

Summer Cuisine From The Herald Kitchen

By Mildred Huskins
It's smart to have something ready to serve at a moment's notice with youngsters at home and vacationing guests and relatives apt to drop by almost any time. That something could be a delightfully seasoned dip or two ready in the refrigerator.

They need only be pulled out and set on a tray with an assortment of chilled fresh fruits of the season, raw vegetables, crackers or chips.

Since June is dairy month celebrate by using dairy sour cream as base for the lighter dips for warm weather eating. These dips, which make an ideal snack for a summer evening on the patio, having sparkling taste as well as creaminess for a good dipping consistency, without having to wait for a warm-up to room temperature. Both dips need several hours to blend their flavors, so don't hesitate making them in advance to mellow and chill.

East Indian Dip

1 teaspoon fresh lemon juice
1/2 teaspoon curry powder
1/2 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon ginger
Dash garlic salt
1 cup sour cream
Combine lemon juice and seasonings. Gently fold in sour cream. Chill, covered, one to two hours to allow flavors to blend. Serve with fresh fruit of the season. Makes one cup.

Shrimp Chip Dip

Two-thirds cup cooked shrimp
1/4 cup chili sauce
2 teaspoons fresh lemon juice
1 teaspoon prepared horseradish
1/2 teaspoon salt
1/2 teaspoon pepper

Dash hot pepper sauce
1 cup sour cream
Cut shrimp into very fine pieces; set aside. Combine chili sauce, lemon juice, horseradish, salt, pepper and hot sauce. Gently fold into sour cream and shrimp. Chill, covered one or two hours to allow flavors to blend. Serve with assorted crackers and chips. Makes about 2 cups.

We have recently received some sample recipes which appear in *The Outdoor Cookbook* published by the Culinary Arts Institute and they give us some new ideas about menu planning when we move out of doors during the summer months.

How about a Pitcher of

Sunshine to pass along with the dips and snacks?

To prepare this cooling drink mix equal parts of chilled orange juice (either fresh or reconstituted frozen juice) with chilled champagne or ginger ale. If desired, garnish with orange slices and serve immediately in tall glasses.

Sour Cream Slaw should be a delightful go-along with the burgers or barbecued chicken from the grill.

Sour Cream Slaw
3/4 cup sour cream
1 tablespoon vinegar
1/2 teaspoon dill weed
1/2 teaspoon salt
1/2 teaspoon pepper
5 cups shredded cabbage (red and green)

1/2 cup chopped green pepper

Gently blend sour cream, vinegar, dill, salt and pepper in small bowl. Cover and chill. When ready to serve, toss cabbage and green pepper lightly with sour cream dressing. Makes about 8 servings.

Here is a variation of the ever-popular potato salad for the picnic or supper on the porch.

Blue Ribbon Potato-Onion Salad
6 medium potatoes, cooked and peeled
2 1/2 tablespoons cider vinegar
1 tablespoon salad oil
3 hard-cooked eggs, chopped

1 cup diced celery
1 1/4 cups sour cream
1/2 teaspoon sugar
Dash pepper
2 tablespoons cider vinegar
1 1/2 teaspoons prepared mustard

1/2 cup grated onion
1/2 cup sliced ripe olives
Cut potatoes in cubes and put into large bowl. Toss with mixture of vinegar, oil, and salt. Add eggs, celery and dressing; toss until mixed. Cover and chill thoroughly. Combine remaining ingredients. Chill until ready to use. Turn salad into a chilled salad bowl. Makes 10 to 12 servings.

What's New

Bunker Hill Packing Corp. has unveiled a new innovation in food processing with the immediate Southeastern and Mid-Atlantic market rollouts of its revolutionary new Herb Magic Lite Salad Dressings. The development of these dressings is based on an oil-free formula. They are low in carbohydrates, contain no cholesterol, fat or fatty acids, and have fewer calories than most dietetic

dressings. Look for six flavors at your market soon.

