

TARHEEL KITCHEN

By MISS E. YORK KIKER

From hundreds of recipes submitted by North Carolinians, five were selected to participate in the N. C. Chicken Cooking Contest Cook-Off held in Greensboro recently at the Four Seasons Mall. Now it is on to Ocean City, Maryland the latter part of July for Mrs. Anne Burnette of Rocky Mount to represent North Carolina at the National Cooking Contest.

Anne, with responsibilities as a social worker and feeding a husband and young son, won first place in the contest with her Jade Tree Chicken recipe. Her prize was a convection oven and an expense-paid trip to the National Contest where she will compete for the top prize of \$10,000. As might be expected of a professional person and a homemaker, the recipe was relatively easy to prepare in a short length of time while being colorful and modest in cost.

Mrs. Ruth Bond, Burlington, placed second with Great Bangkok Chicken. The runners-up were Mrs. Pat Daxis, Charlotte, with her "Taco Cheese Chicken;" Mrs. Betty Smith, Asheboro, with "Lemon Chicken Delight;" and Mrs. Lee Yahner, Goldsboro, with "Pizza Chicken." The highly qualified panel of judges deliberated seriously and discussed each dish thoroughly before making a final decision. Judges are expected to take their duties seriously, but the entries were all so outstanding that it was difficult to agree on only one winner.

The recipes were indicative of the vast variety of ways to serve chicken attractively with appealing flavors. Recipes call for broiler-fryers but methods of preparation include far more than broiling or frying.

North Carolinian farmers produced 402 million head of broilers in 1980 to rank fourth nationally in production. Angie Crone, N. C. Department of Agriculture Food Publicist, N. C. Chicken Cooking Contest Chairman, tells us that the contest is a salute to the great poultry industry, but also it is a reminder that broilers are a good buy, easily available, and versatile. The winning chicken recipes will be important additions to other favorite ones.

JADE TREE CHICKEN

- 3 half breasts of broiler-fryer chicken, boned, skinned, cut in bite-size pieces
- ¼ cup soy sauce, divided
- ¼ cup cooking oil, divided
- 2 teaspoons cornstarch, divided
- ½ teaspoon garlic powder
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground red pepper
- 2 cups fresh broccoli flowerets
- 1 cup sliced celery
- 1 onion, cut in 8 wedges
- 2 tablespoons dry sherry
- ¼ cup cold water

In large bowl, make marinade by mixing together 2 tablespoons of the soy sauce, 1 tablespoon of the oil, 1 teaspoon of the cornstarch, garlic powder, sugar, salt, and red pepper; stir. Add chicken, turning to coat. Cover and marinate in refrigerator 20 minutes. In frypan, place remaining 3 tablespoons oil and heat to medium temperature. Add broccoli, celery and onion; stir fry about 6 minutes or until tender-crisp. Remove vegetables and set aside. In same frypan, place chicken and stir fry about 5 minutes or until opaque and fork can be inserted in chicken with ease. Return vegetables to frypan. In small bowl, mix together remaining 2 tablespoons soy sauce, remaining 1 teaspoon cornstarch, sherry and water. Pour over chicken and vegetables. Reduce heat and simmer, uncovered, 3 minutes. Serve over hot cooked rice. Makes 4 servings.

GREAT BANGKOK CHICKEN

- 2 whole broiler-fryer chicken breasts, halved, boned, skinned, cut in ½-inch pieces
- 1 cup chicken broth
- ¼ cup sherry
- ¼ cup soy sauce
- 2 ½ tablespoons cornstarch
- ½ teaspoon salt
- ¼ teaspoon sugar
- 4 tablespoons cooking oil, divided
- 1 ½ cups sliced mushrooms
- 1 can (8oz.) sliced water chestnuts, drained
- ¼ cup chopped green pepper
- 8 ounces snow peas
- ½ cup salted cashews

In shallow bowl, mix together chicken broth, sherry, soy sauce, cornstarch, salt and sugar; stir. Add chicken, stirring to coat; set aside. In wok or large frypan, place 1 tablespoon of the oil and heat to medium-high temperature or 350°F. Add mushrooms, water chestnuts and green pepper; stir fry about 3 minutes or until vegetables are tender-crisp; remove from wok. In same wok, place remaining 3 tablespoons oil. Stir in chicken mixture and stir fry about 5 minutes or until chicken is opaque and fork can be inserted in chicken with ease. Return vegetables to wok. Add snow peas and cashews. Stir fry about 2 minutes or until heated through. Serve over rice. Makes 4 servings.

