

Fun With Food

From The Herald Kitchen

By MILDRED HUSKINS

Beautiful winter squash have joined the golden pumpkins, scarlet apples and plump red peppers for fall colors which rival the splendor of the trees.

Many of these hard-shelled squash are actually available year-round, while others can only be found in the fall and winter. Each variety is distinguished by its special characteristics, especially their interesting shape and color. If you haven't recently baked a hard-shelled acorn squash, you've got a treat to anticipate. We added one to a twilight supper menu recently and received some

qualified rave notices. We needed a bit of assistance to cut through the hard green shell. We then scraped out the seeds and strings to find luscious yellow-orange meat ready for baking. After baking it for about forty minutes in the oven in a little water we turned the halves. We sprinkled them with brown sugar, a pat of butter and a dash of cinnamon and returned them to the oven for about 15 minutes. Yummy!

If you've run out of ideas for vegetable or side-dishes to add to your fall and winter menus, sample the wide selection of these hard-shelled winter squash now

available. Some of them are unusual to our area. Acorn squash, named for its similarity in shape to the acorn, is pointed at one end and has wide ribs. Some are shiny green with splashes of orange. The yellowish flesh is sweet and slightly dry in texture.

Banana squash are long and large with either a pale gray, creamy white or pale orange shell. Buttercup are dark green with gray stripes or spots on the shell. They have a flattened round shape, topped with a turban. Butternut squash is cylindrically shaped with a thick neck tapering down to a rounded base. It is beige or dark yellow and has deep orange flesh which is moist and sweet. Then there are Golden Nugget, Hubbard, Sweet Dumpling and Turban squash, all of which are generally interchangeable in recipes, with subtle variations in taste and texture. Acorn Squash with Orange and Grape Sauce is a microwave-quick recipe.

Acorn Squash with Orange and Grape Sauce

2 acorn squash, each about 1 pound
3/4 cup halved red grapes
2 medium oranges
2 tablespoons fresh lemon juice

1/3 cup brown sugar, packed
2 tablespoons butter or margarine
2 tablespoons all-purpose flour

Cut squash in half lengthwise and scoop out seeds. Place halves in a microwave safe dish. In a microwave oven, cover and cook squash on HIGH 8 to 11 minutes or until squash is tender. (In conventional oven, place halves cut side down in a shallow baking dish with 1/2 inch water, then bake at 375 degrees 45 minutes or until tender.) While squash is cooking, cut grapes, removing seeds; set grapes aside. Squeeze oranges and measure 3/4 cup juice. Combine juices with brown sugar. In a small saucepan, melt butter; blend in flour. Gradually stir in juice mixture. Cook, stirring constantly, until the sauce boils and thickens. Add grapes; heat through. To serve, spoon sauce over cooked squash halves. Makes 4 servings.

Squash-Topped Meat Pie

1 unbaked pastry shell
1 pound ground beef
3/4 cup chopped onion
1/4 cup chopped celery
1 egg, beaten
1/2 cup grated Swiss cheese
2/3 cup grated Parmesan cheese, divided
1/4 cup minced fresh parsley
1/2 teaspoon salt
Freshly ground pepper

Squash Topping
Preheat oven to 450 degrees. Partially bake pastry shell for five minutes. Set aside to cool. In non-stick skillet, combine ground beef, onion and celery. Cook over medium heat until the meat is browned. Drain off drippings and place meat mixture in a mixing bowl. Add the egg, Swiss cheese, 1/3 cup Parmesan cheese, parsley and seasoning. Adjust seasoning, if desired. Set aside to cool. Prepare squash topping. Gently press cooled meat filling into pastry shell. Pour Squash Topping over meat filling. Sprinkle with remaining 1/3 cup Parmesan cheese. Bake at 350 degrees for 13 minutes, then reduce heat to 325 degrees and bake an additional 20 to 25 minutes or until crust is golden brown and squash topping is set. Makes 4 to 6 servings. To make Squash Topping, combine 1 3/4 cups cooked squash, 2 eggs, beaten, 2/3 cup evaporated skimmed milk and 1 tablespoon butter or margarine in blender or food processor for 30 seconds until smooth.



SQUASH HARVEST--Greet the autumn season with winter squash and vary the family menus. The variety available in the supermarket will bring surprises and good eating.



