

Clubs and Socials

Arrington-Martin Engagement Announced

Mrs. Lucy Arrington of Raleigh, announces the engagement and forthcoming wedding of her daughter, Bertha Lee, to Joseph Henry Martin, Jr., of Durham. The prospective bridegroom is the son of Joseph Henry Martin, Sr., and Mrs. Joan Miller Martin of Durham.

Miss Arrington is a graduate of Howard University, Washington, D.C., and is currently employed at NCSU Fund Accounting Section of Finance and Business as an accountant technician. Martin, also a graduate of Howard University, is a fourth year medical student at Duke University. The wedding is scheduled for July 17.

Fresh Salmon To Reach Kroger Stores During The 4th of July

The annual airlift of fresh salmon directly from Alaskan ports will reach Kroger Food Stores in this area during the 4th of July week. Prior to Kroger's fly-in to local stores last year (first time anything of this magnitude had ever been done in the U.S.), few local people in the southern and midwestern area where Kroger stores are located had ever tasted fresh salmon, which is rare even on the West Coast.

Shoppers last year carried home more than a million pounds of fresh salmon in the brief period it was available locally. Many stores were unable to keep it in stock because of the demand, even with several orders. Extra quantities have been ordered this year, so there should be adequate supplies available.

Prices are a bargain again this year, with a better than normal salmon run anticipated, although it will not be as great as the 1980 run, which was one of the largest of the century. For further price savings, here's a budget hint: Buy a whole salmon at a considerable savings per pound. Kroger meat cutters will be happy to slice it into steaks or fillets for you without charge. Save the bones for stock, fish soup or poaching liquid.

Nutritional Bonanza
Salmon not only ranks near the top of the world's finest eating, but it has a lot of other good things going for it as well — such as high quality protein (a six-ounce salmon provides some 70% of an adult's daily protein needs). It's a good diet choice at only 150-200 calories per six-ounce steak, about two-thirds the calories of a hamburger. And salmon provides all the vitamin-mineral qualities of hamburger, plus a day's supply of vitamin D, a helpful quantity of Vitamin A and some Vitamin E.

Because salmon is a richer fish than many, containing sufficient fat to keep it moist, it is ideal for broiling or the backyard grill. What's more, the fat is largely polyunsaturated, as is the case with all fin fish. Don't overcook — a good rule of thumb for delicate fish is ten minutes per inch of thickness. Cook just until meat flakes easily with a fork.

The following recipes have been planned to enhance both the flavor of the salmon and to add nutritional quality in these days of growing nutrition-consciousness. Copies of these recipes, nutrition tips, and a full nutritional analysis of the prepared dish — compiled by Kroger's nutrition consultant Ronald Deutsh using information from the Michigan State University Data — are available in Kroger Stores.

Adaptable—Grill or Oven
A tangy marinade gives Shogun Salmon a tantalizing taste and aroma. It's a hit on the grill, but if summer showers interfere with your plans, switch to the oven broiler. There are only 290 calories per generous six-ounce serving of Shogun Salmon and it offers a bountiful assortment of vitamins and minerals.

Shogun Salmon

1½ pounds Alaskan salmon steaks or fillets
¼ cup sherry, port or marsala wine
2 tablespoons fresh parsley, coarsely chopped
2 teaspoons sugar (or honey)
2 tablespoons prepared horseradish
¼ cup soy sauce
½ teaspoon ground black pepper
5 green onions, coarsely chopped
2 tablespoons vegetable or nut oil (sesame oil for authentic Oriental flavor) (for outdoor grilling only)

Mix wine, parsley, sugar, horseradish, soy sauce and pepper. Place salmon in shallow flat dish and pour marinade over fish. Sprinkle green onions over the top. Cover and refrigerate for one hour. Turn, cover, refrigerate one more hour.

Oven broiling: Place salmon on broiler rack. Broil 7 minutes on first side, keeping moist by basting with marinade sauce. Turn, continue to bake, broil 5 minutes or until fish flakes easily with a fork. Any remaining marinade can be brought to a boil and served at the table.

Outdoor grilling: Have coals grey hot. Coat grill with oil. Place fish on grill. Mix 2 tablespoons oil with the marinade. Keep fish moist by basting with the marinade while grilling 7 minutes on the first side. Turn, repeat for 5 minutes, or until fish flakes easily with a fork. Tip: If fish seems to be drying out, raise level of grill or make a cover of foil to capture moisture. The foil cover may make fish cook faster.

Makes four servings.
International Favorite
Salmon is a truly international dish, esteemed throughout the world as a culinary treasure. Six hundred years before the Pilgrims landed, Eric the Red, in what may be the first recorded reference to food in North America, described the Vikings' amazement at the size and quantity of the salmon they saw. Salmon is still a sought-after delicacy in Scandinavia, often enjoyed as a snack.

