



OUTDOOR COOKING—Chicken Tandouri, a native of the Near East, is a low calorie meat dish to grill outdoors. Yogurt and spice marinade makes this a different way to serve low-cost chicken.

From The Kitchen Of The Chowan Herald

By MILDRED HUSKINS

It's summer and the smartest kitchens these days are outdoors!

Backyards, state parks, patios, brookside and beach furnish the kitchens in hot weather. The cook gets a leave of absence from the home range, and everybody eats with more appetite because fresh air and sunshine are great persuaders to enjoy food. You remember how hard it is to fill the kids while at the beach. They eat all the time.

Food prices are just as important eating outdoors as eating in. There will probably be more hamburger than steak grilled this summer but the eating can still be wonderfully good.

Outdoor food isn't just grilled meat, important though that is. It's also beautiful salads and interesting vegetables.

When flavor and fewer calories are the goal in outdoor menus, chicken wins the bid. It scores, too, on the budget side because chicken is one of the lowest-cost meats in the market today.

Chicken Tandouri is a delightful style of cooking chicken that is native to the Near East. Yogurt, cool and tangy, and spices make a marinade that adds great flavor to this dish. Into the marinade goes a great flavor-enhancing ingredient -- Ac'cent--and it does wonders for bringing out the real "chickeny" flavor.

Serve Chicken Tandouri with a sparkling fresh Cucumber Salad. This too, is economical with the fine supplies of fresh cucumbers in the market or in

the garden.

An even lower calorie recipe to cook on the grill is Spicy Chili Chicken.

Incidentally, these chicken recipes work equally well under the kitchen broiler.

Chicken Tandouri
3 broilers (2 lb. each) halved
2 cups yogurt
1/4 cup chopped onion
1 clove garlic, minced
1/4 cup lemon juice
1/2 teaspoon ground ginger
1 tablespoon ground coriander

2 teaspoons chili powder
2 teaspoons ground cumin
1 teaspoon turmeric
2 teaspoons Ac'cent
2 teaspoons salt

Place chicken in bowl or shallow baking dish. Combine remaining ingredients; pour over chicken. Cover and refrigerate 12 to 24 hours, turning chicken occasionally. Drain. When coals have reached the light gray ash stage, place chicken skin side down on grill set three to six inches from coals. Cook until tender, turning and basting occasionally with marinade, 45 minutes to 1 1/4 hours. Makes six servings.

Spicy Chili Chicken
2 cups tomato juice
1 1/2 cups chopped onion
2 cloves garlic minced
4 tablespoons chili powder
1 teaspoon cumin
1 teaspoon ground coriander
1/2 cup chopped parsley
2 bay leaves
4 broilers (2 lb. each) halved
4 teaspoons Ac'cent

In large bowl mix tomato juice and all other ingredients except Ac'cent. Add chicken, cover and marinate several

hours. Remove chicken from marinade; sprinkle with Ac'cent. When coals have reached the gray ash stage, place chicken skin side up on grill set three to six inches from coals. Cook until tender, turning and basting occasionally with marinade, 45 minutes to 1 1/4 hours. Serves eight.

Cucumber Salad
3 large cucumbers, pared and sliced
3 tablespoons white wine vinegar
3 tablespoons chopped onion
3/4 teaspoon salt
3/4 teaspoon Ac'cent
1/8 teaspoon dried dill weed

In bowl mix cucumbers and remaining ingredients. Cover and chill several hours. Makes six servings.

Barbecue Briefs
Be sure to start the fire one-half hour before you start cooking. The coals have to be without flame to do the right job. Coals at the right stage have a light gray ash tone in daylight.

For best results, start the meat without any seasoning on it. Toward the end of the cooking time, sprinkle with seasoning.

If you are using barbecue sauce, it should be brushed on toward the end of the cooking time. If the sauce is added at the beginning of grilling time, it is hard to brown the meat and the sauce is likely to brown too much.

Good barbecued meat accompaniments include lots of garlic-buttered Italian or French bread cut almost

through in portions and warmed at the side of the grill; a platter of fresh-sliced rosy-red tomatoes, cucumber spears and carrot sticks. For a hearty touch, wrap potatoes in foil and bake. Serve with sour cream and Chives.

Error Is Made In Court Report

Barbara Boyce, daughter of Mr. and Mrs. Sidward Boyce, Route 3, Edenton, is not the same as the person listed in a report of racial demonstrators tried and convicted in Chowan County District Court.

Sheriff Troy Toppin said Joan Bembry gave the alias when arrested. She has been tried and convicted.

The Bembry girl and her mother later appeared before Mrs. Lena M. Leary, clerk of court, and signed sworn statements as to her correct name.

The Chowan Herald regrets the alias was not picked up prior to reporting the activity in court.

Illness Is Fatal To Mrs. White

Funeral services were held Saturday afternoon in Colonial Funeral Chapel for Mrs. Pansy Parrish White, 105 West Albemarle Street. She was 71.

