

TARHEEL KITCHEN

By BARBARA A. MINTER

Once October ends and it becomes dark by 6:00 p.m. I automatically find myself making a Christmas list. Making decisions about which item is just right for each person takes time, energy and thought. That's why pamphlets like "Great Tasting Gifts from North Carolina" comes in so handy. Being able to sit at home and select delightfully edible gifts can really take the hassle out of Christmas shopping.

This pamphlet introduces a wide variety of food items grown and packaged right here in North Carolina. From apples, peanuts and hams to wines, cheese and candies. You'll find something to suit everyone's taste and fancy.

North Carolina is blessed with a multitude of agricultural goodness and boasts the third most diverse array of farm products in the United States. To obtain a copy of "Great Tasting Gifts from North Carolina" send a self-addressed stamped envelope to Great Tasting Gifts, N.C.D.A., P. O. Box 27647, Raleigh, North Carolina 27611.

As you get into your holiday baking, try one of these recipes which are short on time and great in flavor.

Spicy Apple Twists

- 2 large apples, peeled and cored
- 1 can refrigerated quick crescent dinner rolls
- 2 tablespoons butter or margarine, melted
- ½ cup sugar
- 1 teaspoon cinnamon
- ¼ cup orange juice or water

Oven 400 degrees. Serves 4 to 6. Cut each apple into eight pieces. Unroll crescent roll dough; separate into 8 triangles. Cut each in half length-wise to make 16 triangle strips. Place an apple piece at wide end of each strip; roll up. Arrange in 9-inch square pan. Drizzle with butter; sprinkle with mixture of sugar and cinnamon. Pour orange juice or water into pan, but not over dumplings. Bake at 400 degrees for 30 to 35 minutes or until apples are tender. Serve warm, plain or with cream.

Quick Cheese Bread

- 2 packages (5½ oz. each) Biscuit Mix (2½ cups)
 - ¾ cup milk or water
 - 2 eggs, lightly beaten
 - 2 teaspoons dry mustard
 - 1½ cups (6 ounces) grated sharp Cheddar cheese, divided
 - 2 tablespoons butter or margarine
- Preheat oven to 350 degrees F. Grease bottom of 9X5X3-inch loaf pan; set aside. Pour baking mix into bowl. Add milk; mix with wooden spoon until smooth. Add eggs, mustard and 1 cup cheese; blend cup cheese. Dot with butter. Bake 40 to 50 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Gently loosen sides of loaf. Turn out onto wire rack to cool completely.

Aunt E. C.'s Pound Cake

- 1 pound (3½ cups) sugar
 - 1 pound (2 cups) butter
 - 1 pound (10 large or 12 small) eggs
 - 1 pound (4 cups) sifted All-Purpose Flour
- Generously grease 10-inch tube pan; set aside. Preheat oven to 300 degrees F. Cream sugar and butter with electric mixer in mixing bowl until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Gradually beat in flour; blend well. Pour into prepared pan. Bake 2 hours, or until toothpick inserted in center comes out clean. Cool in pans 10 minutes. Turn out onto wire rack to cool completely.



On October 18, 1961, an abstract Matisse painting entitled *Le Jateau* was carefully hung in the Museum of Modern Art in New York, upside down.

Help Your Heart R·E·C·I·P·E·S



Cranberries have a bittersweet taste that is well-suited for holiday meals.

Cranberry Bread

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|---------------------------|-----------------------------|
| 2 Cups Whole Wheat Flour | Zest of 1 Grated Orange |
| ½ Cup Wheat Germ | ½ Cup of Orange Juice |
| ½ Cup Brown Sugar | ½ Cup Oil |
| 2 Teaspoons Baking Powder | ¼ Cup Warm Water |
| ½ Teaspoon Baking Soda | 2 Cups Cranberries, Chopped |

In a large bowl, mix the first 5 ingredients. Set aside. In a separate bowl beat together orange zest, orange juice, oil and water. Stir into dry ingredients. Add cranberries and mix well. Pour batter into a 9 x 5 x 3-inch loaf pan sprayed with vegetable cooking spray. Bake at 350 degrees F for 50-60 minutes. Remove bread from pan and place on wire rack to cool. Bread slices better the second day.

Yield: 16 Slices
Approx. Cal./Serv.: 115

Recipe Tip: To add nutrients to our other recipes, substitute 1 cup of whole wheat pastry flour for 1 cup all-purpose flour or 1 cup of whole wheat flour for ¾ cup all-purpose flour.

Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook. Copyright © 1973, 1975, 1979, 1984 by the American Heart Association, Inc.

