

Try Your Hand At Black Magic

New York (NAPS) - You don't need special powers to turn cook-outs into cook-ins and extend the summer barbecuing season into a year-round affair. But it does help to have a little black magic - in the form of handy charcoal briquets - and some saucery sorcery. The Barbecue Briquet Institute offers these tips and recipes to help you charm hungry family and friends with indoor charcoal cooking.



BARBECUING'S BASIC BAG OF TRICKS starts out with an outdoor-type grill, barbecue kettle or hibachi. Built-in kitchen grills, permanent and prefabricated fireplaces are also ideal places for conjuring up a tasty cook-in. A number of small inexpensive grills on the market fit easily into any fireplace. You can enhance the magic of a regular fireplace, if you have one, with an inexpensive swing-out rack which attaches to the grate.

MAGIC CONCOCTIONS may have been taken for granted in days of yore - but for you, they may mean trouble. Charcoal, like any fuel, gives off gases when burning, so use your grill only in the fireplace or in a cooking area that is vented or hooded. If you use a portable grill on an enclosed porch or in a garage, for example, be sure to leave the doors open while cooking.

UP IN A PUFF OF SMOKE. It may be fine for witches and the like, but not for you. So unless you really lead a charmed life, heed these safety tips. If you light the briquets with lighter fluid, don't oversize them or add fluid after the coals have ignited. When you need extra coals, place them around the

edge of the fire until they ignite. To lessen the chance of flame-ups, when broiling, spread the live coals one inch apart in a single layer and tip the grill. When you roast, arrange the ring of coals in one half of the grill and put a drip pan in the other half. Cook your meat over the coals, not the flames. And always use asbestos gloves and long-handled cooking tools.

SOME SLEIGHTS-OF-HAND: If you line the fire bowl with heavy-duty aluminum foil, the heat will be reflected upwards for faster cooking, and the clean-up job will be easier, too. Trouble-free barbecuing without waving a magic wand has been made possible by charcoal briquets which are easy to ignite, burn evenly for a long period of time, give off a pleasant aroma - and don't sputter, crackle or pop!

When cooking meat, choose thick cuts. Trim the excess fat from the edges. If you score the remaining fat at about 1/4 inch intervals be-

fore cooking, the meat won't curl. But don't cut into the lean - you'll lose meat juices! Many frozen vegetables can be cooked without thawing. Just empty contents of package into foil with butter added and cook immediately on the grill.

INTO THE CAULDRON - Eye of newt and toe of frog used to be indispensable for a working wizard, but when you barbecue, you can make magic with such things as rib of beef, breast of chicken and chop of lamb. The people at the Barbecue Briquet Institute have revealed the following formulas:

Short Ribs of Beef in Rum Marinade

Buy beef short ribs, cut into pieces about 2 inches square. Allow about 1 pound per serving. Prepare Rum Marinade. Lay short ribs in marinade, cover and marinate 4 hours in the refrigerator, turning occasionally. Just before barbecuing, drain ribs on paper towels. Reserve the re-

maining marinade for basting. Arrange hot briquets for grill barbecuing. Place ribs on grill about 5 inches from briquets. Barbecue over medium heat, turning frequently until done, about 1 to 1 1/2 hours.

Rum Marinade

1/2 cup rum
1/2 cup soy sauce
1/4 cup canned pineapple juice
1 to 2 tablespoons lemon juice
1/2 teaspoon pepper
1 teaspoon dry mustard
1 tablespoon molasses
2 teaspoons ginger
1 clove garlic, crushed
Combine all ingredients in glass or enamel container, stir to mix well. Or put marinade in pint-size, screw-top jar, cover and shake. The marinade can be stored in the refrigerator until used.

