

From The Chowan Herald Kitchen

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onion
2 tablespoons chopped green pepper
Dash black pepper
1/2 teaspoon salt
1/2 cup soft bread crumbs
2 tablespoons butter melted
1/4 cup shredded Swiss cheese

Beat egg in medium bowl. Stir in corn, milk, 3/4 cup Swiss cheese, onion, green pepper, salt and pepper. Pour into a 6x10-inch baking dish. Sprinkle with topping made by combining bread crumbs, butter and Swiss cheese. Bake in a preheated 350-degree oven 45 minutes. Serves six.

Grandma's Corn Fritters
were popular at hearty farm breakfasts. Served piping hot and topped with maple syrup, they're a welcome addition to today's breakfast or brunch table, along with sausages, fresh fruit and steaming mugs of coffee or cocoa.

Grandma's Corn Fritters
3 egg yolks, beaten
1 can (12-oz.) whole kernel corn, drained
1/4 cup sifted all-purpose flour
1/2 teaspoon salt

1/4 teaspoon pepper
3 eggs whites, beaten to stiff peaks
Beat egg yolks in a medium bowl; stir in corn, flour, salt and pepper. Fold in egg whites. Drop by serving spoonsful into skillet and fry in oil, turning once. Serve piping hot topped with butter, honey or maple syrup. Makes 12 to 16 fritters.

Even if friend husband is inclined to sniff a bit at another casserole he might change his mind if you serve him this Cheesy Salmon Casserole one of these chilly twilights.

Cheesy Salmon Casserole
1/4 cup chopped onion
2 tablespoons butter or margarine
1 can condensed Cream of Mushroom Soup
1/2 cup milk
1 cup shredded sharp Cheddar cheese
2 cups cooked macaroni
1 can (8 oz.) salmon, drained and flaked
2 tablespoons buttered bread crumbs

In saucepan, cook onion in butter until tender. Stir in soup, milk, 3/4 cup cheese, macaroni and salmon. Pour into 1 1/2-quart casserole.

Bake at 350 degrees for 25 minutes or until hot; stir. Top with crumbs and remaining cheese. Bake five minutes more or until cheese melts. Makes six servings.

A combination of mushrooms, cheese and bread layered and baked in a rich custard sauce is a comparatively thrifty casserole dish. When entertaining make up several of these mushroom bread fondue casseroles early in the day and refrigerate. Place in a cold oven set at 350 degrees and add an extra five to 10 minutes to baking time. For a change, diced meat, shredded fish, peas, zucchini or par-boiled cauliflower may be scattered between the layers. Serve with a hearty green salad and your most luscious dessert.

Mushroom Fondue

1 lb. medium-sized fresh mushrooms
8 tablespoons butter or margarine, divided
3/4 cup chopped onion
1 loaf (6 to 8 oz.) Italian bread
2 cups shredded mild Cheddar cheese
4 eggs
3 cups milk
1 tablespoon Worcestershire sauce
1 teaspoon salt

Rinse, pat dry and slice fresh mushrooms. In a large skillet melt four tablespoons of the butter. Add onions and all but one cup of the mushrooms. Saute for three minutes; set aside. Cut bread into one-inch thick slices. Using two tablespoons of the butter, spread on one side of each bread slice. Place half of the bread in a buttered two and one-half quart casserole with half of the cheese. Repeat layering once more. In a large bowl lightly beat eggs. Add milk, Worcestershire sauce and salt. Pour over bread, mushroom and cheese mixture. Bake in a preheated 350-degree oven until golden brown and a knife inserted in center comes out clean, about 45 minutes. Meanwhile, in a medium skillet melt remaining two tablespoons butter. Add reserved 1 cup sliced mushrooms and saute for two minutes. Use to garnish baked Fondue. Makes six servings.

