

Cooking From The Kitchen Of The Chowan Herald

At this stage of summer, you have probably run through all the family favorites on the outdoor grill; steaks, hamburgers, franks and turkey.

By now, you are ready for a change. Consider Barbecued Pork Chops with Apple Stuffing, served with a sweet and sour sauce.

The pork chops will deliver more than a welcome change of pace. The tender, lean pork available today is the result of expert selection and grading. It is digestible and low in calories. The lean cooked portion of tender lean pork compares favorably in calories to the lean cooked portions of beef and lamb. Pork also provides a wealth of nutrients. It is well suited to cooking on the grill. When buying the pork for this recipe, ask for chops that are one and one-fourth inches thick. At home, make a slit in the side of each, to serve as a pocket for the apple stuffing.

The sweet-sour barbecue sauce is a nice flavor accent for the pork chops. It cooks

quickly on the indoor stove while you wait for the coals to burn down to chalky readiness for the chops.

Another neat idea for your outdoor meal is Vegetable Bread. Slices of tomato and green pepper are alternated with cheese slices in a toasted loaf of French bread. The foil-wrapped loaf can go onto the grill during the last 15 minutes before dinner. Frosty mugs of limeade go well with this menu, too.

Bar-B-Q Pork Chops
6 Tend'r Lean Rib Pork Chops, cut 1 1/4 inches thick
2 1/2 cups seasoned stuffing mix
1 cup applesauce
1/2 teaspoon nutmeg
One-third cup boiling water
Salt and pepper

Mix together stuffing mix, applesauce and nutmeg. Pour boiling water over mixture and stir until evenly moistened. Trim excess fat from pork chops. Make a pocket by slicing pork chops in half lengthwise to the bone. Season with salt and pepper. Fill each cavity with apple stuffing mixture. Close opening with skewers, if desired. Place a drip pan on bottom of grill with coals on each side of pan. Allow

coals to burn until white in color. Place chops on grill directly over coals. Brown five to 10 minutes on each side, then position chops over drip pan. Cook one hour, turning every 15 minutes. Brush chops often with Sweet Sour BBQ Sauce.

Sweet Sour BBQ Sauce
1 cup sugar
2 tablespoons cornstarch
1/2 teaspoon salt
1/4 teaspoon ginger
1 can (6 oz.) pineapple juice

Banana Wafer Dessert
1 pkg. vanilla pudding and pie filling
2 cups milk
2 medium bananas, sliced
5 graham crackers or 8 vanilla wafers broken in pieces.
1 cup prepared topping mix

Combine all ingredients in large mixer bowl. Blend; then beat at medium speed of electric mixer for four minutes. Pour into greased and floured 10-inch tube pan. Bake at 350 degrees for 55 to 60 minutes or until cake springs back when lightly pressed. Remove from pan after 15 minutes. Top with prepared whipped topping and banana slices, if desired.

Prepare pudding mix with milk as directed on package for pudding. Chill. Beat with hand beater until smooth. Spoon half the pudding into individual dessert glasses or a serving bowl. Add a layer of banana slices and a layer of crackers; top with remaining pudding. Chill one hour. Garnish with whipped topping and additional banana slices.

Before the fresh peaches have disappeared from the market be sure to try this elegant and delicious Frosty Peaches 'n Cream Pie. This one is definitely for a very special dinner finale.

Frosty Peaches 'n Cream Pie
2 tablespoon orange juice
2 tablespoons lemon juice
1 pkg. (10 oz.) marshmallows
3 to 4 medium peaches, peeled and chopped
1 cup heavy cream, whipped
1 baked pie shell
1/4 cup orange juice
1/4 cup sugar
1 peach, pared and cut into wedges

Combine orange and lemon juice in medium saucepan, bring to boil, reduce heat and add marshmallows, stirring until melted. Cool slightly; stir in peaches. Fold whipped cream into cool peach mixture and turn into baked pie shell. Freeze for two hours or more. Before serving, remove pie from freezer and place in refrigerator for one hour. For garnish, combine orange juice and sugar in small saucepan and cook eight to 10 minutes, stirring occasionally. Add peach wedges and continue

cooking three to five minutes. Remove peach wedges from syrup and drain thoroughly on absorbent paper. Arrange cool glazed slices in pinwheel on top of pie when it is removed from freezer. Makes six to eight servings.

Mrs. Rhodes On Council

RALEIGH — Mrs. Rebecca Jarvis Rhodes of Columbia has been named to the State Council on Volunteers for the Criminal Justice System.

