



**ROBIN NICOLE ASHLEY**  
Ricky E. and Connie L. Ashley of Tyner are proud to announce the birth of their daughter, Robin Nicole, in Chowan Hospital on September 5.

Maternal grandparents are Mr. and Mrs. D.P. Lane of Tyner.  
Paternal grandparents are Mr. and Mrs. E.D. Ashley Jr. of Edenton.

**TAVERA NICOLE WHITE**  
Darren and Marchelle Denise White of Edenton are proud to announce the birth of their daughter, Tavera Nicole, on September 7 in Chowan Hospital.

Maternal grandparents are Mr. and Mrs. Robert L. Lassiter of Edenton.

Paternal grandparents are Mrs. Lois Dillard of Edenton and Lawrence White of the Bronx, New York.

**SARAH LINDSEY LEWIS**  
Ms. Gina Lewis of Edenton is proud to announce the birth of her daughter, Sarah Lindsey, in Chowan Hospital on September 5.

**JARED TYLER WINSLOW**  
Stanley and Vickie Meads Winslow of Hertford are proud to announce the birth of their son, Jared Tyler, on September 2 in Chowan Hospital.

Maternal grandparents are Mr. and Mrs. Joseph I. Meads of Hertford.

Paternal grandparents are Mr. and Mrs. Charles W. Winslow of Hertford.

The baby's great-grandmothers are Mrs. Clodia Hunter and Mrs. Elie Forehand of Hertford.

**JOSHUA DANIEL BURNS**  
Joseph F. and Rita Kay Burns of Edenton are proud to announce the birth of their son, Joshua

Daniel, in Chowan Hospital on September 10.

Maternal grandmother is Mrs. Martha Christine Lamb.

Paternal grandmother is Mrs. Thelma Bernice Burns of Edenton.

**GRAHAM KELLY ELMORE**  
Kelly (Kel) Alton and Kathleen H. Elmore are proud to announce the birth of their son, Graham Kelly, on September 9 in Chowan Hospital.

Maternal grandparents are James R. Penwell of Edenton and the late Mrs. Pola Happell Penwell.

Paternal grandparents are Alton and Elizabeth Elmore, and Barbara and Joe Conger Jr., all of Edenton.

**STEVE RANDOLPH LEIGH JR.**  
Steve R. and Brenda Leigh of Edenton are proud to announce the birth of their son, Steve Randolph, in Chowan Hospital on September 10.

Maternal grandparents are Mr. and Mrs. Van Harrell of Edenton.  
Paternal grandparents are Mr. and Mrs. Haywood Leigh of Edenton.

**REGINA FAYE BELL**  
Bertha Mae and Steven Bond Bell of Columbia are proud to announce the birth of their daughter, Regina Faye, on September 10 in Chowan Hospital.

Maternal grandparents are Mr. and Mrs. Edward Jones of Roper.  
Paternal grandparents are Mr. and Mrs. James Bell of Williamston.

**GAVIN MCCOY DAVENPORT**  
Stewart M. and Denise Davenport of Columbia are proud to announce the birth of their son,

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**SUPER SUPPER**—Tuna Rice Quiche is a light, microwaveable entree that is quick and easy for a super early fall supper. This quiche may become a favorite.

**Fun With Food**

**From The Herald Kitchen**

By MILDRED HUSKINS  
Do you remember when you discovered quiche?

Maybe it was lunch in an elegant restaurant in the early 70's. Maybe you just read about how real men don't eat quiche. Maybe that is the reason you passed up recipes to serve your family. Well, you've all been missing some real goodies. Since quiche came on the scene, so many food fashions have come and gone that the once-exotic quiche is now practically a good old American classic and we have learned to pronounce the name. Quiche is a classic that lends itself to the quick and easy cooking that suits today's busy lifestyle.

Tuna Rice Quiche is an updated version of quiche that was developed especially for the microwave, which has also entered a number of kitchens since you first heard of quiche. This recipe is one of several Chef Blake Emerson Swihart has developed for microwave cooking. One of his tricks is pairing convenience ingredients with the microwave for delicious one-dish meals that can be finished quickly.

