



Creative Cooking From The Chowan Herald Kitchen

By Mildred Huskins
"America is capable of producing and cooking the finest food in the world," it says in one of the world's most famous food encyclopedias. "Favorite American foods are beef steak, lamb chops, ham, chicken and lobster, corn on the cob, apple pie and ice cream."
We can't argue with that. Sweet corn on-the-cob is right up there among the great. Until the recent dry weather set in our greatest

delight was the tender sweet corn which we used in various ways and as much as we could get.
One Sunday while we were paying a pop call on some extreme Eastern North Carolina friends we found a flurry of activity beginning in the back yard around a pickup with the bed heaped with ears of sweet corn. "It just happened to come in today and you know corn just can't wait," said our hostess as she made apologies for having her

family working on a Sunday afternoon. That is typical of the way we feel about our corn. It just must be put in the freezer when it is ready to preserve that wonderful fresh flavor.
Besides corn on-the-cob, which is about everyone's favorite, there are many recipes for use of fresh corn as well as for the canned and frozen product. We would like to share a couple with you.

Light and High Spoon Bread

3 ears fresh corn
3 cups milk, divided
1 cup yellow or white cornmeal
1 tablespoon sugar
2 teaspoons baking powder
2 teaspoons salt
1/2 teaspoon black pepper
1/2 cup butter or margarine.
3 eggs, slightly beaten.
Cut kernels from cobs (makes about 2 cups); set aside. In a large saucepan scald two cups of the milk. Stir in cornmeal, sugar, baking powder, salt and black pepper; cook and stir over moderate heat until mixture is thick enough so that a spoon will stand alone when placed in the center. Remove from heat and beat in butter until it melts. Stir in eggs and remaining 1 cup milk just until blended. Stir in reserved corn. Pour into a buttered two-quart casserole. Bake in 350-degree oven until golden brown and a cake tester inserted in center comes out clean, about 45 to 50 minutes. Serve immediately with butter. Makes six to

eight portions.
Here is another recipe for corn pudding, a Southern favorite. By adding the cooked ham or diced chicken you come up with a hearty main dish to serve six.
Southern Corn Pudding
5 ears fresh corn
3 tablespoons butter, margarine or bacon fat
1 medium-sized green pepper, thinly sliced
1/2 cup thinly sliced onion
4 eggs
2 cup milk
1 tablespoon sugar
1 1/2 teaspoons salt
1/2 teaspoon black pepper
2 cups slivered cooked ham or diced chicken
Cut kernels from cobs (makes about 3 and one-third cups); set aside. In a large skillet melt butter. Add corn, green pepper and onion; saute for three minutes. Remove from heat and set aside. In a large bowl lightly beat eggs. Stir in milk, sugar, salt and black pepper. Stir in corn mixture and ham. Pour into a buttered 1 1/2 quart casserole. Stand casserole

in a large shallow pan. Pour in hot water to come half way up side of casserole. Bake at 325 degrees until knife inserted in center comes out clean, about 40 to 50 minutes. Serve immediately. Serves six.
If you have been looking for a hurry-up vegetable salad to dish up with the hamburgers reach up on the shelf for a can of Campbell's Pork & Beans with Tomato Sauce. It is a little different but the bean lovers will be happy.
Patio Bean Salad
1 can Pork & Beans with Tomato Sauce
1 cup sliced cucumbers
1/4 cup sliced green pepper
1/4 cup sliced green onions
2 tablespoons chopped pimiento
1 medium clove garlic, minced
1 teaspoon fresh dill weed
In saucepan, combine all ingredients. Heat; stir occasionally. Makes two or three servings.
It is never too late to start driving carefully—as long as you are able to drive, anyway.