This council was created as a result of recommendations made by the Legislative Commission on Correctional Programs chaired by Mecklenburg Sen. Eddie Knox. The Knox Commission said that a state-wide organization with appropriate staff should be established to coordinate all volunteer programs working with prisons, paroles, probations, and youth services.

"There are great needs for volunteers in the criminal justice system," said Gov. Jim Hunt. "There are needs for volunteers with special training, in areas such as counseling, education or vocational training. But many times the people who are incarcerated just need somebody to talk to."

Gov. Hunt appointed 16 of the 21-member council. They will serve for a term of two years. The other five members are appointed by the Secretary of the Department of Human Resources, the Secretary of the Department of Correction, the Secretary of the Department of Crime Control and Public Safety, and the Director of the Administrative Office of the Courts.

Mrs. Rhodes is director of the Title Seven Nutrition Program, with Albemarle Planning Commission.

She is a member of the Tyrrell County Agriculture Advisory Board and president of the Tyrrell Extension Homemakers County Council. Mrs. Rhodes is a past matron of the Columbia Chapter of the Eastern Star and a past district director.

She is a certified lay speaker in the United Methodist Church of the Elizabeth City District. Mrs. Rhodes worked for two years as a learning lab coordinator at the Creswell Prison Unit in Washington County and has assisted in group therapy at the unit. She will serve as chairperson of the Public Relations task force.

Her husband is Sheriff Royce L. Rhodes of Tyrrell County.

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Grade 6 Mrs. Frances Wilkins, Teacher Room No. 27, Top Floor

BOYS — Jerry Dean Brickhouse, Luther Brothers, Melvin Ray Copeland, Tony Coston, William Badham Gardner, Milton Curtis Hedgebeth, Joseph Bertrum Hollowell, III, Robert Andrew Jones, William Earl Jones, Lin Herman Phelps, Paul Bunch Stallings, David Walker and Anthony Leroy Wilson.

GIRLS — Cynthia Diane Bailey, Linda Marie Bonner, Melanie Michelle Capehart, Cynthia Faye Cayton, Susan Elks, Wila Granby, Beverly Elizabeth Harris, Victoria Hawkins, Sylvia Ardell Jackson, Jennifer Lynn Ledford, Angela Lynette Lewis, Karen Lee Moring, Christine Ann Sears, Zenetta Simpson, Katharine Kimball Vaughan, Monique Armel Ward and Cara Denise Williams.

Mrs. Hattie Sutton, Teacher Room No. 1, Basement Floor

BOYS — Christopher Columbus Jones and William Chadwick Twine.

School White Oak School

Kindergarten Teacher, Mrs. Joe Anna Lawrence

Patrick Wayne Bass, Robert Earl Beasley, Rosemary Beasley, Anna Farah Boyce, Sarah Yvette Cofield, Valerie Renee Copeland, David O'Kelly Felton Jr., Kenneth Wayne Goodwin, David Kelly Hare, Harold Lindsey Hurdle, Mia Elizabeth Jackson, April Kim Levasseur, Stacy A. McNeil, Steven Edward Moore, Tracy Lathan Nixon, Natalie Diane Phelps, Michael Edward Privott, Greg Jason Terry, Willie Athens Twine, Gladys Darlene Walton, Cynthia Lee Ward and David Bruce White.

Kindergarten Teacher, Mrs. Priscilla Lewis

Serene Elizabeth Beasley, Alta Sonya Bunch, Michael Ray Bunch, Angela Michelle Driver, James Junior Evans, Nikkie Lynette Hall, Michael Wayne Hicks, Kelvin Tyrone Holley, Dennis Avery Jones, Paulette Lynn Keown, Sharon Denise Mabine, Tammy Lynn McKeown, Gerald Dwayne Morris, Diane Felicia Privott, Roger Kelly Spivey, Kimberly Dawn Stallings, Tracy Deandre Taylor, Tonia Denise Walton, Jonathan Caleb Ward, Marsha Ann Wilson and Robert Henry Winborne, Jr.

First Grade

Teacher, Mrs. Elsie Currin

Peter Andrew, Lisa Ashley, William Bond, Christine R. Butler, Lucius Chappell Jr., Katherine Copeland, Kelvin D. Etheridge, James A. Holley, Tona J. Holley, Karen Hollowell, John Johnson, Kimberly Layden, Vickie Leary, Travis Lilly, Stacy M. Linville, Stanley L. Nichols, Christopher Nixon, James Owens, Vevlyn Parks, Raymond Potts, Jeremy Roberts, Samuel J. Stanley, Celeste Ward and Mary West.

