



BREAD AND CHICKEN — Homemade whole wheat or Sourdough bread will delight the family and add valuable nutrients to the diet. At right is a special cooker designed by Carlie Tart in his pottery studio for preparing Yunnan Chicken in the Chinese manner.

From The Herald Kitchen

By MILDRED HUSKINS
Some of our favorite recipes have come from men who are also artists in the kitchen.

We have been waiting to get back to one by our friend, Carlie Tart, an outstanding artist, decorator, potter, and also a very fine cook. As we have told you before he not only bakes a fine loaf of sourdough bread but produces the bowl it is made and baked in. He also has provided us with a recipe for Yunnan Chicken from the province of Yunnan, China, which is cooked in a special cooker he has designed and made so attractive it comes right to the table.

Tart, at the risk of repeating ourselves, is an art instructor at Sandhill Community College and is fast becoming one of our state's outstanding potters. He works in a studio in his home which he has developed most attractively from an old stable. He is also an accomplished horticulturist and his plants in the patio area at his Southern Pines home and studio are displayed in unusual pots of his design and all of them created in his own studio. He works with the clay on an electric wheel he designed and now markets.

But, to get back to Tart as a cook. A very few months ago when we visited the Tart place which was on a home town he had samples of his bread on the cabinet in his attractive and convenient kitchen for all to try. Here is the recipe he has sent

along to us. He didn't include the sourdough starter!

Sourdough Bread
2 cups milk
1/2 stick butter
1 pkg. yeast
2 tablespoons sugar
Two to three tablespoons salt
2 tablespoons vegetable oil
2 cups of sourdough starter
1/2 cup honey (optional)
2 cups whole wheat non-rising flour

2 eggs (Optional)
Extra flour for kneading
Scald milk. Do not boil. Melt butter. Combine yeast and 1/2 cup hot water (not too hot). Combine milk and butter mixture into sourdough starter plus the sugar and eggs, if used, add vegetable oil, yeast, salt and honey, if desired. Mix in flour until batter is thick and rich. Let mixture rise for six to eight hours in a warm place. Punch down. Knead flour into mixture until texture is silky. Place bread in pans and bake at 400 degrees for 20 minutes. Brush top lightly with butter before removing from oven. (Note: Molasses may be substituted for honey.)

If you simply go for homemade whole wheat bread this recipe came from a college student who bakes bread regularly.

Whole Wheat Bread
4 cups whole wheat flour
4 cups unbleached white flour
1/2 cup non-fat dry milk
1/4 cup wheat germ
3 tablespoons sugar
2 tablespoons salt
2 pkgs. active dry yeast
1 1/2 cups water
Three-fourths cup milk
One-third cup honey
One-third cup vegetable oil
In a large container, stir together flours. In another large bowl thoroughly mix three cups of the flour mixture, dry milk, wheat germ, sugar, salt and undissolved dry yeast. In another large bowl thoroughly mix three cups of the flour mixture, dry milk, wheat germ, sugar, salt and undissolved dry yeast. In a saucepan, stir

together water, milk, honey and vegetable oil. Heat over low heat until liquids are very warm. Gradually add warm milk mixture to dry ingredients. Beat thoroughly with wooden spoon, about two minutes. Add one cup flour mixture or enough to make a thick batter. Stir in enough additional flour mixture to make a soft dough, saving at least one-half cup. Spread one-half cup flour on pastry cloth. Turn dough out onto well-floured surface. Scrape bowl and turn scrapings onto dough. Knead dough until smooth and elastic and all flour in cloth has been worked into dough, at least eight to 10 minutes. Place in greased bowl, turning so that the top is greased. Cover and let rise in warm place until doubled in bulk or one and one-half hours. Punch down dough; turn out of bowl. Cut into four pieces. With hands, from each piece of dough into a rounded, slightly flat loaf. Place on large baking sheet. Cover and let rise in a warm place until doubled in bulk. Bake in 400 degree oven about 25 minutes or until loaf sounds hollow when tapped. Makes four loaves.

