

Why the chicken crossed the ocean:

Chicken is believed to have descended from the Southeast Asian red jungle fowl which was first domesticated in India around 2000 B.C. Throughout history the "chicken" has been the subject of much attention.

In China, the chicken was praised as one of the four heroes of the table. In Egypt the chicken often appears in paintings found in the tombs of their kings. During the Middle Ages the chicken became a favorite for dinner, and it is widely accepted that this bird made the historic crossing to America with Columbus.

Today, 96 percent of us in America enjoy chicken in our homes at least once a week while half of us serve this fine feathered friend at least twice a week. Reasons for this choice includes versatility, cost, taste and nutrition.

Because of advanced technology and research, freshness in poultry products is hard to beat. In a matter of 24 hours fresh chicken can make its way from the farm to our grocery stores. To protect us consumers, poultry must pass federal or state inspection before it can be sold.

The meatiest, most attractive birds earn a Grade A marking, and nearly 80 percent of all poultry sold today meets this high standard. Chickens graded lower than A are wholesome but may have cuts, tears, bruises or other cosmetic imperfections.

It is true that salmonella is found in most poultry products. If we follow correct procedures and cook our meat until it is done we have nothing to fear, for this bacteria is killed



with temperatures of 140 degrees F. and chicken is considered done at 170 degrees F.

For some quick and easy recipes, try one of these for dinner this week.

HOT CHICKEN CASSEROLE

1 cup chicken, chopped
1 can cream of chicken soup, undiluted

1 can green peas (small can), drained

1 teaspoon lemon juice
3 hard-cooked eggs, diced
1/4 cup cracker crumbs (five saltines)

1/2 cup mayonnaise
1 can fried onion rings

2 tablespoons onion, minced
Mix all ingredients except fried onions. Spoon into greased 1 1/2-quart casserole. Bake 20 to 25 minutes at 375 degrees. Top with

onion rings and return to oven until onions are golden brown. Serves four to six. Microwave: cover casserole and cook for five to seven minutes on high power. Put onion rings on top of the casserole the last two minutes of cooking for more crispness. Serves four to six.

HOT CHICKEN SALAD

2 cups leftover chicken
1/2 cups celery, diced
1/4 cup chopped toasted almonds
2 teaspoons finely chopped onion
Grated rind of 1/2 lemon
1 tablespoon lemon juice
1/8 teaspoon pepper
1/2 to 2/3 cup salad dressing
Salt and pepper

1 cup (1/4 pound) grated natural cheddar cheese
1 cup crushed potato chips (4 oz.)
Measure meat, celery, almonds,

onion, lemon juice, rind and pepper into mixing bowl. Add salad dressing. Toss lightly to blend ingredients. If desired, add additional salt and pepper. Divide into four individual shallow casseroles or a one-quart casserole. Sprinkle cheese over top. Top with the potato chips. Place casseroles on baking sheet and bake in a moderate oven (375 degree F.) 25 minutes or until cheese begins to bubble. Four servings. Cranberry sauce is a good accompaniment.

OVEN-EASY "FRIED" CHICKEN

2 1/2 to three-pound NC broiler-fryer, cut up
1/3 cup all-purpose flour
1 teaspoon salt
1 teaspoon paprika, optional
1/4 teaspoon pepper
1/4 cup butter or margarine
Start heating oven to 425 degrees. Coat chicken with seasoned flour. In shallow roasting pan in oven, melt butter. Remove pan from oven; in pan, arrange chicken in single layer, with skin sides down. Bake 30 minutes; turn chicken; bake 15 minutes or until brown and tender. Makes three to four servings.

Hale and Fullwood attend Girl's State

Christie Hale and Jennifer Fullwood were chosen to attend the 53rd session of Tar Heel Girl's State which was held June 7-13 at the University of North Carolina at Greensboro.

Both girls are rising seniors at South Brunswick High School and were chosen from a group of applicants for their high scholastic standing, personal characteristics and their desire to learn about law and government.

