

Herald Kitchen: Chocolate Snacks Provide Nutritional Value

By Mildred Huskins
Nutrition studies show that mother was right. What mothers have known for centuries - that their children are always hungry - before meals, after school and before bedtime - has been confirmed by a number of studies reported on nutrition. Indeed, several of them go so far as to state that children are unable to eat enough calories at one time to be well-nourished on three meals a day. Drs. Selma E. Snyderman and L. Emmett Holt, Jr., in "Nutrition in Infancy and Adolescence," state that nutritional requirements are conditioned primarily by pubertal growth. They point out the increase in

appetite reflects the need for more calories but also the need for other nutrients, including nitrogen. Helen Andrews Guthrie, noted food authority, in her latest edition of her textbook, "Introductory Nutrition," cited research showing that "smaller, more frequent meals are utilized in such a way that depresses the formation of adipose tissues, as desirable during growth as in the prevention of obesity." So, there it is for the snack! It assumes an important place in the diet and should be given some extra thought so that what we have on hand is nourishing, tastes really good and is easy to make. In the well-

balanced diet there is room for choice of foods even favorites like goodies made with chocolate, say the chocolate manufacturers. They make out a good case for "chocolate is good for you." And they have provided these recipes for chocolate snacks.

Chocolate Nut Brownies
1/2 cup butter or margarine
1 cup sugar
2 eggs
1 teaspoon vanilla
1 cup unsifted all-purpose flour
1/4 cup unsweetened cocoa
1/4 teaspoon baking soda
3/4 cup chocolate flavored syrup
3/4 cup chopped nuts
In medium mixing bowl,

cream butter, sugar, eggs and vanilla until light and fluffy. Add flour, cocoa and baking soda alternately with chocolate syrup to creamed mixture; stir in nuts. Pour into a greased 9x9x2-inch pan. Bake at 250 degrees 30 to 35 minutes or until cake tester inserted in center comes out clean. Makes 16 brownies.

Chocolate Almond Brittle
1 1/2 cups chocolate baking pieces
1 3/4 cups chopped almonds
1 1/2 cups butter or margarine
1 3/4 cups sugar
3 tablespoons light corn syrup
3 tablespoons water
Lightly butter a jelly roll

pan or two 9x9x2-inch pans. Spread 1 cup chocolate pieces evenly over bottom; set aside. Spread almonds in shallow pan or on baking sheet; toast in 350-degree oven stirring occasionally, 7 to 8 minutes or until golden brown. Set aside. Melt butter in 2 1/2 quart saucepan; blend in sugar, corn syrup and water. Cook over medium heat, stirring constantly, to hard-crack stage ((300 degrees). Remove from heat; stir in 1 1/2 cups toasted almonds. Immediately spread mixture evenly over chocolate pieces in pan, being careful not to disturb the pieces. Quickly sprinkle with remaining 1/4 cup almonds and remaining 1/2 cup

chocolate pieces; score into 1 1/2-inch squares, if desired. Cool; cover pan and store overnight. Remove from pan; break into pieces. Store in tightly covered container. Makes about 2 1/2 pounds.

Meringue Chip Cookies
2 egg whites
1/2 teaspoon cream of tartar
1/4 teaspoon salt
One-third cup sugar
1 teaspoon vanilla
1 cup semi-sweet chocolate baking pieces.
In small mixing bowl, beat egg whites with cream of tartar and salt until soft peaks form. Gradually beat in sugar; continue beating until stiff peaks form. Add vanilla. Fold in chocolate

pieces. Drop meringues by teaspoonfuls onto greased baking sheet. Heat over to 375 degrees. Place cookies in oven; immediately turn off oven and allow cookies to remain overnight or until oven has cooled. Makes 3 dozen cookies.

Safari Bars
Safari Bars are quick and easy to make because they begin with oatmeal cookie mix. So if the natives are restless, calm them with your own snack attack - a pan of Safari Bars.

