The Tar Heel Kitchen

by Miss York Kiker

In days gone by, times were hard and there was talk of the return to prosperity when everyone could have a "chicken in the pot." We are living in prosperous times when North Carolina is an outstanding leader in the poultry industry. Broilers are plentiful and reasonably priced. Not only can we have a "chicken in the pot" frequently but they can be prepared in so many ways you could have chicken every day for a long time without repeating.

My thoughts turned to old-fashioned "chicken slick" or pastry which would be enticing these cold winter days. The search for a written recipe has failed to provide accurate information to pass along to you. It has been interesting to talk with different people for suggestions but apparently most folks make pastry by instinct.

One of the men specialists takes self-rising flour in a quantity to make desired amount of pastry, adds a small amount of cooking oil and enough water to make a soft dough. He rolls the dough very thin and cuts into strips. He adds the pastry to a stewed chicken and the boiling broth. (Chicken may be a hen or large broiler-fryer. Cut into serving size pieces, if desired, before cooking in a generous amount of salted water until tender.) Cover pan and cook pastry approximately 15 minutes.

If you have a favorite recipe for chicken pastry, perhaps you would be kind enough to send us a copy to the tar Heel Kitchen, N.C. Department of Agriculture, Markets Division, Raleigh, N.C. 27611. Tell us whether you ever use the term "chicken slick" and any information you have on the origin.

Old recipes have a particular charm but so do new ones. It's Chicken Cooking Contest time again! Get busy now developing or improving a special chicken recipe. Not only will you want to have a chicken in the pot but also you will want to get your "name in the pot" to be eligible for one of the generous contest prizes.

North Carolina has a preliminary contest to select the representative to the National Contest to compete for the grand prize of $10,000. Write to Chicken Cooking Contest, N.C. Department of Agriculture, Markets Division, Raleigh, N.C., for the official entry blank and complete information. Even though the contest has been an annual event for a number of years, there have been some changes in the rules this year.

All entries are sent on the official form to the National Cooking Contest headquarters in Maryland by March 1, 1971. There, ten adult finalists, 12 years of age or over, and five juniors under 12 years of age will be selected to participate in the N.C. cook-off contest on April 6, 1971 in Raleigh. From the adult finalists, one person will be selected at the N.C. cook-off to go to the National Contest. This year there will be junior contestants on the State level but not on the National as in previous years. The four top National prizes range from $10,000 to $2,000 with each contestant winning a round-trip to Ocean City, Maryland on June 5, 1971, for the cook-off plus $100 cash and a trophy. A number of $100 bonus prizes will also be given for special recipes.

You will need complete information but to help you start planning, recipes must feature a broiler-fryer chicken (2 to 3-1/2 pounds whole, cut up, or parts). In addition, recipe must contain Mazola corn oil or margarine. Adult contestants must be 12 years or older and be a non-professional home economist or cook. Judging will be on the basis of recipe idea, palatability, and appearance. Your recipe might emphasize low calories, low cost, wings, special occasions, outdoor cooking or other special features using chicken.

The N.C. Chicken Cooking Contest is sponsored by the N.C. Department of Agriculture, N.C. Poultry Processors Association, N.C. Poultry Federation, Carolina Power & Light Company, Duke Power Company and Virginia Electric Power Company. They urge you to enter the contest. North Carolina has been among the top ten winners in the National Contest for several years. Tar Heels, both men and women, are among the best cooks in the nation. Let's bring home first prize this year. Last year's winning recipe was for Buttermilk Pecan Chicken.