Tar Heel Girl's State is a program established by the American Legion Auxiliary to provide girls with an opportunity to study democracy and citizenship with hands-on practice.

Hale is the daughter of Mr. and Mrs. Harvey Hale and Fullwood is the daughter of Mr. and Mrs. Varnie Fullwood, both of Bolivia.

One girl was sponsored by the American Legion Auxiliary to Long Beach Unit 454 and the other by VFW Ladies Auxiliary Post 10226 of Long Beach.

Collectibles sought for Heritage House

All Brunswick County residents are invited to display historical artifacts, memorabilia, antiques, collectibles and collections at the 27th annual Heritage House.

Heritage House, sponsored by the Southport Woman's Club, is a tradition during the N. C. Fourth of July Festival. The doors of Heritage House will be open to the public from noon to 6 p.m. Thursday through Saturday, July 2-4, at the Southport Community Building.

Exhibits can be dropped off at the Community Building between 9 a.m. and 5 p.m. Wednesday, July 1. Arrangements can be made for the pick up of large items by calling Margaret Harper at 457-4568.

Ruth Douthat is chairman of the registration committee. Assisting her in the process on July 1, from 9 a.m. to 1 p.m., will be Betty Gavin, Sharon Zakszeski, Goldie Roscoe, Marion Martin and Gilda Rogers; and from 1 to 5 p.m. will be Doris Anthony, Shirley Lewis, Alma Todd, Dot Hardee, Georgianna Harmon, Jenks Allen and Gloria Wilfong.

All items will be registered, and a security guard will be at the building throughout the festival weekend.

Items can be picked up at the close of the exhibit on Saturday or between 9 a.m. and noon Monday, July 6.

Bridge results

Oak Island Duplicate Bridge Club will have a change in leadership on July 1, when Mary Maker will become proprietor and director of the club.

She will have three games weekly, on Mondays and Saturdays at 1 p.m. and Tuesdays at 7:30 p.m. The Saturday game will be played at the Community Building in Southport; the Monday and Tuesday games will continue at the Long Beach Recreation Center.

Winners in last week's games were:

Monday, Aimee Almond and Sophie Massengill, first; George and Patti Fisher, second; Nell Stearns and Betty Johnson, third.

Tuesday, Jan Blessis and Tillie Sugg, first; Mary Maker and Jackie Kennedy, second; Dot Bass and Betty Johnson, third.

College offers 'GED' testing

Testing for the high school diploma equivalency program (GED) will be offered at Brunswick Community College at Supply and at the college's Southport annex.

Any test except the writing test will be given from 1 to 5 p.m. Tuesday, July 7, and from 5 to 9 p.m. Tuesday, July 21, at the main campus at Supply; and from 5 to 9 p.m. Thursday, July 9, and Thursday, July 23, at the Southport annex.

The writing skills test will be offered from 1 to 5 p.m. Tuesday, July 14, at the main campus, and from 5 to 9 p.m. Thursday, July 16, at the Southport annex.

More information on GED testing can be obtained by calling Brunswick Community College Monday through Thursday at 457-6329 from the Southport-Oak Island area, 754-6900 or 343-0203.



Ocean Trail Convalescent Center has recognized several outstanding employees. Mae Bell Ray and Mary Williams (kneeling) were honored for perfect attendance the past three months. Awards for perfect attendance for the past year were presented to (seated, from left) Betty Jones, Anita Garrett, Al-

neta Eagles, Marie Wyatt, Iva Moore and Pat Galloway. Also recognized were (back row) Ruth Monroe, employee of the quarter, Tina Williams, Willa Clarida, Debra Clayton and Laura Hewett, who all had perfect attendance during the past three months.

LELAND VFW POST 9408
Village Road-1/2 mile past firehouse

BINGO
EVERY TUESDAY ★ 7:00 P.M.

