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 menus, sample the wide twilight supper recently and received some

cut through the hard green xi: Acorn squash, named for shell. We then scraped out .9its similarity in shape to the 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!

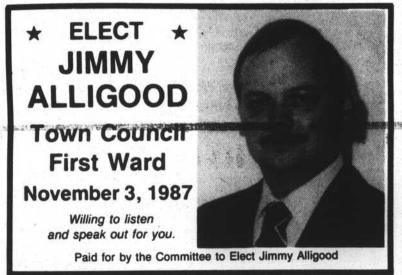
If you've run out of ideas for vegetable or side-dishes to add to your fall and winter menu selection of these hardshelled winter squash now

DEN NUU





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.



qualified | rave noticesT We -ravailable. Some of them are needed a bit of assistance to a unusual to our area.

the seeds and strings to find -Tacorn, is pointed at one end luscious yellow-orange meat - and has wide ribs. Some are ready for baking. After lishiny 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 clyindrically 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

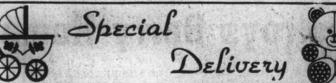
juice 1/3 cup brown sugar,

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 poilus 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 fore 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 delppings 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, com-bine 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.



LA'SHANNAH DANIELLE SPENCER

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

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 Loven 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 Loven 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. **KAYMESHA VONSHAE** Alma Kay Ward of Edenton is proud to announce the birth of her daughter. Kaymesha, in Chowan Hospital on October 16.

Woodsy Owl says for Clean Air Ride a Bike

Give a hoot. Don't pollute.



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.

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 uest craftsmen. Lunch will e provided by the Extension Honemaker Clubs in the Rocky Hock area.

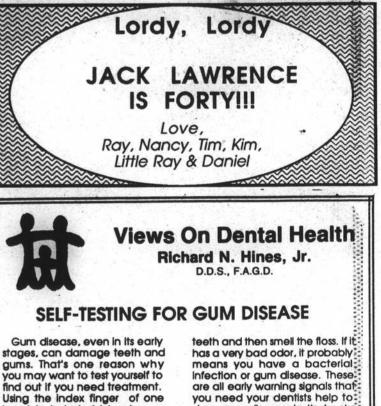
Bazaar Set

The annual Chowan Exte

sion Homemakers Bazaar

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



are all early warning signals that: you need your dentists help to: stop gum disease in its tracks before it leads to tooth loss.

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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

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

t 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

indication of gum disease.

14 Karat Holida FEATURES **On All Gold Rings** This offer expires November 30, 1987 and is to be used only for the purchase of 14K gold ON EVERY 14K GOLD ArtCarved H.S. Class Rings. H.S. CLASS RING **Ben Riddick Jewelers** 311 S. Broad St., Edenton, N.C. Phone 482-3525 **J-8661** 851 **BRING THIS AD** DR. A. F. DOWNUM, JR. **OPTOMETRIST**

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Millions of people wear corrective lenses. The great majority of them are prescribed to correct the four most common types of rors is corrective lenses-either farsightedness, astigmatism, and good deal of confusion and misunderstanding concerning these problems.

To begin with, THESE ARE OP-TICAL ERRORS NOT EYE DIS-EASES. 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 eroptical errors: nearsightedness, glasses or contact lenses--which will allow perfect or near-perpresbyopia. Still, there persists a fect 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.

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For Council Second Ward

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- President of historical society
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- Vice chairman of major city Urban Coalition
- Chairman metropolitan area YMWCA
- President state advertising society
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- 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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