



by Nancy Winfrey

Sandy's List

Free Ads
for items
\$500 or less...

Kitchen Chatter

Sell your stuff or find what you are looking for FAST with a FOR SALE or ITEMS WANTED AD FREE in Sandy's List which appears each week in The Pamlico News and on The Pamlico News web page.

Sandy's List guidelines:

Ads are guaranteed to run for one week, but may run until space is needed for new ads. When item sells, please email us so the item can be removed from Sandy's List. Deadline to place ad is Friday at 10am. Your ad will be published the following Wednesday. Single Items \$500 or less. Private individuals only - No businesses please.

To place your Sandy's List ad:

Fax to: 252-249-0857 Email to: sandyslist@thepamliconews.com You can bring your copy to our office at: 800 Broad Street, Oriental Mail your copy to: PO Box 510, Oriental, NC 28571, Attn: Sandy's List

TOTAL GYM XLS - Like new. Used less than 10 times. In original box with all accessories. New \$800. Asking \$390. 252-670-3958

Oxford Sailing Dinghy. LOA= 9' BEAM= 56". (built in Oxford Md.)\$499 Phone : 249-1667

One set of curtains with sheers. Three valances 56 x 17 1/2, two curtain panels 39 x 65, two crinkled sheers 52 x 63. The curtains and valances are royal blue and the crinkled sheers are neutral, beige. \$30 for all. 252-745-5275

Chain Link Fence for Sale. 4-10'x6' frames, 1 with walk in door. \$225 Cash. Call 252-249-1892

180'x4' Fence with Drive In gate, 8'x4', and Walk In gate, 33'x4'. 30 Treated fence posts. \$325 Cash. Call 252-249-1892

Gilson 3 cu ft concrete mixer - needs motor \$75 - call 252-571-0391

Sears Craftsman Mower, 21". Self Propelled. Push Mower-like new. \$200, O.B.O. Call 252-745-8090

Lawn Mower Engine. Predator, 6.5 HP still in crate. NEW. \$150, O.B.O. Call 252-745-8090

Foul Weather jacket and pants, med/large very good condition \$50 Call 252-249-0203

Basket Making tools with carrier plus patterns galore \$10 Call 252-249-0203

Used Sunbeam Carousel Rotisserie and Used Sunbeam Shish Kebob attachment for this rotisserie. \$45 Good condition, very clean. Instruction booklet is included for both. Works good. Call 252 745-5275.

Nova Zoom 20 Walker blue, 300 lb weight cap. New! Paid \$160, selling for \$90. Call 638-9151 or 670-3626

Confederate Rose (Potted) \$15, Red Japanese Maple (Potted) \$35, fig bush (Potted) \$25, Walking Iris (Potted) \$10. Call 252-638-9151

New 55 Gallon Rain Barrel \$65 Call 252-638-9151

Wooden lettuce on plant herbs tray with handles-NEW \$30. Call 252-638-9151

Generac 5000watt generator. Tecumseh engine with 5 gal. Gas tank,6260 surge watts, cradle with wheels and handle. Don't wait... Hurricane season soon, \$275. (252)943-4447

FOR SALE: Riding Lawnmower \$175, Push Mower \$150, Cement Mixer \$175, and Iron Wood Splitter \$350. Call 252-249-0209

Maytag Neptune gas dryer, set up for propane. Working perfectly when last used. Looks brand new. 745-5353

Welder, Lincoln stick welder model k1170, 225amp. Purchased new at Lowe's (\$330 with tax) in factory box, never set up or used. \$230 firm. 745-5353

Brand New Neutral Ceramic Tile, some in boxes, some loose -- 52 12x12 pieces and 168 6x6 pieces plus 26 decorative pieces. \$100.00 Leave message at 252-745-8023.

Computer Items: Asus X540 Laptop, 4GB, Windows 7, \$125. Samsung B2030 20" Monitor, \$50. Epson Artison 835 Printer, Wi-Fi, Extra Ink, \$35. All in great condition. Make offer. 252-249-2945.

