

Creative Cooking From The Kitchen Of The Chowan Herald

A little imagination could bring you a big, big cash prize in the 1977 National Chicken Cooking Contest. But you'd better hurry for

the deadline for entries is March 1. Winning recipes are not the far-out exotic creations you might be led to expect,

but often simple variations on something classic. Changing the seasoning or adding new ingredients can give a traditional chicken

dish a delightful new twist and turn it into a winner. The North Carolina Chicken Cooking Contest is set for May 20 in Raleigh according to Miss Joanne Ivy of the N. C. Department of Agriculture, chairman of the state cook-off committee. Ten finalists from this state will compete for the state title and the winner will be eligible to compete in the national contest to be held July 27, 1977, in Jackson, Miss. The state contest is sponsored by the N. C. Poultry Processors Association in conjunction with the Department of Agriculture, N. C. Poultry Federation. Send recipes along with name, address, and telephone number to "Chicken Contest," Box 28158, Central Station, Washington, D. C., 20005.

The judges in the national contest are looking for four characteristics: interest, appearance, flavor and simplicity. Each recipe must contain a broiler-fryer chicken, whole or any part, at least one teaspoon Ac'cent flavor enhancer, at least one-fourth cup Mazola corn oil. It should serve four people and require no more than three hours of preparation time from start to finish. Each of the state finalist receives \$100, a trophy, and an expense paid trip to the final cook-off where a total of \$25,000 in prizes will be awarded.

Here is a traditional chicken casserole with a foreign flavor and a past winner. **Chicken Francaise**
 1/4 cup flour
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1 teaspoon Ac'cent flavor enhancer
 1 broiler-fryer chicken, cut in parts
 1/4 cup Mazola corn oil
 1 can (6 oz.) mushrooms, drained

2 cups frozen small white onions, thawed
 2 cups frozen baby carrots, thawed
 1 1/2 cups red wine
 1 cup beef broth
 2 cloves garlic, minced
 2 tablespoons tomato paste
 1 bay leaf
 1/4 teaspoon dried tarragon leaves

In a bowl mix together flour, salt, pepper and flavor enhancer; coat chicken pieces. Heat corn oil in a large fry pan over medium heat. Add chicken and brown on all sides. Add mushrooms, onions, carrots, wine broth, garlic, tomato paste, bay leaf and tarragon. Cover and simmer 45 minutes, until chicken is tender. Makes four servings.

Sunshine Chicken
 6 chicken thighs
 6 chicken drumsticks
 1 teaspoon salt
 1 teaspoon basil
 1 teaspoon Ac'cent flavor enhancer
 1/4 teaspoon freshly ground pepper
 1/2 cup soy sauce
 1/2 cup catchup
 1/4 cup honey
 1/4 cup Mazola corn oil
 2 cloves garlic, crushed
 Poached Oranges

Sprinkle chicken with salt, basil flavor enhancer and pepper. Mix together soy sauce, catchup, honey, corn oil and garlic. Place chicken skin side up in shallow baking dish. Baste with sauce. Bake in 350-degree oven, basting frequently, one hour or until tender. Serve with Poached Oranges and remaining basting sauce, mixed with sauce from the oranges. Serves four to six. For the

Poached Oranges, mix together three-fourths cup water, one and one-half cups sugar, three tablespoons slivered orange peel. Cook until slightly thickened. Add three cups fresh orange sections. Cook about three minutes. Add two tablespoons orange liqueur. **Hot Chinese Chicken Salad** was 1974 contest winner and could be a winner at your house. Add this one to your chicken recipes collection. It is served over rice.

Hot Chinese Chicken Salad
 8 chicken thighs, skinned, boned and cut into chunks
 1/4 cup corn starch
 1/4 cup Mazola corn oil
 1/2 teaspoon garlic powder
 1 large ripe tomato, cut into chunks
 1 can (4 oz.) sliced mushrooms, drained
 1 cup coarsely chopped green onion
 1 cup slant sliced celery
 1 teaspoon Ac'cent flavor enhancer
 1/2 cup soy sauce
 2 cups finely shredded iceberg lettuce

Roll chicken in corn starch. Heat corn oil in fry pan or wok over medium high heat. Add chicken; quickly brown. Sprinkle with garlic powder. Add tomato, water chestnuts, mushrooms, onion and celery. Stir. Sprinkle with Ac'cent. Add soy sauce. Stir. Cover, reduce heat to simmer and cook five minutes. Lightly toss the chicken-vegetable mix with lettuce. Serve hot over rice. Makes four servings. Now you do one and we hope you are a winner.

CSA Energy Conservation Grant OK'ed
 WASHINGTON, D. C.—Rep. Walter B. Jones of the First Congressional District has announced grants by the Community Services Administration under their Emergency Energy Conservation Program.

Economic Improvement in Edenton and serving the 10-county Albemarle Area, received \$11,961. The grant will provide for making home repairs and retrofitting dwellings to minimize heat loss and improve thermal efficiency. Also it can be used for emergency assistance in the way of intervention to prevent hardship or endangerment to health due to utility shut-off or lack of fuel.

The Kidney Foundation of North Carolina is a non-profit, voluntary health agency whose goal is to eliminate diseases of the kidney as a major health problem. Major programs of the Foundation include public education, professional education, the Organ Donor Program, patient services and research. The Foundation offices are located in Chapel Hill.