Quickies
Start a cold morning with waffles or pancakes topped with Cinnamon Honey Butter. Make this by warming one cup strained honey with one-half stick butter, one-fourth teaspoon cinnamon and a dash of nutmeg. Serve warm.

Cheesy Ponytail Franks

will delight the youngsters. Mix two cups of shredded Cheddar cheese with one-fourth cup each of chili sauce and pickle relish and one-eighth teaspoon oregano. Slit eight franks lengthwise, but not all the way through. Fill with cheese mixture, place in hotdog buns and wrap each one in foil. Seal and twist ends to resemble ponytails. Make ahead and refrigerate, if desired. Heat in a 400-degree oven 15 to 20 minutes.

Cottage cheese combined with hard-cooked eggs makes a good sandwich filling. Combine four hard-cooked eggs, chopped, with one and one-half cups cottage cheese, one tablespoon Worcestershire sauce, two teaspoons prepared mustard and one and one-half teaspoons seasoned salt. Blend thoroughly and chill several hours before using.

Slightly melted ice cream makes a wonderful sauce for fruits and means an easy dessert.

Death Claims Bertie Native

WINDSOR — Miss Ellen Margaret Dail, 42, of Windsor, died Friday in Bertie Memorial Hospital. A native of Bertie County, she was the daughter of the late James E. and Essie E. Dail.

Surviving are one sister, Mrs. Wilbur (Mae) Lamb of Hertford; three brothers: James Dail of Edenton, and John and E.L. Dail both of Windsor.

Funeral services were held Sunday afternoon at 2 o'clock at the graveside in Edgewood Cemetery.



MOVERS AND SHAKERS — Morris Lubeznik, left, representing McDonald's Restaurants in the Tidewater area, and Washington Redskins quarterback Joe Theismann discuss the latter's March 7 appearance in Norfolk on behalf of the new Children's Hospital of the King's Daughters.

Oborn At Hascom AFB

BEDFORD, Mass. — Now serving at Hanscom AFB, Mass., with an Air Force Systems Command Unit is Capt. Richard L. Oborn, son of Mr. and Mrs. Paul R. Oborn, Route 3, Edenton, N.C.

Capt. Oborn, an information officer, came to Hanscom from the University of Missouri at Columbia, where he recently earned his M.A. degree in journalism through the Air Force Institute of Technology (AFIT) program which provides resident training for selected military personnel. AFIT is located at Wright-Patterson AFB, Ohio.

The captain, who graduated from high school in 1966 at Sumter, S.C., received his B.A. degree in English in 1970 from Clemson University and was commissioned through the Reserve Officers Training Corps program.

Capt. Oborn's wife, C.J., is the daughter of J. Fletcher Rosser of Sanford, N.C.

Theismann Appearances Benefit Children's Hospital

The Redskins are coming! The Redskins are coming! That could almost be the password in Norfolk on March 7 when one of the Washington Redskins, quarterback Joe Theismann, makes personal appearances in the Tidewater area to benefit the new Children's Hospital of the King's Daughters. This is Theismann's second consecutive year as a participant in the Shamrock Shake campaign sponsored by area McDonald's Restaurants.

Theismann's involvement grew out of visits with his daughter when she was a patient in Washington's Children's Hospital. "I could see what wonderful things hospitals can do for the 'little people' of the world. The Children's Hospital in Norfolk is certainly no exception."

The Shamrock Shake campaign runs from March 10 to March 17. For every shake purchased during that period, McDonald's will donate 25 cents to help finance construction of the hospital's ambulatory care center (out-patient facility). The two-story center expects to accommodate up to 50,000 young patients each year in 24 specialty clinics.

Theismann is extremely pleased that last year's Shamrock Shake campaign netted nearly \$16,000 for the hospital, and he has high hopes this year that the sum will be exceeded.

The football star's day will begin with an appearance on the "Mike and Lynn Show" on WAVY-TV. Appearing with him will be Rhey Wright, assistant executive director of Children's Hospital.

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