BUTTERMILK PECAN CHICKEN

2 broiler-fryer chickens, cut into serving pieces
1/2 cup margarine
1 cup buttermilk
1 egg, slightly beaten
1 cup flour
1 cup ground pecans
1 tablespoon paprika
1 tablespoon salt
1 tablespoon salt
1/8 teaspoon pepper
1/4 Cup sesame seeds
1/4 cup pecan halves

Melt margarine in large shallow baking dish (about 13x9x2 inches). Mix buttermilk with egg in one shallow dish, and flour, ground pecans, paprika, salt, pepper and sesame seeds in another. Dip chicken in buttermilk mixture, then in flour mixture. Place skin side down in melted margarine in baking dish, then turn chicken pieces to coat with margarine and place skin side up. Place pecan halves on each piece of chicken and bake in 350 degree F. (moderate) oven 1-1/4 hours, until tender and golden brown. Garnish with parsley and cherry tomatoes. Yields 8 servings.

'Handicaps' Can Be Conquered Says Golf Champ Arnold Palmer

By ARNOLD PALMER
Honorary National Chairman
The National Foundation-March of Dimes

Wouldn't it be great if medical science could be as successful in wiping out birth defects as it was with polio!

I have joined forces with the March of Dimes in the campaign to do this because I know of the good these people have done and the worthiness of their programs to help children born with defects.

I have seen my father, who was afflicted with polio at a very young age, live a completely normal life without encountering any real setbacks. He is still hard at work, though in his mid-60s, and still plays a pretty good game of golf.

A lot of children born with defects can overcome their handicaps and lead something close to a normal life if given the proper help. That is certainly one goal. But the mental part of being healthy is as important as the physical part, and it was that part that impressed me about Marty Mim Mack, the national poster child for the March of Dimes.

DETERMINATION is what it takes to overcome handicaps and prevent birth defects, says golf great Arnold Palmer, Honorary National Chairman for the March of Dimes.

Living With Handicaps

Marty and I met when we worked together shooting a film for the 1971 March of Dimes campaign drive. There is quite a bit of difference between my father and Marty. Marty's handicap is far more serious. He was born without arms and with a hip defect that made his left leg three inches shorter than his right.

In my father's case, polio left him with a limp but no other severe physical handicap. He reacted normally, I think, to the fact that he would have to live with his handicap and decided to make every effort, physically and mentally, to overcome it. He has done so and I feel that taking this attitude at the start made it a lot easier for him.

This will be a lot harder for Marty, particularly as he grows older. So far, in the short time that I have known him, he seems to be able to handle his problems pretty well, which is a good sign for the future.

Marty seems to have accepted with very little difficulty the fact that he is crippled and will be handicapped for the rest of his life. The first thing for a person with a handicap to do is to recognize that fact and what goes with it and make the very best of it. Marty has done this totally.

Making Those Putts

In fact, he seems to recognize and accept his situation much better than people who become handicapped later in life. One thing that is involved is the way people react to someone who is handicapped. Adverse reactions could easily get a youngster like Marty down a bit and perhaps lead him to put up a barrier between himself and others. I don't believe Marty has done this.

When we worked together making the film, I saw in Marty a determination to do all that he was asked to do. He was determined to make those putts. It's something a good golfer must have—determination to play to the very best of his ability. You can't take a half-hearted, disinterested attitude onto a golf course and play up to your ability.

I think that those of us who are trying to help Marty and other children handicapped by birth defects must anticipate that these young people are bound to have some difficulties in adjusting to their predetermined roles in life. Yet, at the same time, I don't think that these people want pity. They want to build up confidence that they can help themselves to some degree, as much as is physically possible.

It is the same with a golfer. You show me a golfer who is a winner and I'll show you a person who feels in his mind that he can make the difficult shots, cope with the pressures of the competition and defeat the course or the opponent.

That's how we have to feel about birth defects. Everybody in America and the world should be concerned with and support the efforts of the March of Dimes and its thousands of volunteer workers. You never know when the diseases and other causes of birth defects might strike home.

HIGHWAY DEATHS DOWN

The nation's highway death toll for 1970 dropped sharply, indicating the government's auto safety standards are beginning to pay dividends in human lives. This survey by the National Highway Safety Bureau indicates a decline of 1,100 deaths from 1969.

