

Creative Cooking From The Chowan Herald Kitchen

By Mildred Huskins
When you are serving just a salad for luncheon or dinner, make sure it is hearty enough so you and your family won't be hungry an hour or so later.

But hearty doesn't have to mean expensive. Meal-In-One Salad is basically a bacon and spinach salad with some interesting additions such as Swiss cheese and chopped hard-cooked eggs, radishes and onions, and—would you believe—rice.

If you have never tried rice in a tossed salad, you're in for a treat. It absorbs the zippy dressing so that it doesn't all go straight to the bottom. In addition to being delicious, this is a good example of a meal combination made using a minimum of expensive meat. Besides, did you ever wonder just what to do with a dish of left-over rice? Put it in a salad and don't feel too bad over misjudging the amount of rice needed for the previous meal.

Meal-In-One Salad
3 cups cooked rice at room temperature

1 pkg. (10 oz.) fresh crisp spinach
¾ cup sliced green onions with tops
1 cup Swiss cheese, cut in thin strips
½ cup thinly sliced radishes
1 teaspoon salt
1 teaspoon seasoned pepper
One-third cup well-seasoned oil and vinegar dressing
4 hard-cooked eggs, chopped
6 slices bacon, cooked and crumbled

Combine rice, spinach, onions, cheese, radishes, salt and seasoned pepper. Just before serving, toss lightly to coat evenly with dressing. Sprinkle with eggs and bacon. Makes six servings.

Polynesian Ham Salad is a more traditional rice salad, with the Mandarin orange sections adding a nice touch of both color and flavor. It, too, is hearty and a meal for any season.

Polynesian Ham Salad
2 cups diagonally-sliced celery
2 cups diced cooked ham

½ green pepper, sliced
3 cups hot cooked rice
½ cup sour cream
¼ cup mayonnaise
2 teaspoons lemon juice
1 teaspoon each salt, seasoned pepper and onion powder
2 cans (11 oz. each) Mandarin orange segments, drained
¼ cup sliced almonds, toasted

Combine celery, ham, green pepper, and rice. Stir in sour cream, mayonnaise, lemon juice, and seasonings. Gently fold in orange segments. Chill. Serve on salad greens and sprinkle with toasted almonds. Makes six servings.

Luncheon Layered Salad

is an easy main dish to be prepared ahead of serving time and serves 12. Prepare without the chicken and serve it with any entree.

Luncheon Layered Salad
1 quart thick-sliced lettuce
½ cup thick-sliced celery, about 1 large stalk
½ cup thick-sliced onion
1 can (8 oz.) water chestnuts, drained and sliced
½ cup chopped green pepper
1 pkg. (10 oz.) frozen peas, cooked and drained
2 cups diced, cooked chicken
1 and one-third cups mayonnaise
3 tablespoons sugar
1½ cups shredded Swiss cheese

8 slices bacon, fried and crumbled
In a 13x9x2-inch pan, layer all ingredients in order given. Cover with foil or plastic wrap. Chill at least eight hours. When ready to serve cut into three-inch squares. Serves 12.

A marinated salad is delicious and can combine a colorful variety of vegetables.

Marinated Vegetable Salad
1 small cauliflower, separated into flowerettes
1 medium zucchini, cut into julienne strips
1 medium green pepper, cut into strips
¼ lb. mushrooms sliced
2 pimentos, cut into strips
Salad Dressing

1 cup cheddar cheese goldfish crackers
In large bowl, combine vegetables. Pour enough dressing over all to coat; toss. Cover and refrigerate until ready to serve. Arrange on salad greens and top with those colorful little cheese crackers. For the dressing combine one-half cup oil, one-fourth cup wine vinegar, one egg, one medium clove garlic, crushed and one-half teaspoon basil. Add salt and pepper to taste. Blend well with rotary.

