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COOL SUPPER - Prepare a cool supper in the early morning and chill soup and shrimp stuffed cucumber slices. Pass heated rolls and fresh fruit for dessert.

# **Creative Menus For Cool Meals** From The Chowan Herald Kitchen

**By Mildred Huskins** Preparing cool meals can be a challenge.

Think cool. Think of all the chilled soups that make such nice beginnings to meals. Vichyssoise comes to mind, but there are many others with great possibilities; grated carrot, leek, spinach, avocado, cucumber, tomato, watercress and msuhroom. They have a creamy base and offer quick preparation. For a delightful mushroom soup, saute sliced vegetables in butter. Mushrooms need tossing with lemon juice to prevent darkening. You have to make certain the leeks, if used, are thoroughly washed since they ten to be gritty unless grown on small hills or with "paper collars," as Franch gardeners do. Both half and half and dairy sour cream add

until supper? Stuffed vegetables are another answer to a summer menu problem. For a delicious and novel idea, scooped-out cucumbers are filled with a peppy mixture of butter, chopped shrimp, and , seasonings. After chilling, slice one-half inch thick and serve with the chilled soup. With soup and cucumbers prepared and chilling, lunch or supper preparations are complete.

creaminess. Why not cook in

the morning and let it chill

if desired

had you ever thought of Toss mushrooms with lemon juice. Melt butter in a serving a chilled soup from a punch bowl in punch cups 3-quart saucepan. Saute mushrooms and leek until at a late morning coffee or brunch? Well, we did. The tender, about 8 minutes. Stir in flour and seasonings until other day we entertained about 40 friends at the smooth. Remove from heat country club in Raleigh and and gradually stir in cream. Heat to boiling, stirring the cold creamy broccoli soup was served from a constantly. Boil and stir one silver punch bowl. With the minute. Cool to lukewarm. soup, guests selected ham Stir in sour cream until well biscuits, tiny cucumber and blended. Chill, covered finger sandwiches, a several hours until icy cold. colorful fruit bowl, tea and Serve garnished with chopped chives and fresh coffee. sliced mushrooms. Makes 7 cups

#### Shrimp-Stuffed Cucumbers

pkg. (10 oz.) frozen 1 cooked peeled deveined shrimp <sup>1</sup>/<sub>2</sub> cup fresh lemon juice 3 large cucumbers

Salt 1 cup (2 sticks) butter 2 tablespoons chili sauce 1<sup>1</sup>/<sub>2</sub> ceaspoons prepared horseradish

1 teaspoon dill weed 1/4 teaspoon salt Dash pepper Lettuce

Thaw shrimp according to package directions; drain. Finely chop shrimp. Combine shrimp and lemon juice in small mixing bowl. Cover and chill one hour. Meanwhile, scrub cucumbers; trim off ends. Cut in half crosswise. Carefully core centers of cucumbers, leaving shells

intact. Sprinkle centers with

**Commissioner Says Plate Renewals Are Down** 

RALEIGH - Is your car registration due to expire **June 30?** 

If you bought a new car or registered your car from July 1 - December 31, 1980, then you are among those who need to renew their license plates within the next two weeks.

Only about 70,500 of the nearly 388,700 renewal applications mailed by the North Carolina Department of Transportation's Motor Vehicles Division have been

Motor Vehicles Commissioner Elbert L. Peters Jr. noted that both mailing and over the counter sales for June license plate renewals have been slow. 'We are encouraging our citizens who need to renew

processed to date.

their license plates in June to go to the nearest license plate sales office as soon as possible to get their tags and stickers," he said.

Tags and stickers for the June 1982 renewals have

## **Fishery Hearings Are Slated**

THE CHOWAN HERALD

GREENVILLE – A public hearing on new in the developments mackerel fishery management plan is scheduled for June 24 at 7:30 P.M. in the Marine Resources Institute Auditorium of East Carolina University in Greenville, according to Peggy Stamey, of Raleigh, chairwoman of the South Atlantic Fishery Management Council. Council member Ed McCoy of Morehead City will

conduct the hearing. Stamey the said management plan, designed to regulate the mackerel fishery (including cobia) in the South Atlantic waters seaward off North and South Carolina, Georgia, as well as Florida, is an extremely important development for recreational and commercial mackerel fishermen. new

the Among

developments in the plan, sound biological, technical Stamey said, is the allotment of 400,000 pounds of hammer out a purse seine king mackerel and 300,000 pounds of Spanish mackerel for purse seiners. "The Secretary of Commerce mackerel fishermen. judged there was no way we (the council) could disallow purse seining for mackerel," Stamey said, adding that the council used

and economic data to allotment which meets the required National Standards yet is fair to all

She urged all commercial and recreational mackerel fishermen to attend the hearing and make their **Continued On Page 7-B** 



been on sale since mid-May, when renewal notices were mailed to those owners whose stickers expire in June 1981

Driving a vehicle without a current valid registration is a misdemeanor in North Carolina, punishable by a fine up to \$100 or imprisonment up to 60 days, or both.

A brochure that is included with the license plate renewal card shows the correct placement of the

validation sticker on the license plate.

A license plate that has a "1981 year" sticker on it should either be cleaned off so that the new sticker can be placed directly on top of it, or peeled off and replaced by the new sticker. The sticker on the left side showing the month is permanent.

Peters said the renewal fee for cars is \$16. He added that motorists who are renewing registration on their vehicles should make sure that their correct address is shown on the front of the renewal card and that they fill out the insurance information and sign the back of the card.

