

COMMUNITY SHOPPER'S GUIDE



North Carolina Fiddler's Chowder and West Virginia Chicken 'n Dumplings Soup are two warming ways to celebrate southern hospitality during January, National Soup Month.

Recipes

January Is National Soup Month

Gracious Southern living got off to a rather slow start with the first group of gentry who came to settle Jamestown in 1607. The majority of the group had no work experience, and although they appreciated the frills that accompanied the gentle life, they had no intention of working for them. Nearly half of the colonists died off that first winter. More settlers did arrive, and work agreements were drafted putting the settlement on sounder footing. It was through their hard work that plantation life began to flourish.

This rich Southern heritage is being honored this January, the first National Soup Month, through a soup chosen for each of these five states -- Maryland, Virginia, West Virginia, North Carolina and South Carolina.

It was Maryland and Virginia which relied heavily on tobacco as their first cash crop. Plantation owners could exchange tobacco in return for supplies at the nearby harbors. Combining those imports with their own edibles provided the residents with some of the most delectable foods in the land. Maryland boasted of her dishes made with oysters, tarapins and crabs, and this Maryland Sherried Crab Soup is just such an example. Condensed cream of potato soup brings a convenience to the soup that the first settlers didn't have, as it is blended with milk and chunks of crab meat. Grated lemon peel, sauteed green onion and a touch of sherry complete the flavor combination. This type of soup would have grandly graced any dining table of the day.

Virginia was renowned for her peanuts, too. Much of the peanut harvest, today is fed to pigs who will become famous Smithfield hams. One stipulation of Smithfield hams is that they must be peanut-fed for part of their lives; it is the peanut feeding that gives the meat its amber color. Fortunately not all the peanuts are given to the hams, for people love them too, especially in a Virginia Honeyed Peanut Soup. Here peanuts are simmered with butter, onions, and canned condensed cream of chicken soup. Honey and vanilla are also stirred in before the soup is pureed and reheated again with milk and served as an appetizing first course.

South Carolina's Huguenot French settlers were influential in the coastal cooking of that state. They took the shrimp, indigenous to that area, and served it in a captivating soup similar to this South Carolina Shrimp Bisque. Condensed cream of shrimp soup is heated with milk, sherry and handfuls of shrimp. Thin green pepper strips contribute color and flavor, and black pepper adds spark as South Carolina Shrimp Bisque develops into a tantalizing prelude to the meal.

Unlike South Carolina, North Carolina was inhabited by small farmers who were not part of the plantation chain. These hard working farmers loved their hearty food. North Carolina Fiddler's Chowder commends their spirit for work and play in a soup named for the many fiddle players who gather for the annual fiddler's convention in the Piedmont area. This particular chowder typifies the farm harvests of smoked pork hocks, collard greens, peas and vegetables. The last two ingredients are added in the form of condensed green pea soup and condensed old fashioned vegetable soup. After the pork hocks have simmered for an hour, the meat is removed from the bone and added to the soups and remaining ingredients. This hearty blend will give strength to farmer and fiddler alike.

The mountains state of West Virginia became a haven for wealthy families of the 18th century who came to "get a change of air" in the plush resorts this state offered. Southern hospitality was and is still displayed in the gourmet recipes of those resorts, as well as being strongly apparent in the plentiful country cooking. It's also an area where country crafts have risen to an art form, famous and sought after throughout the 50 states. To honor this country tradition West Virginia Chicken 'n Dumplings Soup takes tasty condensed chicken 'n dumplings soup and spices it up with cooked ham, creamed corn and mustard. On a cold winter day in the mountains, this hearty soup will provide a warm West Virginia welcome to any guest.

Be it gracious dining or just good home cooking, these states retain their reputation for Southern hospitality in this collection of welcome, warm soups.

MARYLAND SHERRIED CRAB SOUP

- 3 tablespoons butter or margarine
- ¾ cup finely chopped green onions
- ½ pound crab meat, flaked

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Coping

The Subconscious Mind Is Where Brainwashing Takes Place

By DR. CHARLES FAULKNER
Syndicated Columnist

The person who has been brainwashed acts without thinking. The major goal of brainwashing is to provide a command that is not evaluated by the person receiving the command. If told to run, that person instantaneously runs without first deciding whether there is any reason to run. If told to purchase a suit of clothes, the victim purchases the clothes without first deciding if the clothes are needed and if he can afford them.

This is similar to the action of a gun. When the trigger is pulled, the bullet exits instantaneously from the other end. There is no hesitation or delay. This is the essential

characteristic of subconscious or habitual behavior. When the dog barks, the listener feels fear and when the advertisement of chocolate cake appears on the screen, the viewer becomes hungry.

Conscious behavior is quite different in that the stimulus requires a period of time for the individual to think or reason before acting.