N. C. Kidney Foundation Elects Officers

The Kidney Foundation of North Carolina elected officers at its annual meeting held in Charlotte. Elected President of the foundation was William G. Gainey of Raleigh. Gainey is administrator of the Chronic Disease Branch, Division of Health Services in Raleigh.

Other officers elected were: vice president, R. Powell Majors of Charlotte; secretary, Mrs. Nancy Watts of Charlotte; and treasurer, Norman Eckert of Chapel Hill. New trustees elected to the board were Mrs. Rachel Bean of Greensboro and Mrs. Virginia Thomas of Charlotte.



FOREIGN FLAVOR—A little imagination can turn an old favorite into a winner in the National Chicken Cooking Contest. This unique version of Coq au Vin calls for the addition of baby carrots and is delicately seasoned with tarragon instead of thyme. It was a former contest winner.

AUCTION SALE OF VALUABLE FARM EQUIPMENT

Saturday, FEB. 12, 1977 -- 10:00 A.M.

SALE LOCATED: D. C. BUTLER FARM, Carolina Road; 2 Miles South of Suffolk, Va. off Hwy. 13 and 22. FOLLOW AUCTION SIGNS.

- Ford Tractor — 8000 Diesel — Dual Power
- Ford Tractor — 6000 Diesel
- Hobbs Peanut Combine — P.T.O.
- Long Disc on Rubber — 12 Ft.
- King Disc — 18 Ft. 3 Ft. Hitch
- Ferguson Tractor — 4 Row with Gandy Box 12 Ft. 4 Row
- Cole Planters with Gandy Hoppers — 4 Row
- K.M.C. Rolling Cultivator — 4 Row
- McCleary Cultivator — 4 Row
- Pittsburg Cultivator with Gauge Wheels — 4 Row
- Fertilizer Spreader — 5 Ton — 4 Wheels
- Ford Chisel Plow — 10 Ft. 3 Ft. Hitch
- Ford Bottom Plow — 3 Bottom 16 inch Flip-Type
- Wood's Hydra-Boost Tractor Boom
- Ford Tractor Blade — 8 Ft.
- Ford Rotary Cutter — 8 Ft.
- Ford Dirt Scoop 7/8 yd. Lift-Type with Rubber Wheel (No. 719)
- Hobbs Peanut Digger Flip-Type — 2 Row
- Ferguson Peanut Digger Inverter — 2 Row
- Sprayer on Rubber — 200 Gal. tank — 8 Row
- Long Peanut Digger — 2 Row
- Johnson Duster — 8 Row
- Gandy Lime Sower — 12 Ft.
- John Deere Cycle Mower
- 2—Farm Trailers
- 2 Wheel Wagon on Rubber
- Vine Cutter
- 2—Gandy Hoppers
- Large Vent Fan and 2 Large Vents — Rotary Type
- Portable Gas Tank with Pump — 100 Gal.
- Railroad Jack, Hydraulic Jack
- Large Vice, Chain Binders, Pipe Wrenches
- Chain Fall 1/2 Ton
- Electric Wrench with Tool Box
- Black-Decker Grinder
- Skill Saw, Grease Gun, Used Tires
- Water Pump (gas), Horse Saddle
- Bolt Chest with Bolts and nuts
- 1—Lot Drainage Tile 6 inch
- 1—Large Lot of Small Items

MANY OTHER ITEMS TOO NUMEROUS TO MENTION
 TERMS: CASH OR GOOD CHECKS
 NOT RESPONSIBLE FOR ACCIDENTS

Sale Authorized by: D. C. BUTLER, Suffolk, Va. Phone: 529-5773
 Bonded License No. 99
 Auctioneer: HAROLD WINSLOW, Phone: 297-2658, Bertford, N. C.

Dividend Set

ROCKY MOUNT — The Board of Directors of Peoples Bank and Trust Company has approved a dividend of 22 cents per share on the bank's common stock for the first quarter. The announcement was made following the Board's regular meeting on February 23, 1977.

The dividend is payable March 31, to shareholders of record on March 16. Peoples Bank currently serves 23 North Carolina communities with 39 offices.

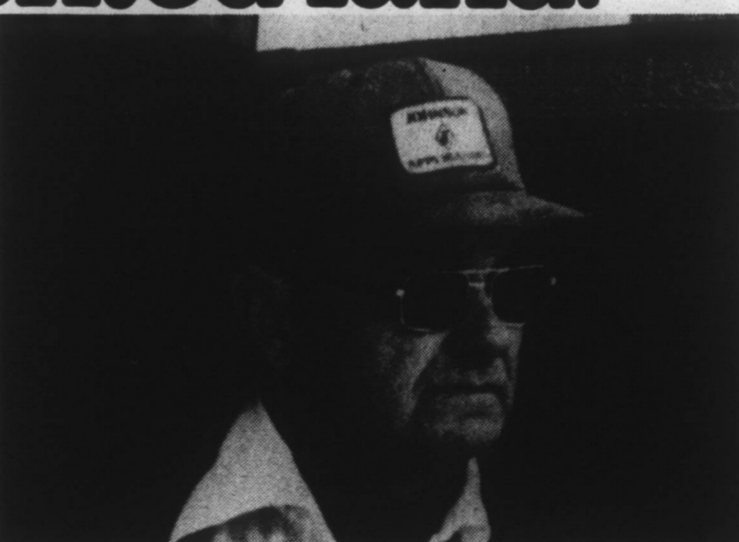
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Howard Futrell — Conway, N.C.

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