Yunnan Chicken
1 broiler-fryer chicken cut into serving pieces
Peanut oil
Candied ginger
2 leeks or one onion
Salt and pepper to taste
1/4 cup sherry wine
3 tablespoons Soya sauce
Seedless grapes
Disjoint one or two fryers. Rub chicken with peanut oil or any salad oil and place around the chimney of the cooker. Add the chopped leeks or onion, two or three pieces of candied ginger, three tablespoons soya sauce, salt and pepper to taste. Place cooker over sauce pan of boiling water and allow to steam for one hour. Add a handful of white seedless grapes on top of chicken for flavor and texture. (A few strips of carrots and celery may also be added for garnish). Steam another half hour or until chicken is tender. If water steams away from sauce pan before chicken is done, replenish with boiling water and continue cooking. During the last 15 minutes add the sherry. Serve chicken pieces on plates with cup of chicken broth or serve broth over bowl of steamed rice. Add additional soya sauce and sherry to taste. Serves four to six.

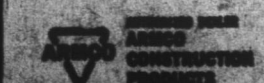
(The Tart-designed cooker is pottery of attractive design shaped like a tube cake pan and the idea is the steam rises through the tube or "Chimney" and cooks the chicken.)

He who has lost honor can lose nothing more.
-Pubilius Syrus.

Armo Corrugated Steel Pipe For Irrigation/Drainage



IT'S EASY TO INSTALL. STRONG. Uses include road culverts, ditch cross-overs, stock water supply lines and turnouts. Durable zinc-coated Armo Corrugated Steel Pipe is available in diameters 6 to 96 inches. We maintain stock for your needs. Call us for prices.



Coastal Concrete Company, Inc.
WINDSOR, N. C.
Phone 794-3120

EDENTON, N. C.
Phone 482-2275



DeWitt's Pills
FOR BACKACHE & JOINT PAINS
CONTENTS 40 PILLS
REGULAR PRICE \$1.50
OUR PRICE \$1.39
Mitchener's Pharmacy
EDENTON, N. C.

HEATING PROBLEMS?

— IF SO —
CALL 482-4957
Craddock's Air Conditioning, Heating & Appliance Service

Your Heating Problems Can Now Be Solved By Having An Experienced Service Man To Check Your Heating System

PRICES EFF. THRU SAT. MARCH 9 AT A&P WEO IN EDENTON ONLY.

A&P WEO
WHERE ECONOMY ORIGINATES

ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS AND WHOLESALERS

"SUPER-RIGHT" CORN-FED HEAVY BEEF CHUCK ROAST BONE IN Lb. **69¢**

We Won't Stop Trying Till You Say... Weeeeee!

IN THE MEAT CASE

A&P PIMIENTO CHEESE SPREAD 16 Oz. Cup **99¢**

"SUPER-RIGHT" FANCY BONELESS HAM HALF Lb. **\$1.69**

ALLGOOD #1 THIN SLICED BACON 1-Lb. Pkg. **99¢**

OSCAR MAYER BREAKFAST LINK SAUSAGE Lb. **\$1.29**
3-Lb. Box **\$3.59**

A&P EXTRA LEAN GROUND BEEF 3 Lb. Roll **\$3.25**
5 Lb. Roll **\$5.33**

USDA Inspected FRESH FRYER QUARTERS Breast or Leg Qtr. **49¢** Lb.

"SUPER-RIGHT" CORN-FED HEAVY BEEF Porterhouse, Club, or T-BONE STEAKS **\$1.79** Lb.

YOUR CHOICE ALLGOOD VAC PAC HOT DOGS 1-Lb. Pkg. "SUPER-RIGHT" ALL MEAT OR BEEF
SLICED BOLOGNA 12-Oz. Pkg. "SUPER-RIGHT" HOT OR MILD PURE
PORK SAUSAGE 1-Lb. Pkg. **79¢** Each Only

A&P WAFER THIN SLICED Smoked Beef, Chicken, Chopped Ham, Corned Beef, Pastrami, Turkey, and Spicy Beef 3-Oz. Pkg. **45¢**

"SUPER-RIGHT" SMALL LEAN PICNIC PORK ROAST Lb. **77¢**

FROZEN CAP'N JOHN'S FISH STICKS 10-Oz. Pkg. **69¢**
1-Lb. Pkg. **99¢**

TEXAS SEEDLESS RUBY RED GRAPEFRUIT 18 Lb. Bag **\$1.99**
ZESTY RED RADISHES 6-Oz. Pkg. **10¢**

GOLDEN RIPE BANANAS Lb. **10¢**
FRESH CRISP GREEN PEPPERS Ea. **10¢**

FRESH TENDER MUSHROOMS Lb. **89¢**
IN THE SHELL—FRESHLY ROASTED PEANUTS 2-Lb. **89¢**

SAVE MONEY ON FROZEN
Morton's Pie Shells 2-Ct. 10-Oz. **43¢** Pkg.

