

# Wildlife Recipes Put Zest In Menu

**DOVE CASSEROLE**  
4 cups diced, cooked breasts of doves (about 12 doves)  
1 (10 1/2 ounce) can chicken consommé  
6 Tbs. butter, divided  
2 1/2 Tbs. all-purpose flour  
2/3 cup cream  
2/3 cup breadcrumbs  
2/3 cup chopped green pepper  
2/3 cup chopped onion  
2 Tbs. chopped parsley  
1/2 tsp. ground sage  
1/2 tsp. salt  
freshly ground black pepper to taste  
2 ounces sherry wine

Cook whole doves in chicken consommé until tender. Remove breasts and dice meat. Measure 4 cups and set aside. Blend 3 Tbs. butter with flour and cream. Sauté breadcrumbs, green pepper, onion, parsley and sage in remaining 3 Tbs. butter. Mix the sautéed ingredients, flour mixture and dove meat. Place in skillet. Add salt, pepper and sherry and let cook gently for 25 or 30 minutes. Before serving, put into a casserole dish and cook for a few minutes under the broiler. To keep right consistency while sautéing, add pot liquor left from cooking whole doves. Yield: 4 servings.

## ROASTED DUCK BREASTS

4 duck breasts, fileted  
8 strips bacon  
1 1/2 sticks butter (real)  
1 bay leaf (crushed)  
1 Tbs. poultry seasoning  
1 tsp. parsley flakes  
1 tsp. salt  
dash black pepper  
dash red pepper  
dash cinnamon

Filet the breasts out of four ducks and wash thoroughly. Line an ovenproof dish with aluminum foil, leaving enough foil to seal when the ingredients are in place.

Wrap each filet with a strip of bacon and place in dish. Cut the butter into chunks and distribute evenly in the dish. Sprinkle the remaining ingredients on top of the filets. Close foil tightly and bake at 350 degrees for 1 hour and 15 minutes. Yield: four servings.

## DUCK IN ORANGE JUICE

Apples  
Celery  
Onions  
Four or five slices bacon  
Salt  
1 cup orange juice

Salt inside of duck and stuff with equal mixture of coarsely chopped apples, celery and onions. Sew shut to keep stuffing inside. In a large roaster or dutch oven with lid — fry four or five slices of bacon. When nearly crisp, remove bacon and brown duck in bacon fat. Add one cup orange juice or enough to cover bottom of pot about 1/2 inch. Drape bacon over duck, reduce heat to simmer and cover. Turn duck occasionally, basting with liquid in pot. Cook a large duck 45 minutes to an hour; small ducks take only 30 minutes. Remove duck when done, slice meat and pour reduced liquid over meat.

## RABBIT PIE

1/2 cup margarine  
1/3 cup all-purpose flour  
2 cups chicken broth  
1 cup milk  
1/2 tsp. salt  
dash pepper  
1 (20 oz.) package frozen peas and carrots  
1 cup cubed, cooked potatoes  
2 cups cooked rabbit, cut up  
pastry for 9-inch double crust (can use frozen pie crusts)

Melt butter in a saucepan. Stir in flour until well blended. Gradually add both, then milk, salt and pepper. Cook until thickened. Fold in vegetables and rabbit. Line an oblong 2-quart baking dish with pastry if a bottom crust is desired. Pour in rabbit mixture. Cover with top crust, seal edges and cut vents for steam. Bake in 400-degree oven for 30 to 40 minutes. Yield: four servings.

## VENISON ROAST

Venison roast  
1 Tbs. salt  
1 Tbs. vinegar  
vegetable oil  
1 lb. bacon  
1 can mushroom soup  
1 package Lipton's onion soup mix  
water

Trim all fat and membrane from roast. Cover roast with water, add salt and vinegar and soak over night or 12 hours. Remove roast from liquid, pat dry and sear on all sides in dutch oven with enough oil to cover bottom. Completely cover the roast with strips of bacon and place covered

dutch oven in a 340-degree oven. Halfway through cooking, add 1 can mushroom soup, onion soup mix and 1/2-can water. Before cooking time is over, cut roast deeply and baste several times with gravy. Cook whole venison ham five hours and neck roast or large roast, three hours.

## BRUNSWICK STEW

4 lbs cooked beef or venison  
4 lbs cooked poultry, squirrel or rabbit or a combination of all  
4 lbs cooked pork (Boston butt roast)  
1 gal. white shoe-peg corn  
1 gal. canned tomatoes  
1 1/2 lbs. onions (ground)  
3 large bell peppers (ground)  
4 Tbs. soy sauce  
1/4 cup Worcestershire sauce  
salt  
black pepper or hot sauce or both

Boil all meats until they are falling off the bone, then grind with a meat grinder. Cook peppers and onions separately until done. If using venison, be sure to remove all fat. Include fat from the Boston Butt roast, however. Mix all ingredients in a large pot and simmer slowly for about 1 hour, stirring regularly. Add broth, if needed, to thin. Salt and pepper to taste while cooking.

