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## In And Around Oriental Beta Club

By MRS. G. P. MIDYETTE AFTER CHURCH

**LUNCHES ENJOYED** Many of the Orientel 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

BRITE'S CLOTHIER

WHAT A GREAT IDEA!

SHOULD HAVE THOUGHT OF IT

BEFORE . . .

Gift Subscription to the Pamlico County

News will keep loved ones who are away from home in touch with things "back home".

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who isn't a subscriber, why not send him or her a Gift Subscription . . . Still at the

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53.50 one full year.

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

greatness of service." The message to the adult office was, "Good News of Great Joy." The meetings for the week for the women were held on Monday with Mrs. W. G. Dixon, on Wednesday in the church at night and on Thursday with Mrs. C. M. Lewis.

The offering for the Lottie Moon Christmas offering national goal is \$29 million and our church has pledged to give \$150. Lottie Moon was born in December, went to China in December and died on Christmas Eve on the way to the United States at the age of 72. She spent her life telling the people of China about Jesus. This year, we give our church goal for foreign missions, remember the gift given by God to us, Christ the Lord, and let our Christmas offering be a suitable Christmas gift to our Lord.

MOVE INTO NEW HOME The pastor of the Holiness Church of Oriental. Rev. Linwood Brothers, who is also affiliated with the Oriental Construction Company, moved into his new home on Ragan Road on Thanksgiving Day. Mrs. Brothers is quite an accomplished artist in the amateur category. Her parents, Mr. and Mrs. O. V. Rose have been residing in a new home built here on the corner of Pamlico and Moore intersection back of the Jake Jordan home. They say they like living in Oriental very

MANY FROM HERE ATTEND TRENTON MEET

There was quite a turnout of people from Pamlico County among the others from other Eastern counties in Trenton on Tuesday night to hear the several dignitaries of the North Carolina State College and executives of the several phases of the Extension Department. I can't name them but they made up a panel and answered questions pertaining to farming in these several counties. The Extension Agriculture Building in Trenton was filled to overflowing with interested people. There were at least three car loads to attend from Pamlico County.

ALL ENJOYED THANKSGIVING

Everyone seemed to have a wonderful Thanksgiving. Some of our people went away and many entertained guests at their homes here.

Mrs. Inez Hargrove was in Plymouth preceding Thanksgiving with her cousin who was in the hospital, but went on to Greensboro for the holiday to spend it with her children and grandchildren there.

Hugh and Margaret Midyette, who are making their home in Raleigh now, were at home with their parents. Mary Harris . Irma Midyette, Fay and John Bond, went to Colerain for Thanksgiving. The Baileys (Clara and Bert) went to Boston and Maine. The Howard Mannings of Raleigh were here in their second home.

Also several other part time residents were here. The day was warm and sunny and outdoor activities were enjoyed such as sailing, oystering, hunting' cracking and picking out pecans, playing tennis and many other pastimes.

> WOOMAN'S CLUB TO MEET ON DEC. 7

The Oriental Woman's Club will meet at the Oriental Marina Restaurant on Tuesday, December 7 at 1 p. m.. Members are reminded to bring their gifts for Caswell, not wrapped, for a male or female any age; also to call 2494221 ir 249-7631 for a luncheon reservation. There will be a Dutch luncheon and special Christmas program.

### Christmas Cheer Needed

Do you have an extra home bound or in a nursing Christmas card you would like to home. These people would like to send, but cannot think of a person to send it to. Well, we at the Department of Social Services Mrs. Kell at the Department of know of someone who would Social Services, 745-4086 and we welcome a card. This person will give you a name and ad-

receive a carr' from someone. If you have an extra card, call would be elderly and either dress for where to send the card.

### Meets

By CHRIS DIXON The Pamlico County High School Chapter of the Beta Club held a meeting on November 19, 1976. During the meeting we heard from various committees with the first being the Bulletin Board Committee. They plan to put up a huge calender in the hall for the use of all students. It will be decorated in the Christmas spirit.