Safari Bars
1 pkg. oatmeal cookie mix
Two-thirds cup chopped nuts
One-third cup mashed ripe bananas
1 pkg. (6 oz.) semi-sweet chocolate pieces

Combine cookie mix, one-third cup nuts and banana; mix well. Spread into lightly greased 13x9-inch baking pan; bake at 350 degrees about 20 minutes. Remove from oven; sprinkle with chocolate. Return to oven about 1 minute or until chocolate is soft; spread evenly to cover. Sprinkle with remaining nuts; cool. Refrigerate to set chocolate; cut into bars. Store in tightly covered container at room temperature.

Plants have many things in common with people. They will not be at their best with too little or too much food, water or warmth.



CHOCOLATE SNACKS - Safari Bars are a super, nutritional snack to calm the natives. These are made with a cookie mix to make it easy on cook.

EXTRA-STRENGTH
TYLENOL
Extra Strength Tylenol Capsules 100's
Reg. 6.23
Special 5.61
Mitchener's Pharmacy

Prison Ministry Training Series
A training series for Yokefellow prison ministry volunteers will begin Monday at 7:30 P.M. in Roper United Methodist Church. For additional information call Robert Kelly, 797-4226 or Ray Gooch, 793-3291. The Yokefellow prison ministry is an interdenominational, interracial lay-clergy movement, the purpose of which is to help serve the needs of residents of correctional institutions.

HOME REALTY

New Listing
House, like new. Two story, frame, 2,350 sq. ft. of living space. 4 BDRM, DR, LR, Den with fireplace, large Kit., dinette, 3 Baths, central heat & air. Lots of storage room, screened in patio. Conveniently located near boat ramp, beach area, golf, & tennis.

Valuable Property For Sale
Home Realty submits the following listings of valuable property for sale:

Dutch Colonial Home
Overlooking Albemarle Sound, brick home with beautifully landscaped grounds, if course, boat basin, picnic area. Four-bedroom, living room with fireplace, den with fireplace, kitchen, utility room, all with central heat and air conditioning.
Priced To Sell
Three bedroom frame house priced to sell immediately. Living room, kitchen with equipment, carport. A good investment.

Another Good Location
Brick house with four bedrooms, dining room, kitchen, den with fireplace, living room with fireplace, 1 1/2 baths, central heat, garage. You'll love the way this house and lot have been maintained.

In Historic District
Comfortable home located in historic district within walking distance of downtown Edenton. Four bedrooms, two baths, living room, family room with fireplace, kitchen. The home you have been waiting for.

Second Home
This frame home would make a second home. Consists of three bedrooms, living room, kitchen and bath. Priced for immediate sale.

A Family Pleaser
Live in very attractive two-story brick home and enjoy income from adjoining duplex. Consists of 5,500 square feet of living space, including six bedrooms, living room with fireplace, den with fireplace, dining room with fireplace, two full baths, garage with workshop. Completely renovated to include all modern conveniences. In historic district within walking distance to shopping, schools and churches.

Waterfront Lot
This lot contains a bulkhead, and is located on Country Club Drive. Financing is available.

Also available: trailer lots, & homesite lots. Financing available.

