

Creative Cooking From The Chowan Herald Kitchen

By Mildred Huskins
 Birthday traditions differ in various families but have been intrigued by the manner in which birthdays in the Power family are observed.

This family, as most of you know, is our Georgia daughter and four grandchildren and, since they are all boys they think always of eating. So, no matter how much celebrating goes on at school or in other ways there is always a family observance with a special meal. The birthday boy gets to choose his favorite meal be it breakfast, lunch or dinner. The actual birthday is really celebrated all day for if the birthday boy is the only one in the family to go for pancakes in the summertime, he gets pancakes

on his birthday. Then he picks the place the whole family goes out to dinner and sometimes it is not a family favorite eating place but they all cooperate with the birthday boy. Take for instance, Kevin, nine, likes Mexican food and the others groan and make sounds like "yulk" when Kevin announces his choice. Well, it is only once a year!

Next time there's a birthday at your house, start the celebration early with a festive breakfast. A morning meal of special treats sets the tone of the day and gets the occasion off on a happy note. Besides being good-tasting and attractive, the breakfast fare also should be packed with nutrition to see the birthday person through his or her

very own day.

Country Morning Birthday Coffeecake rises to the occasion. If the guest of honor can't decide between eggs and cereal, serve both. Crisp-topped Baked Eggs are impressive, easy and interesting with a contrast of textures and tastes.

Country Morning Birthday Coffeecake

- 4 cups unsifted all-purpose flour
- 2 cups all-natural cereal with natural sweetening
- 1 1/2 cups packed brown sugar
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3 eggs
- 2 cups buttermilk
- 1/2 cup margarine or butter, melted

In large bowl mix flour, all-natural cereal, brown sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Beat together eggs, buttermilk and melted margarine. Add all at once to flour mixture; stir just until dry ingredients are moistened. Turn into greased and floured 10-inch tube pan. Bake at 350 degrees one hour and 10 minutes, or until cake tests done. Cool 10 minutes, remove from pan and cool completely. Spread with a vanilla graze made from a mixture of one cup confectioner's sugar, two tablespoons milk, one-half teaspoon vanilla and one tablespoon softened butter or margarine.

Crisp-Topped Baked Eggs

- 6 eggs
 - 1/4 teaspoon salt
 - 1/8 teaspoon pepper
 - 1 cup Rice Krispies
 - 2 tablespoons finely chopped onion
 - 1/4 teaspoon dried dill weed
 - 1 tablespoon margarine or butter, melted
- Break eggs into six

greased six-ounce custard cups or individual baking dishes. Sprinkle with salt and pepper. Mix Rice Krispies, onion, dill weed and melted margarine; sprinkle over eggs. Bake at 350 degrees 15 to 20 minutes, or until eggs are set. Makes six servings.

We've had them already, but we may have them again. We're talking about snowbound evenings. Really they can be a happy remembrance if you won't think of tomorrow's inconvenience but just build a fire and make some Pizza Soup. Serve it up with toasted garlic bread.

Pizza Soup

- 1 can Condensed Cheddar Cheese soup
- 1 can condensed Mushroom Soup
- 1 can condensed Tomato Soup
- 3 soup cans water
- 1/2 teaspoon minced onion
- 1/2 to one teaspoon oregano leaves, crushed

In saucepan, stir soups. Gradually blend in water. Add onion and oregano. Heat; stir occasionally. Makes six servings.

What's New

Two new Birds Eye stir-fry vegetables, Cantonese style and Mandarin style, are being introduced nationally this month and both would be to an Emperor's taste. Each 10-ounce package of the new items also contains a packet of oriental-style seasoning to delicately enhance the crisp vegetables which are pre-cut to a uniform size. Even if you don't have a wok they are easy to prepare. Just spread vegetables over surface of a hot skillet. A small amount of oil is added and stirred quickly to coat pieces. Cover and cook two minutes. Sprinkle seasoning over vegetables, add a small amount of water and stir for just 30 seconds. There you have it!



MORNING CELEBRATION — Birthday celebrations don't have to wait all day to happen. Serve Country Morning Birthday Coffeecake along with Crisp-Topped Baked Eggs, and start the day off in a festive mood.

Aces Wrestlers Prepare For Sectional Tournament

By Jerry LaVoie
 The Aces traveled to Tarboro last Saturday seeking the conference championship. What they came back with was a strong showing for second place, five individual conference champs, and a lot of self-made pride.

The Aces, with 169 points, trailed only the 188 points scored by Plymouth. Places third through six went as follows:

Washington (111 1/2 points), Williamston (91 1/2 points), Tarboro (44 1/2 points), and Hoskie (21 1/2 points).

Only two members of the Aces' squad needed to wrestle in the quarter-

finals. (The other nine members of the Aces squad received byes into the semi-finals.) Both Raleigh Basnight and David Sutton won. A pin by Basnight (1:22, 2nd) and Sutton's win by decision (10-9), placed a total of 11 Aces in the semi-finals.

Of these 11 wrestlers, eight won. Victories by pins went to Edward Jackson (1:06, 2nd), Kenneth Bond (1:51, 3rd), Mike Brown (1:04), and John Norris (1:36, 3rd). Decision wins by Vernon Rome (11-0), Haywood Bond (5-3), Donald Rankins (14-3), and Kenneth Jackson (9-6), left 8 of the Aces with a shot at being champ.

Before the finals, Basnight and Sutton (who lost in the semi-finals) seized 3rd place finishes with 7-5 and 6-4 decision wins, respectively.

Edward Jackson, Vernon Rome and Donald Rankins were defeated in the finals, but they are still No. 2 in the Conference.

The Aces did very well in the finals, taking 5 of 8. Haywood Bond won the 132 pound class with a 7-2 win. Then Kenneth Bond took the 145 pound class with a 4-2 win. Kenneth Jackson, on the strength of a 6-4 decision win, captured the 167 pound class. Mike Brown ran his record to 14-0 as he won 11-0 and took the 185 pound class

he has dominated all year.

Then came, without a doubt, the most exciting match of the day. It was the last match. A disappointed crowd from Tarboro watched as their Vikings, along with the Cougars, Pam-Pack, and Tigers, were through for the night. But they screamed with the partisan crew from Edenton as John Norris, in the unlimited class, defeated a true Heavyweight from Plymouth by pinning him (1:18, 3rd).

The Aces travel to Greenville for the Sectional Tournament Saturday.

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