Subconscious behavior is usually referred to as habitual or conditioned behavior. An example: You have driven your car so often that your feet automatically and correctly find to brake pedal when you arrive at a stop light and the gas pedal when the green light appears. You seldom make a mistake when you rush to the telephone, you automatically grab it correctly without giving it any

conscious thought. When you are in a hurry to leave home, your feet seem to automatically find the correct position and you seldom stumble.

Another example: You drive your family to the beach, spread your blanket on the sand, go for a relaxing swim, get out of the water, eat a hot dog and drive your family back home. During this period of activity, you have used both your conscious mind and your subconscious mind. Your decision to go to the beach was made after careful deliberation. You reasoned the best route to take, filled your gas tank, prepared a lunch and began to drive your car to the beach. This was conscious behavior.

You did not have to think about what you were doing with your body such as breathing, holding your breath

while you were in the water, the movement of the muscles in your legs when you were walking to the picnic area or the continuous beating of your heart. All of this behavior was subconscious. No thinking or reasoning was required in order for your muscles to function. They worked just like the mechanism of a gun. When a situation occurred that required the various parts of your body to function, they operated just as required.

If you have ever been frightened, your heart begins to beat rapidly in an instantaneous, automatic manner. If you see a fly in your soup, you get a sick feeling in your stomach. If someone tells you that you are attractive, you feel happy inside. If you are told that you failed an examination, you feel unhappy.

Better Living

Trying To Find The Right Words?

Dr. Richard Ryan, assistant professor of psychology

Some people are fair-weather friends because they do not know what to say or do to assist people in the time of trouble. As long as their friends are well and happy, they feel comfortable in their presence; but when trouble strikes in the lives of their friends, these people find themselves immobilized by sympathy or simply a lost for words.

What do you say to a friend who has just lost her husband by divorce, or to a man who has just lost his job and cannot support his family? You might find some answers in the following suggestions from leading authorities in a *Women's Day* article by Ruth Winter:

When you are faced by a person in emotional trouble, Dr. Pat Romeo, consultant to the Somerset Hills New Jersey Psychiatric Emergency Service, says "First of all, stop and listen attentively. The good listener does not interrupt, criticize, show impatience or try to analyze reasons for the person's feelings. You might find that some people are too upset to talk. If so, ask them questions by repeating what they said in the form of a question.

This might help the person to discover what is upsetting him or her. Sit on the edge of your seat, lean forward slightly and maintain eye contact while talking to a person who is emotionally upset. If the person expresses a desire to be alone, let him know where you can be reached and when.

up telling the troubled person about something much much worse that happened to them.

Dr. Bethram Cohen, professor of Psychiatry of Rutgers Medical School says, "In helping a troubled child, remember that what a disappointed child needs is your support." It helps if you can point out some similar experience that you had. Hug the child and give him a feeling that he is still a winner in your book. Show understanding by saying such things as "I know how sad you must feel, and I really want to help."

Show how much you care about your friend's troubles by helping in practical ways. Go next door and help with the preparation of dinner, take care of the children, or answer the door.

Remember that crying is a normal response during an upsetting emotion.

Dr. Gerald Roskin, psychiatrist at Long Island Jewish Hillsdale Medical Center, pointed out that emotional responses should be respected. Crying can be valuable. Put your arm around the person and offer him a shoulder to cry on.

Control your own emotions. It does not help to weep with weeping people.

Try saying something like "I know how upset you must be. Let's go in my office and sit down and talk about it."

Rendering emotional assistance to troubled people also calls for putting your own mental resources to work and coming up with some good personal answers to add to these given.



Warren

Drake

Edwards

Kinzer

Chronicle Camera

Were U.S. Efforts Effective?

By AUDREY L. WILLIAMS
Staff Writer

The *Chronicle* polled area citizens and asked them if they think the U.S. is effectively seeking the release of Navy flier Lt. Robert Goodman, who is being held prisoner by the Syrian government.

Gregory Drake, bank manager: "No, I don't think the U.S. is trying to get him released. Had he been white, the U.S. would have done more, but Jesse Jackson is doing the best thing because the Reagan administration hasn't made any public effort to get him back."

Lucille Gwynn, retired: "Considering Jesse Jackson's involvement, I would say the U.S. is making some effort."

Ruth Edwards, housewife: "I feel like the U.S. might be trying to get Goodman out because Jackson is going to

talk with them (the Syrians)."

Lee Scales, construction worker: "No, I don't think the U.S. is doing its job in trying to get Goodman out."

Delores Warren, cosmetologist: "Reagan is not putting forth the effort to do what he's supposed to do, and I really think they need to get everybody from over there."

Michael Ray, security officer: "I think the U.S. is going about in a very diplomatic way. However, Jesse Jackson may get Goodman released."

Carolyn Marlin, employee at Western Electric: "No, I don't think the U.S. has been effective in seeking Goodman's release. Maybe it's because Jackson is going over there, and I think the country should back him."

Art Kinzer, retired Air Force Sergeant: "Jackson is not sanctioned to go over to Syria. He's on his own, but I assume someone is trying to get Goodman out. Really, I'm confused about the matter myself."