

Not Just An Ordinary Restaurant Guide

(Continued From Page 56)

to collaborate on the South Carolina book. Mulford was quick to accept, although the deadline was just three months away. The book was published in 1984, then revised last year.

"It was designed to appeal to three kinds of people," she explained. "Travelers, historians and cooks can all find something there to interest them."

The brief historic preamble to each restaurant and its recipes gives an overview of the building's past life, usually something quite different than its present use. One was a college dormitory, another a rundown haven for hobos, and still another a stately mansion.

Interesting as these glimpses of the past might be, details of the "new look" and especially the food, predominate. The writers were careful to include hours of operation, complete addresses and telephone numbers, and a rundown on the menu. Two or three recipes follow, accompanied by ecstatic descriptions.

Mulford tested her share of the recipes with cooperation of family and friends. Her husband and two sons, both college students, did lots of tasting, as did houseguests. "We have frequent parties and I tried dishes out there.....that helped," she laughed. "I also gave some recipes to friends to try in their kitchens."

In her recent whirlwind tour of

South Carolina's finest eateries, Mulford noticed some changes since 1984. "Now, restaurants are serving lots of grits," she observed. "They're prepared in really fancy ways, even as main courses, and they taste good!" She added that collard greens and some other Southern favorites are also showing up in the finest restaurants. One such inclusion in the book is grilled smoked quail stuffed with collard greens, served at the Carolina's restaurant in Charleston.

"I like the way chefs in upscale restaurants are trying to remain regional in their menus," Mulford said, "but my own favorites are seafood dishes."

The next region she will explore is the Southwest. As her husband makes a career move, serving as president of a French company with offices in Phoenix, she comes full circle back to her home state. "We're keeping our home in Southport, though," she said, "because we definitely want to retire here."

The family moved to Southport two years ago, having been captivated by the area through numerous visits to friends. "My husband had retired when we came here and bought our house," she said. "Now he's starting in a new position."

She, meanwhile, is considering several ideas for future writing. "I have some books I'd like to do," she said, "and maybe I'll research



Staff Photo by Marjorie Megivern

KAREN MULFORD thumbs through the second edition of the book she co-authored, in the kitchen where these recipes were taste-tested.

the southwest...and I still do travel articles for the *Charlotte Observer*."

Among her future work is the distinct possibility of something like...*Arizona's Historic Restau-*

rants.

One thing is certain: Karen Mulford will continue to write, and the historic aspects of fine dining may also be in her blood. Stay tuned.



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Check The Forecast When Deciding 'Weather' To Boat

Planning a day on the water? The U.S. Coast Guard wants boaters to remember that conditions can change rapidly in coastal areas. So be sure to check you local marine weather forecast before casting off.

There are many excellent sources for local weather reports. Daily newspapers usually include a general three-day forecast. Radio and television stations broadcast regular weather updates. And the National

Weather Service broadcasts continuous information about current conditions and forecasts on its VHF weather stations.

Once underway, your own senses are your best guide to changing conditions. As long as you heed the warnings. Notice if the wind strengthens and watch out for cloud build-ups. Bad weather can occur even with a fair forecast, with squalls and thunderstorms causing

a dangerous situation to those caught off guard.

Whenever foul weather finds you, have everyone aboard don their personal flotation devices (life jackets). Seat passengers low and near the boat's center. Reduce speed and head for the nearest safe shore or harbor. Steer the boat toward the waves at a slight angle to keep water out of the boat.

If your engine fails, use a sea anchor to hold the bow upwind in open water. Consider beaching a small, open boat on the nearest shore.

As the operator, you are responsible for the boat and its passengers. So boat smart. Watch the weather and use good judgment when reacting to changing weather conditions.



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Crossword Puzzle Solution

ACROSS

1. Fear 3. Gap 5. Sulk
7. Perimeter 9. Lull 10. Peal
11. Feuds 14. Royal 15. Cargo
17. Alive 18. Ether 19. Nomad
20. Eagle 23. Gong 25. Knot
27. Glorified 28. Pure 29. Dry

DOWN

1. Full 2. Reel 3. Grime
4. Plead 5. Seep 6. Kill
7. Plaything 8. Reprimand
11. Flare 12. Using 13. Scene
14. Rye 16. Old 21. Aired
22. Lofty 23. Grip 24. Glue
25. Keel 26. Torn