PIZZA CHICKEN

- 2 whole broiler-fryer chicken breasts, halved
- 2 tablespoon cooking oil
- 1 can (4 oz.) mushrooms, drained, liquid reserved
- ¾ cup raw rice
- 1 tablespoon instant minced onion
- 1 tablespoon margarine
- 2 teaspoons chicken-flavor instant bouillon
- ½ teaspoon garlic salt, divided
- ¼ teaspoon pepper
- 1 can (15 oz.) tomato sauce
- 1 teaspoon oregano leaves
- 8 ounces grated Mozzarella cheese

In frypan, place oil and heat to medium temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides. Place reserved mushroom liquid in a 2-cup measuring cup; add water to make 2 cups liquid. In large shallow baking pan, mix together measured mushroom liquid, mushrooms, rice, onion, margarine, bouillon, ¼ teaspoon of the garlic salt and pepper. Place chicken, skin-side up, in single layer, over rice mixture. Sprinkle with remaining ¼ teaspoon garlic salt. In small bowl, mix tomato sauce and oregano; pour over chicken. Cover and bake in 350°F. oven 45 minutes or until fork can be inserted in chicken with ease. Uncover and sprinkle cheese over chicken and rice. Return to oven and bake 15 minutes longer or until cheese is melted and bubbly. Makes 4 servings.

All's Fair In Love For Sneaky Fireflies

Who knows what evil lurks in the hearts of fireflies?

After 18 years of study, Professor James E. Lloyd of the University of Florida has a pretty good idea. The entomologist has observed more than 100 species of fireflies — which aren't really flies at all but beetles of the family Lampyridae. He has learned a lot about what's being said when they blink the chemical lights in their abdomens.

When it comes to winning a mate or a meal, fireflies can sneak and cheat and sometimes even kill. In short, Lloyd has found, those insects with the comma-sized brains are capable of quite complicated behavior.

The Tender Trap
Fireflies often speak in a visual Morse code, a pattern of flashes that differs by species and by sex. A male flies around flashing his message — say, a half-second flash every six seconds — and looks toward the ground until he spots a correctly coded female response. What follows may be a "flash dialogue" before the lights go out for mating.

Or it may be a trap. Females in at least a dozen species of the genus Photuris can mimic the mating responses of other firefly species and lure a male to their perches. When he draws near in hopes of romance, the female grabs and devours him.

Some of these "femmes fatales" have repertoires and can lure at least five other species, Lloyd says.

Some males out to woo these predatory females have deceptive repertoires of their own, he adds. By imitating the males of prey species, they try to attract false signals from their own Photuris females.

These male mimics are out to reproduce, not to kill, Lloyd believes. But he admits it's a mystery how they avoid being eaten.

Other fireflies have their own varieties of deceit. A male may interject extra flashes into a nearby male's pattern to break up a courtship dialogue, or flash in synchronism with him to trick a female into switching partners. A male may even mimic a female to throw a rival off the track.

So Little Time

A Florida grasslands firefly, Photinus collustrans, may show why the competition is so intense. This lightning bug appears about a quarter-hour after



COOL MEALS

Preparing cool meals can be a challenge to any cook who waits until warm weather arrives. It's a big help having some fresh ideas ready to try before 90-degree days become a reality.

Think of all the chilled soups that make such nice beginnings to meals. Vichyssoise comes to mind, but there are many others with great possibilities: grated carrot, leek, spinach, avocado, cucumber, tomato, watercress and mushroom. They have a creamy base and offer quick preparation.

