

Creative Cooking From The Herald Kitchen

If you think your skill at the grill is limited to hamburgers and hot dogs, you've got a whole new world of good eating waiting for you. Who can invite a few friends over to the patio for supper with steaks, chops and roasts at such an unreasonable cost? Shish Kabobs Internationale will feed six to eight on less than

2 pounds of top round. So, when you cook out-of-doors this summer, cook out-of-the ordinary with this recipe. You'll be able to enjoy our own backyard

party all the more because the preparation work is done ahead of time — either the night before or at least eight hours ahead. Just do the threading of the marinated beef strips and fresh vegetables on skewers and head for the grill.

Shish Kabobs Internationale
2 to 2½ lbs. beef top round, cut 1 inch thick
16 to 24 medium-sized mushrooms
3 to 4 small zucchini, cut into 1 inch pieces
¼ cup Italian dressing
½ cup maple flavored syrup

¼ cup soy sauce
½ teaspoon ginger
8 to 16 cherry tomatoes
Cut meat cross wise into one-eighths to one-fourth-inch thick strips about 4 inches long; place meat, mushrooms and zucchini in plastic bag. Combine dressing, syrup, soy sauce and ginger; pour into bag. Close bag securely, pressing out air; refrigerate at least eight hours or overnight, turning bag occasionally. Remove meat and vegetables from dressing mixture; alternately thread vegetables and meat (tightly weaving strips back and forth) on eight 10-inch skewers. Cook over ash-covered coals or on rack in broiler pan so meat is about 3 inches from heat about 3 minutes. Brush with dressing mixture; thread tomatoes onto end of skewers. Turn; continue cooking two to four minutes or until desired doneness. Serve with heated remaining dressing mixture. Makes 6 to 8 servings.

This is not just any old carrot bread recipe. With interest running high, now, in nutrient-packed foods, this one has quick-cooking oats and honey. Slice several hours after cooling and spread with your favorite spread. Yummy with a tall glass of iced tea or coffee.

Honey-Oat Carrot Loaf
2½ cups all-purpose flour
5 teaspoons baking powder

1¼ teaspoon salt
¼ teaspoon ginger
1½ teaspoons cinnamon
1 cup quick-cooking oats
3 large eggs
two-thirds cup honey
½ cup corn oil
¼ cup firmly packed brown sugar

2 cups lightly packed coarsely shredded pared carrots
two-thirds cup chopped nuts

Stir together flour, baking powder, salt, ginger and cinnamon; stir in oats. Beat together eggs, honey, oil and sugar until blended. Add flour mixture; stir just until dry ingredients are moistened. Stir in carrots and nuts. Turn into an oiled 9 by 5 by 3-inch loaf pan. Bake at 325 degrees about one hour and 20 minutes or until tests done in center. Cool on wire rack for 10 minutes; loosen edges and turn out on rack and cool right side up. The crust of this loaf is on the crisp side but it will soften after storage in a tightly closed container.
Continued On Page 2-B

"Lots of folks confuse bad management with destiny."
Kin Hubbard



PROGRAM LAUNCHED — A Farm Bureau-backed implement identification system has been launched in Chowan County through the cooperation of dealers and the Sheriff's Department. Jay Trivette, left, discusses the marking system with Sheriff Troy Toppin, center, and Deputy Joseph Byrum.

Machinery ID Program Begun In Chowan

Farmers in Chowan County can aid in crime prevention by participating in a machinery identification system, according to Sheriff Troy Toppin.

Necessary equipment for marking items with a predetermined identification number is now available in the sheriff's office. Three implement dealers in the county each purchased a set of dies as did the Chowan County Farm Bureau.

Farm equipment dealers are now equipped to mark new or used equipment at the time of sale. The sheriff's department will issue numbers and keep records. Owners will stamp

their ID number on their machinery and equipment.

