



HERRING - OXLEY WEDDING - Nuptial vows were exchanged between Leslie Susan Oxley of Beulaville and Stephen Floyd Herring of Scotts Store in a ceremony in the Marriage Chapel in Dillon, S.C. on Saturday at 2:30 p.m., April 23rd. The Chapel minister officiated in the double ring ceremony. The bride is the daughter of Mr. and Mrs. Wyatt V. Oxley Jr. of Beulaville. The bridegroom is the son of Nannie Lou Herring of the Komegay community and Theodore Herring Jr. of Scotts Store community. The bride chose a formal gown of off-white polyester crepe with a fitted bodice, high neckline and long puffed lace sleeves. She carried a bouquet of off-white silk roses and pink carnations. She is a 1982 graduate of East Duplin High School of Beulaville and employed in Clinton. The bridegroom is employed with Tommy Scott Millwright of the Scotts Store area. They are living in the Scotts Store community.

Thought For Food

By John Ramirez
Executive Chef

When picking out your live lobsters, look for lobsters with tails that curl under the body when they are picked up; this is an indication of freshness. Cooked lobster in the shell should be bright red in color and have an agreeable odor. Cooked meat should be firm and pinkish or reddish white.

Fresh, live lobsters should be cooked soon after purchase. Do not attempt to keep lobsters alive by placing in water; they will suffocate. Keep frozen lobster meats solidly frozen until ready to use. Lobster meat, like crab meat, has a high and dangerous spoilage point and should be kept in refrigeration at all times and even iced down if possible. Do not refreeze frozen lobster once it has been thawed. If you have too much thawed out and must refreeze, cook it first, then freeze.

Lobster is a good source of protein and iron. It is low in fat and a serving of 3 1/2 ounces cooked and shelled lobster meat has only 95 calories.

The basic preparation for live lobster is to boil or broil. This depends on a person's preference. My preference is to broil.

To broil — fill a large kettle with sufficient water to cover lobsters. Add 1 tablespoon salt for each quart of water. Bring water to a rolling boil. Grab live lobsters, one at a time, at the back of their heads, just behind the claws. Plunge live lobsters head first into boiling water. Simmer, covered, for 5 minutes for the first pound and 3 more minutes for each additional pound of lobster.

The familiar American lobster closely resembles the European lobster. The samll Cape lobster of Southern Africa is also a relation.

The Cape lobster, living in many southern waters such as the Gulf of Mexico and the Caribbean, is also called the spiny lobster or as we know it, rock lobster.

The most famous American lobster, which we call the Maine lobster, is found off the Atlantic Coast from North Carolina to Labrador. This lobster has five pairs of legs. The first pair is modified into huge claws or pincers, notched on the inside edge, with which the lobster catches and crushes its food. The huge hinged tail is a powerful lever for swimming. The large claws and tail contain the most meat.

The lobsters eyes are on stalks, and have a long pair of waving antennae used as a sensing device. Live lobsters are mottled and spotted greenish blue, with touches of orange. The vivid red

color, characteristic of lobster, comes out in the cooking process.

Lobsters have always been a part of one of the oldest and most cherished of New England customs — The Clambake. This fine custom is also maintained along our coast of North Carolina.

Fresh lobsters are available year round live, cooked whole, fresh frozen rock lobster tails, or frozen cooked lobster meat.

Fresh live lobsters are available in varying sizes: Jumbo weigh over 2 pounds; Large weigh from 1 1/2 to 2 pounds; Quarters weigh 1 1/4 pounds; and the one-pounders are called Chicken lobsters and are really quite small. Do not overcook. Lobster cooks quickly this way and if cooked any longer, meat will shrink and become tough. For example, a 1 1/2 pound lobster should be cooked for 8 minutes — no longer.

Remove cooked lobster from boiling water. Place it on a board or work table on its back. With a heavy sharp knife, split lobster in half lengthwise from head to tail. Remove the stomach and intestinal tract and discard. The green liver (also called "tomalley") and any reddish deposit is the lobster roe (also called "coral") is a great delicacy to the eastern lobster lovers. If you like, you can save them for a lobster bisque or chowder.

Crack claws with a nut cracker. The lobster is now ready to serve with hot melted butter and plenty of lemon juice.

To broil, place live lobster stomach down on a board. Using a large heavy pointed knife, place point of knife on the board right in front of lobster's mouth. Hold the point of knife with your left hand and with your right hand on handle, swing knife downward splitting the lobster in half lengthwise. If you like, save the tomalley and coral for a future chowder or just clean out the entire head and body section and discard. Wash out under faucet. You may then stuff the head and body section with your favorite seafood dressing or lump packfin crabmeat. Crack the claws. Brush all the meat surfaces with a

mixture of half melted butter and lemon juice. Put lobster in sheet pan and place under the broiler part of your oven at least 12 inches from the heat source and broil without turning until lobster shell turns red and meat becomes white and opaque. Again serve with plenty of melted butter and lemon juice.