Day 482-2153
Night 482-3807

January White Sale

 Hotpoint Electric Dryer W/Permanent Press Care. 4 temperatures & Sensi-Dry®. Poly knit setting. Enamel drum. #51420 \$199⁸⁶ Ref. Price \$269.95	 Hotpoint Automatic Washer W/Large Sized Capacity. 4 water levels and 3 water temps. Top-load. Bleach dispenser. #51236 \$319⁹⁵ Ref. Price \$379.95	 RCA 12" Diagonal Black & White Portable TV. Fast warm-up picture. One-set fine tuning. Dual-function antenna. #5452 \$89⁸⁷ Ref. Price \$99.95	 Automatic Portable Kerosene Heater. 9,800 BTU's of heat. Automatic start. Safety tipover switch. #30470 \$159⁹⁷ Ref. Price \$219.00	 Pickup Truck Utility Box. Overlapping lids to seal out dust and water. Pushbutton key locks. Widebeds. #92402 \$89⁸⁷ Ref. Price \$99.97
 Battery Smoke Detector. Detects fire in its earliest stages, before there is visible smoke or flame. #73060 \$9⁹⁷ Ref. Price \$16.95	 8' x 8' Steel Storage Building. Fully galvanized steel for extra strength. Easy to assemble with instructions. #92739 \$184⁹⁹ Reg. Price \$199.97	 4' x 8' White Tileboard. A smooth, white panel with tough melamine finish. 1/8" thick. #16605 \$9⁶⁹ Save \$3 Reg. Price \$12.69	 White Interior Latex Flat Wall Paint. Warranted to cover any color in 1 coat, to be fade resistant & washable. #47662 \$7⁹⁹ Save \$4 Gallon Reg. Price \$9.99	 Lowe's is Chairman of the Boards For All Your Lumber! 1 x 4 #01198 Ref. Price 22¢ 1 x 6 #01200 Ref. Price 32¢ 1 x 8 #01250 Ref. Price 43¢ 1 x 10 #01300 Ref. Price 54¢ 1 x 12 #01350 Ref. Price 64¢ 15' L. Ft. 24' L. Ft. 35' L. Ft. 45' L. Ft. 58' L. Ft.
 Thrifty 2' x 4' Ceiling Panel. The attractive and economical way to a new ceiling. In 64 sq. ft. cartons. #10404 21¢ Sq. Ft. Ref. Price 23¢	 2'8" x 6'8" Storm Door. Full safety glass for good looks. Thick 1 1/2" white aluminum frame for strength. #11136.7 \$79⁹⁹ Ref. Price \$94.99	 3'0" Steel "Replacement" Door Unit. Insulates better than wood/storm door combos. Fits 3'0" opening. #15507.8 \$129⁹⁹ Ref. Price \$159.99	 4' x 8' x 1/2" Gypsum Board. Lasts as long as the house. Won't decay or deteriorate, warp or swell. #11730 \$3⁷⁹ Reg. Price \$4.29	<p>COUPON</p> <p>Fiberglass Pipe Wrap Insulation</p> <p>With 90¢ Coupon</p> <p>Reg. Price \$1.39 # No. 24412 Expires 2-3-81</p>
 White Aluminum Guttering. No maintenance—ever! Easy to install with ordinary tools. 10 ft. sections. #11550 \$4²⁹ Section Ref. Price \$4.84	 18" x 16" Vanity Package With 19" x 17" Top and Faucet. One storage door. White with gold outline and hardware. #20804 \$69⁹⁷ Ref. Price \$79.97	 Grade "A" White Water Saver Water Closet. Uses less water per flush than other models. Seat not included. #20701.2 \$44⁹⁹ Ref. Price \$59.97	 40 Gal. Electric Water Heater. Factory-installed temperature & pressure relief valve. Double heating element. #26322 \$99⁹⁷ Ref. Price \$139.97	 Tub Wall Surround. Protects your bathroom walls from water & moisture damage. Easy to install. #20781 \$54⁹⁷ Ref. Price \$69.97

Just Say Charge!

 You may qualify for \$750 instant Lowe's credit upon presentation of a Master Charge, Visa, or American Express card. Without these cards, we can still process your application in a minimum amount of time.

1015 West Ehringhaus St.
 Elizabeth City
 Telephone 338-4711

LOWE'S
 Your Household Word

Many items in this ad carry a reference retail price. This reference is intended to provide a guide to the range of retail selling prices in our selling area and may be useful in identifying different units of the same manufacturer. An item's reference retail price is either the manufacturer's suggested retail price or our determination of its full retail price based on prices at which it or similar merchandise is offered by principal retailers (department stores, specialty shops, and other non-discount sellers) in our selling area. Some items in this ad are listed as "regular" selling price. The merchandise is offered at this price (except during a special sale). The purpose of showing a reference retail price (or a regular price) is to assist you, our customer, in making a knowledgeable and better informed buying decision. We suggest that you also do comparative shopping and compare our prices.