

South Carolina restaurants on Karen Mulford's 'menu'

By Marybeth Bianchi
Feature Editor

Historians, cooks, those who like to dine out or at home can find something of interest in a new book co-authored by a Southport resident.

South Carolina's Historic Restaurants and Their Recipes is no ordinary cookbook.

The revised edition features 19 new restaurants, in addition to the 31 included in the original 1984 cookbook which sold more than 13,000 copies. It lists more than 130 recipes of dishes that can be found at the restaurants which are located in structures that are at least 50 years old. A black-and-white drawing of the establishment, along with some background on the building and the restaurant, are included in the four pages devoted to each location.

Karen Mulford of Southport joined with Dawn O'Brien of Charlotte to research, write and revise the book because since it was first published many of the restaurants had been closed, remodeled or changed names and cuisine.

"A revision was definitely needed," Mulford said. "The book involved lots of tasting and traveling for both of us. We crisscrossed the state, stopping at different towns which claimed to have restaurants in historic buildings."

The authors worked through chambers of commerce and historical societies to locate the restaurants, which either one or both visited and sampled the cuisine.

"Some were gracious and delighted to be in the book. For others it was like pulling teeth," Mulford recalled.

All of the recipes were tested in the authors' kitchens and many had to be scaled down to serve a family -- not a large crowd at a busy restaurant.

The testing was a family affair at the Mulford house. In the book's foreword, Mulford said her husband Jon favored seafood dishes, while pasta dishes drew raves from her two sons, Sean and Justin. All three are cooks who are comfortable in the family's recipe-testing kitchen.

While there are restaurants from across the entire Palmetto State there are many which area residents can sample during a day trip



Cooking up something good in her Southport kitchen isn't new for Karen Mulford, who co-authored the revised edition of *South Carolina's Historic Restaurants and Their Recipes*. She traveled to many of the restaurants featured, researched the history of their buildings and tested their recipes.

to Myrtle Beach, Murrells Inlet or Charleston. Not surprisingly, Charleston offers the greatest selection of historic restaurants, 17 in all.

Mulford and her family have been living in Southport for about a year. She's now employed by Margaret Rudd and Associates but still works as a freelance writer. She is a copy writer and six-year veteran writer of restaurant

reviews in the Charlotte area. She has written numerous articles and award-winning juvenile fiction. She also teaches a class called "Writing for Fun and Money" through Brunswick Community College.

South Carolina's Historic Restaurants and Their Recipes is published by John F. Blair of Winston-Salem and is available at area bookstores.

Swinson-Wolfe vows are said

Elizabeth Ann Wolfe and Kelvin Eric Swinson, both of Raleigh, were united in marriage at noon on December 5 in Winter Park Presbyterian Church in Wilmington. The Rev. Matt Highfill officiated at the double-ring ceremony. Cindy and Susannah Sellers were vocalists.

Given in marriage by her father, the bride was attired in a heavily beaded gown with a V-neckline and cathedral-length train.

Laura Gatyas of Wilmington served as maid of honor. The attendants were Debbie Goodwin and Susan Mathews, both sisters of the groom; Alice Medford; Debbie Wolfe, Sylvia Harriss, sister-in-law of the bride; and Libby Harriss, the bride's sister.

Racheal Haddock and Jennifer Goodwin, the bride's nieces, were flower girls.

The bridal attendants were attired in royal blue velvet gowns with long sleeves and V-backs accented with a bow.

Andrew Mathews and Wesley Goodwin, the bride's nephews, were ringbearers.

Burris Swinson served his son as best man. Ushers were Donald Swinson, brother of the groom; Donald Dollyhigh; Kerry McKenzie; Mike Jones; and John Harriss and Larry Wolfe, brothers of the bride.

The newlyweds received their guests at the Figure Eight Island Yacht Club. Alexis Lane, the bride's niece; Aaron Haddock, the bride's nephew; and Heidi Cox hosted the reception.

The bride is the daughter of George and Brenda Harriss of Wilmington and the late James Larry Wolfe. She is the granddaughter of Mr. and Mrs. James Wolfe of Long Beach, Elmer Sellers of Southport and the late Ocia Mae Sellers. She is a senior civil engineering major at North Carolina State University and is employed as an interpreter for the deaf.

The groom, son of Ruby and Burris Swinson of Wilmington, is a



MRS. KELVIN E. SWINSON

junior at North Carolina State University majoring in religion. He is employed by United Parcel Service. After spending the New Year's holiday in New Mexico, the couple will reside in Raleigh.

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ST. JAMES PROGRAM

The St. James AME Zion Church school will present a Christmas program, "It Happened in a Town Called Bethlehem" on Saturday, December 12, at 7 p.m. The public is invited to attend.

MEETING PLACE

Southport 55 and Over meets

At the December 2 meeting of the Southport 55 and Over Club Monica Rathke gave a presentation on the work of the Brunswick County Literacy Council.

Instead of the usual gift exchange for Christmas, a motion was made and passed to donate \$100 to the Salvation Army.

The next meeting will be December 16 at 10 a.m. at the Stevens Park clubhouse. A Christmas party will follow.

Lakes club attends 'festival'

Members and guests of the Boiling Spring Lakes Homemakers Club attended the Festival of Trees at the Wilmington Hilton on Wednesday, December 2.

The December meeting will be the annual Christmas luncheon at the Chart Room of the Sea Captain Restaurant on Tuesday, December 15, at 11:30 a.m. Members are urged to bring a spouse or other guest and bring a grab bag gift for both themselves and the guest. Members will also bring gifts of toys for Hope Harbor Home and non-perishable food for VIC. A brief program will be presented on how to trim fats and calories from traditional Christmas desserts.

Members will be helping make garlands to decorate the Brunswick Town visitors center for the annual Christmas open house, and will prepare baked goods for that event.

AARP chapter meets Dec. 10

Chapter 4180 of the American Association of Retired Persons (AARP), will hold its annual Christmas meeting on Thursday, December 10, at noon at the Sandfiddler Restaurant near Southport.

"No agenda is planned for this meeting," announced president Jimmy Wolfe. "We're just going to get together for some good fellowship and Christmas cheer."

Aglow meets

Jan Blake of Wilmington will be the guest speaker for the December meeting of Southport Women's Aglow.

The meeting will be at 10 a.m. Saturday, December 19, at the Southport Senior Citizens Center on Atlantic Avenue. Refreshments will be served at 9:30 a.m.

Blake, who overcame problems associated with depression, alcoholism and attempted suicide, is now the North Carolina state prayer coordinator for Aglow International.



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Entry boxes at:

Swayne's, 807 Howe St., Southport; Lynne's Hallmark, 1034 Yaupon Dr., Yaupon Beach Century 21, 201 Yaupon Dr., Yaupon Beach; Carolina Cape Divers, 609 Yaupon Dr., Yaupon Beach Edna's Kitchen, 106 SE 58th St., Long Beach; Nice & Pretty, Long Beach Road, Southport Good Vibrations, Long Beach Road, Southport; The State Port Pilot, 105 S. Howe St., Southport Lynn's of Southport, Howe Street, Southport; McDonald's, Beach Road, Southport Christmas Pelican 5821 E. Oak Island Dr., Long Beach; Elizabeth's Florist, 707 Yaupon Dr., Yaupon Beach; Flashback Photo, Live Oak Village, Southport



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