

Gourmet Chicken From Freezer To Table

Don't bother to thaw those chickens you've stashed away in your freezer before roasting them! According to the National Broiler Council, broiler-fryers can be taken from the freezer rock-hard, partially unwrapped and put into a preheated oven for easy cooking and moist delicious results. You're sure to have a supply of these inexpensive, abundant birds in the freezer now, so to serve them, skip the thawing, and put them right from the freezer into the oven.

Just be sure to prepare them oven-ready, wrapping them in Heavy Duty Reynolds Wrap before putting them into the freezer. First, remove the neck and giblets and wrap separately. Then tie legs of chicken together, then to tail. Hook the wing tips behind the back to hold the neck skin and pad sharp bone ends with foil.

Place breast up on a sheet of heavy duty foil and bring long ends up over chicken. Double fold the foil down tightly to the chicken. Mold foil to chicken to press out air, then close ends envelope style and press close. Label with contents, date and weight, then store in freezer.

When you are ready to use one or more of the chickens, roast them as directed in the following delicious recipe, adding seasonings listed or your own favorites.

Roast Chicken

With Wine And Herbs
1 foil-frozen-broiler-fryer chicken
½ cup sherry
Salt, pepper



Mixed herbs (tarragon, marjoram, basil)
Chicken broth
2 tablespoons butter or margarine
2 tablespoons flour
1 egg yolk
½ cup heavy cream
1 pkg. (9 oz.) frozen artichoke hearts

Preheat oven to 450°F. Unwrap foil-wrapped frozen chicken and leave it on the foil wrapper. Place in foil-lined shallow baking pan and fold foil loosely over the top of the chicken, leaving the foil open at the ends so that heat can circulate. Roast in preheated oven as follows: 2¼ to 3 pounds, 1 hour, 20 minutes; 3 to 3½ pounds, 1 hour, 45 min-

utes; 3½ to 4 pounds, 2 hours. Turn back foil and pour sherry over chicken, sprinkle with salt, pepper and herbs. Continue roasting with foil open 20 minutes longer. Transfer chicken to heated serving platter. Pour juices into measuring cup; add chicken broth to make 1½ cups. Melt butter in saucepan; blend in flour. Stir in broth mixture and cook, stirring constantly, until mixture thickens and comes to a boil. Beat egg yolk with cream; stir into sauce and cook over low heat, stirring constantly for 1 minute. Pour into heated sauce boat. Garnish chicken with artichoke hearts prepared according to package directions.

YIELD: 4 servings.

Other Editors Say

CHRISTIAN SCIENCE MONITOR

Trudeau's Courage . . .

If one is seeking some sort of quick plebiscite on the state of emergency proclaimed in Canada by Prime Minister Pierre Trudeau, the sweeping Montreal victory of Mayor Jean Drapeau will do.

Amidst virtual martial law, arrests and a search for kidnapers, the election went off quietly and without incident. This was Montreal, in French-speaking Quebec. Mayor Drapeau, seeking a fourth term, received more than 90 per cent of the popular vote, won all 52 seats in the city council. He had taken a stand for strong government and law and order and had denounced the FLQ separatist-terrorists.

Some observers say that Montreal may get under Mayor Drapeau more show-place city renewal than low-cost housing. But there was no doubt of the support of Montreal citizens for responsible government, their opposition to terrorism.

This is most worthwhile. Prime Minister Trudeau's decision, to meet terrorism with courage, has its impact far beyond the borders of Canada. As the Economist of London remarks, Mr. Trudeau becomes the first leader of a democratic country who has been willing to meet the new, globally fashionable terrorism head-on.

There was a heavy price to pay: the murder of Quebec Labor Minister Pierre Laporte; the suspension of some Canadian civil liberties. But Canada's Prime Minister did what some Latin-American governments shied away from doing in the event of political kidnappings. He did what the European governments avoided doing against the Palestinian hijackers. He has made it less likely that terrorism will

succeed when tried next time. Democracy is based on majority rule, plus the prospect that a minority, by resort to parliament and press, courts and politics, can bring opposition policies to pass and even become the majority. Sometimes the system works very imperfectly. But the terrorists would destroy the system by seizing innocent people and by threats seeking to impose their will on the majority.