RCA RTD325W Home Theater, boxed. DVD 1080, Dolby, HDMI, AM/FM \$50. Offer accepted. 252-249-2945

Greenhouse hoops. 16'wide, heavy duty, enough for a 16x30 greenhouse, \$50. each...252-745-2011

Nitto Dura Grapplers 245/75R17 75% Tread. Lugs and caps. \$350 (252)649-4749

Coxreels fuel hose reel. Can be used for airhose or cords. Model# TSHF-550 \$40 (252)649-4749

35 Gallon Aluminum Fuel Tank. \$100 (252)649-4749

Volvo Penta Gauges. NEW! Call for details. (252)649-4749

Kenmore Fridge. Side by Side. Icemaker broken. \$25 (252)649-4749

Tread mill. Welsco Cadence fold up , hardly used. 252-249-1690

Jenn-Air Stove/Range 30" wide x 28" deep-Good working condition. \$100 (252)670-7435

Antique solid red oak pedestal table, just re-finished professionally, like new, no chairs. Top may be separated for carrying in a car. Size is 48"x36" including the 12 inch extension leaf. \$150 OBO. Available in River Bend/ New Bern, NC. 814-207-7954 or 814-617-0986

Small Desk \$20 252-745-9027

Dining Room Table-6 Chairs-protective cover-1 leaf. Plus table cloths. \$200 252-745-9027

Large TV Cabinet with 2 side cabinets/(w/ glass doors). \$200 252-745-9027

Electrolux Vacuum-serviced 1 year ago-w/ power nozzle. \$200 252-745-9027

2 tall stools \$20 252-745-9027

42" Huskee riding lawnmower good conditionserviced regularly, garage kept \$450.00 OBO callJean 252-514-3437

You pull it it's yours; 74 Yanmar SB, W/ Trans.; 1 CY; 8HP; 252-675-1902

FUJI SILHOUETTE BIKE. Woman's Carbon Road Bike. 47cm. Shimano components. Many upgrades. Mirror, Bottle Cages. \$500. Firm. 252.249.0761

CROSMAN AIR RIFLE: .177 pellets. CO2 powered. Extra clips included. \$50. 252.249.0761

WOMAN'S BIKE. Fuji Supreme. 21 Speed. Cateye Computer. Axiom Rear Rack. Rear Light, Mirror, Bottle Cage. \$95. 252.249.0761

Comforters/sets-Full size/All colors \$15.00 Located in New Bern. 638-9151 or 670-3626

Whirlpool-Stove-glasstop-1 back burner doesn't work. \$90.00 Located in New Bern. 638-9151 or 670-3626

Old Dolls-Vintage-some boxed \$5-\$20 Located in New Bern. 638-9151 or 670-3626

Seeking small white dog. Maltese/Poodle mix. Prefer house broken. Call 745-9277

OVAL Braided Rug, \$125, burgundy, 6'7" x 8'6". excellent condition, wool. 745-5275

GUTTER GUARDS: 25 four foot reverse curve aluminum Gutter Genius (by Elko) covers for 5 inch standard gutters. Used, good condition with installation clips. \$150. Call (252) 249-7290 or (603) 496-4274.

50 caliber Black Powder Rifle for sale with Scope and loading supplies and some Ammo. Good condition. \$130 252-322-8381

NIKON D70s SLR digital camera with lens,cards & carry case. \$300 252-249-1655

STAMINA 1205 precision rower, like new. \$135 252-249-1655

SPACEMATE folding stepper, like new. \$95 252-249-1655

POSTURE PUMP disc hydrator, professional model. \$35 252-249-1655

36 Inch Round Oak Cocktail table \$60 252-249-2545

Stanley Professional Air flooring hammer with 3000 nails. \$340 252-249-2545

Invacare Bench for Shower or Tub. 400 lb. weight cap. Adjustable height \$75 252-571-6058

TV stand, 31 1/2 wide x 19 1/2 deep 20 in tall. Pickled color. Like New. \$25.00 252-571-6058

10L x 10W x 6H a Stephens Pipe & STEEL Galvanized welded frame dog kennel with a lockable walk in gate (also welded pipe). East to assemble; easy to move; easy to add additional panels if desire to make larger. Call 252.249.0103 \$140 Like New Galvanized Welded frame

"9" FOREST FIR CHRISTMAS TREE, UNLIT Smaller 7 ft. adaptable. \$100 252-249-6528"

Legacy hunting bow in Case with arrows. Camo bag with 20 Decoys. \$100. 252-249 2029

