

Creative Cooking From The Herald Kitchen

By Mildred Huskins
Valentine's Day is synonymous with romance. A man traditionally presents his loved one with flowers and candy. And very often the compliment is returned with a tantalizing dinner for two.

This year, February 14th falls on a Thursday. But, romance doesn't have to be sacrificed just because of weekday time limitations. A little advance planning can produce that extra special meal, sure to impress Cupid.

A flavorful vegetable stuffing in a pair of rock Cornish hens could highlight the midweek Valentine's Day feast. We recently found that one of the little birds made enough meat to please both of us and it was quite inexpensive. Of course, the stuffing, gravy and vegetables extended the entire and wine and candlelight added the pleasant atmosphere.

We are suggesting a different stuffing. It is a seasoned mixture of carrots, celery, onion, parsley, and walnuts which is pleasantly light, yet rich and satisfying in flavor. It can be prepared in advance and spooned into the hen's cavities just before roasting.

Cherry tomatoes, also called "love apples," are certainly appropriate for Cupid's repast. The ingredients of this side dish are combined in just a few minutes and then baked right along with the birds.

To put that extra sparkle into this Valentine's Day menu add a ruby-red dessert that fulfills every romantic's dream. Impressive looking heart shaped tarts hold a glistening fresh strawberry-rhubarb filling.

Cornish Hens with Fresh Vegetable Stuffing
1 medium carrot, finely chopped (½ cup)
1 rib celery, finely chopped (½ cup)
1 small onion, finely chopped (one-third cup)
¼ cup finely chopped walnuts
3 tablespoons chopped parsley
3 tablespoons butter or margarine, melted, divided
2 tablespoons packaged dry bread crumbs
½ teaspoon ground sage
¼ to ½ teaspoon salt
Dash pepper
2 Cornish hens (1 lb. each)
Seasoned salt

In medium bowl, combine carrot, celery, onion, walnuts, parsley, 2 tablespoons butter, bread crumbs, sage, salt and pepper; mix well. Sprinkle cavity of hens with seasoned salt. Spoon stuffing into cavity; secure opening with poultry pins or needle and thread. Sprinkle hens with seasoned salt; brush with remaining 1 tablespoon butter. Place hens, breast-side-up on a rack in a shallow roasting pan. Roast in a 350-degree oven, 1¼ hours or until hens are cooked; baste occasionally with butter or pan drippings. Serves two.

Baked Cherry Tomatoes
½ pint cherry tomatoes
2 tablespoons finely minced onion
2 tablespoons chopped parsley
½ teaspoon dried leaf thyme, crumbled
¼ cup soft bread crumbs
¼ teaspoon salt
Dash pepper
2 tablespoons vegetable oil

Remove stems from tomatoes. Arrange tomatoes in a single layer in

a shallow baking dish (place tomatoes close together). Combine remaining ingredients. Sprinkle bread crumb mixture over tomatoes. Bake in a 425 degree oven 6 to 8 minutes, or until tomatoes are tender. Serves 2.

Heart-"Two"-Heart Pastries

1 pkg. (17¼-oz.) frozen puff pastry dough (2 10-inch sheets)
2 cups fresh rhubarb, cut in 1-inch pieces
2 tablespoons sugar
3 tablespoons water, divided
3 whole cloves
1 2-inch piece stick cinnamon
1 cup sliced strawberries
2 teaspoons cornstarch
¼ cup heavy cream, whipped

Cut out a paper heart or use heart-shaped cookie cutter measuring 4 inches across. Cut out a second paper heart or use heart-shaped cookie cutter measuring 3-inches across. Allow pastry to stand at room temperature until just thawed. Cut out six 4-inch pastry hearts. Trace smaller heart over 4 of the large hearts. Cut out smaller heart, leaving a 4-inch heart-shaped frame. Moisten edges of one 4-inch heart and place on baking sheet for a base. Place one heart frame over solid heart; moisten edge. Place second heart frame on top of first. Repeat with second heart and 2 frames. Bake hearts in 400-degree oven 20 to 25 minutes until browned. Remove from baking sheet and cool on wire rack. In small saucepan, combine rhubarb, sugar, 1 tablespoon water, cloves and cinnamon; cover. Simmer 10 minutes until rhubarb is tender. Add strawberries. Dissolve cornstarch in remaining 2 tablespoons water; Add to rhubarb. Cook until mixture thickens and boils. Cool. Spoon mixture into heart shells. Top with whipped cream. Makes 2 servings.

What's New
Dr. Henry Jordan, a Philadelphia psychiatrist and researcher, knows the hardest part of dieting is staying slim after the diet. He has written a new booklet, "After the Diet...Then What?" which is available by sending name, address and \$1 to: After the Diet...Then What?, Campbell Soup Company, P. O. Box 8717, Clinton, Iowa 52736.

Academy Honor Roll
Following is a list of students at Chowan Academy who made the "A" "A-B" Honor Roll for the past six-week grading period.

"A" Honor Roll
12th Grade — Edith Cowper.
10th Grade — Flora Hall Wood.
9th Grade — Scottie Winslow.
8th Grade — Allen Berryman
6th Grade — Tony Evans and Kinnon Lane.
6th Grade — Molly Lane and Joni Riddick.
4th Grade — Paula Winslow.

"A-B" Honor Roll
11th Grade — Oneida Boyce and Weston Towe.
10th Grade — Suanne Bass, Donna Darnell, Arlene Evans, Barbara Morris, Linda Winslow, Phil Smith and Joey Tynch.
8th Grade — Jasper Evans, Cheryl Hobbs and Fred Smith.

