

Creative Cooking From The Herald Kitchen

By Mildred Huskins
Our calendar denies it, but our garden confirms that spring is a little nearer than just around the corner.

The daffodils are nodding bravely at the crisp, cool twilights which have followed on the heels of unseasonably warm temperatures which awakened most of our bulbs and flowering shrubs.

Another sure sign of spring is tender green asparagus in the market. Doesn't it put a spring in your step as you test the tender stalks of asparagus in the produce section and turn to a golden bunch of daffodils being offered on the other aisle? You immediately can see your spring luncheon table — fresh asparagus and a vase of daffodils or the first tulip along with a fragrant hyacinth or two.

Asparagus Divan is a fitting salute to spring. Cooked chicken is covered with stalks of asparagus, which has been gently

simmered just to the point of tender crispness. Then the chicken and asparagus is blanketed with a creamy sauce. After a brief trip in the oven, Asparagus Divan is ready to enjoy.

The artichoke is another bright star in the springtime vegetable galaxy. And even if you've never prepared one before, you'll agree that this method is simplicity itself. If you can boil water, you can prepare artichokes. The Lemon Butter Sauce that accompanies the artichokes is equally easy to make, and brings out all the fresh flavors of this vegetable, that's so much in tune with the joys of spring.

Asparagus Divan
1 broiler-fryer chicken (about 3 lbs.)
2½ cups water
1 onion, peeled and studded with 4 whole cloves
1 rib celery
2 teaspoons salt, divided
1½ lbs. fresh asparagus
¼ cup butter or margarine
1 clove garlic, minced

1 small tomato, peeled and chopped
¼ cup flour
½ cup milk
2 teaspoons sherry
Salt and pepper to taste

Place chicken in large saucepan with water, onion, celery and one teaspoon salt. Bring to boil, reduce heat and simmer covered until tender, about one hour. Strain broth and reserve one and one-half cups. Remove meat from chicken and cut into long, thin slices. Set aside and prepare asparagus. Cut or break off each stalk as far down as it snaps easily. Wash thoroughly. Place trimmed asparagus in two layers in large skillet or saucepan. Sprinkle with remaining one teaspoon salt and add boiling water to depth of one inch. Cover and simmer about 10 minutes, until lower part of stalk is just crisp-tender. Lift out with pancake turner or two forks. Set aside. Melt butter in saucepan; add garlic, and tomato; cook about five minutes. Blend in flour. Stir in reserved chicken broth and milk. Cook stirring constantly, until thickened, about 10 minutes. Remove from heat, stir in sherry, and season with salt and pepper to taste. To assemble dish, place chicken on bottom of shallow three-quart casserole. Cover with cooked asparagus, then sauce. Bake at 400 degrees about 12 minutes or until hot. Serves four or five.

saucepan over low heat. Stir in remaining ingredients. Makes one-half cup sauce. (This sauce is excellent with other vegetables such as asparagus and broccoli.)

What's New
You'll soon be finding some additions to the Green Giant frozen vegetables family of fine foods. Le Sueur Brand Combinations — Tiny Peas, Pea Pods and Water Chestnuts Frozen in Oriental Butter Sauce is the newest addition to the line which also features Tiny Peas, Pearl Onions and Carrots in Butter Sauce and Tiny Peas, Carrots and Celery in Beef Flavored Butter Sauce.

Trooper Fills Court Docket

State trooper M. J. McArthur was the central figure Tuesday morning in the regular session of Chowan County District Court. Of 17 cases calendared for trial, he was the arresting officer in 14 of them.

Edenton Patrolman W. C. Cramm had three cases on the docket.

Judge John T. Chaffin presided over the session with Asst. Dist. Atty. Dick Parker prosecuting the docket. Action taken included:

William Henry Downing, worthless check, called and failed.

Donald Wayne Johnson, speeding, \$25 fine and costs.

John R. Sultan, improper registration plates, \$10 fine and costs.

