

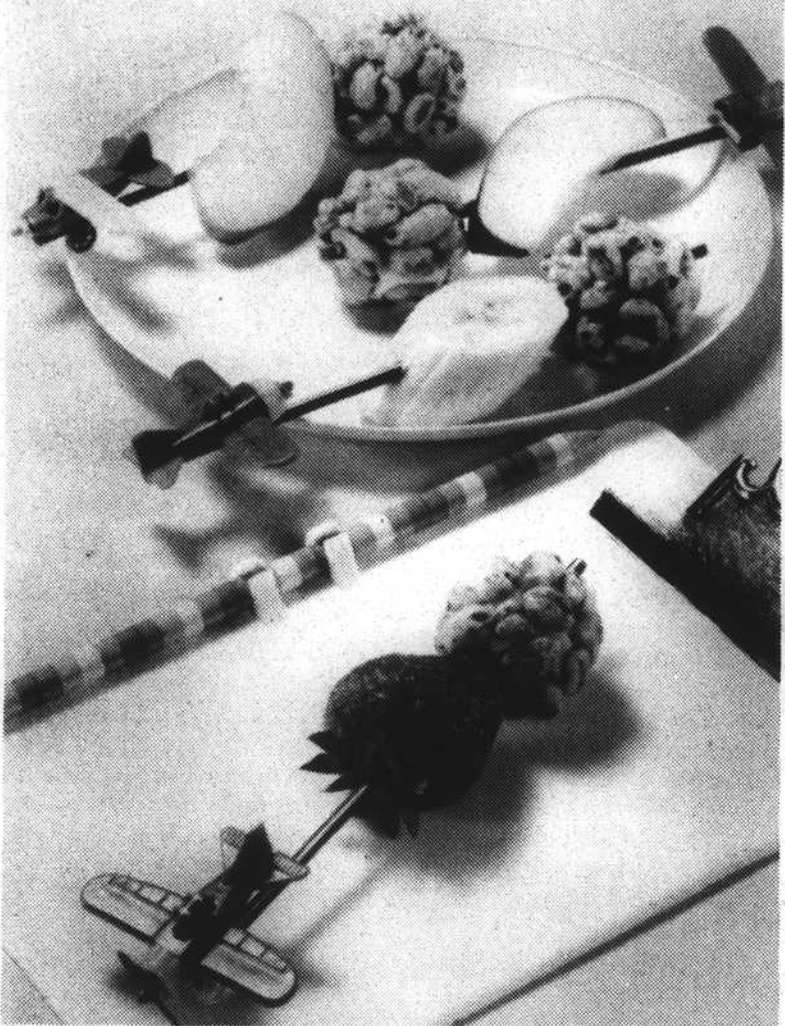
Fun With Food

From The Herald Kitchen

By MILDRED HUSKINS
 "Hi, I'm home, mom! I'm hungry..."
 The bus hardly is back in gear when the door blows open and the hungry kids head for the kitchen and the refrigerator. It is a familiar daily happening all along the block. Mom knows the youngsters, of all ages, need healthy snacks to fill out their daily intake of breakfast, lunch and dinner calories. But nutrition-packed snacks are not enough to win many favors of young ap-

petites. Taste, texture and eye appeal guarantee that wholesome snacks end up where they belong -- nourishing your healthy youngster. Fruit and cereal combos are not only tasty and nutritious but are easy to prepare ahead, store and serve. Fruit Kebabs, a variety of bite-sized fresh fruits threaded between cereal-flaked cream cheese balls are a tasty finger food packed with plenty of nutritious benefits. They're a healthy way to satisfy any kid's after-

school hunger. Confetti Popcorn is a new twist on the traditional favorite. It gets its distinctive taste and fun shapes with the addition of crunchy sweetened corn and cereal, dried fruits, chocolate chips and unsalted peanuts. Peanut Butter Balls, made with two kid-approved foods, are as nutritious as they are fun to eat because they are studded with sweetened letter shaped oat and corn cereal. All of these healthy snacks taste good, look interesting and are easy to make ahead of time, a real plus for today's busy mom.



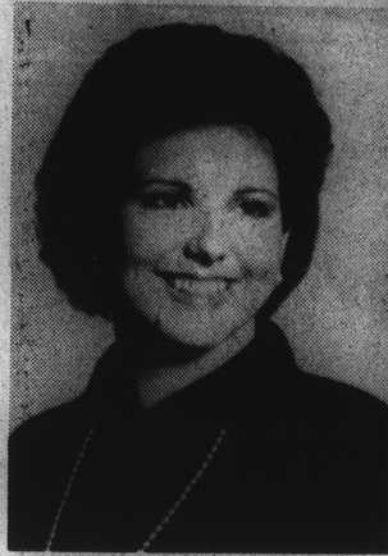
TASTY SNACK - Fruit Kababs, a variety of bite-sized fresh fruits threaded between cereal-flaked cream cheese, make for a tasty after-school nutritious snack.

