

# Lifestyles

## Use Herbs, Spices As Salt Alternative

By Rebecca C. Smith  
Hoke Health Center

Because most herbs, spices, and table wines do not contain sodium, cholesterol, or fat, they can be used in place of salt as seasonings. You will find that flavoring substances such as black pepper, onion, green pepper, garlic, lemon juice, and vinegar complement and enhance the natural goodness of food.

A word of caution, however, when using herbs and spices: use them sparingly because a little goes a long way. Remember, however, if you use fresh rather than dried herbs, use twice the amount.

To keep a ready supply of seasonings on hand try using a combination of herbs instead of your salt shaker. You can make your own herb shaker by combining one-half teaspoon of cayenne pepper, one tablespoon of garlic powder and one teaspoon of each of the following ground seasonings: basil, marjoram, thyme, parsley, savory, mace, onion powder, black pepper, and sage. You'll find this combination of flavors a delightful enhancer of meats and vegetables in the kitchen or on the table.

Table wines are fine to use in cooking but avoid flavoring your meats with "cooking wines" as they contain added salt. As with herbs, a little goes a long way. You can devise your own flavorful marinades by using wine vinegar, and oil or unsalted liquid smoke are also great for adding flavor to meats, soups, and vegetables.

You'll find the following chart an excellent guide for flavor combinations:

### Meat & Fish & Poultry

**Beef:** Bay leaf, dry mustard powder, green pepper, marjoram, fresh mushrooms, nutmeg, onion, pepper, sage, thyme.

**Chicken:** Green pepper, lemon juice, marjoram, fresh mushrooms, paprika, parsley, poultry seasoning, sage, thyme.

**Fish:** Bay leaf, curry powder, dry mustard powder, green pepper, lemon juice, marjoram, fresh mushrooms, paprika.

**Lamb:** Curry powder, garlic, mint, mint jelly, pineapple, rosemary.

**Pork:** Apple, applesauce, garlic, onion, sage.

**Veal:** Apricot, bay leaf, curry powder, ginger, marjoram, oregano.

### Vegetables

**Asparagus:** Garlic, lemon juice, onion, vinegar.

**Corn:** Green pepper, pimento, fresh tomato.

**Cucumbers:** Chives, dill, garlic, vinegar.

**Green Beans:** Dill, lemon juice, marjoram, nutmeg.

**Greens:** Onion, pepper, vinegar.

**Peas:** Green Pepper, mint, fresh mushrooms, onion, parsley.

**Potatoes:** Green Pepper, mace, onion, paprika, parsley.

**Rice:** Chives, Green pepper, onion, pimento, saffron.

**Squash:** Brown sugar, cinnamon, ginger, mace, nutmeg, onion.

**Tomatoes:** Basil, marjoram, onion, oregano.

**Soups:** A pinch of dry mustard powder in bean soup; allspice, a small amount of vinegar or a dash of sugar in vegetable soup; peppercorns in skim milk chowders; bay leaf and parsley in pea soup.

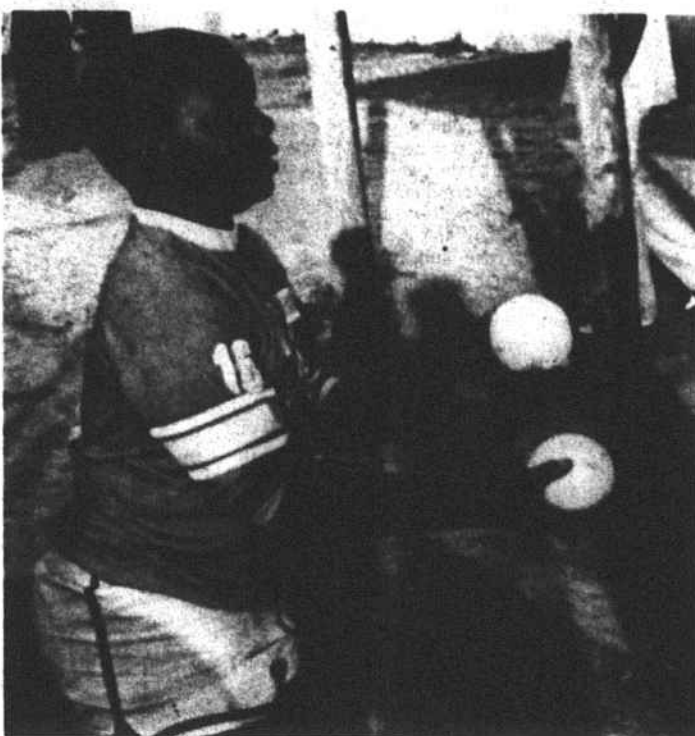
### Marinated Beef Slices

(Makes 4 servings)  
230 calories per serving  
1 pound lean beef sirloin, well-trimmed, sliced very thin  
1/2 cup lemon juice  
2 tablespoons oil  
1 cup thinly sliced fresh mushrooms

1/2 cup chopped green onions and tops  
1/2 cup thinly-sliced green pepper  
1/4 teaspoon pepper  
Marinate beef in lemon juice for 10 minutes. While meat is marinating, heat oil in large skillet and add mushrooms, onions and green pepper. Cook until onion and green pepper are tender. Remove vegetables from skillet and keep warm. Drain meat, reserving lemon juice marinade. Place meat slices in skillet and brown. Return vegetables to skillet. Add reserved lemon juice and pepper. Heat through. May be served over rice.