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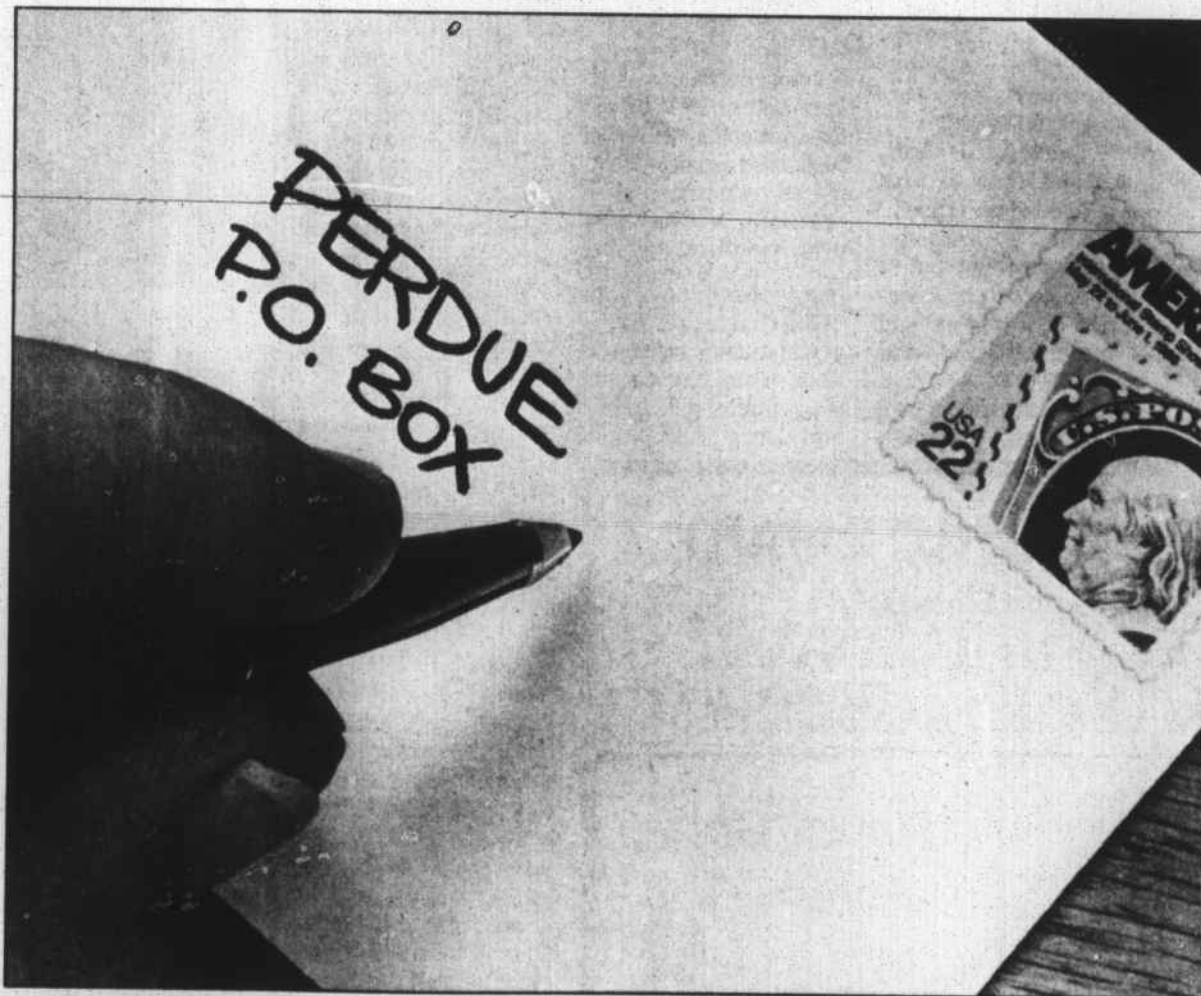
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This isn't a sweepstakes. It's a serious business proposition. Perdue is now looking for twelve top-notch farmers in this area to build primary breeder houses.

Twelve farmers, twelve chicken houses. That's not many. But you can tell from the amount of money Perdue will invest in each operation just how important those farmers and those breeder houses are to the company. Here's why.

Perdue Farms develops its primary breeder stock "from scratch." The primary breeder chickens you raise today are the product of years of genetic research. These are valuable birds, the secret to Perdue's well-known quality advantage, and we won't trust them to just anybody.

Primary breeders are the "grandparents" of the Perdue chickens sold in grocery stores. In her 40-odd weeks of productivity, a Perdue primary breeder hen will produce second-generation breeders that in turn will generate 150,000 supermarket birds. That's 150,000 broilers or roasters from just one primary breeder. And there are 8,000 breeders in each house!

You can see, then, why the primary breeder program is so important to Perdue, and why we're looking for the very best farmers we can find. Which brings us back to our investment in your farm.

Perdue will put up \$20,000 to buy the equipment for your primary breeder house, then lease the equipment back to you. You save \$20,000 upfront, get an additional tax deduction and eventually gain ownership of the equipment.

In addition, Perdue promises an excellent return on your

investment. You'll receive consistent, top-dollar payments. You'll even be paid during the first weeks, when your pullets aren't laying yet.

It's the steadiest, most predictable program Perdue offers. And, as you've seen, it's also the most important—the program where the whole Perdue success story begins. Just twelve primary breeder houses will supply birds to over 1,000 independent Perdue producers in North Carolina.

So if you're looking for an attractive, long-term farm investment, Perdue is looking for you. To learn more, call the Perdue office in Norlina at 456-2055. Or return the coupon. It may be the smartest 22¢ investment you ever made.

I'd like to know more about Perdue's primary breeder program.

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Mail coupon to Perdue, Route 1, Box 301, Norlina, NC 27663. Or call the Perdue office during the day at (919) 456-2055. At nights call Tom Traylor at (919) 456-2331 or Jim Herman at (919) 438-2645.

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PUBLIC NOTICE

DISPOSITION OF WARREN GENERAL HOSPITAL

The Warren County Board of Commissioners will make a decision on the disposition of Warren General Hospital at their regularly scheduled monthly meeting to be held on Monday, December 2, 1985, at the Warren County Courthouse, Warrenton, N. C. The meeting will commence at 9:30 a.m. The public is invited to attend this meeting.

This the 18th day of November, 1985.

EVA M. CLAYTON, Chairperson
Warren County Board of Commissioners