FROZEN CHOPPED OR LEAF
A&P Spinach 5 10-Oz. **\$1.00**

SAVINGS ON ALL FLAVORS
A&P Instant Breakfast 6-Ct. **69¢** Pkg.

PINEAPPLE-STRAWBERRY
Ann Page Preserves 12-Oz. **45¢** Jar

SPECIAL DEAL PACK—HEARTY & VIGOROUS
Our Own Tea Bags 125-Ct. **99¢** Pkg.

ALL VARIETIES STRAINED FRUITS & VEGETABLES
Gerber Baby Food 4 1/2-Oz. **10¢** Jar

SAVE MONEY TODAY—TRY SOME PLASTIC
A&P Sandwich Bags 150-Ct. **49¢** Pkg.

TRY SOME TODAY—A&P
Deodorant Bar Soap 6-Ct. **69¢** Pkg.

RANDOM WEIGHT WEDGES—MILD
A&P American Cheese Lb. **\$1.49**

GREAT WITH SOUPS
A&P Saline Crackers 1-Lb. **39¢**

TRY NON-DAIRY
A&P Coffee Creamer 16-Oz. **79¢** Jar

COMPARE! ANTI-PERSPIRANT
A&P Deodorant 8-Oz. **89¢** Can

WEEEEEEO!
CONCENTRATED FROZEN
A&P ORANGE JUICE 12-Oz. Can **39¢**
100% ORANGE JUICE FROM FLORIDA

TASTY
JANE PARKER BRAND
RIPPLED POTATO CHIPS 10-Oz. Pkg. **59¢**

DELICIOUS!
A&P MARSHMALLOW PIES ALL VARIETIES 14-Oz. Pkg. **47¢**

JANE PARKER BAKE N' SERVE
FLAKY ROLLS 3 12-Oz. Pkg. **\$1.00**

VANILLA CREME ICED
Spanish Bar Cakes Jane Parker 12-Oz. Pkg. **49¢**

WEO COUPON
This coupon worth **20¢** toward the purchase of
Maxwell House Coffee 2-Lb. **\$2.09** Con
Limit one coupon per family. Redeemable thru Sat. March 9. 51

SAVE ON ANN PAGE BRAND
PEANUT BUTTER 12-Oz. Jar **53¢**

NEXT WASHDAY — SAVE MONEY ON
TIDE DETERGENT 49-Oz. Pkg. **92¢**

A&P WEO COUPON
This coupon worth **20¢** toward the purchase of Specially Blended
A&P Brand Coffee 3-Lb. **\$2.00** Con
Limit one coupon per family. Redeemable thru Sat. March 9. 50

A&P WEO COUPON
This coupon worth **10¢** toward the purchase of 100% Brazilian
Eight O'Clock Coffee 1-Lb. **85¢** Can
Limit one coupon per family. Redeemable thru Sat. March 9. 47

A&P WEO COUPON
This coupon worth **31¢** toward the purchase of 100% Brazilian
Eight O'Clock Coffee 3-Lb. **\$2.48** Con
Limit one coupon per family. Redeemable thru Sat. March 9. 48

WEO COUPON
This coupon worth **10¢** toward the purchase of
Red Band Flour 5-Lb. **\$1.05** Bag
Limit one coupon per family. Redeemable thru Sat. March 9 in Edenton Only. 49

WEO COUPON
This coupon worth **30¢** toward the purchase of
Maxwell House Instant Coffee 6-Oz. **\$1.01** Pkg.
Limit one coupon per family. Redeemable thru Sat. March 9. 52

A&P WEO COUPON
This coupon worth **30¢** toward the purchase of 100% Brazilian
Eight O'Clock Instant Coffee 3-Lb. **99¢** Con
Limit one coupon per family. Redeemable thru Sat. March 9. 53