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Mike's Jewelers
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MONUMENT SALE YARD

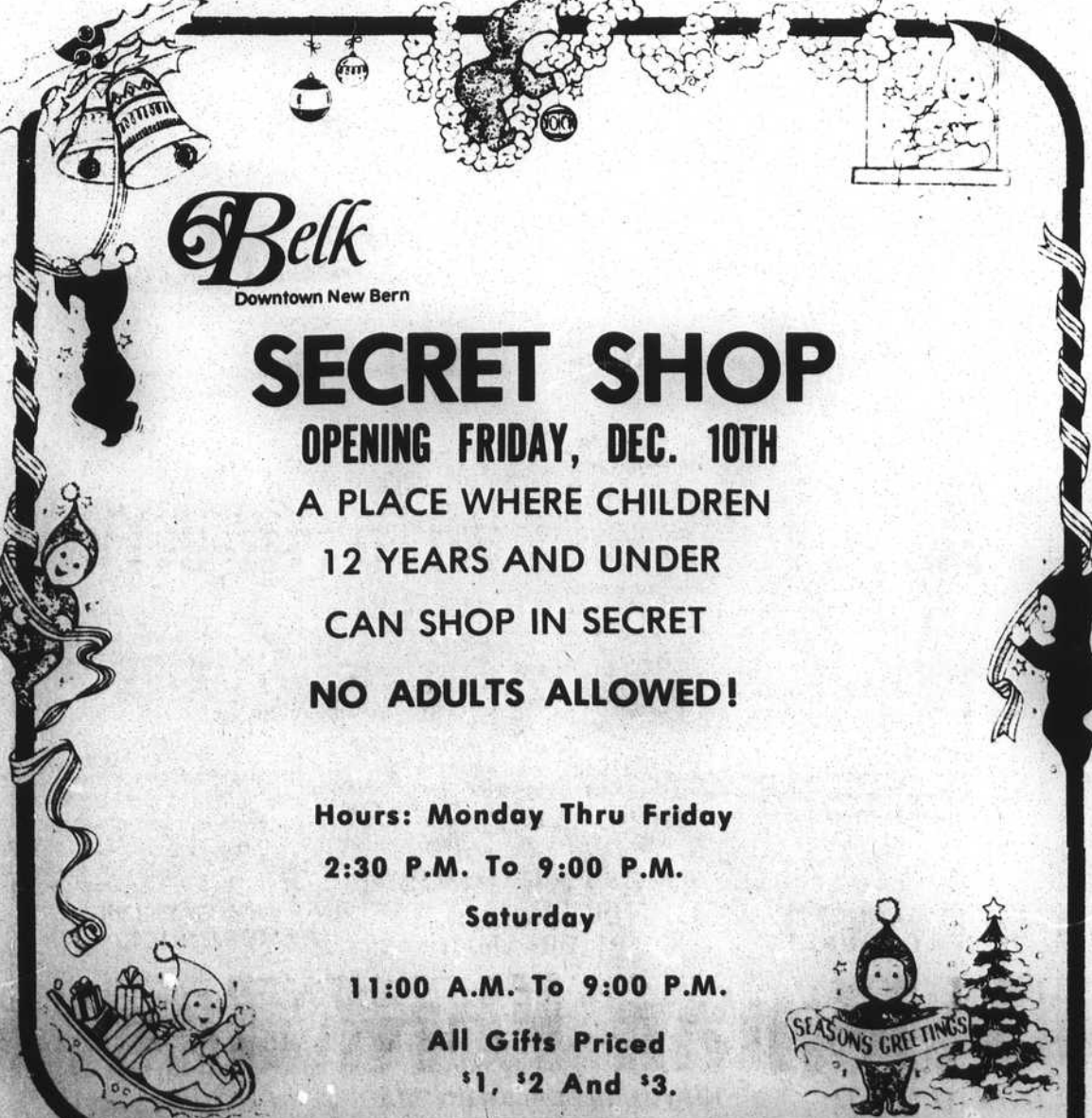
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**Sleeveless
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Solids &
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Open Mon. - Fri.
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"Men's Quality Clothing"
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NOW OPEN
THE PET SHOP
Birds-Tropical Fish-Small Animals
and Supplies.
This Week's SPECIAL, Christmas PUP-
PIES. Beautiful, Fuzzy, Mixed Breeds.
Give A Living Gift For Christmas.
the Whole Family Will Enjoy
A PET FOR CHRISTMAS
In Alliance, Next To
**ESTELLE'S
CRAFT BARN**
CERAMICS CLASS MON. &
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Ceramics, Art & Craft Supplies, Oil
Paintings 1/2 OFF.
Sculptures by WALTER CHANCE
Both Shops Open Mon. - Sat. 10 A.M. - 5 P.M.
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Belk
Downtown New Bern
SECRET SHOP
OPENING FRIDAY, DEC. 10TH
A PLACE WHERE CHILDREN
12 YEARS AND UNDER
CAN SHOP IN SECRET
NO ADULTS ALLOWED!
Hours: Monday Thru Friday
2:30 P.M. To 9:00 P.M.
Saturday
11:00 A.M. To 9:00 P.M.
All Gifts Priced
\$1, \$2 And \$3.



