
2 pkgs. (8 oz. sliced) Mozzarella cheese
1/2 cup grated Parmesan cheese

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 serving. Cut into squares and 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

the first time we'd seen it. Here is the way it goes.

Penelope Barker's Tea Cakes
3/4 cups flour
1 teaspoon soda
1/2 teaspoon salt
Three-fourths cup butter
1 teaspoon vanilla
2 cups firmly packed brown sugar
3 large eggs

Sift together flour, soda and salt. Set aside. Cream butter and vanilla until very soft.

Gradually cream in sugar. Add eggs, one at a time, beating well after each addition. Stir in flour mixture. Divide dough into two balls and wrap each in waxed paper. Chill for several hours or until easy to handle. Roll out about one-eighth inch thick on lightly floured board. Cut with cookie cutter and bake on greased baking sheet at 400 degrees about seven or eight minutes. (Note: This recipe makes the soft, light-colored old-fashioned tea cakes.)

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ECU To Offer 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 sessions at John Holmes High 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.

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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. 27932.

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