



CATHERINE AMBER WHITSON
Andy and Lois Whitson of Rt. 2, Edenton, announce the birth of their first child, a daughter, Catherine Amber Whitson, born August 22, weighing 6 lb. 12 ozs. Maternal grandparents are William and Betty Hughes of Edenton. Paternal grandparents are Andrew and Pat Whitson of Edenton.

MIRIAM BRIDGER WARLICK
Ronald G. and Jane Spruill Warlick of Windsor are proud to announce the birth of their daughter, Miriam Bridger, born August 17 in Chowan Hospital. Maternal grandparents are Mr. and Mrs. Roy H. Spruill of Edenton. Paternal grandparents are Mr. and Mrs. Joe S. Warlick, Jr. of Windsor.

MACHARA JENEE' ELLIOTT
David Earl and Marva Jordan Elliott of Edenton are proud to announce the birth of their daughter, Machara Jenee', born August 13 in Chowan Hospital. Maternal grandparents are Mr. and Mrs. Marshall I. Jordan of Edenton. Paternal grandparents are Mr. and Mrs. Wallace Elliott of Route 1, Tyner.

JASON LEON NIXON
Murray Leon, Jr. and Charlotte Toppin Nixon of Route 1, Edenton are proud to announce the birth of their son, Jason Leon, born August 20 at 3:40 p.m. in Chowan Hospital. He weighed 7 lbs. 15 oz. He is brother to Joey Leon and Jennie Leigh Nixon. Maternal grandparents are Garland and Elsie Toppin of Edenton. Paternal grandparents are Murray and Marian Nixon of Edenton.

JOSHUA RICHARD DAVENPORT
Richard and Cynthia Davenport of Plymouth, N.C. are proud to announce the birth of their son, Joshua Richard, born August 20 at 2:29 p.m. in Chowan Hospital. He weighed 7 lbs. 4 oz. Maternal grandparents are Joseph Monroe and Vermelle Chesson of Plymouth, N.C. Paternal grandparents are Henry and Thelma Davenport of Roper, NC.



EASY SUPPER—Stir-fry cooking is a quick and easy way to prepare a flavorful entree like this pepper steak combination.

Fun With Food From The Herald Kitchen

By **MILDRED HUSKINS**
Modern conveniences make cooking tasty meals easier.

Most of us have fond memories of the old-time kitchen where our grandmother cheerfully spent most of the day preparing wonderful home-style meals for huge family gatherings. Some of us even remember them as the good old days, but really few of us actually have the time or the desire to relive them today. None of us cooks like Grandma anymore and few of us even cook like our mother and we are fortunate that we don't have to.

Modern food technology has resulted in many conveniences that make it possible to prepare good-tasting meals in a relatively short time. Convenience foods have become such an accepted part of life today that we take them for granted. We no longer feel guilty about using prepared foods, so we have found out that we can enjoy the speed and ease of convenience foods without sacrificing quality or nutrition.

For the times when you want a home-cooked meal without spending hours in the hot kitchen, try a Stir-Fry Pepper Steak dinner.

By teaming up the quick-cooking technique of stir-frying and convenience of some prepared food items, you can have a delicious meal on the table in about 20 minutes. Add Tomato Dressing to a mixture of crisp salad greens and have Stir-Fry Pepper Steak as the entree, followed by Rich and Nutty Fudge Sauce over vanilla ice cream. There you are and it's a yummy supper!

Tomato Dressing
¾ cup tomato juice
¼ cup white wine vinegar
1 teaspoon oregano leaves
½ teaspoon salt
¾ cup peanut oil or vegetable cooking oil

Blend together tomato juice, vinegar, oregano and salt. Gradually beat in peanut oil. Chill. Shake to blend before serving. Makes 1½ cups.

Stir-Fry Pepper Steak
½ cup cooking oil
1 pound top round steak, thinly sliced across grain
2 large green peppers, cut into thin strips
2 medium onions, thinly sliced
1 tablespoon cornstarch
½ to 1 teaspoon ground ginger
½ teaspoon garlic powder
1 cup canned beef broth
¼ cup soy sauce
2 jars (4 ounces each) pimientos, sliced undrained
3 cups hot cooked rice

In large skillet over high heat place 2 tablespoons oil. Add meat and brown, stirring occasionally. Push meat to side of skillet; add remaining 2 tablespoons oil. Add green pepper strips and onion slices; cook, stirring constantly, until tender-crisp, about 2 to 3 minutes. In small bowl, combine cornstarch, ginger and garlic powder; blend in broth and soy sauce until smooth. Slowly stir into meat mixture; cook, stirring until thickened, about 1 minute. Stir in pimientos. Cook until heated through, about 2 minutes. Serve immediately over hot cooked rice. Serves 4.

Rich & Nutty Fudge Sauce
2 Baby Ruth candy bars, chopped
¼ cup milk
1 tablespoon butter or blend margarine
Ice Cream

In medium saucepan, over medium heat, heat candy bars, milk and margarine or butter to boiling. Boil 3 to 5 minutes, stirring frequently. Cool slightly, serve warm over vanilla ice cream. Store in the refrigerator and reheat to serve. Makes ½ cup sauce.

