

From The Herald Kitchen

Creative Cooking

If you are a homemaker who cooks for two or fewer, join the club.

You're part of the trend to smaller households in this country. Many married couples are remaining childless today; even more have grown children who have left home. And, according to the U.S. Census Bureau, the number of people living alone has now topped the 15 million mark.

Preparing food for yourself or for one other person needn't be an endless round of heat-and-serve dinners or store-bought snacks. Nor does it have to mean wasting food bought in quantities that one or two people can't finish. Fresh fruits and vegetables offer a natural, nutritious and convenient way for the small family or single person to eat well.

Many fresh commodities may be bought one or two at a time, for example. If they are over-wrapped in your market, ask the produce manager to break up a package for you.

In many cases the fresh commodity can be eaten in several different ways. Buy a whole head of cauliflower, for instance, but cook just part of it as a side dish for dinner. Use the remainder to slice raw into healthful salads or to dunk in your favorite snack dip. Spad greens such as lettuce, endive or romaine, are delicious stir-fried with some minced onion and fresh herbs as seasonings.

But dessert is a problem? Fresh Fruit Sherbet Tropicale could be the answer to a great dessert you can eat in installments. This one blends a half fresh pineapple, one ripe banana, fresh orange juice and piquant grated orange rind for an icy treat that needs no cooking. Once you've eaten your fill, you can put the sherbet back in the freezer until the next time the yen for a refreshing scoop seizes you. There's no fruit wasted either. Cube the remaining half pineapple to eat for another fresh dessert or to toss into meat dishes for a Polynesian touch.

Want the inside information on Fresh Tomato-Spinach Surprise? Two large tomatoes can be the

main course for a couple when they are hollowed out, stuffed with seasoned fresh spinach and an egg. Bake and serve with a smooth Parmesan Cheese Sauce and you have a full complement of protein, plus nutritious vegetables. Any spinach left over will be a marvelous salad the next night tossed with your favorite dressing and a few fresh mushrooms.

Fresh Fruit Sherbet Tropicale
 1 medium size, ripe banana, peeled
 ½ large fresh pineapple, peeled, cored and cut in pieces
 ½ cup fresh orange juice
 2 teaspoons grated orange rind
 ¼ cup sugar
 ¼ cup light corn syrup
 1 egg white
 ¼ teaspoon salt

Combine first four ingredients in blender container; process until mixture is smooth. Turn into large bowl, stir in sugar and corn syrup. Pour into shallow pan; freeze until almost firm. Transfer mixture to a chilled bowl; beat with electric mixer or rotary beater until light and fluffy. In small bowl, beat egg white with salt until stiff; fold into fruit mixture. Pour into refrigerator tray, loaf pan, or four-cup ring mold. Freeze until firm, 3 or 4 hours. Makes about 3½ cups sherbet.

Fresh Tomato Spinach Surprise
 2 large firm tomatoes
 2 cups chopped fresh spinach
 2 tablespoons finely chopped onion
 2 tablespoons dry bread crumbs
 ¼ teaspoon salt
 ¼ teaspoon pepper
 2 eggs

Cut a thin slice from stem end of tomatoes. Scoop out pulp leaving outer shell. Combine spinach, onions, bread crumbs and seasonings, mix well. Place two tablespoons spinach mixture in bottom of each shell. Break one egg into each shell. Spoon remaining spinach mixture over eggs. Place tomatoes in small shallow baking dish; add water to depth of ½-inch. Bake at 350 degrees for 40 minutes. Serve with Par-



DESSERT FOR TWO — Fresh Fruit Sherbet Tropicale is the ideal dessert for the one-or-two person household. Eat only as much as you want; the rest will keep deliciously in the freezer.

Parmesan Cheese Sauce
 2 tablespoons butter or margarine
 2 tablespoons flour
 1 cup milk
 3 tablespoons grated parmesan cheese

In small saucepan, melt butter or margarine over medium heat. Remove from heat; blend in flour. Add milk gradually, stirring constantly. Return to heat; add cheese, stirring until sauce thickens and comes to boiling. Makes one cup sauce.

Spring Lemon Tips
 Fresh lemons claim the spotlight for spring. They do wonderful things to vegetables as well as shout of freshness.

Fresh lemon juice in your cooking water keeps white vegetables white. Potatoes, cauliflower, turnips, etc. won't get that grayish color.

Here's a classic vegetable sauce: ½ cup

mayonnaise, the juice of half a fresh lemon and cayenne pepper added to taste. Use with artichokes and asparagus.

If you make your oil and vinegar salad dressing, substitute fresh lemon for the vinegar. Try it once and you'll be a convert.

When a recipe calls for the juice of just half a lemon, before cutting and using the juice, first grate the lemon flavor-filled peel. Store it in a plastic bag in the freezer, use later in cookies, pudding or as a garnish. Then cut the lemon. The remaining half not used in the recipe can be wrapped in plastic to keep it fresh for use later.

The contrast of fresh lemon wedges with green vegetables makes a spectacular garnish. Then squeeze the wedge over freshly cooked or canned vegetables for a great aroma and flavor.