New, improved stuffing mix helps cooks beat high meat prices. Stuffing is a versatile menu choice to stretch a small amount of expensive meat, fish and poultry. Uncle Ben's Stuff 'n Such, comes in three flavors: traditional Sage and Onion; Chicken Flavor and Cornbread.

We found Lowrey's Beef Snacks to be unusually delicious. These are nourishing alternatives to junk food. Lowrey's Beef Snacks are made of lean beef, spices and are smoked and ready to eat. The Beef Jerky is a zesty, full-flavored snack with virtually no fat. The newer Thick-Stick Jerky is moister, chewier with a hint of sweetness. The Beef Sticks are spiced to appeal to all palates, while Spicy Sticks have a little more "bite". You'll find these in the snack food section of the supermarket.

Cooling Treat

Sherbet and fruit combinations make a cooling appetizer or dessert. Specialists with the N. C. Agricultural Extension Service suggest these combinations: raspberry sherbet with raspberries or sliced peaches, lemon sherbet with strawberries or raspberries, lime sherbet with crushed pineapple, pineapple with strawberries or orange sherbet with sliced bananas or crushed pineapple.



The green shoots of scallions are more nutritious than the bulbs.

Benefit Show Slated For Saturday

An outstanding day is scheduled for Saturday when the Hertford Saddle Club Band Benefit Show takes place in the Little League Ballpark from 11 A.M. to 8:30 P.M.

There will be horse shows, music, games, concessions, plenty to eat, and plenty of fun for the whole family.

All of the proceeds will be used by the Perquimans County school bands for uniforms and other necessities.

This will give everyone an opportunity to enjoy themselves and support the band which is, and will continue to be, a great source of pride to Perquimans County.

There will be 37 different classes in the horse show events for adults, youth, children. Silver and five ribbons will be awarded in each class.

Mrs. Johnstone Recent College Graduate

CHESTERTOWN, Md. — Elizabeth Harrell Johnstone, daughter of Mr. and Mrs. Joseph Scott Harrell, 108 West Church Street, Edenton, N. C., was one of the 151 seniors who graduated from Washington College last Sunday. She received the Alpha Chi Omega Award for excellence in music and, as a Music Major, received the Bachelor of Arts Degree. Elizabeth is a resident of Chestertown, Maryland.

William M. Ellinghouse, president of American Telephone and Telegraph, delivered the address to the graduates and was awarded an honorary Doctor of Science Degree.

Founded in 1782, Washington College marked its 197th commencement on May 20. Washington is a private, co-ed, liberal arts and science institution with a student body of approximately 750 and a student-faculty ratio of 12 to 1. The school is located in Chestertown on Maryland's Eastern Shore.

A high point and reserve trophy will go to the horse with the most points.

For those who want music, here's the schedule: Disco music by a deejay will be played from 11 A.M. to noon. From noon to 1 the Harbor Lights and the Country Squares, square dance groups, will be on hand to display their skills. Steve Casper is the caller.

A bluegrass band, the Perquimans Patriots, will entertain from 1 to 3 P.M. and from 3 to 5 P.M. country music will be provided by Claymon Sawyer and the Carolina Cutups.

Country-rock music will be played from 5 to 7 P.M. by the Lightwoods.

The days activities will climax at 7:30 P.M. with Dave Ziemba conducting the Perquimans County School Band, recipients of the day's activities.

In addition to the horse shows and music there will be a greasy pig chase, and a greasy pole climbing competition.

There will be a raffle, prizes, bake sale, cakewalk,

concession stands, and a fish fry for just \$2.50 per plate. Tickets for that must be purchased in advance.

It's a big family fun day for a good cause and takes place at the Little League Ballpark two miles west of Hertford on Grubb Street Extended.

All-American Kitty To Be Selected

PHILADELPHIA, Pa. — "Snow White" is not your run-of-the-mill house cat. Snow White's got class. And she's just been named a regional winner in this year's All-American Glamour Kitty Contest.

