

The Herald Kitchen: Picnic Suggestions

By Mildred Huskins
We like to keep a can of salmon or two on the pantry shelf. There are so many things we can do with canned salmon for it is most convenient. On a cool evening when we're ready for a hot meal, we like to make up a batch of old-fashioned salmon cakes and they never fail to please our family. Salmon salad is a great favorite for summer luncheon. We just drain a small amount of salmon and start hopping a bit of celery for crunch, a hard-cooked egg, a little sweet pickle relish, a squeeze or two of lemon juice all mixed up with a dollop of mayonnaise. If there are leftovers the sandwiches which result are delicious. Here we are at picnic time so we're suggesting you get

out the can of salmon. Spread a cloth under a shady tree and enjoy tempting Salmon French Loaf. Serve it with raw vegetable sticks and an assortment of cheese and fruits for dessert. Besides being perfect for a picnic lunch, this unique sandwich loaf is also ideal to serve at home for a casual gathering.

Salmon French Loaf
1 loaf French bread
1 pkg. (3 oz.) cream cheese, softened
Lettuce
1 can (15½-oz.) or 2 cans (7¾-oz.) salmon
1 large cucumber, chopped
1 cup diced celery
¾ cup mayonnaise
2 tablespoons lemon juice
½ to 1 teaspoon dill weed
½ teaspoon onion salt

Salt to taste
Cut off top of French bread; set aside. Hollow out bottom half of loaf and spread with softened cream cheese. Place lettuce leaves over cream cheese. Drain and flake salmon. Mix with remaining ingredients. Spoon evenly over lettuce in hollowed out French loaf. Replace top of loaf and wrap in foil. Chill until serving time. Makes six sandwiches.

Looking for something special for a festive shower or luncheon, something conveniently made ahead of time, and full of exciting flavor? Salmon Sandwich Loaf layered with colorful fillings and frosted with cream cheese is served chilled for gracious entertaining with no last minute fuss.

The sandwich is made up of three delightful spreads tucked between layers of bread cut lengthwise into flour equal slices. One layer contained Curried Egg Spread, with just the right dash of curry for mild, spicy flavor interest. Then comes a Salmon-Olive Spread, full of salmon's lively flavor and accented with chili sauce. The Avocado-Bacon Spread includes onion and lemon for bright color and taste. A garnish of carrot curls, celery leaves, curly endive and sliced cucumber adds the finishing touch to this handsome buffet centerpiece.

Salmon Sandwich Loaf
Curried Egg Spread (below)
Salmon-Olive Spread (below)
Avocado-Bacon Spread (below)
1½ lb. loaf unsliced bread
Butter
2 pkgs. (8 oz. each) cream cheese, softened
2 tablespoons milk
Prepare sandwich

spreads. Trim crusts from bread. Slice bread, lengthwise, into 4 equal slices. Spread with butter. To assemble, spread one sandwich filling over each of three slices of bread. Stack, topping with fourth slice. Beat cream cheese with milk; frost top and sides of loaf. Chill. Garnish with sliced cucumber, celery leaves, carrot curls and curly endive. Slice with electric knife for easy serving. Makes 10 to 12 servings.

Curried Egg Spread: Combine 4 hard-cooked eggs, peeled and chopped, 2 tablespoons minced green onion, ½ teaspoon curry powder; ¼ cup mayonnaise, salt and pepper to taste.

Salmon-Olive Spread: Combine one can (7¾ oz.) salmon, drained and flaked, ¼ cup chopped ripe olives, ¼ cup finely-chopped celery, 2 tablespoons chili sauce, one tablespoon mayonnaise, one tablespoon lemon juice, salt and pepper to taste.

Avocado-Bacon Spread: Combine 2 ripe avocados, mashed, 6 slices bacon, cooked and crumbled, 2 tablespoons finely-chopped onion, 2 tablespoons lemon juice, 3 tablespoons mayonnaise, salt and pepper to taste.

Summer Specials
Salad days bring to mind all sorts of fresh greens, vegetables, fish or meat main-dish salads, refreshing fruit salads and interesting combinations. A delightful spiced mayonnaise makes a noteworthy dressing, and it can be made almost instantly. Here are some ideas: A sunny Turmeric Mayonnaise for chicken, fish or egg salads is made by blending ½ teaspoon ground turmeric

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PICNIC FARE — Moist flavorful canned salmon, crunchy with celery and chopped cucumber, fills this cream cheese and lettuce-lined French loaf for perfect picnic fare.

Kid Stuff: Good Day Care Programs

(Editor's Note: This is another in a series of articles about children submitted by the Human Development Division of the Pasquotank - Perquimans - Chowan-Camden District Health Department.)

Choosing Good Day Care
Today more mothers are working outside of the home than ever before. Frequently these mothers are faced with the problem of finding appropriate child care arrangements for their children. Alternatives include individual child care, family day care homes, and center-based care such as licensed or certified day care centers.

Good day care is defined as a program that offers healthy social and educational experiences under trained supervision in safe and stimulating surroundings. Quality day care promotes individuality and encourages responsibility.

Each child and family is different. A good day care choice for one child and one family may not be the best choice for another. The

following suggestions are made to assist parents in making the best possible choice:

1. Visit local day care programs. Take your child and see how he reacts. Observe the children in the centers and talk to their parents.