## VENISON STEW

2 lbs. venison (cubed)  
2 Tbs. bacon drippings  
6 cups boiling water  
2 tbs. salt  
1/2 tsp. pepper  
2 Tbs. f. pir  
4 medium potatoes (diced)  
4 carrots (diced)  
4 onions (diced)

Cut venison into 1 inch cubes. Roll in seasoned flour and brown in a small amount of oil in a heavy skillet. Add boiling water, salt and pepper to browned meat. Cover and simmer two to three hours. Add diced vegetables and cook until tender. Using 2 Tbs. of flour moistened with water, thicken the remaining liquid. This can be made in crockpot or in large dutch oven.

## ROAST 'POSSUM

1 opossum  
1 Tbs. salt  
1/2 tsp. pepper  
6-8 slices bacon  
1 quart water  
Stuffing:  
1 Tbs. fat  
1 large onion, chopped  
1 opossum liver (optional)  
1 cup bread crumbs  
1/4 tsp. Worcestershire sauce  
1 hard cooked egg  
1/2 tsp. salt  
1/2 cup water

Rub cleaned opossum with salt and pepper. Put fat in skillet and brown onion in it. Add the chopped opossum liver and cook until tender. Add bread crumbs, Worcestershire sauce, egg, salt and water. Mix thoroughly and stuff opossum. Truss it as you would a fowl. Place in roasting pan. Lay bacon across back. Pour 1 quart of water into pan. Roast in moderate oven uncovered at 350 degrees until tender — about 2 1/2 hours. Baste every 15 minutes.

# Wildlife Regulations

**DEER**  
Bow and Arrow  
Sept. 12-Oct. 31  
Muzzle-Loading  
Oct. 10-15  
Gun  
Oct. 17-Jan. 2  
Bag Limits  
Daily 2, Season 4  
Possession 2  
Own Either-Sex  
Nov. 30-Dec. 10  
(In Beaufort County, Craven, Hyde — with the exception of game lands and Pungo National Wildlife Refuge)

**BEAR**  
Nov. 14-19  
Beaufort County  
Washington County  
Pamlico County  
Nov. 14-16  
Hyde County  
Tyrrell County

**CANADA GOOSE**  
East Of I-95  
Jan. 21-31  
West Of I-95  
Season Is Closed  
Bag Limits  
Daily 1  
Hunting Hours  
Sunrise to Sunset

**WILD BOAR**  
(Spin Season)  
Oct. 17-Nov. 10  
Oct. 17-Jan. 2  
Bag Limits  
Daily 1, Season 1  
Possession 1

**SNOW GOOSE**  
**BLUE GOOSE**  
Nov. 3-Jan. 31  
Bag Limits  
Daily 4  
Hunting Hours  
Sunrise to Sunset

**WILD TURKEY**  
(Banded Turkey Only)  
April 8-May 6  
Bag Limits  
Daily 1, Season 2  
Possession 2

**Migratory Birds**  
**DUCKS — COOTS**  
**MERGANSERS**  
Oct. 12-Oct. 15  
Nov. 24-Nov. 26  
Dec. 15-Jan. 7  
Bag Limits  
Daily 3  
Hunting Hours  
From Sunrise to Sunset

**DOVE**  
Sept. 2-Oct. 8  
Nov. 23-Nov. 26

**SQUIRREL**  
(Gray Or Red)  
Oct. 17-Jan. 31  
Bag Limits  
Daily 8, Season 15  
Possession 18

**PHEASANT**  
(Male Pheasant Only, Non native)  
Nov. 19-Feb. 1  
Bag Limits  
Daily 2, Season 30  
Possession 8

**RABBIT**  
Nov. 19-Feb. 28  
Bag Limits  
Daily 3, Season 75  
Possession 10  
(See Trapping Season Nov. 15-Feb. 28)

**RACCOON & OPOSSUM**  
Oct. 24 (last quarter)-Feb. 28  
Bag Limits  
Daily 2, Season 30  
Possession 6

**QUAIL**  
Nov. 19-Feb. 28  
Bag Limits  
Daily 10, Possession 20  
No Season Limit

**FOX**  
No intentional kill by any hunting method allowed in Beaufort, Hyde, Washington, Tyrrell and Craven Counties.

**CROW**  
July 1-Feb. 28  
Allowed on Thursday, Friday and Saturday.  
Bag Limits

**GROUNDHOG**  
No closed season or bag limits

**TRAPPING**  
Dec. 15-Feb. 28  
Beaufort, Craven, Hyde, Washington, Tyrrell and Pamlico Counties.

**General local regulations:**  
Craven County: No hunting on or from a public road within an area posted against such by the N.C. Wildlife Commission.  
Beaufort County: No hunting of migratory waterfowl north of Pamlico River and south of Broad Creek and Washington city limits.  
Hyde County: No hunting game animals with dogs, unless accompanied by licensed hunting guide or with a permit from the owner of the land. No hunting of migratory waterfowl from a public road. No hunting with a rifle from a public road. No hunting with a gun or dog on the land of another without permission of the owner or lessee.

\* — This guideline to hunting seasons and regulations is compiled from information from the North Carolina Wildlife Resources Commission and is intended as an aid to hunters. Those requiring further information may contact their local wildlife enforcement officer or the N.C. Wildlife Commission at 1-(800)-562-7358.