In And Around Oriental Beta Club

By MRS. G. P. MIDYETTE
**AFTER CHURCH
LUNCHEES ENJOYED**
Many of the Oriental as well as county and New Bern folks are enjoying the delicious Sunday "after church" lunches served now in the Oriental Marina Restaurant for only \$2.75. If you haven't been, join us there for fine food and warm hospitality. If you prefer seafood, you can still order from the menu. Taking advantage of this "after church" luncheon were several from all of the churches.

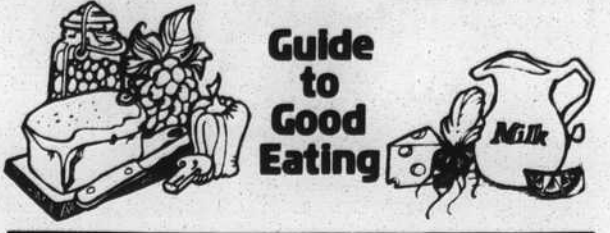
HOSTS TO PASTOR
Mr. and Mrs. W. J. Smith were hosts to the pastor, his wife and father, Rev. and Mrs. Michael Oliver and Rev. James Oliver and Mrs. G. P. Midyette from the First Baptist Church. Mrs. John Bond also enjoyed lunch

there. Others present were Mr. and Mrs. Hugh Harris and other members of their family from the Methodist Church and of course, many others, enjoying the roast pork of loin that began at the close of the services in the several churches.

The service at First Baptist was related to foreign missions and week of prayer for some during the week of November 28 to January 5, with the women of the church meeting in the homes each day to pray and learn about the missions in the foreign fields.

The Sunday morning service was a promotion of Spiritual incentive for this very important week in our church life. The pastor's message to the children was based on Isaiah 6:1-8 and concerned Advent, the coming of the Messiah, called "the

Guide to Good Eating



The American diet is changing. There's concern about usage of our great land for animal feed. There's concern about "healthful" eating. There's concern about the food dollar. For these reasons, the homemaker is looking at alternate food sources of protein to meet the needs of the family. "Do we need meat in our diet?" is a question often asked.

Meat, fish and poultry have long been known to be "good protein sources." They have this reputation because they offer the body "complete or high quality protein." That is, they have certain "amino acids" which are the building blocks our body needs to manufacture protein. Milk also is an excellent source of protein. We can manufacture some of the amino acids needed, but not all. Therefore, we turn to food to provide those missing, essential building blocks. But what about nuts, seeds, dried beans and legumes?

Plants are a source of protein too, and are inexpensive. The point here is that plant proteins do not have all the amino acids needed by the body. We must have all the building blocks present simultaneously or the body cannot manufacture the protein we need to build and repair tissue. How about 'complementing' these

- PEANUT BUTTER BREAD (One loaf)**
- 1 1/2 cups sifted all-purpose flour
 - 1 cup sugar
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 1/2 cup chunk style peanut butter
 - 1 cup rolled oats
 - 1 egg beaten
 - 1 cup milk
1. Sift together flour, sugar, baking powder and salt.
 2. Cut in peanut butter until mixture resembles coarse crumbs.
 3. Add oats, egg, milk - stirring only until blended.
 4. Pour batter into greased 8 x 4 x 2 loaf pan.
 5. Bake in preheated oven (350 degrees) about one hour.
 6. Cool.

BRITE'S CLOTHIER
Men's Fashion Wear
Hooker and Shopping Center

**BY GOLLY!
WHAT A GREAT IDEA!**



SHOULD HAVE THOUGHT OF IT BEFORE . . .

A Gift Subscription to the Pamlico County News will keep loved ones who are away from home in touch with things "back home".

OR -

If you have a friend or relative in the county who isn't a subscriber, why not send him or her a Gift Subscription . . . Still at the

SPECIAL OFFER
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Simply fill in the coupon below. Clip it out and mail to the address shown on the coupon.

BETTER HURRY!

