

Cooking From The Kitchen Of The Chowan Herald



By Mildred Huskins
Spring in the air brings to mind certain good things to eat.

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 work 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 spring. Botanically speaking, rhubarb is really a vegetable, but since it's almost exclusively used as a fruit, it is considered one. Rhubarb is healthful, too, providing vitamins A and C, potassium and magnesium.

Select rhubarb with fresh looking, firm, crisp-tender and bright pinkish-red stalks. They should be fairly thick, but not oversized, to avoid toughness. Keep rhubarb cold and humid.

Fresh Bananas with Ruby Sauce combines the mellow taste of bananas with tangy-sweet rhubarb. Make it as a colorful dessert or a special breakfast dish. The sauce can be prepared ahead of time, reheated and poured over freshly cut bananas.

Banana-Rhubarb Crisp is another dessert that can double as early-morning fare. It resembles a pie with its crunchy crust. Served warm, it's fine alone or with ice cream.

Fresh Bananas with Ruby Sauce
1 lb. fresh rhubarb, cut into one-inch pieces
¼ cup fresh orange juice
¾ to one cup sugar
½ teaspoon grated fresh lemon rind
¼ teaspoon cinnamon
Dash salt
6 bananas
one-third cup slivered almonds (Optional)

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 occasionally. 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 servings.

Banana-Rhubarb Crisp
1 lb. fresh rhubarb, cut into one-inch pieces.
6 tablespoons fresh orange juice, divided
6 tablespoons granulated sugar
Dash salt
1 teaspoon cornstarch mixed with one tablespoon water
½ cup light brown sugar, packed
1 cup Bisquick
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup coarsely chopped walnuts
¼ cup butter or

margarine
4 medium bananas
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 orange juice and layer over rhubarb in casserole. Sprinkle with crumb mixture and bake in 400 degree oven for 20 minutes. Serve warm, with ice cream, if desired. Makes eight servings.

Double Golden Peach Salads are Easter-pretty with flavor to match and would be an easy-do salad with your next baked ham

dinner or as a spring luncheon plate addition.
Double Golden Peach Salad
1 can (1 lb. 13 oz.) peach halves drained
1 can (8 oz.) crushed pineapple, drained
½ cup grated sharp Cheddar cheese

Nutmeg Lettuce
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.

Place on lettuce. Sprinkle with nutmeg. Top with a sauce made from one cup peach preserves combined with two to three tablespoons Grand Marnier. The liqueur is optional. Serves seven or eight.

Report From Social Services Dept.

In February there were 526 families certified for food stamps in Chowan County with 462 of them participating in the program. Those who participated paid \$20,456 and received \$61,626 in stamps. The cases involved 1,641 persons.

In a report to Chowan County commissioners, Ronald M. Huffman of the Department of Social Services, also reported the following:

Aid to The Aged: 14 cases; \$2,111 grant; \$151 average.
Aid to Families With Dependent Children: 179 cases; \$26,424 grant.
Aid to The Disabled: Seven cases; \$1,163, grant;

\$166 average.
Aid to Blind: Seven cases; \$824 grant; \$118 average.
General Assistance: Three cases, \$151.24 spent.
Three cases hospitalized in the county at a cost of \$1,049.72.
Huffman's report for

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.

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

OFFICE HOURS AFTER 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

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

Save more than \$10.00 per month, year after year!




The electric water heater is the biggest consumer of energy you have in the home (exclusive of the 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.

Flexible enough to satisfy your need for hot water, the "Little Gray Box" is equipped with 2 sets of "on-off" 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.

It spends energy continually heating and re-heating water to just maintain the temperature of the water you use several times a day.



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

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.

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 standing water. And that is going to save you up to \$200 or more, year after year.

Installation is simple.
To install the "Little Gray Box" takes your electrical contractor about 30 minutes.
The cost? . . . Including installation is less than \$50!

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

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

Requirements for Refund

1. Time Switch must be installed and operating for six months.
2. Adhere to suggested settings; maximum of 3 hours "on" per day.
3. Have product installed by a licensed electrician.
4. Have proof of purchase.

This guarantee refund service is available by returning the product to the seller from whom the product was purchased, unless otherwise stated at the time of sale. All guarantees implied or expressed expire one (1) year from date of installation.

- 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!

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