High end, large capacity, Frigidaire Affinity clothes dryer. Used very little. 4 yrs old. \$80 252-670-7836

Electropedic adjustable bed: size - full/ double; firm mattress; very good condition; includes some linens. Great for someone recovering from surgery, needs to elevate head and/or feet, or has difficulty getting in and

out of bed. Smoke free home. \$300.00. Text: 252-617-5942

Critter cage: 6ft (tall or long) x 2ft x2ft. Custom made. Not a bird cage. Good condition. \$125.00 Text: 252-617-5942

Trail bike: 24" derailr needs adjusting. Fair condition. \$30.00 Text: 252-617-5942

Antique small cane chair dark in color and once used in tobacco barn as a chair. Asking \$75.00 252-249-2603, ask for Betsy.

Cherry Dining Table - 48" inches round with two leaves. Queen Ann legs. \$270. 252-249-1090.

Mahogany Low Boy Dresser and Mirror - three-drawer dresser and mirror with casters. \$275. 252-249-1090.

Volvo Station Wagon Cover - Gray, never used with bag. \$45. 252-249-1090.

81/2 HP Briggs & Stratton engine. \$50. Call 675-0354.

Radio Shack 40 Channel CB Base Station. \$50. Call 675-0354.

Radio Shack 40 Channel mobile CB radio. \$25. Call 675-0354.

New bicycle helmet - Airius, L/XL, \$10. Call 675-3128.

New Camera - Wanscam IP wireless/wired camera for network monitoring, \$25. Cal 675-3128.

Dark Cherry Mirror - Thomasville, traditional style. \$70. 252-249-1090

Baby Items - Stroller (\$35), wooden port-a-crib (\$35), changing table (\$75), car seat (\$10), and toys. 252-249-1090

Kitchen Countertop - three pieces with back splash, white Formica, 25"x70", 25"x34.5", 25"x25" \$55. 252-249-1090

Craftsman 12" wood planer, belt driven type, no motor, \$100, 252-675-2759 or 252-745-5791.

Old style V.W. trailer hitch. \$10. 252-675-2759 or 252-745-5791.

Volvo lower end unit, in-out drive. \$100. 252-675-2759 or 252-745-5791.

Triumph Spitfire auto parts: 1979 or late 1970s, hard top, transmission, front end motor and more. Call for prices, negotiable. 252-745-5791

Toshiba Satellite Laptop/with power cord, 6Gb ram Hhd 350 webcam wifi, OS win 7 Home prem. Intel celeron Processor works great \$200.00 PH. 252-876-5469

Gateway desktop with monitor, mouse ,keyboard, slimline amd processor. \$200.00 works great. 252-876-5468

Prestige touch tablet with case and keyboard android lollipop processor. \$50.00 252-876-5469

Heavy duty Monitor cord \$15.00, 252-876-5469

16 ft fiberglass extension ladder, \$60. Heavy duty aluminum ladder brackets, set of two, \$45. 252-675-0354.

Electric Outboard/Trolling Motor Package: Newport Vessels 55 short-shaft Electric Outboard/Trolling Motor Package Incl: Motor, Duracell Ultra E5 battery, battery case, in-line fused 12 VDC cable. Used only once so like new. Garage stored. \$225. Call Chuck at 252-249-1409

86 U-Haul and Lowes moving boxes, good condition, 11 wardrobes with metal bars, 13 large, 62 medium/small/book size. Broken down, easy to pick up. \$75. Call 949-280-5325 (Oriental)

Craftsman 22" Self Propelled mower, selling for \$100. Crusair Carry On air conditioner for boat, selling for \$300. Thermador gas stove/ electric oven, selling for \$250. Oak flooring 5" face, 3/4" thick, \$3 per square foot. Call 249-1715.

2 twin rollaway beds including new matching sheet sets. Excellent condition. \$25.00 each. 434-797-4215.

OTR GE Microwave, 2011, SS, with bracket, M/N JVM1950. Excellent except "key pad shorted", you fix.. \$25 George 249.3264

Bantam Chickens for sale. Hens \$3! Roosters \$1 each! 249-0243

FLOWER POT CINNAMON ROLLS GREAT FOR OUTDOOR ENTERTAINING

Make a creative addition to any meal. Use Bridgford Frozen Bread Dough to make these unique Flower Pot Cinnamon Rolls. Cinnamon Rolls are made easily from Bridgford Frozen Dough and then placed in festive garden colored ramekins to rise and bake. A fun idea for a garden party or shower. Look for Bridgford Frozen Bread and Roll Doughs in your grocer's frozen section, next to the garlic breads or breakfast items.