2. Look at the building and playground. Are colorful and cheerful areas provided separately for infants, toddlers and older children? Is there adequate space? Is cleanliness adequate? Are there ample and suitable toys for every age level and within reach of the child? Is there an outside fenced play area with playground equipment?

3. Observe the staff or caregivers. Are there enough adult caregivers to meet your child's individual needs? Does the staff work well together? Do they talk to the children and interact appropriately?

4. Join in mealtime or snack time. Are menus posted for each day? Is the food nutritious and appealing to young children?

Is individual attention given to each child ready to learn to use a cup and spoon? Are infants held when feeding or are propped-up bottles used?

Finding good child care takes time and effort. But if you locate a program which you feel comfortable using and which your child enjoys, it will be time and effort well spent.

A list of area day care centers is available through the DEC. Contact the staff at 338-2167 for the names of centers in your area.

Questions and comments about his article are welcomed and should be addressed to Kid Stuff, P. O. Box 189, Elizabeth City, N.C. 27909, or phone 338-2167.

Attends Conference

Patricia Halsey, a student at John A. Holmes High School, attended a conference for noteworthy students conducted by North Carolina State University's School of Engineering June 29-July 1.

The outstanding student was one of some 100 North Carolina high school students gaining an introduction to engineering during the three-day program held at the Raleigh campus.

Entitled "Summer Engineering Competitions to Attract Noteworthy Students" (SECANTS), the

conference was arranged through the NCSU Division of Student Affairs.

Those attending were selected by their high school principals and counselors on the basis of outstanding academic achievements, especially in the areas of science and mathematics.

A primary purpose of the conference was to introduce high school sophomores, juniors and seniors to career opportunities in the engineering profession and to interest them in enrolling in one of the engineering curriculums at N. C. State.

Vepco Fire Reported

At about 7:22 A. M. Friday, a fire at an electrical transformer carrying power from Vepco's North Anna 2 Nuclear Unit caused an automatic shutdown of the unit.

At about 7:40 A. M., the fire damaged cables carrying power to the station emergency power supplied by on-site diesel generators was immediately available but not needed. Because this damage held the potential for degradation of the level of safety at the station, the station emergency director declared a station alert in accordance with Vepco's corporate Emergency Response Plan.

The fire was extinguished about 8:25 A. M. and the station alert was terminated about 9:20 A. M. Fire crews from Louisa County, Spot-

sylvania County and the Town of Mineral responded and assisted Vepco's fire crew in extinguishing the blaze.


There was no release of radiation and at no time was there any actual danger to the public health or safety. There were no injuries to station personnel.

The fire was confined to the electrical generating side of the station and did not affect the building containing the nuclear reactor, which is located about 100 yards from the transformer.



The spoon as we know it today, with its spatulate handle, dates from only the 18th century.

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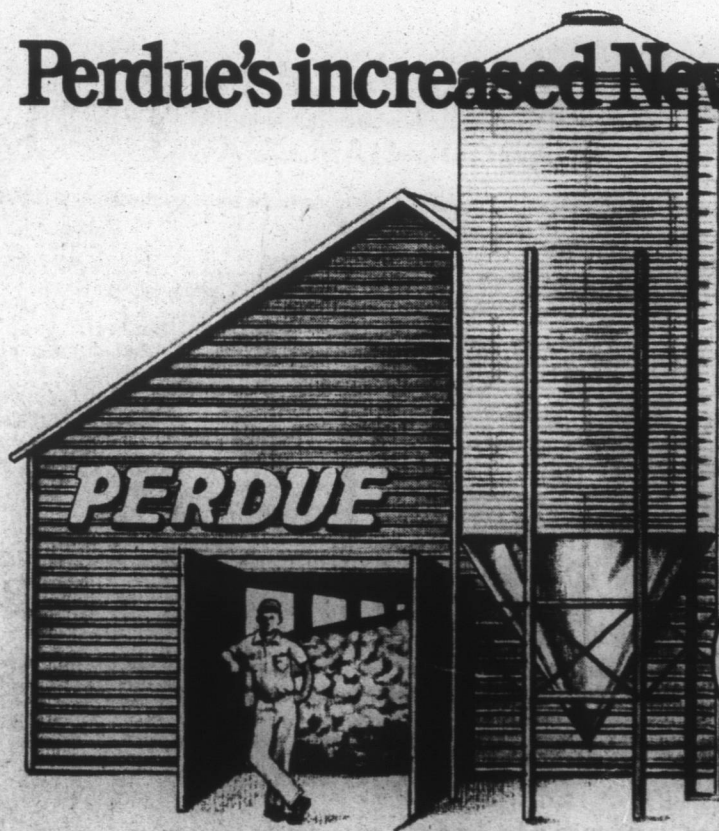
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Come to the Perdue Open House. The Perdue Open House is Saturday, July 11, 10 a.m. until 2 p.m., at the Woody Daly poultry houses near Colerain, NC. From Ahoskie take Hwy. 13 South 4 miles. Turn left on Hwy. 42. Go to Colerain, turn left on Hwy. 45 and go 2.5 miles. Turn right on S.R. 1332. Farm is ½ mile on left.

