

COMMUNITY

Engagements

Mr. and Mrs. Mack Bunch

announce the engagement of their daughter, Sheila Denise, to Lynn Everton Perry, son of Mr. and Mrs. Lynn C. Perry of Edenton. A June wedding is planned.

Mr. and Mrs. Charles Laing McDonald of Rt. 3, Hertford, announce the engagement of their daughter, Lillian Dianne McDonald, to Jerry Martin Chappell, son of Mr. and Mrs. Seymour Chappell of Rt. 4, Hertford.

The bride-elect attended Perquimans High School.

The prospective bridegroom is a graduate of Perquimans High School and is employed by Eastern Marine Equipment, Newport News, Va. A May wedding is planned.



SHEILA DENISE BUNCH

Senior calendar

The following is a list of activities being planned for the Senior Center, located on Grubb St. in Hertford.

- April**
 5 — Bible study class, 1:30-3:30.
 6 — Income tax assistance, 9-12 noon, call for an appointment; blood pressures checked free, 9-12 noon and 2-5.
 6-8 — Atlantic City trip.

9 — Exercise class, 10-11; crochet class, 1-4.

10 — Basket-weaving class, 10-2; Friendship Club Meeting, 2 o'clock.
 11 — Bingo, 2-4.

12 — Exercise class, 10-11; Bible study class, 1:30-3:30.

Last week's Bingo winners were Lillian Michael and Hester Reid.

Bingo tournament participants

Recently the Perquimans County Senior Center sponsored a district Bingo tournament. The following people participated:

Memory Lane Club, Hertford
 Elizabeth Thach, Bonnie Nixon, Naomi Banks, Kathleen Brenneman and Georgette Miles.

Elizabeth City Members
 Hazle Hartzog, Miriam Fletcher, Virginia Auerback, Madie Daughtrey and Rachel Riddick.

Happy Pals Club, Moyock
 Richard Melton, Ardeline Saunders, Julia Dunstan, Janet Chatman and Lucy Walston.

Willie O. Harvey Club
 Edna Smith, Bertha Woodley, Easter Banks, Lousie Spellman and Hattie Howard.

First place was awarded to Hazel

Hartzog; second, Lillian Michael; and third, Elizabeth Thach.

Computers will never replace man entirely until they can laugh at the boss' jokes.

Allen Winslow
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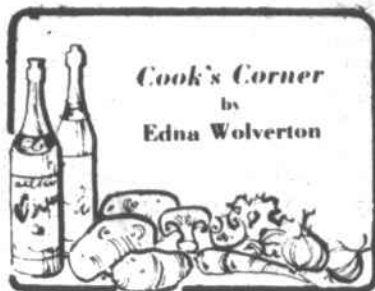


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Try these tasty seafood dishes

The recipe offerings this week are two delicious seafood dishes. Both include artichoke hearts in combination with shrimp or crabmeat and both dishes combine well with steamed broccoli and tomato aspic.



Cook's Corner
 by
 Edna Wolverton

Crabmeat With Artichoke Hearts

- 1/2 cup butter
- 1/2 cup flour
- 1/4 cup grated onion
- 1/2 cup chopped green onion
- 2 Tbsp. chopped parsley
- 2 cups whipping cream
- 3/4 cup dry white wine
- 2 1/2 tsp. salt
- 1/2 tsp. white pepper
- 1/4 tsp. red pepper
- 2 Tbsp. lemon juice

2 lbs. crabmeat
 114-oz. can artichoke hearts
 1/2 lb. fresh mushrooms, thickly sliced
 Combine butter and flour in saucepan. Melt butter and stir in onions and parsley. Cook 2-3 minutes. Add cream, wine, salt and peppers. Heat over low heat and then cool to lukewarm. Add lemon juice.

In a 3 qt. casserole dish alternate layers of crabmeat, artichoke hearts, and mushrooms, spreading sauce between layers. Bake at 350 for 30-45 minutes. Freezes well. Serves eight.

Shrimp Stroganoff

- 1/4 cup minced onion
- 5 Tbsp. butter, divided
- 1 1/2 lbs. shelled, raw shrimp
- 1/2 lb. fresh mushrooms, quartered
- 1 Tbsp. flour
- 1 1/2 cups sour cream, at room temperature

1 1/4 tsp. salt
 pepper to taste
 Cooked rice (saffron flavored is excellent here!)

Artichoke hearts, quartered
 1/4 cup minced parsley flakes
 Sauté onion and 1/4 cup butter until

onion is soft. Add shrimp and cook until pink and barely cooked. Keep them warm in another dish.

Sauté mushrooms in remaining butter until brown. Sprinkle mushrooms with flour. Mix well. Stir in the shrimp, onion mixture, sour cream, salt and pepper.

Cook 2-3 minutes until shrimp are thoroughly heated. DO NOT boil.

Serve immediately over saffron rice combined with quartered artichoke hearts and parsley. Serves 4.



A potato peeler can be used to cut cheese into strips for salads and other garnishing.

PHOTOGRAPHY by george

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APPOINTMENTS AVAILABLE

Senior Center to sponsor trip

The Perquimans County Senior Center and Recreation Department are sponsoring a weekend trip to Washington, D. C., May 18-20.

Highlights of the trip include:
 The White House, Treasury Dept. (U. S. Mint), Capitol Building, Monuments, Smithsonian Institute, a live performance at Kennedy Center, Arlington Cemetery (grave sites of Kennedy and the unknown soldier and the changing of the guards), and Mount Vernon (home of George Washington)

The tour includes transportation, two nights motel, tour exhibits and the show at Kennedy Center. Single rooms are \$130 per person and double rooms, \$90 per person.

For more information or reservations call the Center at 426-5404. This trip is sure to be a sell out, so call now.

SEE YOUR DOCTOR

This information comes from Smith Kline and French Laboratories

Medical science has identified some of the factors that increase your chances of developing heart disease. Salt is one of these risk factors. Too much salt in your diet increases the risk of high blood pressure. High blood pressure is second only to smoking as a factor that increases your risk of heart disease.

If your doctor wants you to cut down on salt, try to avoid adding salt at the table and eat natural foods instead of processed foods such as canned soups and vegetables.

See your doctor. Working with your doctor to eliminate or control coronary risk factors can help combat heart disease.

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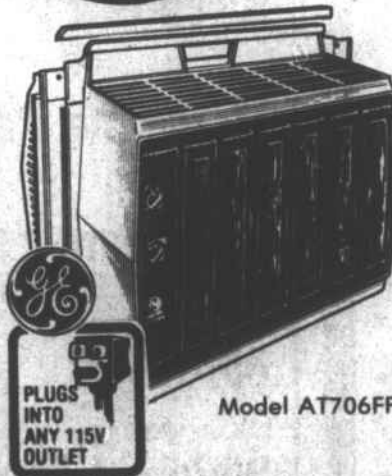
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