Bazaar Set

The annual Chowan Extension Homemakers Bazaar will be held on Saturday, November 7, at the Rocky Hock Community Center, Route 3, Edenton, NC, from 9 a.m. - 3 p.m. Baked products, canned goods, decorations, gifts and crafts will be available from Chowan County Extension Homemakers and guest craftsmen. Lunch will be provided by the Extension Homemaker Clubs in the Rocky Hock area.

For further details, contact the Chowan County Extension Office, 482-8431.

LA'SHANNAH DANIELLE SPENCER

Robert Paul and Cynthia Marie Spencer of Manteo are proud to announce the birth of their daughter, La'Shannah Danielle, in Chowan Hospital on October 21.

Maternal grandparents are Mr. and Mrs. Joseph Brokaw of Oakland, Ca. and Mrs. Ann Brokaw of New Jersey. Paternal grandmother is Mrs. Nancy Louise Spencer of Manteo.

Great-grandmothers are Mrs. Dorothy Pervis and Mrs. Ada Spencer of Manteo. **SHELLEY RENEE FAIRCLOTH**

Andrew and Renee Lovan Faircloth of Edenton are proud to announce the birth of their daughter, Shelley Renee, in Chowan Hospital on October 22.

Maternal grandparents are Mr. and Mrs. Sterling Lovan of Morganton, N.C.

Paternal grandparents are Mrs. Dorothy Lodge of Edenton and the late Don Faircloth.

DAVID FLOYD BROWN II

David F. and Deborah Belcher Brown of Plymouth are proud to announce the birth of their son, David Floyd, in Chowan Hospital on October 21.

Maternal grandmother is Mrs. Dorothy Mae Belcher.

Paternal grandmother is Mrs. Armazon Brown.

KAYMESHIA VONSHAE

Alma Kay Ward of Edenton is proud to announce the birth of her daughter, Kaymeshia, in Chowan Hospital on October 16.

LINDSAY LANE HOLTON

Allen and Robin Lane Holton are proud to announce the birth of their daughter, Lindsay Lane, on October 23 in Albemarle Hospital. She weighed 8 lbs., 9 ozs.

Maternal grandparents are Lorna and David Lane of Greensboro.

Paternal grandmother is Mrs. Jean Holton of Creswell.

Lordy, Lordy
JACK LAWRENCE IS FORTY!!!
Love,
Ray, Nancy, Tim, Kim,
Little Ray & Daniel

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

SELF-TESTING FOR GUM DISEASE

Gum disease, even in its early stages, can damage teeth and gums. That's one reason why you may want to test yourself to find out if you need treatment. Using the index finger of one hand to help hold back your upper lip, use your other index finger to press firmly on the upper gum. Slowly move the finger over the gum triangle or papilla toward the tooth. If this causes bleeding or if you see a thin, milky-white or yellowish fluid oozing from your gums, this is an indication of gum disease.

Another test is to press gently on the gum with the dull, rounded end of a toothpick. If the gum is firm and resists the pressure, it is probably healthy. If it is soft and spongy, rather than pink, and has a shiny look to it, this may indicate gum disease. Still another test is to floss your teeth and then smell the floss. If it has a very bad odor, it probably means you have a bacterial infection or gum disease. These are all early warning signals that you need your dentist's help to stop gum disease in its tracks before it leads to tooth loss.


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

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OPTOMETRIST

UNDERSTANDING OPTICAL ERRORS

Millions of people wear corrective lenses. The great majority of them are prescribed to correct the four most common types of optical errors: nearsightedness, farsightedness, astigmatism, and presbyopia. Still, there persists a good deal of confusion and misunderstanding concerning these problems.

To begin with, THESE ARE OPTICAL ERRORS NOT EYE DISEASES. Eyes that are nearsighted, farsighted, astigmatic, or presbyopic are not unhealthy, nor are they any more subject to eye disease than eyes without optical error. Since they are not diseased, they do not have to be cured, merely corrected.

The correction for optical errors is corrective lenses--either glasses or contact lenses--which will allow perfect or near-perfect vision when in use. There is no reason to be happy about having an optical error requiring correction, but it's certainly no cause for anxiety and self-doubt.

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.

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- President of historical society
- Founding member of metropolitan area economic development commission
- Vice chairman of major city Urban Coalition
- Chairman metropolitan area YMWCA
- President state advertising society
- Administrator state business-arts foundation
- National, state, local awards recipient
- Director of Edenton Chamber of Commerce
- Member of Edenton Mayor's Advisory Committee
- Rutgers University degree in journalism
- Infantry veteran of ETO in World War II

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