

Citrus can be part of gift giving



The fragrant aroma of oranges wafts from delicious, fresh-baked muffins and orange bread.

What better gift during the winter holidays than an edible gift that delivers the fragrant aroma and nutritional benefits of freshly harvested citrus fruits?

The holiday season is an ideal time to use citrus fruits in muffins, orange bread or cake because it's harvest time in Florida.

Oranges and grapefruit and their juices have long been known to be excellent natural sources of vitamin C. They also provide potassium, fiber and folic acid but have no fat, cholesterol or sodium.

This quick recipe for Orange Nut Bread is fun to make and produces delectable results.

Orange Nut Bread

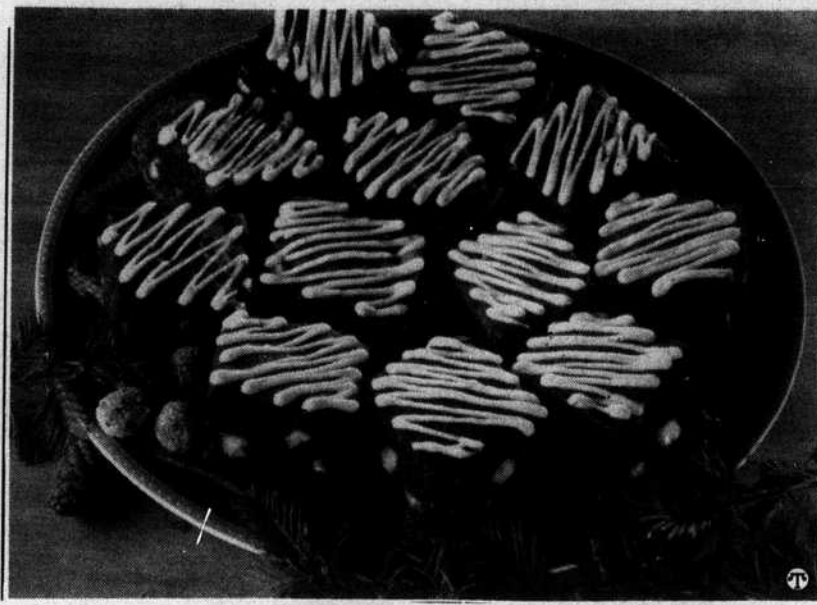
2 Tbsp. butter or margarine
1/2 cup boiling water
2 cups sifted flour
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1/2 cup orange juice
2 Tbsp. grated orange rind
1 cup sugar
2 tsp. vanilla
1 egg
1/2 cup chopped nuts

Melt butter or margarine in boiling water in medium bowl. Sift flour, soda, baking powder, and salt together. Add orange juice, grated rind, sugar, and vanilla to butter and water. Add slightly beaten egg.

See CITRUS On Page 10-B

Herald Classifieds...
They'll help your message reach thousands of readers each week!

Do you seem to spend all your time in the Kitchen searching for what you need? Get Your Kitchen **CUSTOM DESIGNED** For You!
NOBLE BROS CABINETS & MILLWORK
(252) 221-8418 OR 333-0018
Unique...Always
Exceptional...**WE BUILD DREAM**



These White Chip Brownies could become a holiday tradition at your house.

Baking up delicious tradition for holiday

Looking for a way to jump-start the party season? Start a special tradition of your own by hosting a cookie or pastry exchange, inviting your friends to bake their favorites and share them in a festive environment. An inexpensive way to entertain, cookie exchanges can be held prior to any holiday and create pleasant memories that can last a lifetime.

Try these cookie exchange tips from Nestle:

- Decide how many people your home can accommodate comfortably; you'll need enough room to display all the cookies. Factor in how many different kinds of cookies you'd like; four to six will be plenty, but if you want a large assortment, invite 10 to 12 guests.

- Ask each guest to bring a batch of cookies, tins and copies of their recipes so everyone can enjoy them at home.

- Label each batch of cookies by name and baker and display on a long table or counter.

- Invite all the guests to fill their tins with a variety of cookies.