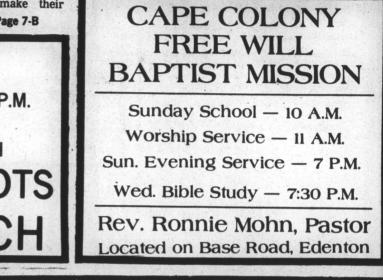
## **Dorm Assistants Chosen**

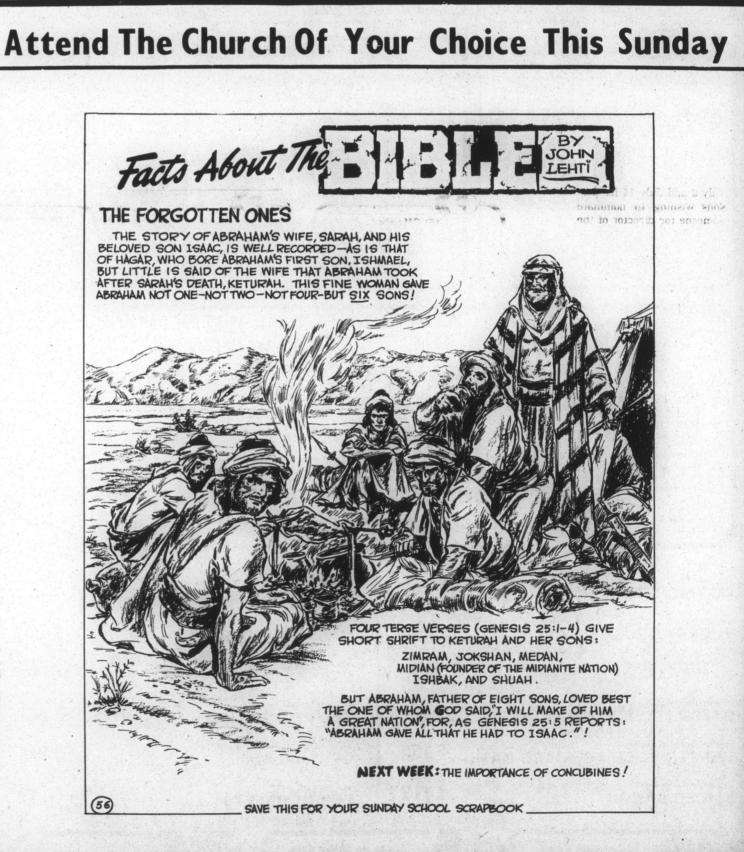
Twenty-two students have Tammy Gayle Boyd, been selected as women's Pantego; Ramona Ann dormitory resident assistants at Atlantic Dorothy Kay Daniels, Christian College in Wilson for the 1981-82 academic year, according to Nancy Coyle, dean of women.

The students chosen are Sharon Kaye Ames, Dudley; Kathleen Sue Armstrong, Neptune, N.J.; Mary Virginia Barham, Wilson;

Brewington, Greenville; Walstonburg; Robin Denise Davis, Pikesville; Kaye Denise Ellis, Jamesville; Wonder Vanessa Forrest, Raleigh; Joyce Alfreda Hardison, Plymouth; Laura Mishelle Harper, Hamer, S.C.; Risa Donna Huff,

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add only hot rolls and fresh fruit to complete salt. Stand cucumbers on the meal.

**Chilled Sour Cream Mushroom Soup** 

1 lb. fresh mushrooms, sliced 1 tablespoon fresh lemon

juice 1/4 cup (1/2 stick) butter 1 leek, chopped

2 tablespoons flour 1¼ teaspoons salt

1/8 teaspoon pepper 4 cups light cream or half and half

1 cup sour cream Chopped chives Sliced fresh mushrooms,

FIRST PRESBYTERIAN CHURCH

end on paper toweling; drain at least 30 minutes. Drain shrimp well. Cream butter in small mixing bowl until light and fluffy. Beat in chili sauce, horseradish, dill, salt and pepper. Stir in shrimp. Firmly pack shrimp mixture into centers of drained cucumbers. Wrap each filled cucumber in plastic wrap. Chill one to two hours. To serve, slice cucumber into 1/2-inch thick slices. Serve slices on let-

tuce-lined plate. Makes six

CORNERS OF WEST CHURCH AND MOSLEY

servings

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ALCOHOLICS ANONYMOUS AND AL-ANON MEET MONDAY NIGHTS AT 8 P.M. AT

tablespoon at a time, until dressing is of desired consistency. Refrigerate. Garnish with grated peel and lime slice. Serve as dressing or dip with fruit.

Speaking of cold soups,

Lemon

A variety of summer-

fresh fruits, attractively

arranged and garnished

with wedges of juicy limes

makes a superb summer

salad which is easy to

prepare and allows diners to

participate by making their

own selection. A luscious

honey-lime dressing can be

used for spooning on or

dipping the fruits. Make the

dressing by this recipe and

use it often for all your fruit

**Creamy Lime Dressing** 

<sup>1</sup>/<sub>4</sub> cup fresh lime juice

3 to 4 tablespoons milk

2 tablespoons honey

cheese, softened

1 pkg. (8 oz.) cream

1/4 teaspoon ground ginger

Finely grated lime rind

In small mixer bowl, beat

cream cheese, lime juice,

honey and ginger until

smooth. Add milk, a

cnocolate tarts were bite-

bize.

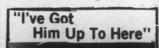
salads

and

**Summer Shorts** Special potatoes! Arrange a 2-lb. bag frozen French fries in a single layer in buttered, shallow pan. Combine 1/4 cup butter. melted, with one teaspoon onion salt and 1/4 teaspoon paprika; brush over frozen potatoes. Bake at 450 degrees 20 to 25 minutes. Remove from oven and sprinkle with one-third cup Parmesan cheese, shaking

### to oven to melt cheese,

pan to coat potatoes. Return



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