

COOKING DOWN EAST

By REBA MITCHELL

Take advantage of fresh vegetables. Try fixing old favorites in new or different ways for variety. If you are a corn lover, try corn oysters.

CORN OYSTERS

1 cup fresh corn cut from cob or 1 cup frozen corn thawed
2 eggs separated
¼ cup flour
1 tsp. salt
1/16 tsp. pepper
½ tsp. grated onion
Bacon fat or shortening

If bacon fat is used cook four strips of bacon for sufficient fat.

Mix corn and egg yolks in bowl. Mix flour, salt and pepper. Stir into corn and egg yolks. Beat egg whites until stiff and fold in. Drop from tsp. on hot griddle greased with bacon fat or shortening. Cook

How Much Sugar Is Too Much?

'Control your sugar intake' has been preached by dietitians and nutritionists for years. Why don't more people follow it?

"People look at a dietary rule like this one and say to themselves, 'I can't do this.

until brown. Make 20 corn oysters.

SEASONED BUTTER FOR CORN ON THE COB

Cook fresh corn 3-5 min. until just tender season with herb or curry butter.

Herb butter v. hip ½ cup butter or margarine with ½ tsp. dill weed and ½ tsp. crushed chervil until butter is light and fluffy. Chill until ready to use.

Curry Butter whip ½ cup butter or margarine with 1 tsp. curry powder until butter is light and fluffy.

Chill until ready to use. Note: Any seasoning may be substituted for the seasoning above for variety.

Here is an idea for using some of the surplus tomatoes. It's good on hamburgers, hot dogs, as an addition to barbecue sauce and chili for

How could I never eat any more sugar ever again?"

"They probably couldn't. The rule says 'control,' not 'eliminate.' A reasonably healthy person may eat more sugar. It only becomes a problem when you eat so much

spaghetti sauce.

CHILI SAUCE

5 lbs. ripe tomatoes peeled and chopped fine (about 15 md. size)

4 green peppers, seeds removed and chopped fine

4 md. onions peeled and chopped fine

2 stalks celery chopped fine

1 1/3 cups cider vinegar

1 1/3 cups sugar (or sugar substitute)

4 tsp. salt

½ tsp. black pepper

½ tsp. ground clover

¼ tsp. ground cinnamon

Combine all ingredients in large sauce pan, bring to a boil.

Cook slowly uncovered, 1½-2 hr. until thick. Stir occasionally.

Ladle into sterilized jars and seal at once. Make about 4 pt. sauce.

that you become overweight, your teeth decay and you become malnourished because it is crowding out other nutritional foods," says Sarah Hinton, extension nutrition specialist, North Carolina State University.

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Tax Credit For Farmers

Legislation to aid farmers in soil conservation practices was introduced last week by Representative John Gillam, D-Bertie, and ratified by the North Carolina General Assembly.

"This legislation provides an economic incentive to farmers to practice conservation tillage to reduce soil erosion," Gillam told fellow legislators. "Soil erosion has become a major problem in North Carolina. The problem has become so severe that it is becoming a handicap to the productivity of farms in this state. This legislation can turn the problem around by encouraging farmers to utilize good soil conservation techniques."

Gillam's bill provides an income tax credit of up to \$2,500 for the purchase of conservation tillage equipment. "Such a credit overcomes the prohibitive cost of this equipment. Better kinds of conservation tillage equipment can cost up to \$10,000," said Gillam.

Gillam said effective use of conservation tillage practices can bring dividends in productivity while reducing dramatic losses of soil. The practice also provides for more effective use of agricultural chemicals because runoff levels are dramatically reduced.

Gillam garnered widespread support for the introduction of the legislation. The bill received the support of the N.C. Farm Bureau, the N.C. Grange Association, N.C. Association of Soil and Water Conservation Districts, the N.C. Department of Natural Resources and Community Development, and other agricultural groups.

"This legislation will be a major step towards solving the erosion problem in North Carolina," said Gillam. "Sediment from soil erosion has been responsible for clogging lakes and streams in this state. The sediments often carry agricultural chemicals, such as pesticides, that have a negative impact on water quality."

Gillam said soil erosion and runoff of surface water have contributed to water quality problems in the Chowan and Neuse rivers. "If the problem continues, we're likely to see an adverse impact of other bodies of water in this state. The time to eradicate the problem is NOW, before too much damage is done."



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