Here is a worldwide tactic. It is supplemented by bombings.

Canada is no military regime. It is a democracy that, under Pierre Trudeau, has shown that it knows how to defend itself against the "radical chic" of political terrorism. Other countries can take notice, and be ready to apply the same courage.

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SENATOR SAM ERVIN ★ SAYS ★



A backlog of many bills faces Congress when it returns for its first post-election session of both Houses since the Korean War.

Despite a legislative flurry in the weeks before the recess in mid-October, the Senate has not completed action on the Women's Rights Amendment, an occupational health and safety bill, several consumer protection bills, an omnibus welfare-trade-social security bill, and six money bills.

Also awaiting final actions are measures dealing with foreign military sales, food stamps, the farm program, manpower training, environmental pollution, and crime control.

The Administration's controversial Family Assistance Plan to provide a low-income family of four with a guaranteed annual income of \$1600 was tentatively sidetracked by the Senate Finance Committee on October 8th. Whether that action will stand when the Senate considers any Committee reported bill on this subject is yet to be determined. A move could be made on the floor to tack the guaranteed income plan onto the Social Security Amendments, which will also be the likely bill to provide import quotas on Textiles and footwear.

The Senate Finance Committee is expected to recommend that Social Security benefits be increased by ten per cent and that any automatic cost-of-living index be used to provide future changes in benefits.

The House is scheduled to consider the trade bill as its first order of business.

Constitutional amendments to provide for the direct election of the President and Vice President, and to provide for wom-

en's rights remain on the Senate calendar. But, recent Senate actions appear to have dimmed prospects for the submission of these amendments to the States.

Congress also returns to reconsider two bills vetoed by the President. These are the housing appropriation bill and the bill to limit campaign spending for political broadcasts. A two-thirds vote of both Houses is necessary to override the Presidential veto.

Money bills still pending include those to provide funds for defense, agriculture, labor, housing, food stamps, health, poverty, foreign aid, and transportation. These total more than \$100 billion for the current fiscal year.

Included in the Department of Transportation's money request is \$290 million for construction and flight-testing of the controversial supersonic transport plane. I am opposed to the use of Federal funds for the development of this experimental aircraft at a time when there is a likelihood that the Federal budget deficit will reach more than \$13 billion for fiscal 1971.

Deficit spending by the Federal Government continues to be one of the most vexing economic problems facing our country, and this arises simply because there is more emphasis on formulating new programs to expend Treasury dollars than there is on paying for the programs already on the statutes.

Thus Congress returns for the "lame-duck" session following a hard-fought election campaign to deal with legislative tasks that ordinarily would take months or even years to resolve. The outlook is dim for quality

Airman Waters Awarded Air Medal

Specialist Four James E. Waters, son of Mr. and Mrs. George L. Waters, route 3, La-Grange, recently received the Air Medal in Vietnam.

Spec. Waters earned the award for meritorious service while participating in aerial flight in support of ground operations in Vietnam.

The specialist is a helicopter crewman in the 119th Assault Helicopter Company. He entered the Army in October 1969 and was stationed at Ft. Rucker, Ala., before arriving overseas.

The specialist is a 1968 graduate of Frink High School, La Grange.

Charles Reynolds On Duty in Japan

Air Force Staff Sergeant Charles K. Reynolds, son of Mrs. Paul K. Reynolds of Rt. 1, Trenton, has arrived for duty at Tachikawa AB, Japan.

Sergeant Reynolds is a radar technician with a unit of the Air Force Communications Service. He previously served at Eglin AFB, Fla.

Airman Irving is Honored in Greece

Airman First Class Dennis G. Irving, son of Mr. and Mrs. C. G. Irving of 1205 Stockton Road, Kinston, has been named Outstanding Airman of the Year in his unit at Athenai Airport, Greece.

Airman Irving, a supply specialist, was selected for his exemplary conduct and duty performance. He is assigned to a unit of the U. S. Air Forces in Europe.

The airman, a 1967 graduate of Grainger High School, attended Louisburg Junior College and North Carolina State University.

legislation under such circumstances.

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