Rev. Robert Gray and Rev. R. N. Carroll conducted the 3 o'clock service. Burial was in Beaver Hill Cemetery.

Mrs. White died in Raleigh hospital Thursday following an illness of one year. She was a housewife.

A native of Chowan County, she was the daughter of the late George L. and Millie White Parrish. She was married to Ernest L. White, who survives.

Also surviving is a son, E. L. White, Jr., of Raleigh; a brother, John L. Parrish of Edenton; three sisters: Mrs. Carrie Spivey of Hobbsville; Mrs. Gladys Forehand and Mrs. Evelyn Moyers, both of Edenton; and three grandchildren.

Mr. White was a member of Edenton Baptist Church.

Pallbearers were: John F. White, Raymond Mansfield, T. B. Smith, Jim Oglesby, Guy Hobbs and Maynard Perry.

Tar Heel Spotlight



Department of ART, CULTURE and HISTORY
Grace J. Rohrer, Secretary

North Carolina records of colonial days — who needs them?

Well, hundreds of students, teachers and genealogists — both amateur and professional — and just plain citizens are a few who benefit from the compilation of thousands of official records into volumes.

And to provide this service is the Colonial Records Project of the North Carolina Department of Cultural Resources.

The Colonial Records Project was begun by the Carolina Charter Tercentenary Commission in 1961 to commemorate the three-hundredth anniversary of the chartering of the North Carolina colony by the Lords Proprietors in 1663. When the Tercentenary Commission terminated at the close of 1963, the Records Project moved under control of what was then the State Department of Archives and History. Although the Project at one time employed as many as eight fulltime staff members, its staff now consists of only four fulltime people — three in Raleigh and one in England.

The aims of the Project are to locate and inventory all surviving records of colonial North Carolina, from its earliest fixed settlements through 1775, wherever those records are deposited; to secure photocopies of all such records

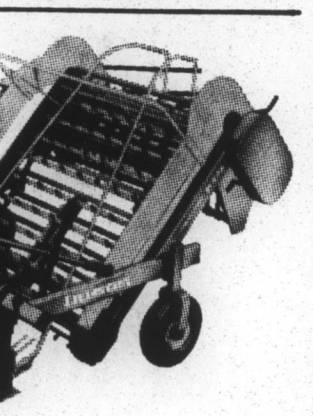
outside the State for deposit in the Archives; and to publish the more important documents.

Considerable progress has been made in all three areas. More than 300,000 documents in North Carolina have been inventoried and described, and nearly 1,500 documents outside the State have been inventoried. Photocopies of colonial North Carolina documents have been obtained from places as divergent as New York and California. The Project employs a researcher in England who has located and filmed about 40,000 pages of documents there and is continually discovering new material. After all, prior to 1776, London had much the same relationship to North Carolina that Washington, D. C., has today. Finally, three volumes of colonial records have been

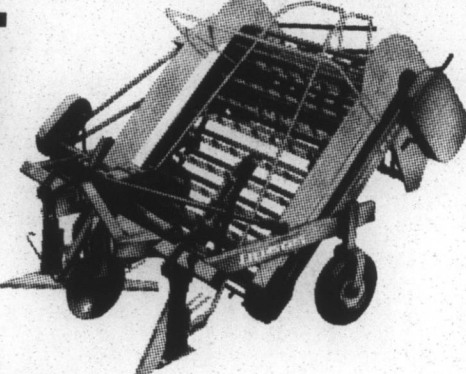
published, and a fourth should be available late in 1973. These volumes contain extensive introductions which establish a proper time frame for the documents in them and are thoroughly indexed.

The highest aim of the Colonial Records Project is to make the people of North Carolina more aware of the importance of their state in the early days of the nation. Many of the patterns of our lives today were set years ago in a frontier wilderness — from items as basic as the language we speak to an institution as complex as a two-house legislature. A state which better understands its origins can better deal with its future.

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School Admittance Legislation Covers Every Student

The 1973 N. C. General Assembly passed legislation entitled "School Admittance." This law covers every child enrolled in a public, private, or parochial school in the state, regardless of grade; however, from a practical, medical point of view, the law addresses itself principally to those children enrolled in grades one through six.

This law requires that parents or guardians of a child enrolled in any public, private, or parochial school in North Carolina present acceptable medical evidence to school authorities indicating the required immunizations have been received.

The following vaccines and the number of doses of each are required by this law:

- Diphtheria Vaccine - Three (3) Doses
- Polio Vaccine - Three (3) Doses
- Measles Vaccine - One (1) Dose

Parents with children in grades one through six will be asked to present to the principal of the appropriate school a copy of the child's immunizations' record with dates the required vaccines were administered; or a Doctor's signed statement that the child has received the immunizations required by state law.

The law requires that such evidence be presented within 30 days following school admittance.

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