James Roberts, speeding and drunk driving, second offense, 90 days, suspended upon payment of \$225 fine and costs. Notice of appeal entered.

Henry Kirk Gibbs, speeding, \$10 fine and costs.

Dan Junior Bembery, driving while license revoked, dismissed.

William Lawrence Cook, speeding, called and failed.

Wallace James Whitehurst, allowing unlicensed person to drive and public drunkenness, called and failed.

Thomas Moore Applegate, Jr., speeding, \$10 fine and costs.

Justice Mayo James, drunk driving, 90 days, suspended upon payment of \$100 fine and costs.

Margaret Swindell Laughinghouse, speeding, \$10 fine and costs.

James Thomas Cooper, speeding, \$10 fine and costs.

James Oliver Layden, III, drunk driving, dismissed.

Ann Privott Leary, speeding, \$35 fine and costs.

Thurman Lee Goodwin made a first appearance on a fugitive warrant from Virginia. He refused to waive extradition.

Vance Clifton, speeding, \$10 fine and costs.



SALUTE TO SPRING—Asparagus Divan has layers of cooked chicken, fresh asparagus and a creamy sauce flecked with tomatoes. Serve it as a salute to springtime.

New Bicentennial Idea Book Available

Are you among the millions of Americans involved in commemorating the Bicentennial? If not, there is still time to join the festivities.

The American Revolution Bicentennial Administration (ARBA) has just published a booklet describing some of the ways America's 200th anniversary will be celebrated in communities across the land. Called "What You Can Do: A Bicentennial Idea Book," the 10-page publication is available free of charge. It describes 20 ways Americans are participating in the Bicentennial, and illustrates a diversity of ideas.

The "Idea Book" can be obtained by writing any of ARBA's 10 regional offices, or: ARBA, 2401 E Street, N.W., Washington, D.C. 20276.

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"What are those brown spots on my hands?"

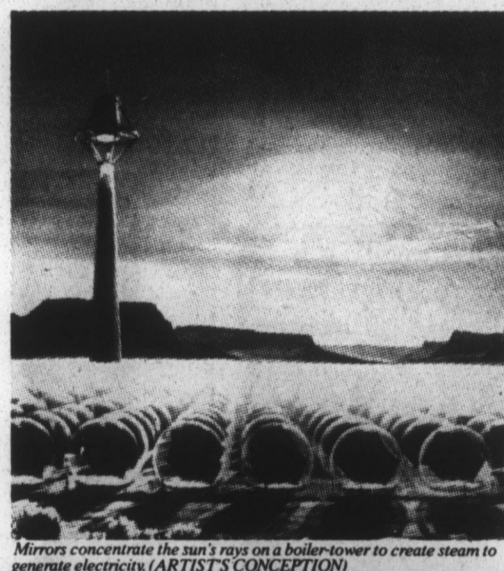
You may think they're just big freckles, or sun spots. Maybe somebody told you they were "liver spots." But they're most likely age spots.

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Vepco is interested in developing the use of solar energy to help supply the electrical energy needs of our customers. Through the utility industry's Electric Power Research Institute, we are learning about new ways to turn the sun's energy into electric power.

EPRI programs so far cover 21 active and 28 planned solar demonstration projects. The program includes such projects as designing, building and studying 10 homes with heating and cooling systems based on solar energy, solar energy as a means of generation for electric utility systems, environmental assessment of solar energy power plants, and a testing facility for solar materials and components.

The solar energy program will total \$17 million.

In Virginia, Vepco sponsored the study of solar energy for the heating and cooling system planned for the proposed new Virginia Museum of Science.

But as exciting as solar energy sounds, right now it does not compete economically for routine generation of electricity. Even though sunshine is free, it is not constant, and the equipment needed to collect it is much more expensive than anything we are using today. With research, solar energy may be a hope for tomorrow—but nuclear power is the answer today. Nuclear power is the lowest cost new way we have of producing electricity. In fact, last year, nuclear power saved Vepco customers over \$100 million.

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