

Tar Heel Kitchen

By Miss York Kiker

Wow, it's fresh corn time in Carolina!! What is your favorite summer vegetable? Of course, it is hard to settle on only one but surely sweet corn must be among your favorites.

Hurry out and buy corn now while it is plentiful. And "hurry" is the word to remember for enjoying corn at its best. The sooner you use sweet corn after picking, the sweeter and juicier it is. Also be sure to keep corn cool if there is a delay before using it. If you husk corn before putting in the refrigerator, wrap it in a moisture-proof bag or put it in a moisture-proof container to keep the kernels from drying out.

One home economist had her own garden and invited guests for supper one evening. What was her menu? An

ample supply of corn on the cob with plenty of butter was what she promised and was what she served. You may be sure the guests who seldom had access to freshly pulled corn were thrilled with the treat.

The goodness of corn doesn't need much "adornment" other than plenty of butter and some salt, but several suggested ways of preparation are given in case you wish variety.

For freezing or canning corn, check with your local home economics extension agent or a home economics teacher.

Corn On The Cob
Remove husks from fresh corn. Remove silks with stiff brush. Rinse. Cover pan and cook whole ears of corn in small amount of slightly salted boiling water for 6 - 8 minutes.

Glorified Roasted Corn
For 4 ears of corn, mix 1/4 cup (1 stick) softened butter and 1 teaspoon salt. Rest ear on 9" x 12" piece of aluminum foil and coat corn with butter. Bring sides of foil together. Fold over 3 times. Do not wrap closely. Fold ends. Cook 10-15 minutes on grill, or 20 minutes in 450 deg. F. preheated oven.

Corn Pudding
2 cups fresh corn, cut from cob and scrape cob
1/2 teaspoon salt
Pepper to taste
2 medium eggs, beaten
1 cup milk
2 tablespoons melted butter

1 teaspoon sugar
Mix all ingredients together and pour into buttered baking dish. Place dish in pan of hot water. Bake at 325 deg. F. for 1 hour or until firm. Approximately 4 ser-

vings.
Corn Oysters
2 cups cut, fresh corn (approximately 6-8 ears)
2 eggs, beaten
1/2 cup cracker crumbs
1/2 cup sifted all-purpose flour
1/2 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon pepper
Combine corn, eggs, and cracker crumbs. Sift together flour, baking powder, and seasonings. Add two mixtures together. Drop from tablespoon into small amount of hot fat in skillet. Flatten slightly and pan fry until browned, about 3 minutes, turning once. Makes about 18.

Corn Fritters
1/4 cup sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon sugar

1/2 teaspoon salt
1 beaten egg
1/2 cup milk
2 cups (about 6-8 ears) cut, fresh corn
Sifted confectioners' sugar
Sift together dry ingredients. Combine beaten egg, milk, and corn; add to dry ingredients. Mix just until flour is moistened. Drop batter by level tablespoons into deep, hot fat (375 deg. F.). Fry until golden brown, about 3 to 4 minutes. Drain on paper towels. Dust with sifted confectioners' sugar; serve warm. Makes about 1 1/2 dozen fritters.

Sarcasm

Diner (tired of waiting): "Waitress, please find out if your colleague from whom I ordered a steak some time ago is still employed here."



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On Moon Travel Costs

Salzburg, Austria - Werner von Braun, head of the Marshall Space Flight Center in Huntsville, Ala., told a space congress that in 30 or 40 years passengers will travel to the moon at the price of a transatlantic flight in space-ships -- resembling present-day airliners -- but without wings.

On Mental Illness

San Francisco - Michael Gorman, executive director of the National Committee Against Mental Illness, says that mental illness among children in the U. S. has risen 50 per cent in the last 10 years. He pointed out that it was urgent that some action be taken by the President and Congress.

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When it's over, can you look back on a wonderful family experience that will be relived for the next 50 weeks -- or was it a nightmare of confusion?

Thirty million families will tour America by auto this summer, three out of four using the new interstate highways and many plagued by empty gas tanks, flat tires in the middle of nowhere, "no vacancy" signs on motels and the belated pronouncement by friends when they return that they missed "the most exciting attraction of all."

The unprecedented popularity of the interstate highways is due to the safety and ease of driving them. Yet, many a motorist acts as if these new highways are magnetized and he can't bring himself to pull off at occasional exits, primarily because he doesn't know what they lead to.

While travel and safety experts don't advocate taking

all the fun out of a vacation by pre-planning it like a tour of Europe, they do recommend planning ahead at least by the hour if not at the start of each day. All that's needed is an interstate-oriented travel guide like the free Travelaide available at most interstate service stations.

The Travelaide map focuses on interstate routes, interchanges and feeder highways only. A concise table indicates the mileage to upcoming exits and features a symbol at each interchange offering the traveler's brand of gasoline. The directory lists, by exit, motels, restaurants, recreation areas and tourist attractions.

Using a device such as the free Travelaide, the motorist can plan two-hour rest breaks to combat fatigue, schedule regular stops at his choice of stations for gas and auto servicing, and confidently know when and where to stop for meals. He can decide in mid-afternoon where to spend the night and, if desired, call ahead for reservations. He'll be alerted to the various attractions available at each exit.

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