For a delightful mushroom soup, saute sliced vegetables in butter. Mushrooms need tossing with lemon juice to prevent darkening. You have to make certain the leeks have been thoroughly washed since they tend to be gritty (with earth) unless grown on small hills or with "paper collars," as French gardeners do. Both half-and-half and dairy sour cream add creaminess. Why not cook in the morning and let it chill until dinner?

Lost Tools

Garden tools left on the lawn are often hard to find because their coloring is so close to that of the landscape. To save the time and energy the search takes, dip the handles of your garden tools into yellow or orange enamel outdoor paint. The coating will last for years and your tools will always be easy to locate if lost on the lawn or in the brush.

sunset and is active only about 15 minutes a night.

By following these fireflies and recording their every move, Lloyd worked out an average. "The typical Photinus collustrans male needs 7.2 nights to find a female and mate," he said. But most females need no more than six minutes to emerge from their underground burrows, attract a male, mate, and get back underground.

"All these males are out there hunting and the females are only out for a moment," he said. "In fact, the chances of being answered by a predator are greater than being answered by their own female."

Lloyd uses all sorts of equipment to unlock secrets of insect communication. "I have what I call a 'firefly gun' — except when I travel on airlines," he said. The instrument can read flashes of light and translate them into various high-pitched whistles for storage on a tape recorder. Back at the university laboratory in Gainesville, other instruments can use the tape to chart precise images of the flashes.

Thermometers also are important because a firefly's flash tempo goes up and down with the air temperature.

Even a pocket flashlight has its place in his work. "You can attract fireflies to your penlight," he explained. "If a male's flying overhead and you flash the right code, he'll come down and land in your hand."

To imitate a female firefly, Lloyd advises holding the penlight point-



Beaded trails of light represent the flight paths of different firefly species, as they might appear in a time exposure. The drawings are based on the work of firefly researcher James E. Lloyd of the University of Florida. Below is the glowing silhouette of a firefly photographed in Southeast Asia.

down against the ground, so the light the firefly's going to see is what is leaking out around the edges."

Glowing for Science

Lloyd studied fireflies in Thailand last year on a project supported by the National Geographic Society. The main target was Pteroptyx malaccas, a species that gathers in large, synchronously flashing groups on trees and bushes in lowland swamps.

During the study, Lloyd saw evidence of "habitat

loss and water-quality deterioration" that could hurt firefly populations — a problem that is international, he notes.

Long after some fireflies have died, their glows keep working for medical research. Extracts from the lanterns — which contain the light-emitting molecule luciferin, among other things — can be made to glow again when combined with the energy-rich molecule ATP (adenosinetriphosphate), a substance found in every organism. By measuring

the light produced, researchers can tell how much ATP is there.

First, somebody has to get the fireflies. The Sigma Firefly Scientists Club, a division of Sigma Chemical Co. in St. Louis, collected 3,191,400 fireflies in 1980, according to worker Jerry Nester.

The firm pays \$1 a hundred, with bonuses for big catches, and helps collectors in another way, Nester said: "It's pretty hard running around in a field with a glass jar, so we give them nets."

Keeping Cool At Lower Cost

Small changes in the use of your central air conditioner can result in impressive savings.

Extension housing specialists at North Carolina State University note that many people are often confused about when to turn the air conditioner off.

A common misconception with central air conditioning users is that it takes more energy to cool the house down again, once it has been allowed to heat up. This is untrue, the specialists say, but it is true that savings from turning off the machine may not be significant unless the air conditioner remains off for eight hours or more.

An alternative to turning the air conditioner off when leaving the house is to raise the thermostat setting. This can be just as effective as shutting it off, the specialists say.

Raising the thermostat setting from 75 degrees to 80 degrees can cut costs by 10 percent or more.

Changing filters regularly can increase the air conditioner's efficiency and cut electric costs by up to 10 percent, the experts say.

It is also a good idea to clean the coils on the outside heat exchanger with a brush before the beginning of the summer season. This, too, will improve the unit's efficiency and save on cooling costs.



Recycling Oceans

Scientists calculate that all of the world's oceans circulate through the earth's crust approximately once every 8 million years, in a continuous recycling process.

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Dachshunds were originally used to drive badgers from their holes, which the dogs could enter because of their short legs.