Next, we heard from the Thanksgiving Service Project Committee. We plan to have all the members bring something to put in the Thanksgiving baskets, which will be given to elderly people throughout the county.

Then we heard from the Christmas Program Committee. We plan to decorate the lunchroom and sponsor the doordecorating contest.

Later on an idea came up about going around the county as a group and picking up trash along the highways.

Do remember that the club always tries to help our county as well as our school

## 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 34 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 11/4 to 11/2

These small meat balls are served without gravy for a

### Full Adjustment Lowered In December

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.

Retail customers of Carolina

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

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.

The Ina Gaskins Circle met at the home of Mrs. Susie Gaskins on November 23 at 9:45. We had 12 members present. Anne Lupton was in charge of the meeting in the absence of our president, Mrs. Kitty Casey. Mrs. Lupton called the roll and read the minutes of the October meeting.



The American diet is changing. There's concern about usage of our great land for animal feed. 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, 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 Therefore, we turn to food to provide 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 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 aboout

incomplete plant proteins? For example, the protein of milk can "fill the gap" of the amino acids that are limited or missing in nuts. Together, nuts and milk offer the body a complete protein pattern Besides -- nuts taste good, and milk is readily available an unbeatable combination any way you look at it!

For a nutritious snack, try "Peanut Butter Bread." It will be sure to appeal to the family appetite, as well as help meet the body's daily protein needs. Bon appetit'

> PEANUT BUTTER BREAD (One loaf)

1/2 cups sifted all-purpose flour

1 cup sugar

tablespoon baking powder 1/2 teaspoon salt 1/2 cup chunk style peanut

butter 1 cup rolled oats

egg beaten 1 cup milk

1. Sift together flour, sugar, baking powder and salt. 2. Cut in peanut butter

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

'complementing'

### 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 mot 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 Maude Wilson of Portsmouth, Staton with the call to worship and choir responses. The anthem was "An Act of Praise." There was responsive reading, Banks of Morehead City and 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 Mrs. Ken Blizzard and son, 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.

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

Several topics were discussed. We voted to send Mrs. Minona Tingle a box of gifts for

Christmas as we always do. Our members will exchange Christmas gifts at our December meeting. This will be at Mrs. Kitty Casey's home if she is there. If not, the meeting will be at Mrs. Robert Daniels' up Alligator Heights. Susie Gaskins served very nice refreshments and we enjoyed seeing her new home.

Mr. and Mrs. B. Weaver and daughter, Sue, of Penn Laird, Va. were here Thursday and attended the reunion of a graduating class of Stonewall School. Mr. Weaver was a teacher at that time. They visited the H. M. Alexanders and Mrs. Beatrice Gatlin. Mrs. Virginia Perry and son, Steve of Tarboro attended the school ban-

Visitors at Ann and LeRov Luptons during Thanksgiving were Mr. and Mrs. Ben Lupton, of Stonewall; Mr. and Mrs. Earl Westbrook of Norfolk, Va., Mrs. Va., Mrs. Clyde Fornes of Arapahoe, Mr. and Mrs. Joe Bland and Mr. and Mrs. Victor Danny Lunton of Green

On Thanksgiving Day Mr. and Mrs. Morris Daniels and Mr. and Mrs. Bobby Daniels had a big dinner for Mr. and Mrs. Charles Wilgrus, Morris Daniels, Jr. of Virginia, Robert Miller, Kim Daniels and Miss Dollie Daniels.

Mrs. Ina Gaskins had Thanksgiving dinner with Mr. and Mrs. M. K. Gaskins in Bayboro. Other guests were Mrs. Eula Harris and Mr. and Keith.

Mr. Pete Daniels from Arapahoe, Mr. and Mrs. Edwin Salter of Atlantic, Mr. and Mrs. Bud Salter and baby of Atlanta, Ga., Mr. and Mrs. Tyre Daniels of Alliance were guests of Mrs. Eva Belle Casey over the

### 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.

# JAYCEES 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

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, 12 And 13.

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