



EASTER PLANS - If you are planning something special for Easter Sunday lunch include Gingered Carrots as the tasty vegetable along with Baked Orange-Wine Chicken.

Fun With Food

From The Herald Kitchen

By MILDRED HUSKINS

Next Sunday is Easter and you are probably already planning something special for the family after the children have hunted the colored eggs and the adults are weary and ready for dinner.

April is Poultry and Egg Month so let's include Baked Orange-Wine Chicken Breast as the main course. Chicken is for busy cooks and it is something we don't tire of for it can be presented ahead of time, refrigerated or frozen and cooked just before serving. The simple dressing may be prepared while the golden orange flavored sauce is simmering and your kitchen will be filled with a wonderful mouth-watering aroma.

We are including Gingered Carrots or Microwaved Carrots in Orange Sauce because they are delicious and colorful. Besides carrots, along with other fresh root vegetables, are selected by the United Fresh Fruit and Vegetable Association to be featured

during the month of April. They are rich in vitamin A and also are delicious in a variety of recipes. Carrots, in addition to their vitamin A content, provide potassium and fiber and are low in sodium and calories.

Don't forget a yummy dessert. We have chosen Creamy Coconut Pie. It's just wonderful.

Baked Orange-Wine Chicken Breasts

- 2 whole chicken breasts, halved
- 2 teaspoons salt, divided
- 1/3 cup sugar
- 1 1/2 tablespoons flour
- 1 egg, beaten
- 1 cup orange juice
- 1/4 cup white wine
- 4 cups cubed bread (6 slices)
- 1/2 cup finely diced celery
- 1/4 cup finely chopped onion
- 1/4 teaspoon poultry seasoning
- 4 tablespoons margarine, melted
- 1/3 cup water

Sprinkle 1 teaspoon salt on chicken and let stand. Make sauce by mixing sugar and

flour; add egg, orange juice and wine. Cook over low heat, stirring occasionally, about 10 minutes or until thickened. Make stuffing by mixing together bread, celery, onion, remaining salt, poultry seasoning, butter and water. Place stuffing in 4 mounds in large shallow baking pan. Place a chicken breast half, skin side up, on top of each mound. Spoon sauce over chicken. Bake in 350-degree oven about 1 hour or until fork can be inserted in chicken with ease and juices run clear. Makes 4 servings.

Gingered Carrots

- 6 medium carrots, cut in strips (about 1 1/2 cups)
 - 2 teaspoons margarine
 - 2 teaspoons brown sugar
 - 1/4 teaspoon ground ginger
- Cook carrots in a small amount of water until crisp-tender; drain and set aside. Melt margarine in saucepan; stir in sugar and ginger. Cook over medium-low heat, stirring constantly, until sugar is dissolved. Add carrots; cook, stirring gently until carrots are well coated and thoroughly heated. Serves 4.

Microwaved Carrots in Orange Sauce

- 1 pound carrots
- 1/4 teaspoon grated orange peel
- 1/2 cup orange juice
- 1 tablespoon brown sugar
- 2 teaspoons cornstarch
- 1/4 teaspoon ground cinnamon
- 1 tablespoon butter or margarine

Peel and cut carrots in half lengthwise, then cut them in half again. Cut crosswise into 3-inch lengths. Place in a 1-quart casserole with 2 tablespoons water. Cover and cook on HIGH 6 to 8 minutes or until tender, stirring at halfway point. Meanwhile, combine orange peel, juice, brown sugar, cornstarch and cinnamon. Cook on HIGH for 1 minute. Add the butter or margarine, stir in mixture, then continue cooking 1 more minute or until mixture is thickened and bubbly. Pour orange sauce over carrots and toss to coat well. Serves 4.

Creamy Coconut Pie

- 1/2 stick margarine, softened
- 3 eggs
- 1 1/2 cup sugar
- 1 can (13 oz.) evaporated milk
- 1 tablespoon cornstarch or flour
- 1 1/2 cups flaked coconut or 1 6 oz. pkg. frozen coconut
- 1 teaspoon vanilla
- 1 deep dish pie crust, uncooked

Mix all ingredients and bake in uncooked pie shell at 350 degrees for 50 minutes. Bake leftover custard in individual custard cups. Makes 6 servings.

