Banana-Rhubarb Crisp is

fare. It resembles a pie with

warm, it's fine alone or with

Fresh Bananas with

Ruby Sauce

into one-inch pieces

3/4 to one cup sugar

1/4 teaspoon cinnamon

1 lb. fresh rhubarb, cut

1/4 cup fresh orange juice

1/2 teaspoon grated fresh

one-third cup slivered

In medium saucepan

combine rhubarb, orange

juice, sugar, lemon rind,

cinnamon and salt. Bring to

boil, reduce heat and

simmer, partially covered,

about 10 minutes or until

rhubarb begins to fall apart

into strands, stirring oc-

casionally. Chill. At serving

time, peel bananas and cut

in half lengthwise and

crosswise. Place one

banana on each of six

dessert plates and top with

rhubarb sauce. Sprinkle

with almonds. Makes six

Banana-Rhubarb Crisp

servings.

ice cream.

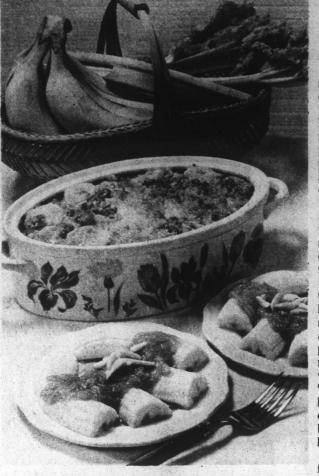
lemon rind

Dash salt

6 bananas

almonds (Optional)

Herald



TASTY COMBINATION - Team seasonal rhubarb with bananas, which are available all year around, and you come spring. Botanically up with a real tasty combination for dessert or for a special spring breakfast.

OFFICE HOURS AFTI	ER APRIL 1, 1977
MONDAY	9:00 - 5:00
TUESDAY	9:00 - 5:00
WEDNESDAY	9:00 - 12:00
THURSDAY	9:00 - 5:00
FRIDAY	9:00 - 5:00
A. F. Downum A. F. Downum 103 West Ede EDENTON, N.	n, Jr., O.D. In Street

By Mildred Huskins Spring in the air brings to another dessert that can mind certain good things to double as early-morning eat. its crunchy crust. Served We immediately begin to

look for fresh asparagus, new onions, little red potatoes, the first garden peas, leaf lettuce, homegrown radishes and, of course, rhubarb.

Teaming a fruit that's available all year round with one that's highly seasonal works well, especially when they're fresh bananas and rhubarb. Once a hard-to-get tropical treat, today the honey-like banana is a staple that's always available. Rich in potassium, bananas also make a contribution of iron, vitamin B6, and niacin. They are low in sodium, high in bulk and almost completely fat free, making bananas a wise choice for all kinds of diets. One of the first seasonal

fresh fruits of the year is rhubarb, a harbinger of speaking, rhubarb is really a vegetable, but since it's almost exclusively used as a fruit, it is considered one.

Rhubarb is healthful, too, 1 lb. fresh rhubarb, cut providing vitamins A and C, potassium and magnesium. into one-inch pieces. Select rhubarb with fresh 6 tablespoons fresh orange juice, divided looking, firm, crisp-tender 6 tablespoons granulated and bright pinkish-red stalks. They should be fairly sugar thick, but not oversized, to Dash salt 1 teaspoon cornstarch that SAVES avoid toughness. Keep rhubarb cold and humid. mixed with one tablespoon Fresh Bananas with Ruby water Sauce combines the mellow 1/2 cup light brown sugar, taste of bananas with tangypacked sweet rhubarb. Make it as a

over freshly cut bananas.

1 cup Bisquick colorful dessert or a special 1/2 teaspoon cinnamon breakfast dish. The sauce 1/4 teaspoon nutmeg can be prepared ahead of 1/2 cup coarsely chopped time, reheated and poured walnuts

1/4 cup butter or

margarine 4 medium bananas

Cooking From The Kitchen Of The Chowan

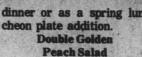
In a medium saucepan combine rhubarb, four tablespoons orange juice. granulated sugar and salt. Bring to a boil, reduce heat and simmer, partially covered, about 10 minutes or until rhubarb begins to fall apart, stirring occasionally Stir in cornstarch mixed with water and cook, stirring, until slightly thickened, about two minutes. Turn into a shallow two-quart casserole. In a large bowl, mix light brown sugar, biscuit mix, cinnamon and nutmeg. Cut in butter until crumbly. Stir in walnuts. Cut bananas into one-inch chunks, toss with remaining two tablespoons persons. orange juice and layer over rhubarb in casserole. County commissioners, Ronald M. Huffman of the Sprinkle with crumb mix-Department of Social

ture and bake in 400 degree oven for 20 minutes. Serve warm, with ice cream, if following: desired. Makes eight servings.

Double Golden Peach Salads are Easter-pretty Dependent Children: 179 with flavor to match and cases; \$26,424 grant. would be an easy-do salad with your next baked ham Seven cases; \$1,163, grant;

engine oil

the



1 can (1 lb. 13 oz.) peach halves drained 1 can (8 oz.) crushed pineapple, drained 1/2 cup grated sharp Cheddar cheese

In a report to Chowan

Services, also reported the

Aid to The Aged: 14 cases;

\$2,111 grant; \$151 average. Aid to Families With

Aid to The Disabled:

Drain individual peach halves on absorbent toweling. In a small bowl, combine crushed pineapple and grated cheese. Fill centers of peach halves with two tablespoons of pineapple-cheese mixture. Serves seven or eight.

Place on lettuce. Sprinkle with nutmeg. Top with a sauce made from one cup peach preserves con with two to tablespoons Grand Marnier The liqueur is optional.

