

## Creative Cooking From The Kitchen Of The Chowan Herald

By MILDRED HUSKINS  
If you are of a mind to wish your friends a Merry Christmas in an old-fashioned way by giving them gifts from your kitchen you might try pretty loaves of quick bread instead of cookies or candy.

The price of sugar will certainly have an effect on our holiday baking. Many of us will be baking less and it will require some real thought and planning to provide the festive seasonal goodies within the budget this year.

But little is more appreciated than homemade baking because there's true affection in every stir of the spoon and

thoughtfulness in every addition of ingredients. Most homemakers will be baking for their own families during the few weeks, so it is easy enough to make one loaf to serve, the other to give with these recipes, each of which makes two plump, delicious breads. Since each had fruit, it keeps well when plastic or foil-wrapped and frozen. These take less sugar many others due to the natural sweet of the fruit.

Quick fruit breads slice beautifully especially when they're made in advance. Spread an assortment of them, sliced, for your buffet tables for an especially festive look.

Butter them lightly for holiday snacks, as an accompaniment to salads or as a colorful bread to serve with breakfast or any other meal.

To give breads as gifts, wrap in plastic or foil and give them gaily in a basket or on an attractive bread board with a wooden spoon tied to the handle with red or green yarn. All these spell the magic of Christmas.

### Cranberry Nut Bread

1 egg  
Three-fourths cup sugar  
1 cup of sour cream  
2 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt

3 tablespoons grated orange peel  
1/2 cup chopped walnuts  
1 cup cranberries, coarsely chopped

Beat egg in a large mixing bowl; add sugar and mix well. Carefully stir in sour cream. Mix flour, baking powder, soda and salt; add to creamed mixture, stirring just until moistened. Add orange peel, nuts and cranberries. Turn into two buttered 7 x 3 x 2-inch loaf pans. Bake in preheated 350 degree oven 45 to 50 minutes. Turn out of pan and cool on wire rack. Makes two loaves.

### Prune Bread

1/2 stick butter  
1 cup sugar  
3 eggs  
2 and one-third cups all-purpose flour

1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon allspice  
1 teaspoon cinnamon  
1/2 cup sour cream  
1/2 teaspoon ground cloves  
1 tablespoon fresh lemon juice  
1 cup cooked pitted prunes, chopped

Cream butter in mixing bowl; gradually add sugar and beat until light and fluffy. Beat in eggs, one at a time. Mix together flour, baking powder, soda, allspice, cinnamon and cloves. Add to creamed mixture alternately with sour cream. Mix just until blended. Combine lemon juice with prunes; add to batter. Turn into two buttered loaf pans. Bake at 350 degrees 50 to 55 minutes. Turn onto wire rack to cool. Makes two loaves.

Cottage Cheese Fruit Bread  
6 tablespoons butter  
1/2 cup light brown sugar, firmly packed  
2 eggs

1 tablespoon grated lemon peel  
1 tablespoon grated orange peel  
1 1/2 cups cottage cheese  
2 cups all-purpose flour  
2 teaspoons baking powder  
Three-fourths teaspoons baking soda  
Three-fourths teaspoon salt  
1 cup finely chopped dried apricots

1/2 cup chopped pecans  
Cream butter and gradually add sugar. Beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Add lemon and orange peels and cottage cheese; beat well. Mix just until blended. Fold in fruit and nuts. Turn into two greased loaf pans and bake at 350 degrees 50 to 55 minutes. Cool on wire rack. Makes two loaves. (Note: All bread can be baked in 9 x 5 x 3-inch pan for one larger loaf.)

### Holiday Briefs

Salads, such as orange and grapefruit section, with red apple wedges and halved Tokay grapes are delicious with a dressing made by combining two tablespoons, each, of toasted sesame seeds and honey, one teaspoon each grated orange and lemon peel, a dash of salt and a cup of plain yogurt. Cover and chill before using.

When you're going to be serving eggnog from a large punch bowl, freeze some of the dairy eggnog in ice cube trays to place in the bowl to keep the continued on page 2



**GIFTABLE**—Homemade quick breads from your kitchen can wish your friends a Merry Christmas in an old-fashioned way. Quick fruit breads are easy to make, handsome and flavorful to give.

## Rep. Walter B. Jones Reports

This week the House overrode President Ford's veto of the Vietnam Era Veterans' Readjustment Act of 1974 by the overwhelming majority of 394 to 10. The debt which this country owes the veterans of the armed services is beyond calculation. Legislation designed to meet the needs of the Vietnam veteran was long overdue. I am happy that the bill was enacted into law despite President Ford's attempt to kill the measure.

On Wednesday, December 4, I was temporarily released from Bethesda Naval Hospital for several hours in order to hold a meeting of the Oilseeds and Rice Subcommittee. The purpose of the meeting, as some of you probably know, was to discuss a possible compromise in peanut legislation and thereby prevent Secretary Butz from damaging the peanut program by issuing disastrous

changes in the existing regulations. Although the Department of Agriculture and the peanut growers were not able to reach a compromise, we did succeed in convincing Assistant Secretary of Agriculture Yeutter that the issuance of these punitive regulations should be withheld for the immediate future.