For your own contribution, try this brownie recipe with a twist:

White Chip Brownies

1 cup all-purpose flour
1/2 cup Nestle Toll House Baking Cocoa

3/4 teaspoon baking powder
1/4 teaspoon salt
1 1/4 cups granulated sugar
3/4 cup (1 1/2 sticks) butter or margarine, melted
2 teaspoons vanilla extract
3 eggs
2 cups (12-ounce package) Nestle Toll House Premier White Morsels, divided

COMBINE flour, cocoa, baking powder and salt in a medium bowl. Beat granulated sugar, butter and vanilla extract together in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in 1 1/2 cups morsels. Pour into greased 9-inch-square baking pan.

BAKE in preheated 350° F. oven for 25 to 30 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely (center will sink) in pan on wire rack.

MICROWAVE remaining morsels in heavy-duty plastic bag on medium high (70%) power for 30 to 45 seconds; knead. Microwave at additional 10- to 20-second intervals, kneading until smooth. Cut a tiny corner from bag; squeeze to drizzle over brownie. Chill for 5 minutes or until drizzle is firm. Cut into squares. Makes 16 brownies.

You Can Have High Blood Pressure Without Being Under Pressure.

Plenty of things, not just stress, lead to high blood pressure. That's why we offer special screenings for blood pressure, as well as other health conditions. It's the best way to keep your health in check. Come see what we can do for you.



BLOUNT'S MUTUAL DRUGS
Downtown Edenton 482-2127 **Family Care**

The best parties start with lots of advance preparation by you

The recipe for a successful holiday party includes plenty of good food, a few of your favorite people and time to plan.

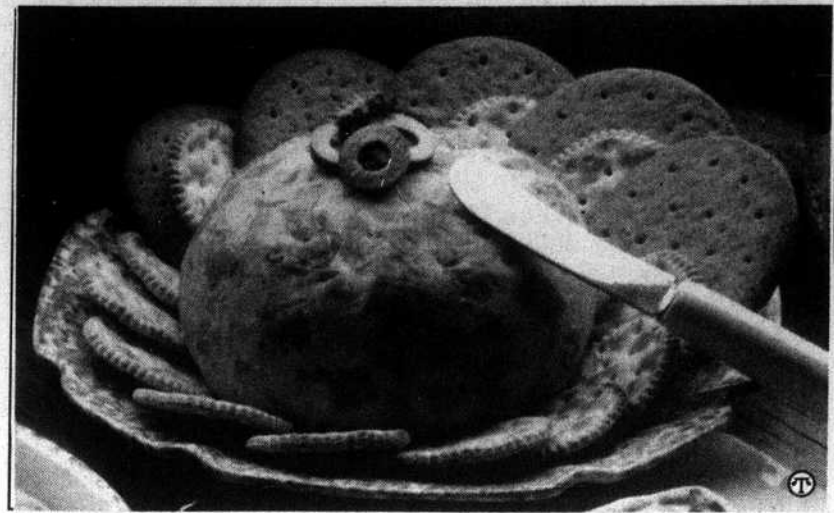
By planning on using recipes that are both delicious and easy to make, you can improve the odds of enjoying the party while it's happening.

One versatile ingredient that can be used to make a variety of delicious party dishes is sliced, smoked meat. Cold cuts can be wrapped around a radish, breadstick, cube of cheese, a green onion, olive or slice of fresh green pepper or rolled up and dipped into sauce.

Here are two imaginative recipes for guests to enjoy at your next holiday party.

Holiday Cheese Ball

1/2 pound Cheddar cheese, finely grated
One 3-ounce package cream cheese, softened
3 tablespoons sherry
1/4 cup coarsely-chopped, pitted ripe olives
1/2 teaspoon Worcestershire sauce
Dash each of onion, garlic, and celery salts
1/2 cup coarsely snipped smoked sliced beef



This delicious, crowd-pleasing, Holiday Cheese Ball is made with Cheddar cheese, cream cheese, olives and savory smoked, sliced beef.

In large bowl, with mixer at medium speed, thoroughly combine cheeses, sherry, olives, Worcestershire sauce and salts. Shape mixture into a ball; wrap in foil; then refrigerate until needed.

About 30 minutes before serving, remove foil from cheese ball and reshape into ball with hands; then roll it in the beef until it is completely coated. Makes a 3" ball.

