

COMMUNITY



ATTEND MEETING—Five members of the Perquimans County Extension Homemakers Association attended annual meeting in Raleigh. Pic-

tured from left to right are: Mrs. Emily Harrell, Mrs. Nancy Madre, Mrs. Thelma Rogerson, Mrs. Marian Frierson, Mrs. Emma Burke and Mrs. Paige Underwood, Home Economics Extension Agent.

Soups and stews create wonderful autumn meals

Cooler Fall days call for tasty soups and stews. With crabs available, try this delicious gumbo. It is hearty and filling served over rice. Add crusty bread to sop the juices. If you have shrimp in your freezer, serve this delightful shrimp concoction. Add a salad (aspic is a nice complement) and bread. Note that the shrimp maybe served over rice or in a patty shell. Crabmeat is a good substitute also.

10 crabs cleaned, but with meat intact
 1/4 cup seafood seasoning
 2 cups raw shrimp
 Fry bacon and crumble. Saute onions, celery and bell pepper in bacon grease. Add flour to thicken. Boil tomatoes, ham and okra; add to other ingredients and simmer. Add broth along so it doesn't get too thick. Cook about 2 hours and then add crabs and seafood seasoning. Simmer several hours. Twenty minutes before serving, add shrimp. Serve hot over rice. Serves 8.

ELEGANT SHRIMP

1lb. shrimp, shelled and boiled
 2 tablespoons lemon juice
 2 tablespoons butter
 1/4 cup minced celery
 1/4 cup parsley flakes

1/2 cup sliced mushrooms
 1/2 cup waterchestnuts (sliced) as desired
 1 can (10 1/2 oz) cream of shrimp soup
 1/4 cup cooking sherry
 1/4 cup sour cream
 4 frozen patty shells, baked or cooked rice
 slivered blanched almonds
 Squeeze lemon juice over shrimp. Saute onion, celery, mushrooms and waterchestnuts in butter. Slowly add the soup, stirring over low heat. At this point, turn off heat and wait 5-10 minutes before adding sherry, sour cream, parsley and shrimp. Heat over medium heat just until hot enough to serve in pastry shells or over cooked rice. Top with slivered almonds. Serves 4.



CRAB GUMBO

1/2 lb bacon
 3 cups chopped onions
 6 stalks celery, chopped
 3 green peppers, chopped
 1/2 cup flour
 1 quart tomatoes
 1 quart chicken or beef stock
 1 cup finely grated ham
 2 cups okra, sliced

Homemakers attend meeting

Five members of the Perquimans County Extension Homemakers Association attended the annual council meeting of the North Carolina Extension Homemakers Association, Oct. 18-19 in Raleigh.

Ava Rodgers, deputy administrator, Extension Service, U.S. Department of Agriculture, Washington, D.C. commended the members on their many hours of volunteer service devoted to family, home and community.

and community outreach; cultural arts; family relationships and child development; family resource management; health; housing, energy and environment; international; public relations and safety.

Mrs. Emily Harrell, Mrs. Nancy Madre, Mrs. Thelma Rogerson, Mrs. Marian Frierson, Mrs. Emma Burke and Mrs. Paige Underwood, Home Economics Extension Agent were among more than 450 club women participating in the state council conference at the North Raleigh Hilton. They represented more than 24,500 members statewide.

Theme of the event was "VIP Leadership Pursuit." To complement the theme, A & P leadership awards were presented to two outstanding leaders from each of six Extension Education Program (VEEP) award.

The Extension Homemakers Association is dedicated to continuing adult education through programs in citizenship