COA Sets Open House Business Students Invited

An open house for area high school business students will be held at College of The Albemarle on April 27 at the Technical Center in Elizabeth City. The full morning of tours and demonstrations is being sponsored by the Phi Beta Lambda business club at the college.

All seniors who are enrolled in business courses in high schools within COA's seven-county service area have been invited to participate. Registration will begin at 8:45 A.M.

Lu Ann Chappell, business instructor and PBL faculty advisor, said the visitors will have an opportunity to see and try the equipment used in the classroom to train COA students. These include a variety of modern office machines and the computer system that is presently employed for instructional purposes at the college.

She said instructors will be present to explain the operation of each type of equipment. They will also outline the courses of study offered by the business department.

Following a complete tour of the Technical Center

facility, Miss Chappell said the guests will attend a hospitality hour. There, they will have a chance to meet and socialize with other COA students and faculty members.

CARD OF THANKS

I would like to take this opportunity to express my appreciation for the many acts of kindness shown to me during the illness and death of my husband, Less Layton.

Also, to the doctors and nurses at both the hospital and the medical center I extend a special thank you for the time and care you gave to Less.

May God bless each of you.
 Mrs. Lillie Layton pd.

Jewelry Jottings

— by —
R. W. DAVIS

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UGLY OR BEAUTIFUL?

It all depends on whether or not you are a lobster-lover. To those who enjoy this succulent fruit of the sea, a lobster is a thing of beauty. To others it seems incredibly ugly.

Beauty is "in the eye of the beholder," but, contrary to another old saying, it is not skin deep. True beauty often can't be seen at all. It is something you feel, something of which you are aware—not necessarily seen.

Beauty, for instance, surrounds you when you walk into a church. There is something in the atmosphere that you can't quite define. No matter what's been happening to you, in God's Home, you feel a sense of peace, of sanctuary.

Had that experience lately?

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Peter	Psalms	Psalms	1 Corinthians	1 Corinthians	Hebrews	Hebrews
4:12-19	102:16-28	103:8-22	1:1-10	10:1-13	1:1-14	8:1-10

Sunday School Lesson

STRUGGLE AND GROWTH
 International Sunday School Lesson for April 23, 1978
 Scripture: Galatians 2:11-16; Acts 11:11-18
 By Mrs. Jesse Waller

We have heard people say, "If we could just live like the early Christians, it would be so much less complicated." We forget that they came from varied backgrounds, and sometimes the law was a stumbling block to them. The Jews felt that the Gentiles should follow the letter of the Jewish law to become Christians. Their growth was not without struggle, just as our growth today requires struggle, and understanding of varied backgrounds.

In our scripture lesson today we have an example of the definite leading of the Holy Spirit. Peter was in Joppa, and was called to a man's home to give him a message by which the man and his household would be saved. Peter, and six men went with him, and as they declared the message of Jesus Christ, the Holy Spirit fell on them all, just as at the beginning, when they were in the upper room Then Peter remembered the words of his Lord, how he said, "John baptized with water, but you shall be baptized with the Holy Spirit." We should never let the mode of baptism be a stumbling block.

In the Galatian scripture there had been some controversy over circumcision. Cephas, one of the leaders, was withdrawing himself from the Gentiles, because he feared the circumcision party, or those believed the Gentiles could not become Christians unless they followed the Jewish law to the letter.

Apostolic authority was central because the New Testament had not yet been written. The church was "built upon the foundation of the apostles and prophets," Ephesians 2:20. In the last half of the second century A.D. some of the writings were translated and given a place along side the Old Testament as Scripture.

In the third century they were collected and bound together separated from other Christian literature, and were spoken of as the New Testament. In the fourth century, our final list of books was accepted, and was called the canon, from a Greek word meaning standard or rule.

Our New Testament came to us through much struggle and conflict. We owe so much to these great Christian thinkers, who were planted in history at this time, and for this purpose. God works through people, and He has never left His remnant here on earth without a loud voice, and persistent leadership.

There were two outstanding councils, the one at Nicea 324 A.D., and the council at Chalcedon 451 A.D. Great Christian thinkers, who were active at this time, to name a few, were Tertullian, Justin Martyr, Irenaeus, Augustine, and Polycarp. Some of them paid for the continuance of truth with their lives.

We know that each generation brings fresh outbursts against the truth of the gospel. This has been evident in our life-time, so our vigil must continue, until the morning eternal dawns, and the shadows disappear.

Closing prayer: Thank you, dear Lord, for including all in your great plan of salvation. (Based on copyrighted Outlines produced by the Committee on the Uniform Series and used by permission.)

Little Stories about GREAT HYMNS

"TAKE THE NAME OF JESUS WITH YOU"
 *Miss Lydia Baxter

"Take the name of Jesus with you,
 Child of sorrow and of woe --
 It will joy and comfort give you,
 Take it then where'er you go."

Chorus:
 "Precious name, O how sweet!
 Hope of earth and joy of heav'n."

*Miss Lydia Baxter, born in Petersburg, New York, September 2, 1809, was converted while a girl. Later, she moved to New York City. For years she was an invalid, confined to her room. It was in her chamber of suffering that she wrote this hymn.

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