Flower Pot Rolls:

- 1 loaf Bridgford Frozen Bread Dough, thawed
- 1/4 cup melted butter or margarine
- 1/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/4 cup raisins (optional)
- 1/4 cup chopped walnuts or pecans (optional)
- 12 (1/2 cup) colored ceramic ramekins

Place ramekins on sheet pan. Lightly grease with spray shortening. Set aside. Roll thawed loaf on a lightly floured surface to an 8x12-inch rectangle. Brush dough with half of the butter. Mix cinnamon with sugar and spread over butter. Roll dough up starting from the 12-inch side. Seal seams. Divide log of cinnamon dough into 12 equal size pieces. Place one piece into each prepared ramekin. Brush dough with melted butter. Let rise until double in size. Bake in a preheated 375 degree oven for 20 minutes or until a light golden brown. Remove from oven and brush with additional butter. If desired drizzle with vanilla icing (for icing combine 2 cups powdered sugar with 2 tablespoons milk or water and 1/2 teaspoon vanilla, adding more milk or water for thinner consistency).

IMPOSSIBLE GARDEN PIE

- 2 cups chopped zucchini
- 1 cup chopped tomato
- 1/2 cup chopped onions
- 1/3 cup grated Parmesan cheese
- 1-1/2 cups milk
- 3/4 cup Bisquick baking mix
- 3 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Heat oven to 400 degrees. Lightly grease a 10-inch pie plate. Sprinkle the zucchini, tomatoes, onions and cheese in the pie plate. Beat remaining ingredients until smooth - 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean - about 30 minutes. Let stand 5 minutes before serving.

SWISS CHEESE & VEGGIE SANDWICHES

- 2 cups grated Swiss cheese
- 1-1/4 cups Bisquick baking mix
- 1 medium tomato, chopped
- 1/2 medium cucumber, coarsely chopped
- 1/2 cup alfalfa sprouts, if desired
- 1/2 cup mayonnaise or salad dressing
- 1 egg
- 1/4 teaspoon salt
- 6 slices bread

Heat oven to 450 degrees. Mix cheese, baking mix, tomato, cucumber, sprouts, mayonnaise, egg and salt. Spread cheese mixture evenly over the bread. Bake on ungreased baking sheet until puffy and golden brown - about 10 minutes. Garnish with avocado and tomato slices, if desired. Serve immediately. Makes 6 open-face sandwiches.

VEGETARIAN PIZZA

- 2 cups Bisquick baking mix
- 1/2 cup water
- 1 can (16-oz.) refried beans
- 1 can (8-oz.) tomato sauce
- 1/2 cup chopped onions
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1 cup grated mozzarella cheese
- 1 cup grated Cheddar cheese
- 1 can (2-1/4-oz.) sliced ripe olives, well drained (1/2 cup)
- 1 jar (2-1/2-oz.) sliced mushrooms, drained
- 1/4 cup chopped green peppers
- 1/4 cup grated Parmesan cheese

Heat oven to 425 degrees. Lightly grease a 12-inch pizza pan. Mix baking mix and water until soft dough forms; beat vigorously for 20 strokes. Pat dough in pan with floured hands, forming 1/2-inch rim. Mix the refried beans, tomato sauce, onions, Italian seasoning and garlic powder and spread over the dough. Top with remaining ingredients. Bake uncovered until crust is brown - 18 to 20 minutes. Serve with taco sauce, if desired. Serves 6.

LAYERED SPINACH SUPREME

- 1 cup Bisquick baking mix
- 1/4 cup milk
- 2 eggs
- 1/4 cup finely chopped onions
- 1 package (10-oz.) frozen chopped spinach, thawed and well drained
- 1/2 cup grated Parmesan cheese
- 4 ounces Monterey Jack cheese, cut into 1/2-inch cubes
- 1 carton (12-oz.) creamed cottage cheese
- 1/2 teaspoon salt
- 2 cloves garlic, crushed
- 2 eggs

Heat oven to 375 degrees. Grease rectangular baking dish-12x7-1/2x2-inches. Mix baking mix, milk, eggs and the onions and beat vigorously - 20 strokes. Spread in dish. Mix remaining ingredients and spoon evenly over the batter in dish. Bake until set - about 30 minutes. Let stand 5 minutes before cutting. Serves 8.