Sarah Lou Copeland of Elizabeth City found her feline friend on her doorstep one cold, rainy night. A tiny kitten, she was unable to even eat by herself.

Now, two years later, Snow White is a regional winner in an international cat contest - the only one of its kind - devoted exclusively to discovering and crowning the cat kingdom's best all-round household pet.

From the 200 regional winners, nine finalists will be selected. Cats and owners will be flown to Hollywood, Florida, for an all-expense-paid week at the fabulous Diplomat Hotel, famous for its unique show business attractions. There they will continue their quest for feline fame and fortune. Competitive events include a poolside fashion show, Glamour Kitty olympic events, and a gala coronation ceremony.

The winning "cattestant" will receive the coveted gold and jade crown, mink-trimmed cape and an all-expense-paid trip to Walt Disney World. More important, he or she will become a TV star and enjoy the recognition accorded the nation's one-and-only All-American Glamour Kitty!

"In all matters of opinion, our adversaries are insane." Mark Twain

Letter To The Editor

This is to inform you that I will not be renewing my subscription to *The Chowan Herald*. My wife and I enjoyed reading about the town we fell in love with while on vacation last year and had hopes of retiring to in the near future, but, due to the adverse real estate market here, it is impractical to do so at this time.

We are also very concerned with the fate of the Chowan River and its effect upon the Albemarle Sound as there are members of the family who are ardent fishermen and boaters.

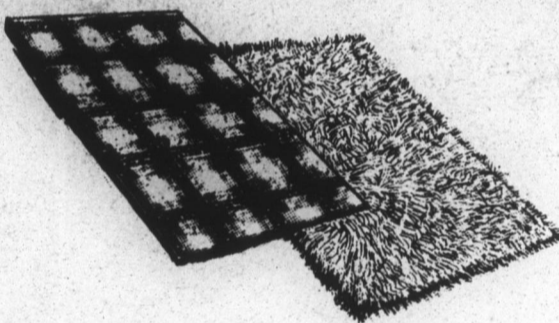
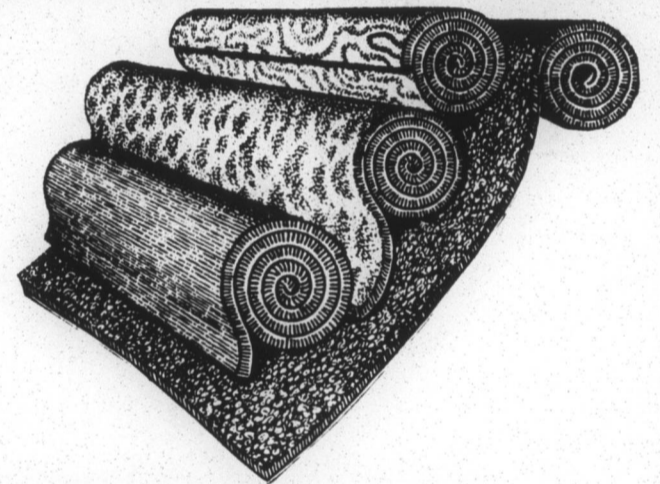
We wish you the best in your fight against pollution, you can succeed as we are succeeding with our Hudson River. We will return.

Sincerely,
James G. Krom
Route 3, Box 120
Kingston, N. Y. 12401



SNACK DIPS — Keep a couple of tasty dips in the refrigerator to serve at a moment's notice when the youngsters ask for a snack or when unexpected guest drop in. Pass them on a tray with fresh fruit, crackers and chips.

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12'x8'11"	195 ⁰⁰	125 ⁰⁰
12'x10'	260 ⁰⁰	130 ⁰⁰
10'9"x11'9"	182 ⁰⁰	98 ⁰⁰
12'x20'	351 ⁰⁰	279 ⁰⁰
12'x25'2"	408 ⁰⁰	269 ⁰⁰

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