Many new faces have been seen on Capitol Hill during the past week. Following the Thanksgiving holidays, the 92 newly elected Members of Congress convened in Washington for their organizational meetings. In the past the House of Representatives has held its organizational meetings after convening. This change should be beneficial in that it will allow the Members of Congress to take care of their administrative and housekeeping chores in advance. Having taken care of

these matters, I am hopeful the 94th Congress will be able to get off to a much faster start than its predecessors. The country faces serious economic problems and the new U. S. Congress certainly does not need to waste any time in working toward a solution.

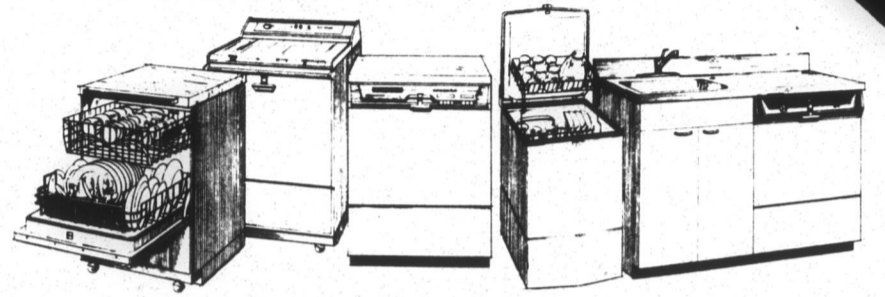
During my hospitalization I HAVE received many get well wishes from my constituency. I want to thank you for these kind gestures, and please be assured that your thoughts are most appreciated. I am continuing treatment for the infection in my left leg at Bethesda Naval Hospital for an undetermined time. However, I expect to be released before the Christmas holidays, and of course I will be on Capitol Hill for the opening session of the 94th Congress.

Let flattery, the handmaid of vice, be kept out of friendship.

-Cicero.

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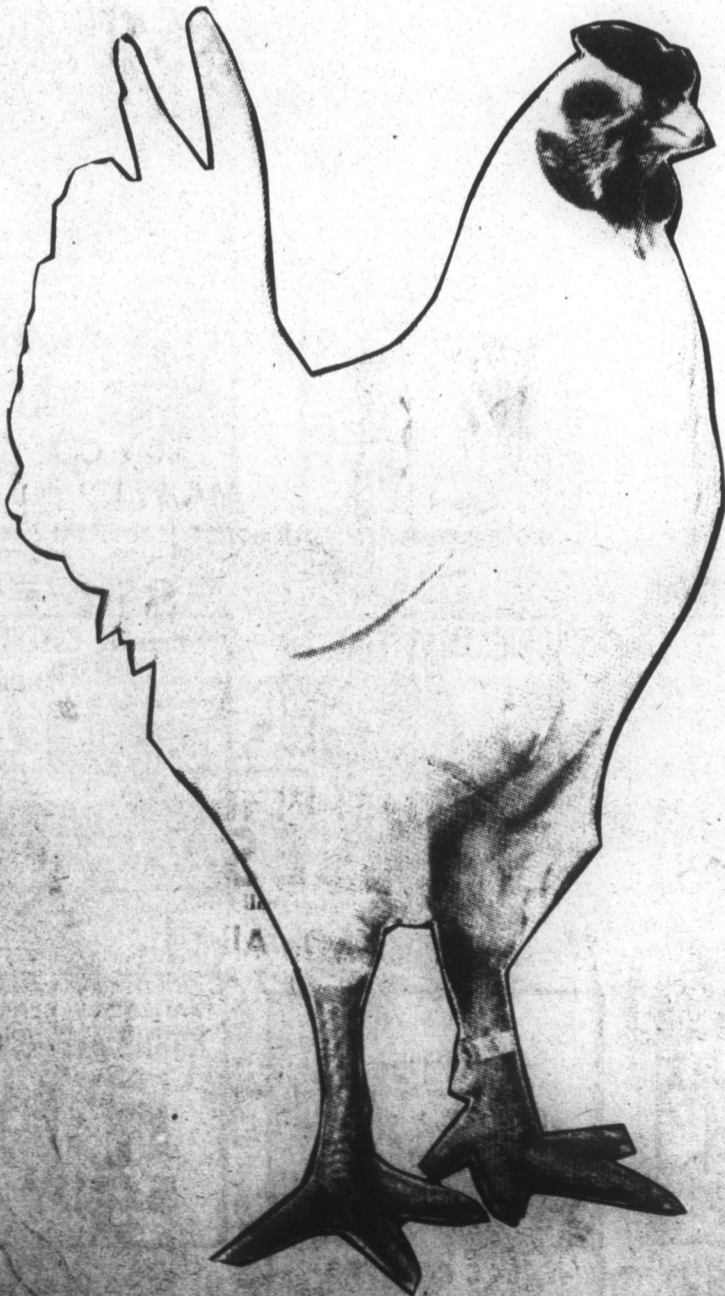
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