- Fruit Kebabs**
 3 ounces cream cheese
 3/4 cup sweetened wheat puffs or crisp rice cereal, fruity flavor
 Fresh or canned fruit, sliced
 Shape cream cheese into small balls, using approximately one tablespoon for each. Roll in cereal, pressing cereal onto ball. Arrange cereal balls on 6 kebabs.
- Confetti Popcorn**
 3 cups crunchy sweetened corn and oat cereal
 3 cups popcorn, popped
 1/2 cup unsalted peanuts
 1/3 cup raisins
 1/3 cup dried apples
 1/3 cup dried apricots
 1/3 cup real semi-sweet chocolate chips
 Combine all ingredients in a bowl, tossing lightly to mix. Serve as a snack. Makes about 8 cups.
- Peanut Butter Balls**
 1 1/2 cups Post Alpha Bits cereal
 2/3 cup coarsely chopped walnuts
 1/4 cup raisins
 1 teaspoon grated orange rind
 1/2 cup peanut butter
 1/3 cup honey
 Mix cereal, walnuts, raisins and orange rind in bowl and set aside. Beat peanut butter and honey in a large bowl until well blended. Stir in 1 cup of the cereal mixture. Shape into 1/2-inch balls and roll in remaining cereal mixture. Chill. Makes about 2 dozen balls. (Note: Store leftover balls in the refrigerator).

What's New
 There are all sorts of new products designed to help us slim down. Now comes Molly McButter from Alberto Culver Co. This was developed to provide the great taste of butter without the calories. It has only 4 calories per half teaspoon. To receive your free copy of the recipe brochure send name and address to: Molly McButter, Savvy Shining, Dept. NM, 2525 Armitage Ave. Melrose Park, Ill 60160
 To complete a hot soup meal just add a crisp salad and a warm loaf of Quick Cheese Bread.

Quick Cheese Bread
 2 pkgs. Martha White BixMix
 3/4 cup water
 2 eggs, beaten
 1 1/2 cups grated Cheddar Cheese
 2 tablespoons butter or margarine
 Empty BixMix into large bowl. Stir in water and beat with wooden spoon until smooth. Add remaining ingredients except 1/2 cup cheese and butter. Mix thoroughly. Pour into a greased loaf pan. Sprinkle with remaining cheese and dot with butter. Bake at 350 degrees 40 to 45 minutes. Remove from pan and cool on rack before slicing.

Engagements Are Announced



Stacey Elizabeth Byrum

Byrum - Ward

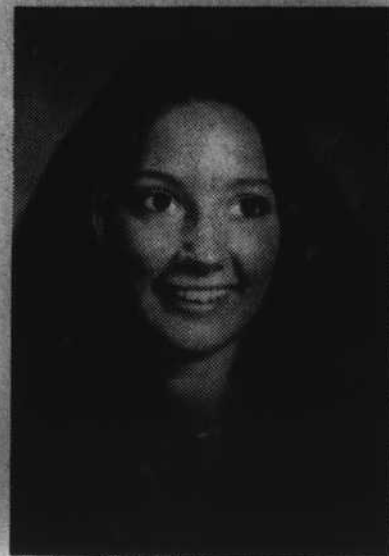
Mr. and Mrs. Wayland West Byrum of Edenton are pleased to announce the engagement of their daughter, Stacey Elizabeth, to John Richard Ward Jr., son of Mr. and Mrs. John Richard Ward of Edenton.

The bride-elect is a graduate of John A. Holmes and Wayne Community College where she received her degree as a dental assistant. She is employed by Drs. Hornthal and Sieck, P.A.

The prospective bridegroom is a graduate of John A. Holmes High School and is an employee of Dixie Auto and Truck Parts.

The wedding is planned for Sunday, May 22 at 3 p.m. in the Edenton Baptist Church.

Friends and relatives are invited to attend.



Julie Ann Carroll

Carroll - Weintraub

Mr. and Mrs. Francis L. Carroll of Portsmouth, Va., announce the engagement of their daughter, Julie Ann, to Ronald H. Weintraub, son of Mr. and Mrs. Robert Ronald Weintraub of Edenton. He is also the grandson of Mrs. Hoskins Harrell of Edenton.

The bride-elect is a graduate of Manor High School and is attending Old Dominion University.

The prospective bridegroom is a graduate of John A. Holmes High School.

No wedding date has been set.

Volunteers Are Needed

The Homebound Meals Program in Edenton needs volunteers to deliver hot lunches to homebound elderly persons in the community between the hours of 11 a.m. and 12:30 p.m., Mondays through Fridays (excluding holidays). When and how often you volunteer is up to you.

The meals, which are packed in special insulated carriers to maintain temperatures, will be picked up at the Housing Authority Building on Blade Street where the route will begin and empty containers are returned when the route is complete. This takes less than one hour, and it's time well spent.

Approximately 145 homebound elderly people in Edenton, Elizabeth City, Hertford, Columbia, Swan Quarter and Plymouth are now receiving home-delivered meals. Without the help and support of dedicated and caring volunteers, this service would not be available.

Anyone having an hour each month they could spend delivering meals to the homebound locally is asked to call Frances M. Boyce, 482-7335, 10 a.m. until 2 p.m. Monday through Friday.

Stay informed about community events... read the Herald each week!

For buying, renting or selling... You can't beat the bargains you'll find each and every week in the Herald classifieds!

For life, health, home, car, business insurance call:

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 104 E. King St.
 Edenton, N.C. 27932
 482-2121

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DR. A.F. DOWNUM, JR.
 OPTOMETRIST

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The interest of better vision from the office of:
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Commentary By: **Carolyn Laws**
 Executive Director, Elizabeth City Area Chamber of Commerce

Music By **J.J. Harris** - Harris Music Center

THE EASTER BUNNY arrives at Southgate Mall **Friday, March 25th**
 HOURS: Friday & Saturday 12 - 5 P.M. & 6 - 8 P.M. Sunday 2 - 5 P.M.

southgate mall
 MONDAY THROUGH SATURDAY 10 - 9 SUNDAY 1 - 6