But for now, while we're privileged to have fresh salmon, here's a version of Baked Salmon Scandinavian that is quick and easy to prepare. The recipe totals just about 300 calories per serving, and the subtle flavor of the sauce blends nicely with the richness of the salmon.

Baked Salmon Scandinavian
1½ pounds Alaskan salmon steaks or fillets
1 can (10½ oz.) cream of mushroom soup, undiluted
¼ cup white wine or wine vinegar
½ teaspoon dried dillweed
2 tablespoons capers
½ teaspoon ground black pepper
¼ teaspoon chervil, dried (optional)

Place the salmon in a shallow baking dish. Mix the soup, wine or wine vinegar, dillweed, capers, pepper and chervil. Pour over the salmon. Bake at 375 degrees F. for 15 minutes. Baste fish frequently with the sauce. Fish is done when it flakes easily with a fork.

Makes four servings.

Purple Cross Nurses To Hold Memorial-Thanksgiving Night

Purple Cross Nurses Unit No. 407, IBPOE of W, will sponsor a Memorial and Thanksgiving Night July 7 at Bull City Elk Auditorium, 2311 South Alston Ave. Dr. John Merritt, Associate Professor of Ophthalmology, UNC-Chapel Hill, will discuss the subject, "Glaucoma". The public is invited. First Aid certificates will be presented by J.A. Carter.

Elk News

Theresa Hunter Fez Club will meet Sunday, July 5, at 5 p.m.
Salome Temple No. 704 will meet Monday, July 13 at 7:30 p.m. Installation of officers. Please come in regalia.
Bull City Elk No. 317 will meet Thursday, July 16, at 7:30 p.m.
The Fifth District Baxter and Progressive Council will have a covered dish picnic affair Sunday, July 12, from 3 p.m. until at Bull City Elk Auditorium, 2311 South Alston Avenue. All Brothers and Daughters are invited and are asked to bring a covered dish.

Nurses To Hold Picnic

North Carolina Licensed Practical Nurses of the Durham area will have their annual covered dish picnic July 21 at 6 p.m., at Elmira Park. All nurses, families, friends and students are invited.
There will be no meeting in August. The next meeting will be September 13 at the YWCA on Proctor Street when installation of officers will be held.

Bridge Winners

College View Duplicate Bridge Club winners for June 25 were: Harlan and Helen Burgess, first place; Dot Mewborn and Fred McNeill, second place; Mary Duncan and Doug Kennitz, third place; Theresa Jeffries and Wiley Hammond, fourth place.

Lyon Park Rose Garden Club

During a short June business meeting at the home of Miss Brenda Lyde, members of the Lyon Park Rose Garden Club discussed the club's trip to Holy Land USA in Virginia, which will leave from First Calvary Baptist Church at 6 a.m., on Saturday, July 11 and the Federation of Garden Clubs of North Carolina meeting to be held in Winston-Salem, August 2-4. Miss Lyde served a delicious dinner following the meeting.
Members present were Mrs. Sophronia Green, president; Mmes. M.W. Webb, Margaret Milligan, Catherine Shaw, Josephine Foushee, Celestine Cunningham, Hallie Crews, Mary Rice and Mattie R. Canty. Mrs. Foushee thanked the hostesses for a lovely dinner on behalf of the group.

Family Reunion Scheduled

The Eaton, Rochelle, Pettiford Family Reunion will be held Sunday, July 5, 2 p.m., at the Forest Hills Park. Come and bring a basket.

Heroines Host Grand Session

The Masonic Hall on Cook Road was the scene of a one-day Grand Session, Jurisdiction of North Carolina, on June 20. Boyd & Hodge Court No. 7 Heroines of Jericho served as host.
Six local courts were in attendance. Election of officers was held. Heroine Geneva Redding was elected Grand Most Ancient Matron and Companion Charles Redding, Grand Most Worthy Joshua.
Spell's Palace No. 7 was introduced during the meeting and they presented a love gift to the outgoing Grand Matron Heroine Ruth Foreman of Charlotte.
A buffet dinner was served in the basement of the Masonic Hall.
Heroine E.M. Scott serves as chairman and Heroine Annie C. Gore, Most Ancient Matron.

Oak Grove Floral Board

Mrs. Cora Office conducted the devotional which opened the meeting of the Oak Grove Free Will Baptist Church Floral Board Sunday, June 28, at the home of Mrs. Jessie McCray on White Oak Drive.
Mrs. Willie McKeithan, president, conducted the business session which included discussion of the Board's Anniversary celebration to be held on July 26. Guest speaker for that occasion will be Rev. Jeraldine Bridges, associate minister of New Covenant Holiness Church, along with the ushers, choirs and congregation.



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