

Doctor in the Kitchen®

by Laurence M. Hureh, M.D.
Consultant, National Dairy Council

OH, THAT FRESH CORN AND BUTTER

I was surprised to learn recently that a lot of men do not know how to cook fresh corn out of doors over an open fire, or charcoal. While they charcoal broiled steaks, hamburgers, or hot dogs for the family, their wives boil the corn in the house.

Now there's nothing wrong with that. Fresh ears of corn are glorious whatever the method of cooking. But corn cooked over charcoal, or when the fire has died down to embers is my favorite. So men, here's the method I use.

Strip The Husks Back

Strip the husks to the end of each ear but don't tear them off. Get rid of the silk and soak the ears in cold salted water for a half hour. Then drain the ears and brush them with melted butter and sprinkle with salt and pepper. After pulling the husks up around the corn again, wrap each ear in foil and twist each end tightly to a close.

You should turn each ear frequently and they should be done to your taste in about 25 minutes.

What a delicacy. And you can add more butter if you wish.

Speaking of butter, here's a bit of history:

Butter probably was first made by prehistoric herdsmen. When they poured milk or cream into animal skin bags and hung them over horses, or camels, or other domestic animals, the animal's

stride shook the bag agitating the milk or cream until butter was formed.

This may first have happened by accident. You can be sure, thereafter, it was done on purpose.

There are many references in the Bible to butter. Hindus recorded their fondness for butter more than 3,500 years ago.

Butter is a rich source of vitamin A. It also contains vitamin D, vitamin E, calcium, phosphorus, sodium and potassium. The energy value of butter is 33 calories per teaspoon, the same as margarine, but less than that of cooking and salad oils.

From Pasteurized Sweet Cream

In the U.S., virtually all commercially prepared butter is made from pasteurized sweet cream. The cream from more than 10 quarts of milk is needed to make 1 pound of butter. Modern cylindrical or barrel churns are capable of producing as many as 5,000 pounds of butter per churn per hour.

Federal standards employ a numerical score that is based on butter's texture, flavor, and other characteristics. U.S. Grade AA, the grade generally available in most stores, has a score of 93. Grade A butter has a score of 92, indicating a slightly lower quality. Grade B scores 90. Grade C is 89 and is used for commercial purposes only.

Large Potential Seen for Vegetables

Opportunities are opening up for Tar Heel farmers to double the value of their vegetable crops within the next 10 years.

This is the prediction of Dr. A. A. Banadyga, who is in charge of extension horticulture programs at North Carolina State University.

"Already, North Carolina is carving itself a stake in America's vegetable future," Banadyga said. "We now rank first in fresh market tomato yields, first pickling cucumber acreage, second in sweet potato yields, second in fresh snap bean acreage, third in green pepper acreage, and fourth in fresh market cabbage acreage."

The American Vegetable Grower magazine recently referred to the state's growth in vegetable production as the "Age of Progress in North Carolina."

Banadyga places the total value of the 1970 vegetable crop at about \$75 million, and he believes this figure can be boosted to at least \$150 million by 1980.

Among the state's more promising vegetable crops mentioned by Banadyga are:

Cucumbers — The acreage of pickling cucumbers has been growing at a "fantastic rate." The value of the crop has likewise soared from about \$2 million in 1958 to around \$7.6 million in 1968.

The demand for Tar Heel cukes is good. Labor for picking them is generally more available here than in some competing states, and the prospect for a multi-pick mechanical harvester is on the horizon.

Sweet potatoes — North Carolina now produces about 20 per cent of the total U. S. sweet potato crop, as compared to only 15 per cent three years ago. Yields have increased rapidly. A 300-bushel (per acre) club formed in 1959 has since been

changed to the 700-bushel club. A new variety, Jewell, released last year by N. C. State University, promises to be another big asset for the industry.

Snap beans — About 10,000 acres of this crop are now planted in the state for the fresh market, a slight decrease over the last several years. But the production of snap beans for the processing market is increasing, and Banadyga believes it can increase further.

Tomatoes — Trellised tomato production in the mountains has been called the "wonder child crop" of Tar Heel agriculture. This industry has grown from practically nothing 10 years ago to a \$5 million business last year. Greenhouse tomatoes are another "up and coming" industry in North Carolina, especially around the Piedmont cities.

Among the other vegetable crops of importance, or of potential importance in North Carolina, are cabbage, carrots, pep-

pers, leafy greens and Irish potatoes.

Cabbage yields have been climbing steadily. Carrots are a relatively new crop for the state. They are now grown for processing, primarily in the Tidewater area, but Banadyga believes production will expand to the Coastal Plain and Sandhills.