### Dilled Summer Squash

(makes 4 servings)  
40 calories per serving  
2 medium summer squash, sliced  
1/4 cup water  
1 1/2 teaspoons finely chopped onion



### Getting it right!

This young juggler prepares to demonstrate his juggling abilities for an admirer. With palms outstretched and serious concentration marking his expression, he prepares to get it right for his captive audience!

1/2 teaspoon dill seed, crushed  
1/8 teaspoon pepper  
1 tablespoon margarine  
Cook squash in water with onion, dill seed and pepper 10 minutes or until tender. Drain and dot with margarine.

### Biscuits

(makes 12 biscuits)  
130 calories per serving  
2 cups all-purpose flour  
1 tablespoon baking powder\*  
1/3 cup oil  
2/3 cup skim milk  
Mix flour and baking powder in bowl. Combine oil and milk and pour all at once into dry ingredients. Stir until mixture clings together and forms a ball. Knead on waxed paper 18-20 times without using additional flour. Gently pat or roll out until dough is 1/2 inch thick. Cut with 2-inch round cutter and place close together with edges touching on ungreased baking sheet. Bake in

preheated 450 F. oven 12-15 minutes.  
Variations: Herb-Seasoned Biscuits-

Add one or more of the following to the flour mixture: 1 teaspoon garlic powder; 1 teaspoon garlic powder; 1 teaspoon onion powder; 2 teaspoons parsley flakes; 2 teaspoons dill weed; 1/2 teaspoon sage.

**Drop Biscuits-**  
Add 2 additional tablespoons skim milk and stir dough until well mixed. Drop by spoonfuls onto ungreased baking sheet.

\*This is available in unsalted form  
*Editor's note: These recipes were reproduced, with permission from Cooking Without Your Salt Shaker, Copyright C 1978 by the American Heart Association, Northeast Ohio Affiliate, Inc.*

## On The Front Burner

Ellen S. Willis  
Home Economics Extension

### ESTIMATING RETIREMENT INCOME

Retirement isn't made up of dreams. There are realities to deal with, and a leading one is retirement income. Planning for retirement income must begin early in life.

Today more and more people who reach retirement age have pension benefits from a company or from the government.

And for many families, a major source of retirement funds is social security. In addition to pensions and social security, most families need to plan for personal savings--in the form of bonds, savings accounts and securities.

To make sure you can retire in relative comfort, you'll need to analyze your retirement income needs years in advance. Here are some things you'll need to think about.

First, how much income will you need to live in comparative comfort?

Then, what proportion of this amount will your pension and social security provide?

Estimate your monthly benefits. And know how much your spouse will receive in benefits.

Do you have a matured life insurance policy or policies that can be a source of retirement income?

Also use your income tax records to estimate the dividends and interest that you can expect from your investments.

Finally total up your estimated income and compare that figure with your estimate of income demands.

Will you need to supplement or build up your income in order to spend your retirement years in comfort?

### WHEN STUDENTS RETURN, ADJUSTMENTS ARE NEEDED

Summer may mean three months at home for many college students. And this can mean

disruption of the relative calm in many families.

For example, parents may wisely try to "get to know" their children as they are now--not as the children they once were.

Parents also need to remember that college students have been making their own decisions all year--choosing what they do, where they go, and their own friends. This can make it hard for them to come home to parents who want them to keep the old high school curfew.

Students may have to re-evaluate their expectations of others, too. Their hometowns might not offer the many activities of the university community--calling for some readjustment of leisure time activities.

Many schools provide prepared meals and maid service--and that usually isn't the case in the family living situation.

Both parents and returning students need to realize that their lives have been changing since the family last lived together. And consideration on everyone's part can help make a pleasant summer for the whole family.

The month of June is highlighted by the arrival of Northwest fresh sweet cherries in local markets--in season from the middle of June through early August. The appearance of this highly prized fresh fruit is a sure sign that summer has arrived.

To prolong the enjoyment of fresh sweet cherries, store them unwashed in plastic bags in the refrigerator--spread out as much as possible to prevent crushing. Wash just before serving.

I have frozen Bing cherries. They make a nice preserve along with other uses.

**Chocolate Cherry Swirl Pie**  
1 cup pitted and diced Northwest fresh sweet cherries

(Continued on page 5B)

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## WHAT NORTH CAROLINA NEWSPAPERS SAY ABOUT VOTER REGISTRATION



**GOV. HUNT, REV. JACKSON MEET** — Governor Jim Hunt and the Rev. Jesse Jackson met in the Executive Mansion March 11 to discuss a number of mutual concerns, including voter registration. *The Carolinian*, 3-18-82

"He (Jesse Jackson) said Gov. Jim Hunt, an expected Senate candidate in 1984, had 'a limited future--unless we register.'" *Greensboro Daily News*, 5-16-83

"We must register at least 200,000 black voters in North Carolina in the next two months." (Jesse Jackson) *News and Observer*, 4-22-83

"Gov. James B. Hunt, Jr. wants the State Board of Elections to boost minority voter registration in North Carolina..." *UPI/Chapel Hill Newspaper*, 11-10-81

**Ask Yourself:  
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## Saluting our Graduates



*The world moves forward when men dream great dreams. As you enter an adult world keep this idea before you. Best of luck!*

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