7th Grade — Mary Kay Lane, Mary Sydney Perry, and Scott Rountree.
6th Grade — Cheryl Groff, Paul Russell, J. E. Darnell and Tim Phthisic.
5th Grade — Brenda Jo Forehand, and Jason Harrell.
4th Grade — Erik Smith, Harvey Weeks, Leanne Perry, Hope Perry, Gregory Bass and Wendy Rountree.

the story about aluminum foil's role in microwave cooking may be obtained by sending name, address and 50 cents in coin to cover handling and mailing to: Reynolds Wrap & Microwave Cooking, The Reynolds Wrap Kitchens, Dept. N, Reynolds Metals Co., Richmond, Va., 23261.

According to statistics, more and more American consumers are discovering the advantages of combining convenient frozen foods with the time and energy-saving of microwave cooking. To meet the demands of this new effort-conscious consumer, the Swanson Division of Campbell Soup Company, has introduced the first line of frozen foods packaged in paper trays for use in both microwave and conventional ovens. Look for them in the frozen foods sections at the supermarket.

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Old English, or Anglo-Saxon, was spoken in Britain from about 449 A.D. to 1100.

Promotions Are Announced

GATESVILLE — Robert E. Lee, executive vice president and chief executive officer of Tarheel Bank & Trust Co., recently announced the following promotions, effective, January 1.

Alan K. Massey, formerly assistant cashier - data processing, in the Gatesville office, has been promoted to assistant vice president - data processing. Massey joined the bank in May, 1978. His background includes office management and computer programming-analysis with Peoples Bank & Trust Co., Rocky Mount. He was instrumental in designing and modifying the initial program conversions from a manual to automated system while at Peoples Bank. He is now responsible for programming, research, modifications and conversion from manual to automated systems for Tarheel Bank. Massey is a graduate of Ahoskie High School and East Carolina University, and he and his wife, Sarah, and daughter, Elizabeth, reside in Gatesville.

Mrs. Faye Casper, formerly secretary of Tarheel Bank, has been promoted to executive secretary. She began her career with the bank in April, 1968, as a teller-bookkeeper. Before Tarheel Bank, she was with Southern Discount in Ahoskie, N.C., and the American National Bank in Suffolk, Va. She was briefly employed as a typist for former Virginia Gov. Mills E. Godwin, Jr. Mrs. Casper is a 1964 graduate of Gates County High School, and she attended Chowan College in Murfreesboro, N.C. She is treasurer of the Gates County Jaycettes, and a member of the Eureka Baptist Church. She is married to Wade Casper, an employee of the Norfolk Naval Shipyard, and they have a son, David.

Mrs. Marjorie Timberlake, teller-bookkeeper in the banks Edenton office, has been promoted to operations officer. Her prior experience in banking includes supervision of bookkeeping and proof-transit of the old Bank of Manteo, now Planters National Bank. She was a teller with Central Carolina Bank in Chapel Hill, and a teller-secretary with NCNB in Raleigh. Involved extensively with civic and community organizations, Mrs. Timberlake serves as

treasurer and director of the James Iredell Association, treasurer of Chowan Hospital Auxiliary and secretary of the Cupolla House Association. She served one term as district representative of the North Carolina Hospital Association, representing twenty-eight hospitals in eastern North Carolina. She is married to J. P. Timberlake, III, of Timberlake and Sykes, CPA's, and they have a son, Jay.

Ben P. Weaver, vice president and manager of the banks Lewiston Office, has been promoted to vice president and city executive. Weaver, formerly with the North Carolina Highway Patrol, began his career with Tarheel Bank in January, 1954. He was manager of the Winton office from January, 1955 until June, 1962, and after working with Waccamaw Bank in Whiteville and Lumberton, he returned to Tarheel Bank in July, 1966, and assumed the management of the Lewiston office. Weaver is a graduate of John Graham High School in Warrenton, N.C., and the North Carolina School of Banking in Chapel Hill. He served as Chairman of Group I, of the North Carolina Bankers Association in 1957. He is a current member and past chairman of the Board of Deacons of the First Baptist Church in Lewiston, and a member of the Lewiston Boy Scout Troop committee.

Weaver is married to the former Doris Mitchell of Trotville, N.C., and they

have two children, a daughter, Laura, and a son, David.

Mrs. Annie Rae Jones, a teller-bookkeeper in the Ahoskie office, has been promoted to operations officers. Her primary duties will be supervision of the bookkeeping department and tellers. She began her career with Tarheel Bank in March, 1973. Mrs. Jones is a 1961 graduate of Ahoskie High School. She is a member of the Millennium Pentecostal Church, and is

Pvt. Coston Trains In Cape Cod

Marine Pvt. Anthony C. Coston, Jr., son of Lorraine J. Coston, Route 1, Edenton, recently participated in cold weather training on Cape Cod.

He is a member of the 36th Marine Amphibious Unit, based at Camp Lejeune.

The exercise, which involved 3,000 U.S. sailors and Marines and three Navy ships, was designed to test clothing, equipment and amphibious techniques under adverse weather conditions. The exercise started with an amphibious assault landing and involved infantry training at Camp Edwards, Mass. The training was a prelude to a NATO cold weather exercise to be held later this year.

A 1974 graduate of John A. Holmes High School, Coston joined the Marine Corps in November, 1978.



NO-FUSS DINNER — Captivate your Valentine with this tantalizing feast. With a little pre-planning, all the dishes are easily assembled for a no-fuss dinner.



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