

**SENATOR
SAM ERVIN
SAYS**



This week our country celebrates the 197th Anniversary of its Independence. This benchmark in our history comes at a time when there is great unrest and instability abroad in our land. Many are deeply concerned about the erosion of individual liberty and the vast concentration of governmental power in Washington. Today's concerns make us mindful that at best freedom is a fragile thing and that it takes constant attention to preserve

it. Over a hundred years ago, Calhoun put the matter in perspective when he said in substance that freedom is hard to acquire, but easy to lose. This generation has seen all kinds of plans come into being and flourish at the federal level. Mostly, they are efforts to make people conform to certain notions of leadership in power and almost inevitably they are in conflict with individual freedom. Much of this has come about with the aid of an open federal checkbook and an army of bureaucrats dedicated to the remaking of America according to the current national blueprint.

All of this has resulted in a sweeping transfer of governmental power from local communities and the states to the federal government. The transition, it must be said, came in part because so many have been anxious to swap the reality of freedom for the mirage of security. The effect has been to concentrate power in a bureaucracy on the banks of the Potomac which almost beggars description.

Consider for the moment what this has done to personal liberties.

By concentrating most of the powers of government in itself, the federal government has substantially destroyed some of the major powers of the states, and thus has deprived the individual in large measure his right to have personal and local affairs regulated by the government nearest to him. The transfer of the power to administer school affairs from the local school board to the executive and judicial branches of the federal government is a celebrated case in point.

Our free enterprise system is now undergoing a crisis, and many American industries are experiencing insurmountable difficulties in competing in markets that once were theirs. Two devaluations of the dollar, which we have just witnessed, came about largely because an overburdened American economy has been saddled with too many giveaway programs funded by the Federal government.

By regimenting personal activities to a large degree, the federal government has virtually placed the individual and

Grey Sea Trout Fill the Bill for Tasty and Economical Family Fare

Trout has a way of adding spark to any meal. So, if you want to treat your family to some really tasty seafood dishes but not go over your food budget, now's the time to try grey sea trout.

The U. S. Department of Agriculture's Agricultural Marketing Service (AMS) says grey sea trout are in especially plentiful supply right now and has placed this tasty, economical fish on its plentiful foods list.

Known for its tasty, tender flesh, the grey sea trout (also known as weakfish) usually is available whole or pan-dressed because of their small size. However, fillets from larger fish are available.

Because the grey sea trout's habitat generally is off the coast of the Carolinas northward, many southern consumers have never had the opportunity to taste this economical, nutritious fish. However, with improved processing methods, supplies of fillets, whole frozen and fresh fish are available at many large metropolitan centers such as Atlanta.

Like most fish, the grey sea trout is about 18 percent protein—a protein that is complete, well balanced and not easily affected by the usual cooking methods. In addition, they are 85 to 95 percent digestible.

When serving sea trout, you can estimate the amount you will need by allowing about one-

third to one-half pound of edible flesh per person. For instance, allow about one pound per person if serving fish whole. For, dressed fish, allow about one-half pound per person. And, for steaks, fillets or sticks, allow one-third pound per person.

Since the grey sea trout lends itself to broiling, baking, sauteing or pan-frying, why not serve your family one of the following dishes while the sea trout are on AMS' plentiful foods list.

SPICY SEA TROUT
2 pound sea trout fillet
two-thirds cup tomato juice
3 tablespoons vinegar
2 tablespoons salad oil
1 envelope (½ oz.) old-fashioned French dressing mix
Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a single layer in a shallow baking dish. Combine remaining ingredients and mix thoroughly. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting.

Place fish on a well-greased broiler pan. Broil about 4 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

ORIENTAL SEA TROUT FILLETS
2 pounds sea trout fillets
¼ cup orange juice
¼ cup soy sauce
2 tablespoons catsup
2 tablespoons melted fat or oil
2 tablespoons chopped parsley
1 tablespoon lemon juice
1 clove garlic, finely chopped
½ teaspoon oregano
½ teaspoon pepper
Thaw frozen fish. Cut into serving-size portions and place in a single layer in a shallow baking dish. Combine remaining ingredients. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, removing sauce for basting. Place fish in a wellgreased broiling pan. Broil about four inches from the source of heat for four to five minutes. Baste with sauce. Broil for another four minutes or until fish flakes easily when tested with a fork. Serves 6.

GLORIFIED FILLETS
1 pound sea trout fillets, fresh

or frozen
1 can (8 ounces) tomato sauce
1 tablespoon horseradish
½ teaspoon dill weed, crushed
1 cup flour
2 teaspoons salt
Dash of pepper
Grated Parmesan cheese
Chopped parsley

Thaw fillets, if frozen. Skin and cut into serving-size portions. Combine tomato sauce, horseradish and dill weed. Combine flour, salt and pepper. Dip fish in tomato mixture and roll in seasoned flour.

Fry in hot fat at moderate heat for 4 to 5 minutes or until brown. Turn carefully and fry 4 to 5 minutes longer or until fish is brown and flakes easily when tested with a fork. Drain on absorbent paper. Sprinkle fish with cheese and parsley. Serves 6.

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