For Tuna Rice Quiche the filling is a mixture of frozen broccoli with cheese sauce, Minute Rice and canned tuna. Grated Parmesan cheese and dill are added, and the filling is baked with eggs and milk. The recipe omits the traditional crust to save time and calories.

Another good one-dish meal for the microwave is Lasagne Roll-Ups. The tricks here are using frozen vegetables with cheese sauce to make both the filling and the sauce, and cutting cooked Rozoni lasagne noodles in half. This is faster than alternating the noodles with filling and sauce, and is a nice change of pace from the traditional layered lasagne dish. These recipes have been microwave tested.

**Tuna Rice Quiche**  
1 pkg. (10 oz.) frozen broccoli with cheese sauce, thawed  
1 cup Minute Rice (measured dry from package)  
1 can (6½ oz.) water-packed tuna, undrained  
¼ cup grated Parmesan cheese  
½ cup teaspoon dried dillweed  
½ teaspoon salt  
¼ teaspoon pepper  
3 eggs, beaten  
1¼ cups milk or half and half

Combine vegetables, rice, tuna, three tablespoons of the Parmesan cheese and seasonings in 10-inch microwave-safe pie plate or quiche dish. Combine eggs and milk; pour over vegetable mixture. Mix thoroughly. Cover with wax paper. Cook at MEDIUM HIGH (70 percent) 10 minutes. Stir well. Sprinkle with remaining cheese. Cover and rotate plate half turn. Cook 10 minutes longer. Let stand five minutes. Makes six servings. (Note: Use six ounces cooked chicken instead of tuna, if desired.)

**Lasagne Roll-Ups**  
4 lasagne noodles  
1 cup grated mozzarella cheese  
½ cup ricotta cheese  
¼ cup grated Parmesan cheese  
2 pkgs. (10 oz. each) frozen broccoli, cauliflower and carrots

in cheese sauce, thawed  
1 egg, beaten  
½ teaspoon salt  
½ teaspoon garlic powder  
One-eighth teaspoon pepper  
¼ cup milk or half and half  
Cook lasagne noodles as directed; drain. Rinse with cold water; drain. Cut noodles in half and lay flat on paper towels in single layer until needed.

Meanwhile, combine mozzarella cheese, ricotta cheese, two tablespoons of the Parmesan cheese, one package of the thawed vegetables, the egg and seasonings; mix well. Mix milk with remaining package of thawed vegetables. Spread a small amount on bottom of 12 x 7 x ½-inch microwave safe dish. Spoon about ¼ cup of the cheese mixture on each noodle. Roll up and place in dish with seam side down. Top with remaining vegetables. Sprinkle with remaining Parmesan cheese. Cover and cook on HIGH for seven minutes. Rotate dish half turn and cook four minutes longer. Let stand for five minutes. Makes four servings.

**Correction**

A story in last week's Chowan Herald about Mrs. Terrah Tiedt and her horses said that Tennessee Walker came to this country through Puerto Rico from Europe.

But the walkers are an American species, with the first leg of breeding in North Carolina in 1885 as a cross between a Canadian Trotter and American Morgan.

The Tennessee breeding began in that state in 1914, Mrs. Tiedt said.

Also, the story said that Mrs. Tiedt rents stable space at Hayes Plantation, But Mrs. Gilliam Wood says her family does not rent space and has never charged for horses to be stabled at the plantation.

Call the classifieds...

**4-H Club To Participate**

By FRANCES M. WARD  
Home Ec. Extension Agent  
Twenty-four youth, ages 6-18, will participate in the Albemarle Craftsman's Fair Youth Center. The Youth Center was started 23 years ago to encourage young craftsmen to develop saleable skills and an interest in quality crafts. Youth are encouraged to make crafts suitable to their age and ability. Six to eight year olds may cut and paste bookmarks, simple ornaments and decorative magnets. Older youth do leather work, woodworking, calligraphy, block printing, needlepoint, etc.