3-\$500 GAMES

OPENING NIGHT ★ TUESDAY, JUNE 23, 7:00 P.M.

Come out for a chance to win BIG MONEY
\$2500 Payout

NON-SMOKING ROOM WITH BOARD

BREAKFAST BUFFET

Now serving on weekends
Friday, Saturday & Sunday
6:00 a.m.-10:30 a.m.

WESTERN SIZZLIN RESTAURANT

All You Can Eat Breakfast Bar
Friday, Saturday & Sunday
\$3.99 Adults \$1.99 Children under 10

River Run Shopping Center
Southport, N.C.



Jean Fairley, president of Doshier Memorial Hospital Volunteers, presents a \$1,000 check to Betty Lewis of Southport, a nursing assistant at the hospital. Lewis said she will use the money to pay for tuition, books and other expenses as she works toward her licensed practical nursing certification at Brunswick Community College. Also picture is Connie Shea, director of nursing at Doshier.

Saturday entertainment to begin here this week

By Joanne Wesson
Executive Director
Southport 2000

Baffling Castle Casket". Just for fun, audience participation is always included.

Leading into the July 4 festivities we have scheduled Saturday afternoon activities for the family starting this Saturday, June 20.

Saturday's performance will feature folk storyteller Lloyd Wilson as he spins yarns about Uncle Remus and B'er Rabbit. Please bring the entire family and join us as we travel back to visit an imaginary time.

The following Saturday, June 27, magician Gary Nunnelee will amaze you with feats of magic and illusion. In 1981 Nunnelee was named "magician of the year" by the Society of American Magicians. Working with him is his wife, Sharon. Nunnelee presents some of the greatest illusions of magic. A few of them are "The Beautiful Lady from the Light", "The Mystifying Levitation" and "The

All activities will take place in the Community Building at 6 p.m. The programs are open to the public and free of charge through a grant provided by the Brunswick County Arts Council Grassroots Fund.

And talking about the Fourth of July brings up another subject. Have you seen the Christmas tree at the welcome center in Shallotte? Yes, a Christmas tree all decorated in red, white and blue saluting Southport's Bicentennial. Hurry on over because the tree will be taken down after the Fourth. Sabrina Hodges, executive director of the center, advises the tree is compliments of Cape Fear Christmas House in downtown Wilmington. The theme of the tree changes quarterly, based on special events in the area. Redecorated after the Fourth, the tree will feature either the king mackerel tournament or the Oyster Festival.

Fourth of July fly-in planned

Flight Time, the current fixed-base operator at Brunswick County Airport, will sponsor "Fly In at the Beach" on Friday, Saturday and Sunday, July 3-5, in conjunction with Southport's N. C. Fourth of July Festival.

Highlights of the three-day fly-in include fuel and tie-down specials, aircraft maintenance specials and shuttle service to the festival and the beach. On Saturday and Sunday, Experimental Aircraft Association Chapter 939 will sponsor a fish fry and wiener roast for purchase by all members of the public. Limited camping space is available on the airport property with reservations.

For details and reservations, persons should contact Elec Pritchard or John Martin at 457-6483.

Cruise Specials

MAJESTY CRUISE LINE
Two-Day Cruise from Charleston
September 5
from \$199 + taxes

CARNIVAL CRUISE LINE
Three & Four Day Cruises
from Port Canaveral to Bahamas
August 27-December 17
\$459 per couple (Cruise Only)
Seven Day Cruises
from Miami to the Caribbean
August 29-December 13
from \$799 (Includes airfare)

ROYAL CARRIBEAN LINE
Seven Day Cruises
from Miami to the Caribbean
from \$845 (Cruise Only)

CELEBRITY CRUISES
Wilmington to Bermuda
October 12
from \$795

*All prices based on double occupancy, selected sailings & certain cabin categories.

Brunswick Travel & Cruise Headquarters
1-800-852-2736 or 754-7484
150 Holden Beach Rd., Shallotte