

In Gloria's Kitchen

by Gloria Gates

When Crock Pots first went on the market, I was sure they couldn't be as great as their advertisements. I couldn't see how they could operate for 2 cents a day and have your meal all ready when you came home. Since I have a reputation for being a scrooge, I couldn't see myself buying one without knowing if it really worked. So I borrowed one and I must say I am really impressed. It was nice to come home and find a hot meal ready to serve. If you haven't tried one, you should. It really is super. Below is the recipe I used. Fix before leaving for work.

Beef stew Crock Pot Style

- 1 lb. stew beef
 - 2 carrots
 - 1 onion
 - potatoes
 - 1 c Golden mushroom soup
 - 1 c water
 - Salt and pepper to taste.
- Dice potatoes, carrots and onion. Add salt and pepper. Place in crock pot. Put stew beef on top of vegetables. Pour soup and water over meat and vegetables. Cook in crockpot on low heat until done. (about 7 hours.)

Jones named to Carter/Hunt Committee

Dr. English E. Jones has been named to the state steering committee of "Educators for Carter-Hunt" by Mrs. Betty McCain, chairman, State Democratic Executive Committee.

improve education. With a Democratic President in Washington and a Democratic Governor in Raleigh, this state will fulfill its historic commitments to the best possible education for all our citizens."

At its first meeting in Raleigh, gubernatorial candidate Jim Hunt told the committee, "During the current Republican administrations in Raleigh and Washington, it has been obvious that adequate attention to improve education needs have not been given." Hunt said, "the election of Jimmy Carter will mean a new national commitment in support of local and state efforts, public and private, to

Craig Phillips, Democratic candidate for re-election as State Superintendent of Public Instruction, told the more than 80 members of the steering committee, "that the entire Democratic team is dedicated to the premise that education is a key issue in the state and nation and all of us are pledged to help frame and support educational progress during the next four years."

Oxendine honored



Ms. Ennis Mae Oxendine, daughter of the late Rev. and Mrs. C. H. Cummings, was honored on her birthday with a party at Revels' Fish Camp. The guests attending were: Ms. Betty F. Oxendine, her daughter; Mr. and Mrs. Garry Oxendine, her son and daughter-in-law; Paul Drake and Billie Joe Oxendine, her grand children; Giner Ann and Illene Cummings, Sandra Faye and Charlene Hammonds, and Be-

linda Kaye Oxendine, her niece; Ms. Betty Lee Locklear sister of the honoree; Mr. and Mrs. Kernis Lee Hammonds, sister and brother-in-law of the honoree; and Ms. Ella Baker, friend of the honoree. Prayer of thanksgiving was offered by Ms. Ella Baker. They enjoyed a delightful evening together. The cake was baked by Ms. Stella Jacobs of Pembroke.

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God grant me the serenity to accept the things I cannot change; courage to change the things I can; and the wisdom to know the difference.

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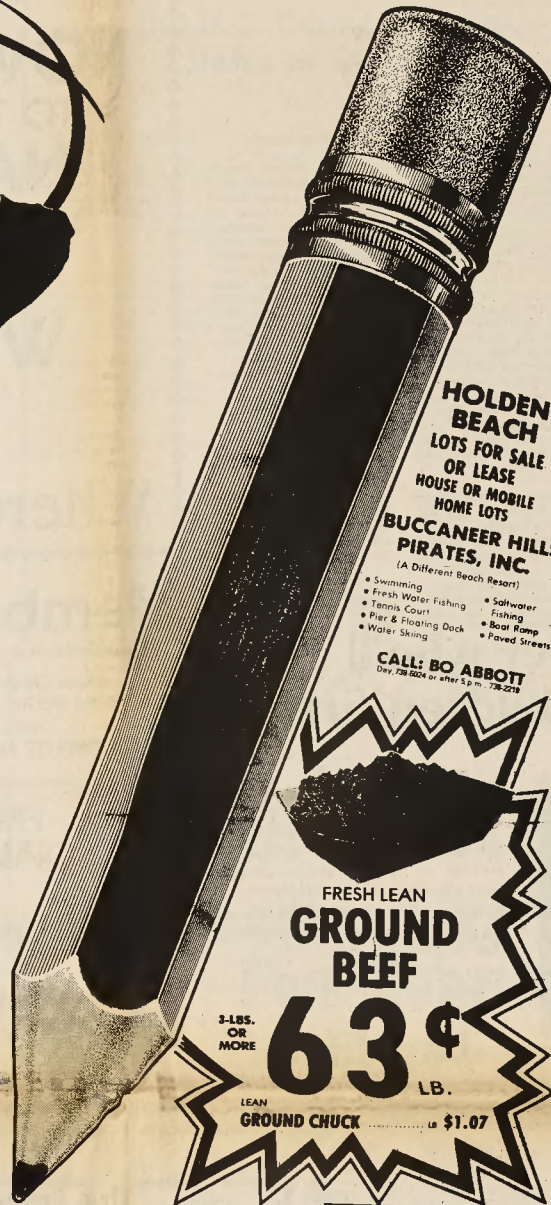
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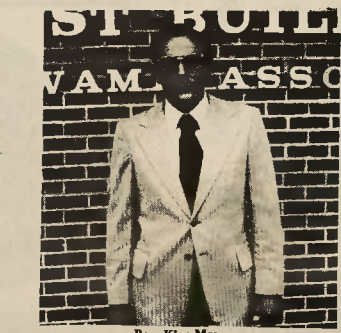
BO'S



PSHS Health Careers Club are hosts Rev. King Maynor honored



The Health Careers Club of Pembroke Senior High School hosted an Officers Leadership Conference for District IV which was held at the O. P. Owens Agriculture Center in October. The all-day workshop was devoted to mini-clinics on such topics as: parliamentary procedure, social graces, group dynamics, and leadership qualities. Health Career Club representatives from surrounding counties and Robeson County brought foods to contribute to a group luncheon at noon. Pictured above are the officers of the Pembroke Health Careers Club with their advisor, Ms. Miriam Edwards,

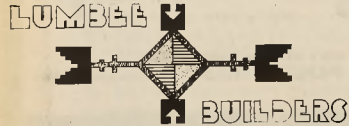


Elizabeth Heights Baptist Church honored their pastor, Rev. King Maynor, Sunday, October 24. It was Rev. Maynor's birthday as well as the anniversary of his first year as pastor at the church. After the morning worship service in which the message was delivered by Rev. Tony E. Brewington, Director of Mis-

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