Experiment. Enjoy and Bon Appetite!!!

Eure To Speak At Banquet

North Carolina's secretary of state, Thad Eure, will be the keynote speaker at the annual installation banquet of the Third Congressional District Young Democrats on May 13 in Mount Olive. The banquet, to be held at the American Legion Building on

North Chestnut Street, will begin at 7 p.m. and the 1983-84 officers, Tim Bartlett of Goldsboro and Bob Komegay of Glisson Township in Duplin County will be installed.

Tickets may be purchased for \$6 from the Young Democrat members.

TEACHEY'S SUPERMARKET

ACROSS STREET FROM PINK HILL SCHOOL
PINK HILL, N. C.



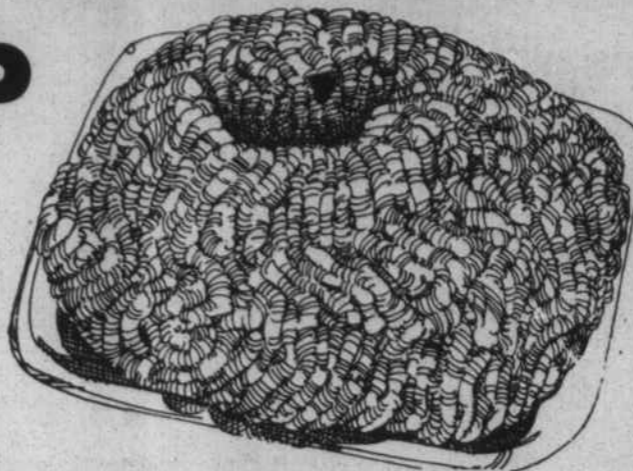
**PEPSI-COLA,
COCA-COLA
& MT. DEW**
2 LITER
89¢

GROUND BEEF

3 LB. PKG.

99¢ LB.

(2 LB. PKG. '1.09 LB.) (1 LB. PKG. '1.19 LB.)



FOR GRILLING

PORK CHOPS

LB. \$1.69

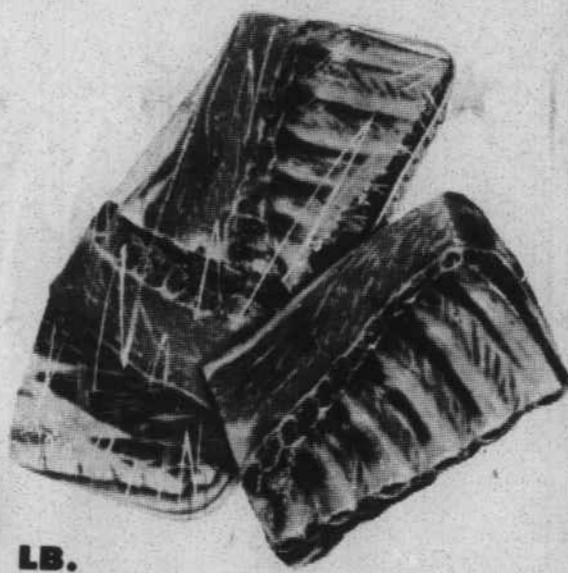


BONELESS STEW BEEF

\$1.79 LB.

WHOLE OR CUT SPARE RIBS

\$1.59 LB.



PILLSBURY BUTTERMILK BISCUITS

4 PACK



79¢

PILLSBURY HUNGRY JACK

INSTANT POTATOES

16 OZ.

69¢



ARMOUR TREET

12 OZ.

99¢

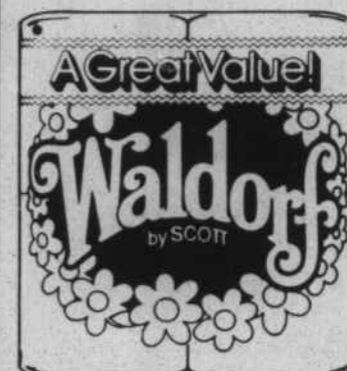


NESTEA
3 OZ.
\$2.09

CAROLINA SWEET ACIDOPHUS MILK 1/2 GAL. **99¢**

PET RITZ CREAM PIES 14 OZ. **59¢**

JAMBOREE GRAPE JELLY 2 LB. **79¢**



WALDORF TOILET TISSUE
4 PACK **79¢**

CAROLINA ICE CREAM SANDWICHES 6 PACK **89¢**

SAUER'S MUSTARD 32 OZ. **49¢**

GRANDMA MOLASSES 24 OZ. **\$1.99**

SHAWNEE FLOUR 5 LB. **79¢**

FINE FARE SALT 26 OZ. **5/\$1.00**

FAB WASHING POWDER

GT. SIZE
\$1.69



HAPPY HOST SUGAR

5 LB. BAG

(LIMIT 1 WITH \$10.00 ORDER)

\$1.39