Letter To The Editor

Dear Sir:
We had an Election on August 17 and our son Mr. Roy L. Harrell made his family and all of Chowan County very proud of him and we wish to thank everyone who supported him in this venture. And we wish Mr. James and Mr. White all the luck in the world. So once again we say Roy you made all of so proud of you! And maybe next time.
Your Mother, Father & Family
Mr. John L. Harrell, Sr.
310 East Queen St.
Edenton, N. C.

Manpower Council Recommends Approval Of 16 Regional Plans

The N. C. Balance of State Manpower Planning Council has recommended the approval of the 16 regional plans for the utilization of funds provided under Title I of the Comprehensive Employment and Training Act of 1973 (CETA) for the N. C. Balance of State prime sponsor.

The plans, which come from the Lead Regional Organizations representing the 86 counties in the Balance of State area of North Carolina, involve the expenditure of some \$17-million in federal monies. The 86 counties are those areas of the state which deal through the Governor for funding under CETA. The remaining areas of the state deal directly with the U.S. Department of Labor for funding under the program.

The Planning Council, meeting at the Royal Villa in Raleigh, reviewed each of the regional plans, and referred them to the staff of the Office of Employment and Training for the compilation into one comprehensive plan for submission to the N. C. Manpower Services Council and the U. S. Department of Labor.

The plan covers Title I of CETA and involves programs dealing with job placement, classroom skill training, remedial education, on-the-job training, and public service employment.

PEANUTS AND MILK
Serve milk with a peanut butter sandwich for an economical and protein packed lunch. Add a fruit or raw vegetable to balance your nutritious meal. (PRN)



MEAL-IN-ONE-SALAD—It is deceptive in appearance. Looking so light and airy, you might think it's just a side salad. But this salad is full of hearty ingredients - enough to make it a meal all by itself.

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The cost of living and your electric bill.

Since 1940, the cost of living has increased a whopping 284%. Everything—food, gas, rent, clothes, you name it—has gone up in price. And electricity has been no exception.

But a close look at the unit price of electricity shows it has actually increased very little over the years. From 1954 to 1970, Vepco reduced its rates several times. Today, the average residential cost per kilowatt-hour is 3.88 cents—5% more than 1940.

Why then are electric bills higher than they were in 1940?

Consumption and fuel costs soar.

The biggest single factor is the tremendous amounts of electricity households, business and industry consume these days compared to a generation ago. The average Vepco family is using about 9 times as much electricity as it was 35 years ago.

The second major reason for rising electric bills has been inflation, especially the higher cost of fuel used to generate electricity. The days of cheap energy disappeared with the oil embargo in 1973. Over 70% of the increase in the price of your electricity since 1970 is due to the increase in fuel costs.

Electric service must be weighed against other commodities in both value and cost. Prices for groceries, medical services, gasoline and many other commodities have risen sharply in the Seventies, as has the price of electricity. The question is whether the value of the commodity or service has increased during that time.

Still a lot of value for your electric dollar.

Today, a typical North Carolina family might consume about 750 kilowatt-hours of electricity per month. Their August bill would be about \$32.66.

When you consider the many uses of electricity—lights, refrigerator, TV, radio, washer, toaster, and so on—all for about a dollar a day, it's a hard bargain to beat.

Over half of our customers use less than 750 kilowatt-hours. The others use more—in some cases considerably more. But how much you use is entirely up to you.

Keeping a good thing going.

The biggest challenge facing electric utilities today is to find the most economical way of providing the huge amounts of power needed for the future.

Right now, Vepco is working toward developing a balanced use of domestic energy sources that will reduce our dependence on expensive foreign fuels.

Nuclear power stations will produce half of Vepco's energy when our first two North Anna nuclear units go into operation, making use of the most economical fuel source presently available. Coal is being used wherever it is more economical than oil. And plans for pumped storage hydroelectric generation are also being developed.

Energy is our livelihood.

America must have dependable, economical energy in order to grow.

To provide this energy, Vepco supports a strong national policy of energy independence, built on environmentally sound use of domestic fuel resources and wise use of electricity we generate. In this way, America can extend its high standard of living to all our citizens, and help insure adequate energy supplies for future generations.

Vepco
America is a powerful idea.
Let's keep it that way.