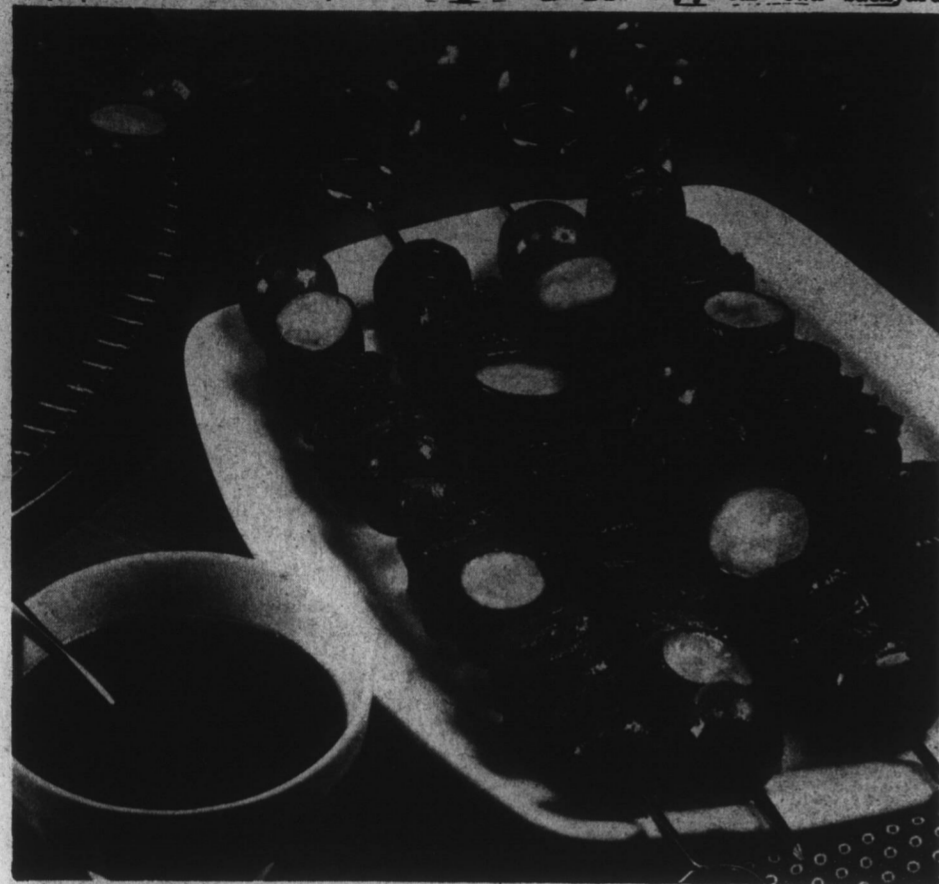
Jay Trivette of the N. C. Department of Crime Control and Public Safety visited the area recently to explain the national marking system to implement dealers and get the program underway in Chowan County.

He said the state has accepted a uniform marking system known as the "Iowa System". A marking guide is prepared which will show where each piece of equipment will be marked. In addition, property owners are advised to place the number in a second place, known only to him. "Then if

your ID number is removed or destroyed, you can still have a positive means of identification," it is pointed out.

An inventory record of marked equipment should be maintained in order that the owner can make a positive identification of the item once it has been recovered. "In fact, less than 20 per cent of owners in North Carolina have been able to positively identify their property after it was stolen," it was noted.

Stickers to be placed on marked equipment will be made available after marking and inventorying the equipment.



COOKOUT TIME — Cook out-of-doors and out-of-the ordinary, too. Try preparing Shish Kabobs Internationale for a delightful change.

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BNC Reveals Savings Account Rate Increases

RALEIGH — Effective July 1 the Bank of North Carolina, N.A., will increase interest rates paid on regular savings accounts from 5 per cent to 5½ per cent, it was announced today by BNC president, Charles F. Merrill.

BNC will also offer a new variable rate four-year certificate of deposit which is tied to the rate paid on four-year Treasury notes as now permitted under new Federal regulations announced last week.

The higher rates will be available statewide in all of the bank's 65 offices.

