



DISTRESS, ANGER, HURT, SUPPORT—Four grieving women hold on to each other outside a suburban Miami home last Thursday night. Inside the house, six persons were found dead and two others wounded, police said, after three gunmen entered the home, bound, gagged and shot the eight. (UPI)



TEARS OF JOY—(L-R) Shirley Spruill of Somerset, N. J., breaks into tears and gets a hug from New Jersey State Lottery director, Gloria Decker, after winning the grand prize of \$1,000 a week for life, with a guaranteed minimum of \$1 million in the 58th Millionaire Lottery held in Atlantic City. (UPI)

Ethel's Cookery

by Ethel Moore

LOW-CAL LUNCHES NEED NOT BE BORING

Lunch time is a good time to cut calories, if you're trying to keep yourself in good shape for the open season. Brown-bag it the new Thermos way. Yes, you can carry your own calorie-wise lunch - a refreshing salad or a balanced main dish - in a wide mouth Thermos brand vacuum bottle, save money and be ready for lunching at your desk or at a pleasant outdoor spot.

Our Catch of the Sea salad is made with salmon, broiled, baked or broiled chicken can be substituted without changing the calorie count. (Well-drained tuna fish does add about 100 calories). All are good sources of protein and are easier on the waistline than cold cuts or other usual lunch selections. But watch it! Any calorie-wise salad can be "undone" with a too-rich dressing. The zesty, tomato-based dressing here contains only about 3 calories per tablespoon. Use as much as you want, but for freshness, carry the dressing separately and add it just before eating.

For a hot dish, the "Chicken Paprik" tastes as good as the higher calorie types, but amounts to quite a savings for weight watchers. Compare sour cream at 25 calories per tablespoon to four ounces of yogurt at only 75 calories!

Thermos vacuum bottles are well-insulated to keep foods at their freshest and best tasting, and are equally efficient at keeping foods hot or cold. The salads and cold foods can be placed in the vacuum bottle and left in the refrigerator overnight. For best results with hot foods, fill vacuum bottle



cup tomato/vegetable juice, 2 slices melba toast and one medium apple, the complete lunch adds up to 330 calories. Men may add 1 oz. cheddar cheese for a total calorie count of 430.

CHICKEN PAPRIK

1 tbsp. salad oil; 1/2 cup sliced onion; 1/2 cup sliced carrots; 2 chicken breasts, boned, skinned and cut into 1 inch pieces; Garlic salt; 1 chicken bouillon cube dissolved in 1 cup boiling water; 1/4 cup rice, uncooked; 1 3 oz. can mushrooms, drained; 1/2 cup plain yogurt.

Heat oil in medium skillet. Saute onions and carrots slices until tender; push aside. Sprinkle chicken pieces with garlic and saute until brown. Stir in bouillon and rice. Simmer, cover over low heat 20 to 25 minutes or until chicken is tender. Add mushrooms and yogurt. Heat, stirring, but do not boil. Makes 2 servings, 235 calories each.

Served with iced tea and 1/2 cup dietetic fruit cocktail, the complete lunch contains 275 calories.

FOOD BASKET

Paprika and More

Paprika, red in color and mild in flavor, can brighten salads, canapes, cream soups and sauces, eggs, cottage cheese and cream cheese. Rosemary gives a lift to chicken or pea soup and is excellent in veal and chicken dishes. A hint of caraway helps most soups, meats and stews. Consumption of Sweet Basil has increased about 3,000 per cent in the U.S. in the last 10 years.

Customers Pay

Inflation and rising fuel prices aren't the only factors in today's higher food prices. Additional costs incurred by the retailers due to vandalism, shoplifting, pilfering and bad checks are eventually added to the price of every item consumers buy.

Broiled Breakfast

On broiler rack, three inches from heat, broil one slice Canadian bacon for five minutes. Turn. Place one small banana, cut in half lengthwise, on rack, brush with one teaspoon lemon juice. Add one slice bread, broil all for three minutes, turn and butter bread. Broil three minutes longer or until bread is toasted and banana is fork tender. Sprinkle banana with one teaspoon confectioners' sugar.

Danish Blue Cheese Artichoke Dip



Two great foods combine to provide a real taste thrill in this recipe for artichokes in a Danish Blue Cheese dip. For variety that can make a complete meal, in addition to using cold cooked artichoke leaves for dipping, you may enjoy other fruits and vegetables as suggested in the photograph here—such as sliced fresh mushrooms, sliced apples and potato or corn chips. All of these or others, used as dips, are a taste delight when dipped in the spectacular cheese combination.

For dipping leaves, choose medium to large fresh artichokes. Cut off stem ends and stand upright in deep sauce pan. Simmer in 2 or 3 inches water and 1/2 teaspoon salt for each artichoke. When cooked, chill, and pull off leaves one at a time. Dip the tender fleshy end of each leaf into the delicious dip.

Danish Blue Cheese is called "the noble cheese" by the Danes. Other popular Danish Cheeses available are Samsøe, Danbo, Tybo, Havarti, Creamy Havarti, and Exrom, each with its particular flavor characteristic. They are delicious eaten out of hand with fruits, vegetables or wine.

ARTICHOKE—DANISH BLUE CHEESE CRAB DIP

1/2 cup dry white wine
1 3 ounce package cream cheese
1/2 pound fresh cooked crab meat, or 1 can drained
1 6 ounce jar artichoke hearts, drained and chopped coarsely
1/2 cup Danish Blue Cheese, crumbled, firmly packed

In a small chafing dish or saucepan, heat wine over medium heat until bubbles begin to appear. Divide cream cheese in fourths and add one piece at a time to wine, stirring constantly, until mixture is smooth. Chop crab meat coarsely and add. Gently stir in blue cheese and artichoke hearts. Serve warm with slices of crisp apples, fresh mushrooms, cooked and chilled artichokes and potato chips. Makes about 2 cups.

CALENDAR.....

SUNDAY, MONDAY, TUESDAY, AUGUST 7, 8, 9.
Tryouts for parts in "Guys & Dolls", singing, dancing, acting. Raleigh Little Theatre Auditorium, 2-4 p.m. (Sunday); 7-9:30 p.m., (M.T).
MONDAY, AUGUST 8.
Live concert: Inscow Park, 7:30 - 9 p.m.
WEDNESDAY, AUGUST 10.
Live Concert: East Durham Park, 7:30 - 9 p.m.
THURSDAY, AUGUST 11.
Durham City Council's Committee-of-the-Whole, Council Chamber, New City Hall, 10 a.m.

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