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Engagements Announced

Bowens - Privott

Mr. and Mrs. David Lee Bowens of Battleboro announce the engagement of their daughter, Linda Michelle, of Durham, to William Thomas Privott of Durham, son of Mr. and Mrs. Willis McCoy Privott, Sr. of Edenton.

The bride-elect is a graduate of North Carolina Central University and is presently employed with International Business Machines as a senior associate programmer.

The bridegroom-elect is a graduate of North Carolina Central University and is presently employed with American Sterilizer Company as a spore production microbiologist.

The candlelight wedding ceremony is planned for Saturday, October 11, at 6:00 o'clock in the evening at Bethlehem Baptist Church in Rocky Mount.

Miller - Leamer

Mr. and Mrs. Percy Harrell of Route 3, Edenton, announce the engagement and forthcoming marriage of her daughter, Pamela Lynn Miller, to Mr. Mark E. Leamer, Jr., of Huntingdon, Pennsylvania. Miss Miller is also the daughter of Mr. C. Norman Miller of Huntingdon, Penn.

Mr. Leamer is the son of Mark and Mildred Leamer, both of Huntingdon.

A September wedding is planned.

Lane - Bibey

Mr. and Mrs. Melvin C. Lane, Sr., of Edenton, announce the engagement of their daughter, Kathy Diane, to Daniel Lee Bibey, son of Mr. Donald L. Bibey and Nags Head, and Mrs. Margaret M. Rhoades of Myrtle Beach, South Carolina.

The bride-elect is a graduate of John A. Holmes High School and attended Appalachian State

University and Pitt Community College. Miss Lane is employed with Beach Medical Center in Nags Head.

The prospective bridegroom is a graduate of Socastee High School in Myrtle Beach and is a graduate of Old Dominion University. He is employed at Tale of the Whale Restaurant, Inc. in Nags Head.

The wedding will take place November 15 at Kitty Hawk United Methodist Church.

Fall Meeting Planned Scheduled

District Eight of the National Society Daughters of the American Revolution of North Carolina will hold its annual fall meeting Tuesday, September 9 at St. Peter's Episcopal Church, Washington, according to Mrs. Joseph K. Showfety, Hickory, State Regent, and Mrs. Joe M. Dietzel, Lumberton, State Vice Regent. Major Reading Blount Chapter, Washington, will be hostess for the meeting which will begin with registration at 9:30 a.m., followed by business session at 10 o'clock and lunch at 1 p.m.

Mrs. Leon W. Robertson, Rocky Mount, is director of District Eight, which is made up of the following chapters: Edenton Tea Party, Edenton; Betsy Dowdy, Elizabeth City; Major Benjamin May, Farmville; Susannah Countanch Evans, Greenville; Elizabeth Montfort Ashe, Halifax; Meherrin, Murfreesboro; Micajah Pettaway, Rocky Mount; Hauxax Resolves, Scotland Neck; Major Reading Blount, Washington; and Thomas Hadley, Wilson.



Linda Michelle Bowens and William Thomas Privott



Pamela Lynn Miller



Kathy Diane Lane



Roy Forehand

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INSIGHT INTO EYESIGHT

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WHAT KIND OF BIFOCALS?

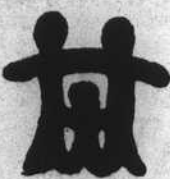
Bifocals are generally the choice of people who require two separate vision corrections — one for near and one for distance. It is the sensible alternative to carrying two pairs of glasses and changing them constantly. But even after choosing bifocals, there are additional considerations.

What degree of magnification is desirable? The power of the bifocal segment can be selected for any distance desired. Most often it is set for reading distance, but it need not be. It can be made for seeing as close as eight to ten inches for very precise work. Or it could be set for twenty to thirty inches to see the dashboard of an

auto or an airplane. But it probably cannot provide optimum focus at both distances.

There are also choices as to the position and size of the bifocal segment. It is usually located in the lower third of the lens, but it doesn't have to be. It could be at the top of the lens or in the corner. It can be as small as a dime or encompass most of the lens.

The interest of better vision from the office of:
A. F. Downum, Jr., O.D.
482-3218
103 W. Edenton Street
Edenton, N.C.



Views On Dental Health Richard N. Hines, Jr. D.D.S., F.A.G.D.

WHEN THE INJURY IS SLIGHT

If you or some other family member suffers an injury to the mouth that you consider slight, don't shrug it off — let your dentist take a look. Sometimes a minor injury involving the teeth presents no pain or other symptoms at first, but in time it might result in infection and other complications. You wouldn't want to run the risk of losing a tooth by ignoring the problem.

One of the first things your dentist will want to do is X-ray the injured tooth to find out how extensive the damage is. If there is an infection, it can probably be treated with an antibiotic. If there is a fracture or if part of the tooth has been chipped, the tooth can be restored using a composite resin or your dentist may recommend the tooth be crowned.

Whatever the damage, no matter how slight, prompt treatment by your dentist can prevent the pain of infection and the threat of tooth loss.

A public service with the aim of promoting a better dental health environment
From the office of:
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