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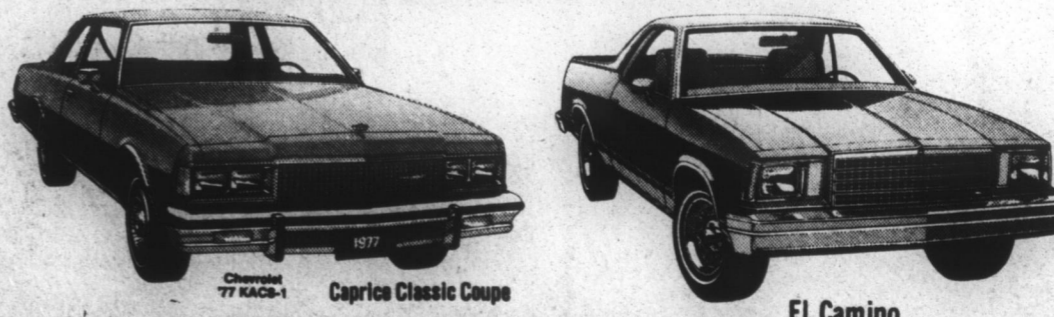
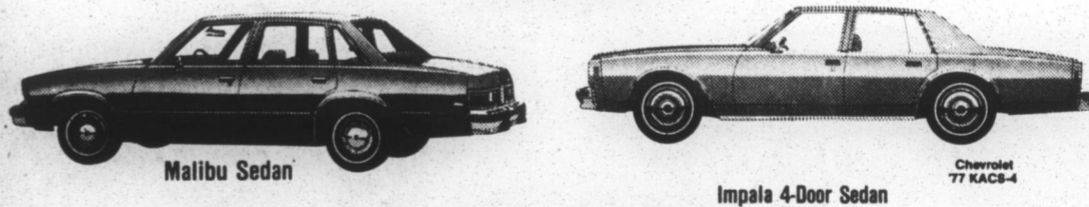
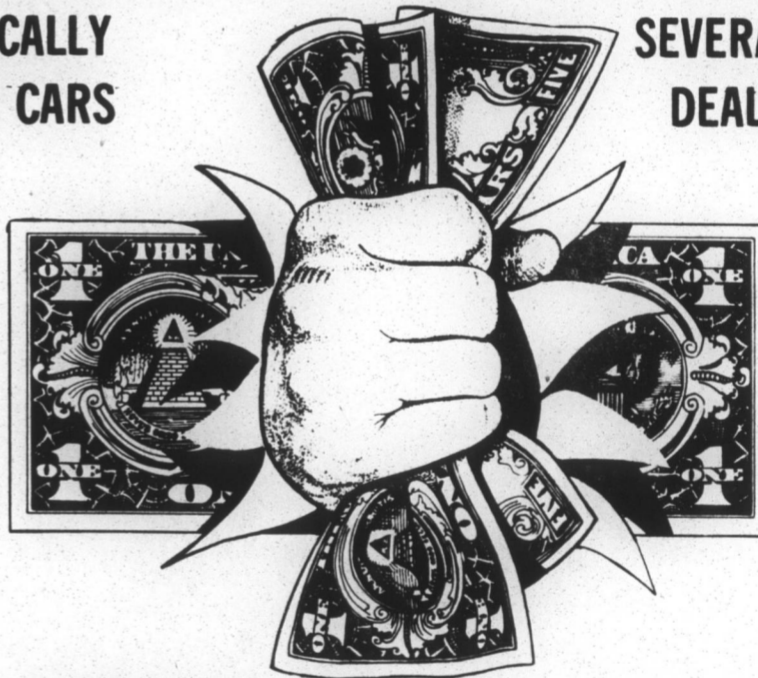
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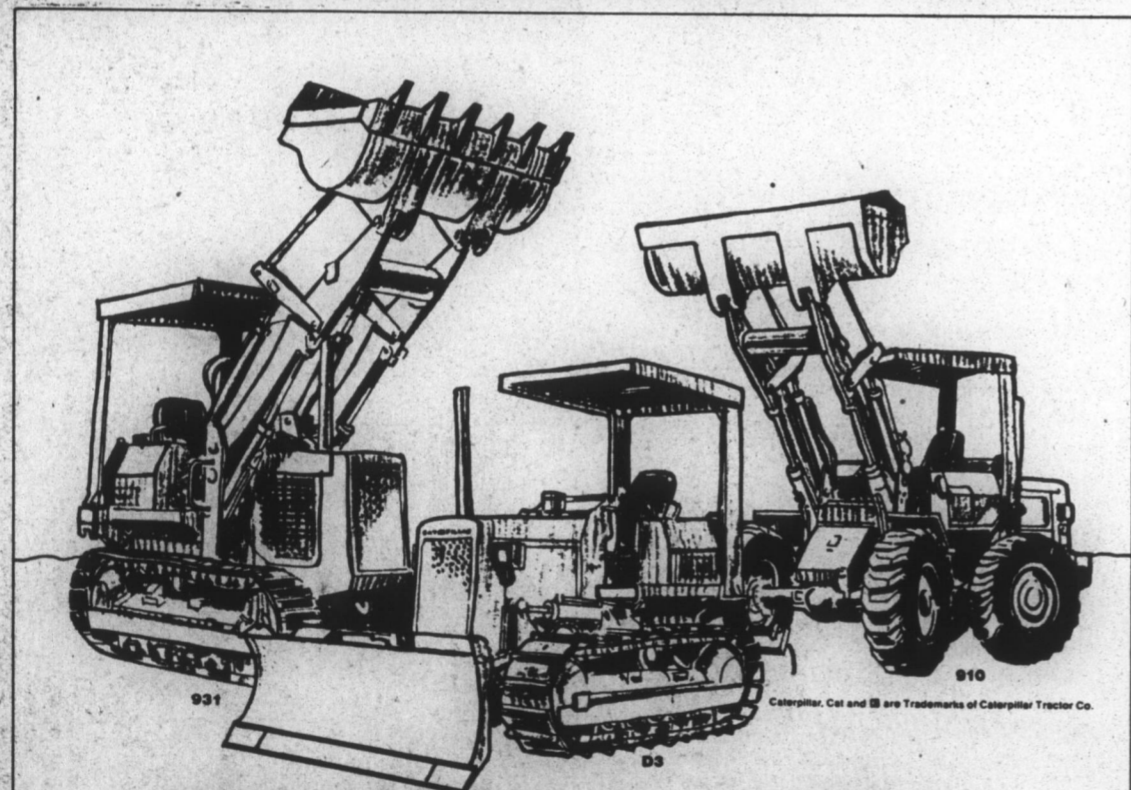
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