Announce Birth

Mr. and Mrs. Clark White of Belvidere announce the birth of their second daughter, Lori Ann, born January 14, 1971, in the Albemarle Hospital.

Mrs. White is the former Joyce Ann Twine, daughter of Mr. and Mrs. Gillam Twine of Belvidere.

LABOR & STRIKE LAW

Organized labor has vowed an all-out fight in Congress against President Nixon's effort to win a new antistrike law and other high-priority White House legislation. A spokesman for AFL-CIO President George Meany said that it would be a year of legislative fighting.

Wynn-Fork 4-H Club Meets

The Wynn-Fork 4-H Club was held January 18, 1971 at Hertford Grammar School. The meeting was called to order by Susan Rogerson, Acting President. Pledges to the American and 4-H Flag were recited by the club members. Devotion was read by Sheila Dail. New officers were elected for the coming year. They are as follows: President - Susan Rogerson; Vice President - Clyde Elliott; Secretary - Donna Thatch; Reporter - Paige Elliott; Treasurer - David Trueblood.

New record books were handed out to all members. Refreshments were served by Paige and Clyde Elliott. The program was on "Hunt Safely" and the film shown gave the group some very good rules on hunting.

Philip Dormer Stanhope, fourth Earl of Chesterfield, personifies good manners.

SENATOR SAM ERVIN ☆ SAYS ☆

WASHINGTON -- The 92nd Congress which convenes next week faces a massive agenda of unfinished business carried over from the waning days of the old Congress. On the legislative calendar will be controversies centering on the President's family assistance plan, trade quotas, military defense and the draft, funding of the SST plane, limitation on political campaign spending, and the priorities in the federal budget.

Two new proposals are also certain to generate much debate in the coming months. One is the President's revenue sharing proposal to make block grants to the local governments. Hard pressed communities are counted upon to urge Congress to adopt the measure to give them tax-relief, but the truth of the matter is that the nation is already committed to finance a budget beyond its revenues and the only money that the Federal Government can give the states and local communities will have to be borrowed. The other major proposal that is likely to develop into a national debate is the plan to establish nationwide health insurance with new subsidies for health care.

Even so, the battle areas of the new Congress are likely to be the issues that caused the fights of the last Congress. Generally these were: how to divide up the budget expenditures, what to do to bolster a faltering economy, how to curb the flood of imports into this country which destroy American jobs, how to revamp the welfare system, and what to do to better control environmental pollution.

As usual the overriding question will be where to spend and where not to, and this looms large at a time when Americans are pinching pennies to make their own budgets balance.

The ultimate question relates to the direction in which this nation is to travel in the decade ahead. Often the pressure to pass laws to remedy particular conditions becomes so great that its larger consequences are not emphasized, and this is particularly true in respect to experiments in social welfare. We might heed the warning of that wise England [illegible] experiments. Consider the fact that England was the cradle of the American [illegible] system. But the lectured [illegible] of the [illegible] American [illegible] that seems [illegible] and [illegible] good [illegible]

[illegible] England [illegible] the Social Security [illegible] the [illegible] the [illegible] the [illegible] and [illegible] the [illegible] program [illegible]

[illegible] many individuals better than they can themselves. Some of those ideas, it should be noted, we are borrowing from the same English theorists who led England on the road to a non-major power. The point of the matter is that we are now told that we shall run a budget deficit of about $[illegible] billion this fiscal year and that the new budget to be submitted shortly will also run a deficit. While there is yet time, I would beseech this nation to adopt the lost art of budget balancing, the most taxpayer [illegible] I feel that [illegible] for what [illegible] mental [illegible]

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History Class on Wheels . . .

Did you know your automobile can become a rolling classroom of history as you travel Albemarle area highways? It's true.

In this section alone, the State Department of Archives and History has erected more than four dozen Historical Highway Markers. These silver-gray shields commemorate people and events that played important roles in local history.

The next time you're going some place in the car, slow down and read a little history. You may discover an interesting new hobby . . . . .

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