Casey, Whitehurst United In Marriage

Catherine Lynn Casey and John Marshall Whitehurst Jr. of Rocky Mount were united in marriage on February 20 at 2 p.m. at the First Baptist Church in Scotland Neck. Dr. Douglas Holland, cousin of the bride, officiated the double-ring ceremony.

The bride is the daughter of Mr. and Mrs. Jim Casey of Scotland Neck, and the granddaughter of Mrs. Ester Crabtree and the late John Crabtree of Edenton. She is a 1985 graduate of Edgecombe Community College with an Associate Degree in nursing and is currently employed as staff development coordinator at Guardian Care of Rocky Mount.

The bridegroom is the son of Mr. and Mrs. John Marshall Whitehurst Sr. of Rocky Mount. He is a 1979 graduate of Enfield Academy and is owner of Marshall's Construction Co.

The bride was given in marriage by her parents and escorted to the altar by her father.

Melissa Nixon, cousin of the bride, served as maid of honor. Robin Taylor of Rocky Mount served as matron of honor.

Bridesmaids were Tonnya Mayo and Debbie Duke of Rocky Mount. Junior bridesmaids were Amber Daniels and Annie Daniels of Portsmouth, Va., Tempie Kitchin and Julie Kitchin, both of Scotland Neck.

Jennifer Hogg of Portsmouth, Va. was flower girl. Justin Hogg of Portsmouth, Va. served as ring bearer.

Lonnie (Scooter) Hedgepeth Jr. served as best man. Ushers were Mike Casey, brother of the bride; Greg Barnes of Scotland Neck, Ronnie Weaver and Byron Hill, both of Rocky Mount.

Wedding music was provided by Walter Byrum, soloist, and Robin Taylor, soloist.

The wedding was directed by Jewel Kitchin. Immediately following the ceremony, a reception was given at the church fellowship hall, hosted by the bride's

parents and aunts of the bride. After the traditional first slice of cake was cut by the couple, Tommy Lou Pendleton and Tabitha Casey served cake.

Punch was poured by Joan and Robin Tutor. Tammie Williams presided at the guest register. Goodbyes were said by Mr. and Mrs. Joe Williams.

Following a wedding trip to the North Carolina mountains, the couple returned to Rocky Mount, where they will make their home.

Courtesies

On February 19, Mr. and Mrs. John Marshall Whitehurst Sr. and Mrs. Sara Dunn hosted an after-rehearsal dinner at the Lions Club in Scotland Neck.

On February 19, Mrs. Jewel Kitchin gave the bride-elect a bridesmaids' luncheon at the Kitchin home in Scotland Neck.

Mrs. John M. Whitehurst Jr.

Continued On Page 3-A

INSIGHT INTO EYESIGHT
DR. A.F. DOWNUM, JR.
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HEALTH & VISION

Q. How much does an optometrist need to know about a patient's health?
 A. You will get a more meaningful eye examination, and a more accurate diagnosis, if you tell your optometrist about your health problems you may have. Describe any eye-related family history, and mention the kinds of medication you are taking. This information can affect your eyes.

For instance, high blood pressure and diabetes can affect the way you see. If there is a history of glaucoma, your doctor will probably begin testing you for it at an earlier age. Certain drugs may interfere with the way you see temporarily or even permanently.

It is also important for your optometrist to know how you use your eyes at work. Do you do a lot of close work? Are you spending many hours in front of a computer? How is the lighting in the office? Sometimes, different glasses can be prescribed for different visual environments. The more your optometrist knows about you, the better he or she can help you to see comfortably and clearly.

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Richard N. Hines, Jr.
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Strength is another advantage. The fixed bridge is stronger than a removable partial denture because it is "permanently" anchored to your natural teeth on both sides. This prevents the movement and slippage that can come with partial dentures when they begin to show signs of wear. A permanent bridge improves your chewing efficiency and makes the kinds of foods you can eat unlimited.

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