Report From Social Services Dept.

In February there were \$166 average. 526 families certified for Aid to Blind: Seven cases: food stamps in Chowan \$824 grant; \$118 average. County with 462 of them General Assistance: participating in the Three cases, \$151.24 spent. program. Those who par-Three cases hospitalized ticipated paid \$20,456 and in the county at a cost of received \$61,626 in stamps. \$1.049.72. The cases involved 1,641

February showed 728 cases receiving financial assistance with 105 service cases. Including food stamp certifications the department had a total of 1,362 receiving financial assistance and-or service.

Huffman's report for



a no one wants, yet every one gives. But, good advice is priceless. Especially then it concerns your future. Your Woodmen representative can advise you on the right insurance program — just as he has so many of your neighors. Ask him.

> Terry M. Williams Field Representative P.O. Box 643 Edenton, N.C. 27932 Phone: 482-4798

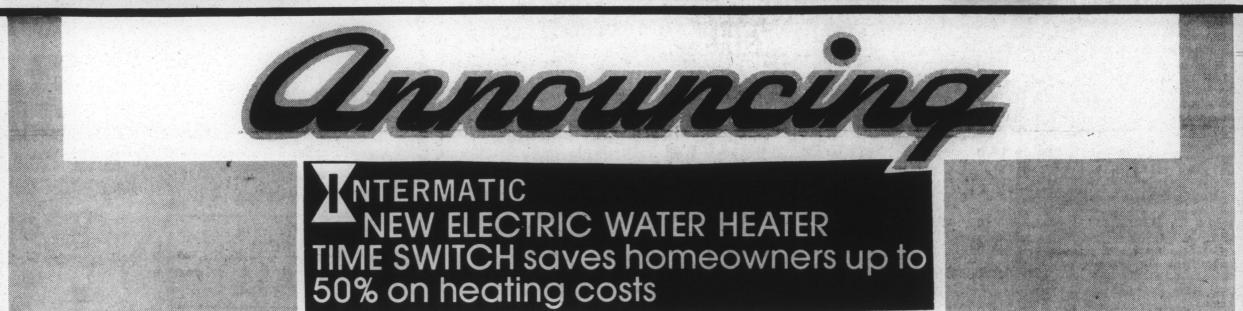
• Saves gas (up to 25%) • Saves wear

- Saves maintenance (25,000-mile oil change)
- Eases sub-zero starts (-60°F. pour point)
- Saves oil George Holmes

your AMS/OIL deale Phone 221-4059



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- Guaranteed to cut the cost of operating an electric water heater.
- Save money by saving energy.
- Time Switch can be programmed to operate electric water heater during periods of maximum hot water need.

The electric water heater is the largest consumer of electricity in the home, using from 4,500 to 10,000 KWH's per year. With energy costs on the rise it has become necessary to find ways to control the energy used. The water heater, unless controlled, automatically maintains the hot water temperature level set by the homeowner. This simply means that water is constantly being heated and energy used even though no one is in the home.

Setting the time switch for ONE (1) HOUR A.M. and TWO (2) HOURS P.M. will provide sufficient hot water for an average home and will cut the electric water heating bill by 50%.

THE "LITTLE GRAY BOX"

It Puts Energy Control In Your Hands and Dollars In Your Pocket, Year After Year!

a month on electric water heater energy costs or your money back

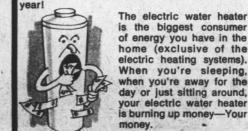
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SAVINGS of



PAY LESS FOR HEATING WATER AND STILL HAVE ALL THE HOT WATER YOU WANT AUTOMATICALLY!

Save more than \$10.00 per month, year after



electric heating systems). When you're sleeping, when you're away for the day or just sitting around, your electric water heater is burning up money-Your money.

It spends energy continually heating and re-heating water to just maintain Silver and the temperature of the water

Cut the energy waste and save as much as \$200 or more

Intermatic's Automatic Electric Water Heater Time Switch, the Little Gray Box, accurately and automatically controls the on-off operation.

It permits you to have all the hot water you need at the times of the day when you actually want it. The Little Gray Box puts an end to the wasteful practice of constantly heating stand-ing water. And that is going to save you up to \$200 or more, year after year.

lation is sin

To install the "Little Gray Box" takes your electrical contractor about 30 minutes.

The cost? . . . Including installation is less than

On a new home with a 20 year mortgage, the savings could amount to more than \$2400.00 --well worth the small initial cost.

Flexible enough to satisfy your need for hot water, the "Little Gray Box" is equipped with 2 sets of "onoff" trippers to turn the water heater on for your morning and evening requirements

Trippers can be moved to any on-off setting desired to suit family needs.

Should you need a larger supply of hot water (weekend guests, children home from school), an automatic operation can be bypassed for a longer heating cycle. The switch will then return to prior settings automatically.

You'll never be without hot water when you need it but, you will be without the big electric bills.

PERFORMANCE GUARANTEE

INTERMATIC guarantees the owner of this if the following procedure is adhered to, a of \$10.00 per month saving on electricity heat water. If in any month the purchaser receive the minimum savings, the full purch of "The Little Gray Box" will be refunded. used to does not

Requirements for Refund

- ne Switch must be installed and operating for
- lave product installed by a licensed electrician. Have proof of purchase, la guarantee refund service is availa

rantee refund service is avanuation of the product to the seller from whom the product chased, unless otherwise stated at the time chased, unless otherwise stated at the time All guarantees implied or expressed expin he product to the nurchased, unless

LAPTE MILON STILLEY ELECTRICAL CONTRACTORS COKE AVENUE - EDENTON, N. C.

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