Herbed Chicken Breasts or Legs

3 chicken breasts and 3 chicken legs (allow 1 each per serving.)
1/4 cup butter or margarine, softened
1/2 cup minced parsley

2 tablespoons minced onion
1/4 teaspoon thyme
Sour cream if desired

Put butter into a small bowl. Add parsley, onion and thyme; mix well and set aside. Wash chicken breasts or legs and pat dry with paper towels. Use a small, sharp knife to make pockets in the thickest parts. (Cut the slits parallel to the skin and large enough to hold 1 or 2 teaspoons of butter mixture.) Fill each pocket with a spoonful of butter mixture and close with wooden picks. Arrange hot briquets for grill barbecuing. Place stuffed breasts or legs, skin-side down, on grill close to the briquets. Barbecue chicken until done, or about 15 minutes; turn once. If desired, brush with some sour cream during the last few minutes of grilling.

Honey Glazed Loin Lamb Chops

Buy loin lamb chops cut about 3/4 inch thick. Allow one or one and a half chop per serving. Sprinkle lamb with salt and pepper. Combine 1/2 cup honey, 3 tablespoons lemon juice with 1/4 teaspoon nutmeg; blend. Brush lamb with half of honey mixture. Broil lamb 3 to 4 inches from glowing briquets 5 to 7 minutes. Turn and brush with remaining honey mixture. Broil 5 to 7 minutes, or until desired degree of doneness.

With the proper charcoal cooking equipment, some magic tricks and a plentiful supply of tasty concoctions, chances are you can exercise a little wizardry to turn regular winter fare into a bewitching indoor barbecue.

FULL MEAL SHORT RIB SOUP

A boon for busy cooks, this hearty meat and vegetable soup simmers on the stove, only needing an occasional stir. Then parsley flecked dumplings, made with CREAM OF WHEAT, are cooked in the flavorful broth. It should be served in warm bowls large enough for maneuvering with a knife, fork and big soup spoon. Accompany with crisp crackers and crusty bread sticks.



2 quarts water
4 teaspoons salt
1/2 teaspoon ground black pepper
2 bay leaves
2 pounds short ribs
3 medium carrots, cut into 1 1/2-inch pieces
2 medium parsnips, cut into 1 1/2-inch pieces
3 medium onions, quartered
1 small cabbage, cut into sixths
1 3/4 cups milk
1 cup water
1 teaspoon salt
1/4 cup Quick CREAM OF WHEAT Cereal
1/4 cup snipped parsley
2 eggs, beaten
Dash nutmeg

Bring first five ingredients to a boil; simmer, covered, 1 1/2 hours. Add next four ingredients; simmer, covered, 1/2 hour, or until meat and vegetables are tender. Cut meat into bite-size pieces; place with vegeta-