Teacher, Mrs. Vera Murrill

Jonathan B. Bunch, Mark E. Bunch, Melissa Bunch, Cynthia Byrum, Brian Chappell, Steven Jason Cheek, Carla Coston, Thyg Elliott, Wayne Fanjow, Selena Holley, Stacy Hughes, Michael Lane, Don W. Marlowe, Jonathan M. Nixon, Terry Nixon, Danny Pippins, Willie Raynor, Willie Spivey, Larry K. Swain, Sharon Tann, Sharon E. Terry, Jo Ann Tripp, Gregory Twine and Tracy White.

Second Grade

Teacher, Mrs. Helen Mitchell

Julie Baker, Peggy Jo Bass, Melissa Bunch, Mark Byrum, Reggie Byrum, Mary Copeland, Kelley Dail, James Stanley Elliott, Barbara Jean Holley, Donna M. Jernigan, Keith Jordan, Edward Leary, Cynthia Levasseur, Cynthia McNeil, Lori Nixon, Neil T. Parks, Pamela Peele, Scott Ratliff, Crystal Saunders, Pamela Searcy, Maurice Taylor, Karen Tynch, Kenneth Ward, Andy Bunch and Victoria J. Gardner.

Teacher, Mrs. Ruth Spencer

Wendi Asbell, David Bateman, Lisa Bivens, Glenda Byrum, Chadwick Copeland, Charles Cross, Eva Marie Dail, Teresa R. Dail, Rosalind J. Driver, Annette L. Elliott, Christopher E. Elliott, Dwayne Goodwin, Tammy L. Hare, Mark K. Holley, Theresa L. Holley, Eric S. Jordan, Katherine A. Lane, Michele A. Parrish, Derek Riddick, Penny Roberson, Rebecca Schock, Curtis Taylor, Michael Tynch, Nicole B. White, Kenneth M. White and Don Faircloth.

Third Grade

Teacher, Mrs. Christine Fleming

Tammy Bunch, Rhett Butler, Tony Byrum, Kelly Copeland, Tammy Copeland, Carl, Coston Jr., Florence Elliott, Larry Hardison, Donna Harrell, Deborah Hollowell, Daniel Hurdle, Cynthia Jordan, Michelle Krauss, Michelle Layden, Jerry Marlowe, Jodie McClain, Sharon Riddick, Willie Stanley, Edward Tripp, Shelia Tripp, Arlene Twine, Clarence Ward, Sharon White and Mickay Kay Gardner.

Teacher, Miss Linda Gosnell

Alan B. Amick, Jacqueline Boyce, Timothy Boyce, Teresa Bunch, Hiller F. Byrum, Frankie Copeland, Cassandra Davenport, Kathryn Elliott, Rodney Evans, Sherie Harrell, Paul Holley, Larry Jones, Melissa Jordan, Stormy Knight, Robert Koraska, Johnny Lane, Donald McClure, Sharon Miller, Thomas Nixon, Raymond Phillips, Willie Saunders, Christopher Searcy, Randy Toppin, Maxine Twine, Robin Tynch and Donnell White.

Fourth Grade

Teacher, Mrs. Caroline Banks

Jennifer Adcock, Trudy Bailey, Patsy Beasley, Tommy Bivens, Frankie Casper, Darlene Etheridge, Christine Evans, Gwendolyn Felton, Perry Floyd, D'Andre Hall, David Hare, Terry Harrell, Annette Holley, Lisa Jordan, Barbara Leary, Henry L. Nixon, Donna Pippins, Karen Riddick, Lloyd Twine, Shirley Tynch, Richard Umphlett, Alice Walton, Herbert Wilson, Michael White and Doris Tripp.

Teacher, Mrs. Linda Williams

Melissa Andrew, Patti Bass, Earlin Bond, Kathy Bond, Annette Boyce, Amy Copeland, Stephanie Elliott, Carey Etheridge, Herbert Gardner, Jerry Harrell, Tamara Hartman, Charles Holley, Kent Howell, Felicia Jones, Sherri Nixon, Angela Owens, Donna Phillips, April Privott, Mark Spivey, Crystal Stallins, Denise Taylor, Teresa Twine, Donald Ward, Wallace Welch and Christine Spruill.



PORK BARBECUE — Surprise the patio crowd with something different from the grill one of these late summer twilights. Bar-B-Q Pork Chops with Apple Stuffing is a nice change. Vegetable Bread, prepared in foil on the grill, is a great go-along.

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