Peppers are grown in both the Southeastern counties and mountains. In fact, North Carolina provides over two-thirds of the nation's fresh pepper needs during the peak harvest period of late July and early August. Indications are that the acreage of this crop will continue to expand, Banadyga said.

After declining for years, the Irish potato crop in North Carolina has stabilized. Yields per acre have increased leading Banadyga to believe that acreage may begin to expand once more.

The NCSU specialist said the state's climate in the east, coupled with warm days and cool nights in the mountains, provides a long season for the production of quality vegetables.

Husband-Wife, Brother-Sister Among Lenoir County Students on Dean's List at State for Spring Semester

Twenty-five Lenoir County students were named to the prestigious Dean's List at North Carolina State University for academic achievements during the spring semester.

The Lenoir honor students were among a record total of 2,580 who earned averages of "B" or better, representing 27 per cent of the total undergraduate student body. In contrast, just 307 were suspended due to academic difficulties.

Another record total of 110 students on the Dean's List earned straight "A" averages.

The Lenoir honor students include a husband and wife team who also earned their degrees in May, and a brother and sister.

Roger G. Stroud, son of Mr. and Mrs. Vance Stroud, Route 2, Kinston, earned honors in civil engineering. His wife, Jean M. Stroud, earned honors in English. Mrs. Stroud is the daughter of Mr. and Mrs. J. E. Kelly, formerly of Kinston.

Isabel P. Allen, a liberal arts major, and her brother, William A. Allen III, an economics major, both earned places on the Dean's List. They are the children of Mr. and Mrs. W. A. Allen Jr., 2106 Greentriar Rd., Kinston.

Other Lenoir County men and women, who earned their honors in all eight schools of the University, their parents' names, and addresses are:

Michael F. Archie, applied mathematics, Mr. and Mrs. Rt. 4; James M. Dekle, physics, Mr. and Mrs. R. G. Dekle, 1907 Sedgefield Dr.;

Joseph P. Archie, 1215 Carey Rd.; Michael R. Bain, textile technology, Mr. and Mrs. Har-

ry F. Bain, 623 Madison Ave.; Robert A. Casper, engineering, Mr. and Mrs. Vance A. Casper, John C. DeVane, Jr., wildlife biology, 1215 Sylvan Cir.; James L. Evans, textile technology, Mr. and Mrs. E. F. Evans, Rt. 1; Luther E. Hardee, mechanical engineering, Mr. P. W. Hardee, Rt. 7; Ronald E. Hill, textile technology, Mr. and Mrs. H. W. Hill, Rt. 5; Jackie W. Jernigan, textile technology, Mr. and Mrs. J. M. Jernigan, Rt. 4;

Francis R. Johnson, industrial arts education, Mr. and Mrs. Charlie S. Johnson, Rt. 6; Namon A. Nassef, mechanical engineering, Mr. and Mrs. Namon Nassef, 615 Madison Ave.; Charles G. Pattison, history, Mr. and Mrs. Charles S. Pattison, 1502 Stockton Road; Frankie J. Rackley, forest resources, Mr. and Mrs. James D. Rackley, 3202 Gardenia St.;

Loring G. Rivers, textile technology, Mr. and Mrs. Thomas B. Rivers, Rt. 2; Carlton D. Rouse Jr., pre-veterinary medicine, Mr. and Mrs. Douglas Rouse, Rt. 3, Mrs. Susan B. Vestal, recreation and park administration, Mr. and Mrs. Vernon J. Bruffey, Rt. 3; David G. Williams, computer science, Mr. and Mrs. W. D. Williams, Rt. 6; and Herbert R. Williams, Jr., animal science, Mr. and Mrs. Herbert R. Williams, Rt. 4;

David A. Sutton, recreation and park administration, Mr. and Mrs. Johnnie Sutton, Rt. 3, LaGrange; Kenneth M. Singleton, industrial production control, Mr. and Mrs. Kirby Singleton, 313 E. Railroad St., LaGrange; and Dempsey H. Barwick, zoology, Mr. and Mrs. D. D. Barwick, Rt. 3, LaGrange.

101 PROOF — 8 YEARS OLD

WILD TURKEY

STRAIGHT BOURBON WHISKEY



\$8.45 FIFTH \$5.45 PINT

AUSTIN, NICHOLS & CO., INC., NEW YORK — NEW YORK

Wedding Stationery

- INVITATIONS
- ANNOUNCEMENTS
- INFORMAL NOTES
- PRINTED NAPKINS

Come and see our Catalogs for Socially correct

Stationery, printed by letterpress, raised letter, or fine st engraving.

RIDER PRINTING CO

605 N. HERRITAGE ST.
KINSTON, NORTH CAROLINA