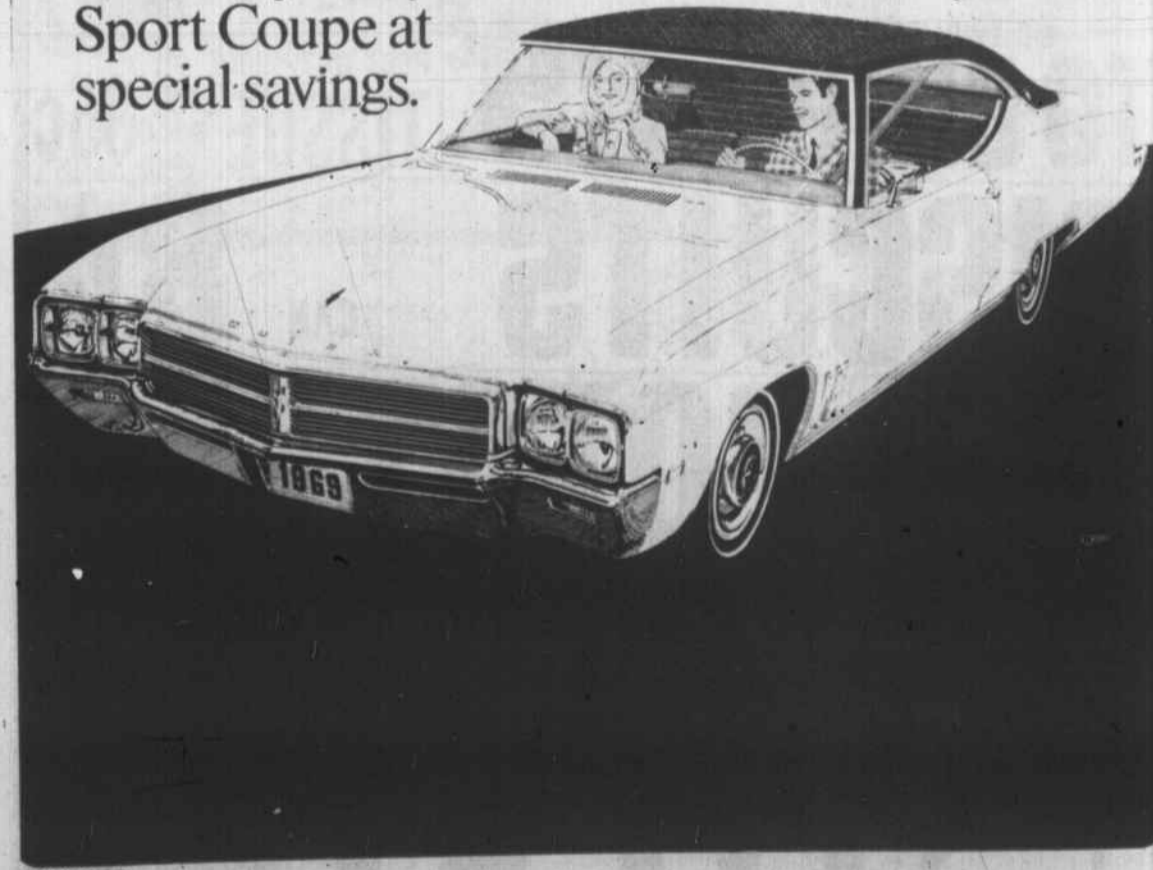
bles in large soup tureen. In saucepan bring milk, water and salt to boil; slowly sprinkle in cereal and cook according to package directions. Remove from heat. Stir in remaining ingredients and beat until smooth. Drop cereal mixture by table-spoonfuls into hot broth. Simmer about 10 minutes, or until done. Spoon dumplings over meat and vegetables; pour on broth. Makes 6 servings, 2 cups soup and 3 to 4 dumplings each.

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STYLISH COMBO - A skirt and blouse look is achieved in this one-piece cotton school dress that combines a solid with a plaid. The wide black belt cinches the two-piece effect of the gold and white outfit. By Cinema Modes of California.

Louisburg Elementary Menu

March 10 thru March 14

Monday:

Sausage Patties
Buttered Grits
Green Peas
Whole Orange
Hot Biscuits
Pineapple Short Cake
1/2 pint milk

Tuesday:

Chicken Pot Pie
Tossed Salad
Peach Halves
Hot Rolls
Choc. Cookies
1/2 pint milk

Wednesday:

Oven Fried Ocean Perch
Spanish Rice
Buttered Corn
Purple Plums
Krispy Crunches
Corney Muffins
1/2 pint milk

Thursday:

Mini Meat Loaf w/Spaghetti
Cabbage & Apple Salad
Sweet Potatoe Souffle
Corn Bread
1/2 pint milk

Friday:

Peanut butter & Grilled Cheese Sandwiches
Cream of Tomato Soup
Raisin, Celery, Green Bean Salad
School Baked Bread Crackers
Choc. Cream Pie
1/2 pint milk



INDOOR-OUTDOOR - The short jumpsuit-lounge is a new look in dorm wear. In a colorful crinkled cotton print that feeds little or no ironing, it features the sportswear touch of a chain belt. By LoungeCraft.

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IGA BROWN & SERVE ROLLS	2 pkgs.	49¢	DIXIE CRYSTAL SUGAR	5 LBS.	49¢
IGA CORN	6 Cans	\$1	CABBAGE	LB.	5¢

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