**PAMLICO COUNTY NEWS
ALLIANCE, N.C. 28509**

I ENCLOSE \$3.50. PLEASE SEND THE PAMLICO COUNTY NEWS TO THE FOLLOWING ADDRESS:

NAME _____
ADDRESS _____
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Recipe Of The Week

By Pamlico County Agricultural Extension Service

With the holiday season just around the corner, many a hostess is interested in do-ahead party food. These meat balls which can be made ahead, frozen and reheated at party time. Keep warm during the party in a chafing dish, fondue pot or electric fry pan.

- BUFFET MEAT BALLS**
- 1 pound ground beef
 - 1/2 pound lean ground pork
 - 3/4 cup dry bread crumbs
 - 1/2 cup finely chopped onion
 - 1 tablespoon snipped parsley
 - 2 teasp. salt
 - 1 egg
 - 1/2 cups milk
 - About 2 tablespoons margarine
- Mix all ingredients except margarine. Shape into 1-inch balls. Melt margarine in large skillet, brown meat balls a few at a time over medium high heat 5 to 8 minutes. Bake uncovered in 350 degrees F. oven until done, 20 to 25 minutes.
- At this point, meat balls can be placed on tray in freezer for 15 minutes. Wrap partially frozen meat balls in aluminum foil, seal, label and freeze. Heat wrapped frozen meat balls in 325 degrees F. oven 1/4 to 1 1/2 hours.
- These small meat balls are served without gravy for a buffet.

Full Adjustment Lowered In December

Retail customers of Carolina Power & Light Company in North Carolina will get a credit of .074 cents per kilowatt-hour (kwh) on their bills under the "approved fuel charge" during December.

Because of this credit, 1,000 kwh of electricity will cost \$1.03 less than in November, when the fuel charge was 29¢ per 1,000 kwh.

The "approved fuel charge," reflects monthly variations in CP&L's actual cost of fuel, compared to the amount the company is permitted to collect for fuel expense in its base rates.

Christmas Cheer Needed

Do you have an extra Christmas card you would like to send, but cannot think of a person to send it to. Well, we at the Department of Social Services know of someone who would welcome a card. This person would be elderly and either

Stonewall News

By INA GASKINS
Mrs. Betty Briley came to Stonewall Wednesday afternoon from Pinedale and stayed in her trailer until Sunday afternoon.

Mrs. Bonnie May of Nashville spent Saturday night with her mother, Mrs. Daisy Dunn, returning to Nashville on Sunday. Mrs. Dunn accompanied her back for a visit of several days.

We had Sunday School at 10 a. m. conducted by Gary Whorton, superintendent. Subject of the lesson was our Ministry of Reconciliation. Memory selection was, "All this is from God, who through Christ, reconciles us to Himself and gives us the Ministry of Reconciliation", 2 Cor. 5:18, Romans 2:16, "For I'm not ashamed of the gospel, it is the power of God for salvation to everyone who has faith, to the Jew first and also to the Greeks."

Our 11 o'clock church service was conducted by Rev. Jessie Staton with the call to worship and choir responses. The anthem was "An Act of Praise." There was responsive reading, the offertory, gathering of tithes offering, the Doxology and Lord's Prayer, a hymn of grace, the administering of Holy Communion. Ushers were George Taylor and Guy Hopkins. Kari Gatlin was acolyte. We had a few visitors at church.

Mr. and Mrs. Earl Westbrook of Norfolk, Va. visited Mr. and Mrs. B. W. Lupton several days last week. Mrs. Westbrook and Erma are cousins.

Mr. Ernest Daniels of Chesapeake, Va. visited his daughter, Mrs. Harold Brinson and others during Thanksgiving.

Mr. and Mrs. Earl Westbrook of Norfolk, Va. visited Mr. and Mrs. B. W. Lupton several days last week. Mrs. Westbrook and Erma are cousins.

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Commerce

Christmas Party

The Pamlico County Chamber of Commerce will hold its annual Christmas party on Monday night, December 13 at Minnesott Beach Restaurant. A social hour at 6:30 p. m. will be held preceding dinner that will be served at 7 p. m. The meal will be a Dutch Treat Buffet at the cost of \$5 per person. All members who have not already done so are urged to contact Chamber secretary Jim Ragan at once for reservations.

Insulate yourself from the energy shortage. A well-insulated house uses about 30% less energy for heating.

CP&L

Ask for a free copy of our 24 page booklet "How to Save on Your Electric Bill" at your nearest CP&L Office

JAYCEES MEETING DATES DIRECTORS

1st Tuesday Each Month 7:30 P.M.
REGULAR MEETING
2nd and 4th Tuesday 7:30 P.M.
Meetings Held At The Town Hall In Alliance