Ten youth are from Chowan County, including: Lori Lichtenwalner, Robin Lichtenwalner, Mike Luszc, Ingrid Nixon, Bessie Mae Parrish, Kimberly Parrish, Mary Jo Parrish, Susan Parrish, Caren Roberts and Bonnie White.

Pasquotank has five demonstrators: Chris Byrum Dante Cenneli, Jennifer Cenneli Kellie Russell. Damion Burke and Donna Jordan will represent Perquimans County. Kim Cahoon is

from Tyrrell County.  
Five youth from Hertford County have been approved to demonstrate: Jennifer Updike, Kelly Updike, Kim Van Loten, Kelli Whitley and Kathy Whitley. These young people submitted three samples of their craft to a screening committee in February. Some were resubmitted with improvements in July and approved for the fair.

The Youth Center will be located near the food concession area. Youth will demonstrate and -or sell as their schedules permit. Be sure to come by and see our Albemarle Area Youth September 24-27 at the Knobbs Creek Recreation Center.

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**INSIGHT INTO EYESIGHT**  
**DR. A. F. DOWNUM, JR.**  
OPTOMETRIST

**BLESSING OF LONG-WEAR LENSES**

The new long-wear lenses offer unrivalled comfort and convenience for millions of people who require vision correction. Now they can go for days - even weeks at a time - without having to remove their contacts for cleaning, or to relieve discomfort.

For cataract victims, on the other hand, these new "miracle" lenses are real sight-savers. The uncorrected vision of these patients is so poor that they have great difficulty simply preparing, inserting, and removing contact lenses. The only option previously available was eyeglasses, but the thick lenses of these glasses resulted in distortions, interference with peripheral vision, and annoying magnification. The solution to this problem was long-wear contact lenses. These provide the optical advantages of contacts, and at the same time eliminated most of the problems involved in their use and care.

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

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

**DENTAL INSURANCE DOLLAR COVERAGE**

As a rule, dental insurance plans do not pay for the full cost of dental care. They are designed to reduce the cost of care, not to eliminate it entirely. This enables them to offer a broader dental plan at economic rates. Some of the most common methods of payment limitation are:

1. Deductible. Like your auto insurance, this method requires that you pay a specified dollar amount toward your bill before insurance coverage begins.
2. Co-Payment. With this method, the insurance company assumes responsibility for a specified percentage of the bill for covered dental services, leaving the remainder to be paid by you.
3. Dollar Limit. This system requires that you pay the difference between the company's limit for a service and your dentist's fee.

Some programs use "pre-certification". If this is a part of your program, your dentist will submit your treatment plan and the fees to the insurance company for review. The company will then note exactly which services are covered and what the company will pay.

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

From the office of:  
**Richard N. Hines, Jr., D.D.S.**  
337 South Broad Street  
Edenton, N.C.  
Phone: 482-2776

**Sherri's Fabric Barn**

Sale Starts Thursday, September 17th through Wednesday, September 30th.

All Simplicity Patterns - 10% Off  
All Butterick & McCall Patterns \$1.50  
Materials - Up to 75% Off!  
All Summer Material - 50% Off  
Stretch Knits - 75¢ Yard  
All Craft Material - 20% Off  
All Other Material - 20% Off  
Camouflage Material - \$1.00 Yard  
All Books - 25%  
Large Selection of Wood Crafts!

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<b>5 lb. Box Cubed Beef Patties</b> \$3.99	<b>2½ in. &amp; up Fresh Peaches</b> 69¢ lb.	<b>Earth Tone Hi-Dri Towels</b> 59¢	<b>5 lb. Bag White Potatoes</b> 78¢
<b>Rockingham Thighs</b> 79¢ lb.	<b>Ground Chuck</b> \$1.39 lb.		<b>Rockingham Drumsticks</b> 79¢ lb.
		<b>7 oz. Box Parade Macaroni &amp; Cheese</b> 4 for 99¢	