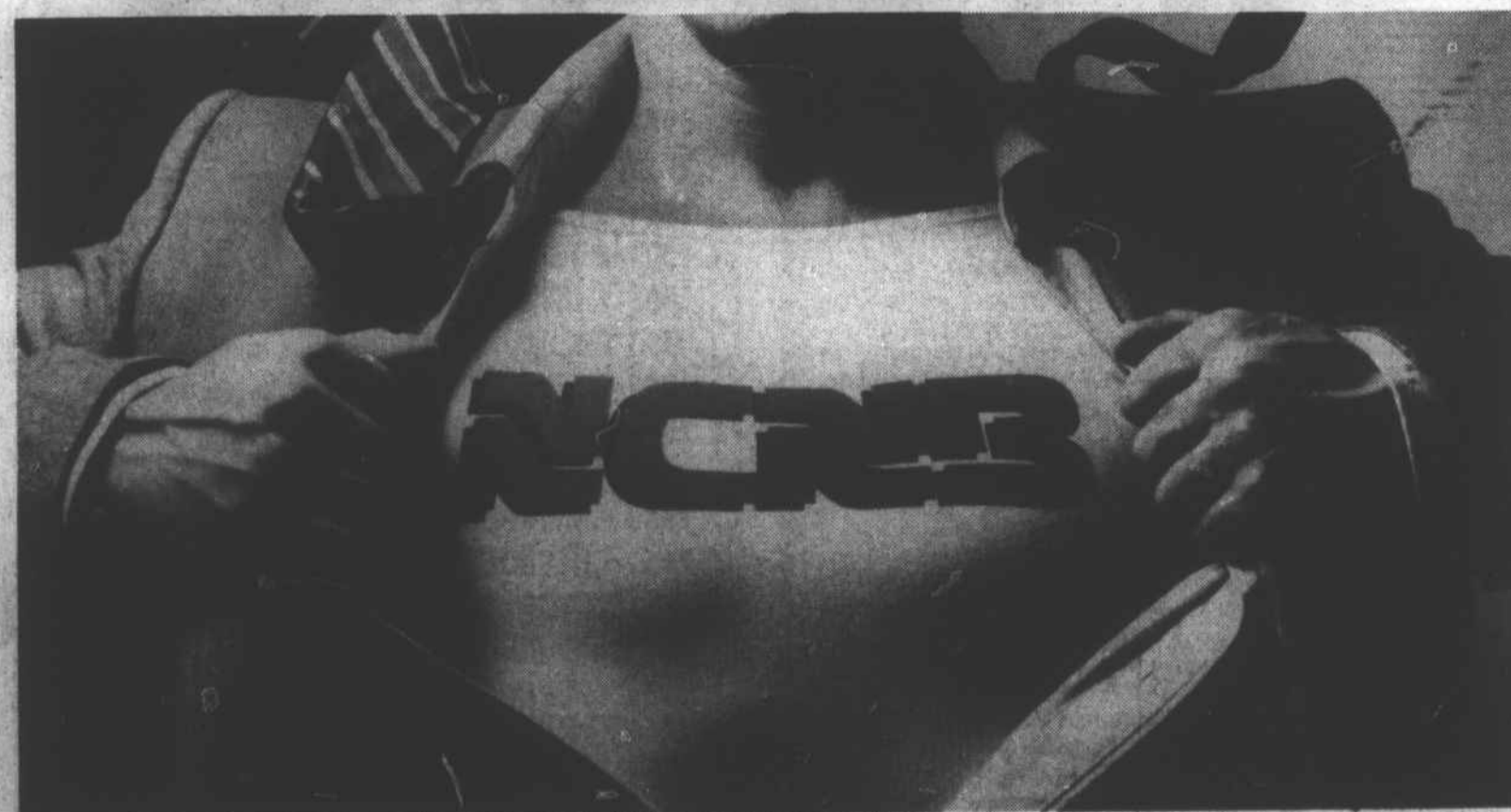
We've just unpacked a new selection of Dayspring Christian Greeting Cards
We also have the Bible on cassette at
The Good News Shoppe
Broad St., Edenton

RE-ELECT
Joe Towe White, Jr.
to the
Hertford Town Council.

I have enjoyed representing the people of Hertford for past four years and will appreciate your vote of support for my continued service.

Paid for By Joe Towe White, Jr.

ENROLL YOUR MONEY IN OUR FISCAL FITNESS PROGRAM.



Today's Americans have more money coming in than any other generation. From 1970 to 1983, per capita income, in real dollars, went up a staggering 28%. In 1983, the average income for a head of household, 35-44, was \$32,860. What's more, the two-income family is

now commonplace in America. Over 65% of the mothers with children over 6 have joined the workforce.

Now, with so much more money at your disposal, no wonder you're thinking more in terms of investing than saving in the traditional sense.

That's why we offer you ways to get money market rates with a "checking" or "savings" account.

It's why we've developed our Asset Management Account that combines money market rates, "margin lines," up to \$50,000 in borrowing power and a single statement showing all your investments.

It's why we offer you discounts on commissions when you make your own decisions on trading stocks and bonds.

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You want to lower your taxable income, so we give you all kinds of ways to invest with our Investor Option IRA.

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