# The Good Shooter Makes It Look Easy

A good shooter makes good shooting look easy. But that's only because a spectator watching a skilled marksman can't feel the concentration of the person behind the trigger or be aware of the well-practiced techniques that the shooter is putting into use.

However, anyone willing to put forth a little effort can become a proficient marksman, regardless of size, weight, sex or athletic ability. And it's fun!

The following tips for better shooting are provided by Daisy Manufacturing Company, which has taught over seven million Americans the fundamentals of shooting.

First of all, Daisy, which manufactures both airguns and firearms, recommends learning to shoot and practicing with an airgun.

The skills necessary to shoot BB guns and pellet rifles well are the same as those used in firearms marksmanship. But airguns don't kick or make much noise, the ammunition and guns are inexpensive, and airguns may be shot safely in the backyard or the basement if the weather is unpleasant.

Stability is one of the keys to sharp shooting. Of the four standard shooting positions — standing, kneeling, sitting and prone — prone is the most stable because more parts of the body are in contact with the ground. Conversely, the standing, or off-hand, position is the least stable and most challenging. For the greatest accuracy and stability, try resting your gun on a steady

platform such as a table or fence post.

How a target appears through a gun's sights varies with different types of sights, but as a general rule you should focus on the front sight rather than the rear sight or the target.

The key to hitting the mark every time is consistency in shooting technique. Shoot groups of three to five shots at a paper bullseye, then adjust your rear sight to compensate for groups hitting off-center, rather than aiming off-center to compensate for a gun that is shooting high or low.

Raising a rear sight will raise where the projectile hits, and moving it to the right will place the projectile further to the right.

Another key to shooting accurately is breath control. The act of breathing causes the gun to waver, so most shooters gain stability by taking a deep breath, letting out about a third of it, then holding what's left while they squeeze the trigger. Finally, it's important to squeeze the trigger slowly because a careless pull is likely to pull the gun slightly off target.

Entire books have been written on shooting techniques. But the shooter who practices the tips listed above is a few steps ahead of most.

For more comprehensive instruction in shooting and gun safety, contact your local gun safety, contact your local U.S. Jaycee chapter or 4-H Club, or conducting a Daisy-sponsored shooting education program in your community.

# Hunt Safely On Water

As thousands of hunters take to the nation's waterways to hunt ducks and geese, few take water safety into account. Each year, according to Coast Guard sources, too many waterfowl hunters needlessly lose their lives to drowning and other water-related mishaps.

Officials point to cold weather, poor visibility, inadequate weather information, heavy clothing and inattention to proper marine safety as potential hazards when hunting waterfowl on the water.

Shallow-draft boats or floating duck blinds are easily swamped when overloaded with too many hunters, dogs, guns and accessories, and too much ammunition.

When taking to the lakes, rivers, sloughs, marshes and other wetland areas, you should consider what to do if you go overboard or if your craft is swamped.

Before shoving off, make sure you have enough floatation devices of sufficient capacity to

keep you afloat in waders and heavy hunting clothes.

"The seat floatation device you used this summer may not be enough to keep you afloat under waterfowl hunting conditions," a Coast Guard marine safety official warns.

To ensure a successful and safe duck or goose hunt this year, follow these safety precautions:

1. Have someone on shore that knows exactly where you are going, and when you expect to be back!
2. Dress properly, layering insulating material (such as silk or wool that will offer some protection from hypothermia if you get wet!)
3. Have a sufficient number of floatation devices for everyone in the boat that will keep them and their hunting clothes afloat if they fall into the water!
4. Do not overload your boat!
5. Carefully check the weather reports before you shove off!
6. If the weather looks at all threatening, head for shore!

# The Right Clothing Keeps Hunters Safe

Each year, tens of thousands of upland bird hunters unnecessarily risk death or serious injury. According to national statistics from the Hunter Safety Coordinators Association, several hundred hunters are injured or killed, each hunting season. Proper clothing could reduce these tragic numbers substantially.

In most upland hunting areas, there is competition from the hunters for public and private hunting areas. Being visible to other hunters is of prime importance in hunting safety. Many hunters are hit with shot because their hunting companions or other hunters in the area couldn't see them.

Blaze orange, or hunter orange as some call it, is a color that does not occur in nature and is highly visible in all light situations.

It is important to wear a coat, vest or at least a hat of this color so that you will stand out from grass, trees and other parts of the natural landscape.

Too many hunters wear tan or camouflage clothing when hunting pheasants, quail, partridge and doves. When pursuing upland bird hunting, as opposed to waterfowl or big game hunting, it is not necessary to sneak up on the game.

If you are flushing the birds, with or without the aid of a dog, being invisible to other hunters serves no purpose; rather, it puts you at risk of being shot accidentally.

Bob Allen, designer and manufacturer of upland hunting clothing, reports that only 40 percent of his upland hunting clothing is sold in blaze orange color.

The majority, (60 percent) of the hunters have opted to purchase the clothing in English tan. Allen says the percentages should be the other way around. Other outdoor clothing manufacturers echo Allen's findings that sales of blaze orange upland clothing account for only a small portion of their sales volume.

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