BEER BATTER FISH

- 1 pound fish fillets or cooked large shrimp
- 3 or 4 tablespoons Bisquick baking mix
- 1 cup Bisquick baking mix
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup beer

Heat vegetable oil (1-1/2-inches) in a heavy saucepan or deep fat fryer to 350 degrees. Lightly coat fish with 3 to 4 tablespoons baking mix. Mix 1 cup baking mix, salt, egg and beer until smooth. Dip fish into batter, letting excess drip into bowl. Fry until golden brown - about 2 minutes on each side. Drain on paper towels and serve immediately. Serves 4.

YOGURT & DILL BREAD

- 2 cups Bisquick baking mix
- 1 carton (8-oz.) unflavored yogurt or sour cream
- 2 tablespoons instant minced onions
- 1 tablespoon dill seed

Heat oven to 400 degrees. Grease 9-inch pie plate or square pan-8x8x2-inches-set aside. Combine all ingredients and blend until soft dough forms. Bake until wooden pick inserted in center comes out clean - about 20 minutes. Cool for 10 minutes before cutting into wedges or squares. Serves 8.

ONION CUSTARD BREAD

An instant favorite to eat with a fork from the Bisquick kitchen.

- 2 medium onions, sliced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons shortening
- 1-1/2 cups Bisquick baking mix
- 1/3 cup cold water
- 1 egg
- 1/2 cup sour cream
- 1/4 teaspoon salt

Heat oven to 425 degrees. Grease a square pan-9x9x2-inches-and set aside. Cook and stir onions, 1/2 teaspoon salt and the pepper in shortening until onions are tender and golden. Mix baking mix and water until soft dough forms and beat vigorously for 20 strokes. Press dough into bottom and 1/2-inch up sides of pan with floured hands. Spread the onions over the top. Beat egg, sour cream and 1/4 teaspoon salt and spread evenly over the onions. Bake until light brown - about 20 minutes. Serves 9.

ARTICHOKE & CRAB SPREAD

Great with a tossed salad.

- 1 can (14-oz.) artichoke heart quarters, drained and coarsely chopped
- 1 package (8-oz.) cream cheese, cut into cubes
- 1 cup imitation crabmeat
- 1/2 cup grated Parmesan cheese
- 4 medium green onions (1/4 cup), sliced
- 1 tablespoon lemon juice
- French baguette or rye bread slices

Spray inside of a slow cooker or crock pot with cooking spray. Mix all ingredients except the bread in the cooker. Cover and cook on LOW for 2 or 3 hours or until cream cheese is melted. Stir until cheese is smooth. Scrape down side of cooker to help prevent edge of spread from scorching. Serve with bread slices. Spread will hold on LOW heat setting up to 1 hour. Great for appetizers (serving 24) or to serve with meal.

*Price must be included in ad. *The Pamlico News is not responsible for errors, email preferred

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Share Your Recipes

Have a favorite recipe or your own version of one of Miss Nancy Winfrey's?

Send it to us at frontdesk@thepamliconews.com so we can share it with our readers. Include all ingredients, quantities and detailed instructions.

TANGY ENGLISH RIBS

FROM PAGE ____ OF ____ YIELD: 4 SERVINGS

<p>INGREDIENTS:</p> <ul style="list-style-type: none"> 4 English ribs OR 8 short ribs 1 (15-ounce) can tomato sauce 2 cups water 5 Tablespoons brown sugar 3 bay leaves 	<p>DIRECTIONS:</p> <ol style="list-style-type: none"> 1 Preheat oven to 300°F. 2 Place ribs into a 9 x 13" baking pan. Pour tomato sauce over the meat. Add 2 cups of water. 3 Sprinkle the brown sugar over the meat; add bay leaves. 4 Cover tightly and bake for 3-4 hours until the meat falls off the bone.
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My super easy BBQ Ribs are brilliant!

Mike Thigpen...

MEAT / PORK / DAIRY

MAIN DISH