Letter To The Editor

To the Editor:
We, the members of Ryland Ruritan Club, wish to express our appreciation to each person that helped in giving the benefit barbecue chicken supper for Richard Copeland on July 31.
We regret the delay in serving some of the patrons. We feel that the supper was a great success and wish for Richard the best.
Ryland Ruritan Club
Harry Lee Winslow
President

Mr. Phelps Died Thursday

CRESWELL — Mahlon Brooks Phelps, 37, brother of Dale Phelps, of Route 2, Edenton, died Thursday in Norfolk, Va.
A native of Washington County, he was a seaman for Norfolk, Baltimore and Carolina Lines.
Surviving besides his brother are his mother: Mrs. Clara Furlough Phelps of Creswell; two sons: Robert and Timothy Phelps both of White Lake; and two other brothers: Harrison W. Phelps of Plymouth and Manfred Phelps of Greenville.
A funeral was held Sunday at 2 P. M. in Mt. Tabor Free Will Baptist Church by Rev. Stanley Buck and Rev. L. A. Ambrose. Burial was in the Church Cemetery with Walker Funeral Home in charge.



CORN PUDDING—Old Fashioned Southern Corn Pudding is studded with crunchy fresh corn kernels. When the fresh corn is out of season make it with frozen or canned kernels.

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Wright Is Cited For Big Catch

Terry Wright of Edenton has won a citation in the Zebco Fish America awards program for catching an eight pound eight ounces largemouth bass.
Wright caught his award-winning fish on a Mann's Jelly Worm on March 16. The bass passed the qualifying minimum weight for the citation, making it eligible for a possible Best In Species Award at the end of the year.
The Zebco Fish America Awards Program, initiated in 1969, recognizes outstanding catches in 50 categories of fresh and salt water fish.
For free Fish America Kit containing an entry form, write: Zebco Fish America, P. O. Box 270, Tulsa, Oklahoma 74101.

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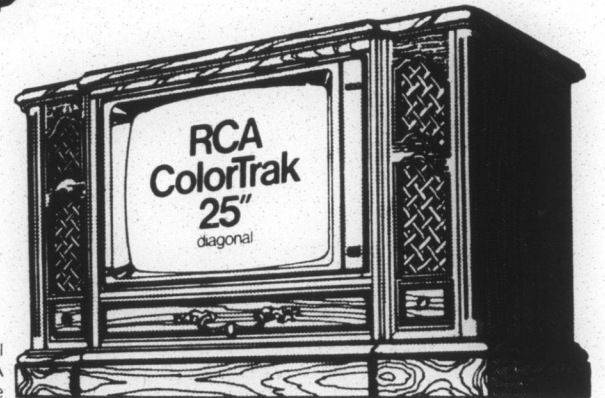
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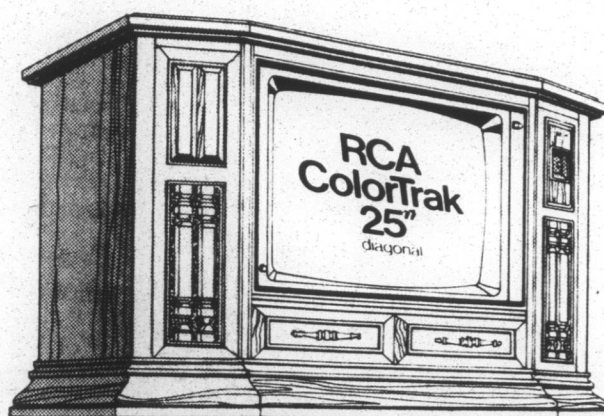
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Model GA936DA shown here

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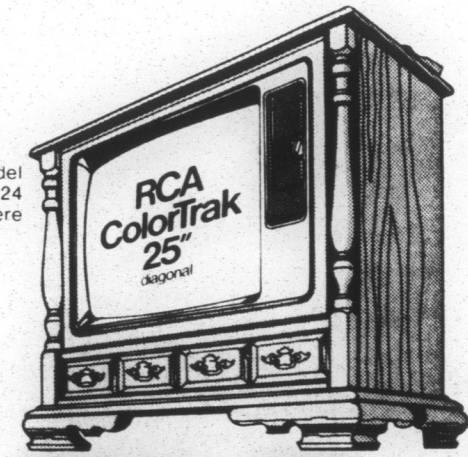
toward the purchase of a 1977 25" diagonal RCA ColorTrak Console with Remote Control or ColorTrak Control Center. Each set has all the fantastic features of RCA ColorTrak—plus the convenience of chairside operation. Choice of cabinet styles. Includes GA720R Remote Control series and GA935-936-938DA ColorTrak Control Center models.



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