Piccalitoes

One 2 1/2 oz. pkg. smoked

sliced beef, finely chopped
1 teaspoon minced onion
1 tablespoon butter or margarine

One 3-ounce pkg. cream cheese
Saltines or crisp rye crackers

Cook beef and onion in butter or margarine until beef is slightly crisp. Add to cream cheese and blend. Spread on crackers.

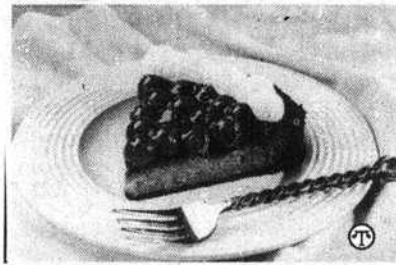
Cheesecakes bring holiday cheer

There's something festive about a dessert that's crowned with vivid, luscious, colorful cherries.

But cooks may find another reason for good cheer in the creation of a chocolate cherry cheesecake. This merry and memorable cherry cheesecake is quick and easy to make, a deliciously simple addition to your holiday table.

The following taste treat is a great reason to stay awake after holiday meals.

Chocolate Cherry Cheesecake
1 1/2 cups chocolate cookie crumbs
3 Tbsp butter or margarine,



Luscious, delicious cherries and mouthwatering chocolate make a merry, memorable holiday dessert.

melted.
2 pkg. (8 oz.) cream cheese, softened
2/3 cup sugar
3 eggs
2 cups (12 oz.) semisweet chocolate chips, melted
1 cup heavy cream
1 tsp. vanilla extract
1 can cherry fruit filling
whipped topping

See CHEER On Page 10-B



INSIGHT INTO EYESIGHT

DR. A.F. DOWNUM, JR.

- OPTOMETRIST -

TRY CONTACTS AGAIN

Many years ago, when the only contact lenses available were big and hard, some people who tried to wear them never quite got the hang of it, and went back to wearing eyeglasses.

If you're one of those people — and you still don't like to wear glasses all the time — you owe it to yourself to try the new generation of contact lenses. Soft lenses are comfortable for most people and able to correct most visual conditions.

Soft lenses fit properly over the cornea. They absorb the natural tear fluid, bending to fit the natural curve of the eye.

Your optometrist has the expertise to choose the just-right shape for your eyes.

Today's lenses offer many more options than the old ones. Discuss with your eye professional whether extended-wear or disposable lenses are right for you. You can even change the color of your eyes, if you want to, by using tinted contacts.

brought to you as a community service by:
Dr. A.F. Downum
103 W. Eden Street
Edenton, N.C.
482-3218

Albemarle Crisis Pregnancy Center

FREE Pregnancy Tests

Peer Counseling

Help with Post-Abortion Trauma

Decisions too important to make alone

Edenton 482-5510

Elizabeth City 338-1655



Caring For Both

Great Gifts, Low Prices For Last Minute Santas

Open till 10PM*
Friday and Saturday
*most stores

CATO

Right Gifts. Right Prices. Always.
Junior/Misses - Plus sizes 16W & up
Shoes & Accessories

Chowan Crossing Shopping Center
32 N. Virginia Rd. - Edenton, NC
Mon. - Sat. 10 am - 9 pm, Sun. 1 - 6 pm

FOR THE STORE NEAR YOU CALL
1-800-810-CATO

Just a few of the many values you'll find throughout the store...

junior/ misses & plus size sweaters

15⁹⁹ to 19⁹⁹
compare at \$22 to \$32

junior/ misses turtlenecks

5⁹⁹
compare at \$10
plus sizes 7⁹⁹ compare at \$14

junior/ misses entire stock solid denim, twill or oxford shirts

9⁹⁹
compare at \$19

boxed jewelry

7⁹⁹ to 9⁹⁹
compare at \$10 to \$15

Congratulations Chowan County for giving your children a



Best Wishes for a Smart Start in 1999



AT&T is proud of its role in Chowan County's Smart Start program, including sponsorship of the 1.800.367.2229 Parent Resource Line and the Parent Resource Guide that will be available in January