

**THE COASTLAND TIMES**

Published Continuously at Manteo, N. C., Since July 4, 1935

THE WEEKLY JOURNAL OF THE WALTER RALEIGH COASTLAND OF NORTH CAROLINA. — FOREMOST REGION OF RECREATION AND SPORT, HEALTHFUL LIVING AND HISTORICAL INTEREST ON THE ATLANTIC SEABOARD

Entered as Second Class Matter at the Postoffice in Manteo, N. C. Subscription Rates: Yearly \$3.00; Six Months, \$1.75; 3 Months, \$1.00

PUBLISHED EVERY FRIDAY BY TIMES PRINTING CO., INC. AT 503 LODGE STREET, MANTEO, NORTH CAROLINA

"My rule, in which I have always found satisfaction, is never to turn aside in public affairs through views of private interest, but to go straight forward in doing what appears to me right at the time, leaving the consequences with Providence."—Benj. Franklin.

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VOLUME XXIV MANTEO, N. C., FRIDAY, FEBRUARY 27, 1959 NO. 35

**THE HATTERAS ISLAND HEALTH CENTER.**

It is to be hoped that the committee which has set out to provide Hatteras Island with a modern clinic, will succeed in finding a way to acquire this greatly needed facility, so important in today's living. Isolated as they are, the citizens are always in need of emergency medical service. Dependent as they now are on the tourist patronage, nothing could be more helpful to encourage visitors to prolong their visits, than the assurance that here might be found medical skill and facilities whenever needed. The stranger a long way from home, needs this assurance in a day and time when all other places have up-to-date medical facilities to offer.

We must consider that judging by the past, the Hatteras and Ocracoke area will grow by leaps and bounds in the next few years, thereby increasing the need and the importance of this proposed health center. Consequently what is undertaken now must be planned for the future whereby enlargements may be made in the most economical and practical manner as time rolls on and brings up new conditions and new needs.

Ample land for future development should be had at the outset. Room for the parking of helicopters is particularly important. Some room for recreational purposes is also important. The people who staff this clinic will in time want outdoor space for athletic diversion, for parking and to keep off objectionable encroachment from over-active development on the part of other interests in the community.

The proposed clinic is equally important to all citizens. It ought to support itself from reasonable fees to all alike. If built up to modern standards, perhaps Federal agencies would contract with it for the treatment of service personnel. This clinic may be necessary if the area is to retain sufficient qualified medical personnel. Nearly every small place in the country these days is having to provide facilities before doctors, they being scarce, will give a place a second look. Having the clinic in the locality will be an asset; it will add to the community's good name. It will label the people as progressive people. It will be worth what it costs to every family although fortunately one may never have to use it. It may mean the difference between life and death in numerous emergencies that will arise through the years. With its equipment, its medical and nursing staff, its blood bank, and aid on the spot, it should save many a life and make all citizens growingly happy and proud of having made this contribution for the betterment of all the people of the Outer Banks.

**THE FIREMAN WILL BECOME AN INCREASINGLY RESPECTED AND VALUED MAN**

It seems to us there have never been enough people to give due recognition and appreciation to those men who give their services to the local fire department. We have attempted to analyze the motivation which makes many men donate their time from gainful occupation and assume some physical and financial risk in addition, in order to save the property of other people, some of whom they don't know. We assume therefore it is the same impulse which drives all of us to the dedicated tasks which make life more interesting for us. It would be a tough old existence indeed if we could not sometimes escape from the chains and slavery as it were, imposed upon us by civilization in our struggle for existence.

We think the day of the fireman is coming back; there is a demand for him. Never was the fireman more important than in this coastland today. Unreasonable insurance rates are driving people to establish fire protection districts. Otherwise financial aid for residential expansion would be impossible.

It has become most important in rural areas to establish protection zones. It's going to have to be done on the Outer Banks as well as in communities inland, if hope of reasonable insurance rates materialize, and there can never be appreciable development commercially until the business of the area can afford the overhead costs, which include interest, insurance and other fixed charges.

The man who is willing to give his time to service in the local fire department will get more appreciation from his neighbors. He has deserved it all along, but has never been given the credit that is due him.

**THE CHOICE IS WITH THE PEOPLE.**

We must choose between the destruction caused by government paternalism and the security insured by individual freedom with individual responsibility as expressed in the Bill of Rights. There is no other choice.

As it must, the choice rests with each of us as individual Americans. No one can tell us what to think or do. No one should. To do so would be a violation of both the spirit and the words of the Bill of Rights. As responsible persons, each of us has the privilege and the obligation to pursue what each considers to be the right course of action. But this above all—before we act, let us understand the meaning of our actions, the direction in which we are going.

—Dean Russell.

It is not the critic who counts; nor the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again, because there is no effort without error and shortcoming; who does actually try to do the deed who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement, and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

—Theodore Roosevelt.

There are two kinds of men who never amount to much — those who cannot do what they are told and those who can do nothing else. — Cyrus H. K. Curtis



**Demonstration and**



**Highlights by**

**MRS. FRAN A. CULLIS**

**Home Agent**

**4-H Development Fund Progress**

At the executive board meeting of the 4-H Development Fund the treasurer, Mrs. Carl Nunemaker of Nags Head, reported that we now have \$350.

The Home Demonstration Clubs on the Outer Banks plan to help us reach our goal of \$500. Buxton Club plans to conduct a drive headed by volunteer leaders: Mrs. Chris Kinsey, Chairman; Mrs. Carolyn Fowler, Mrs. Evelyn Midgett, Mrs. Mary Stamey, Mrs. Retta Quiddle and Mrs. Mary Reynolds. Hatteras Club women will help by holding a bake sale under the guidance of Mrs. Gail Hollis, President. From the Frisco club Mrs. Julian Austin and Mrs. Ella Ransom head a committee to conduct a drive. Rodanthe-Waves-Salvo club did not meet this month because of a funeral.

The 4-H County Council made tentative plans for a talent contest to raise funds with Miss Della Basnight and Miss Carol Harris as Co-Chairmen to help reach our set goal.

**Home Demonstration Club Schedule for March**

March 2 — Manteo Club — with Mrs. Tom Etheridge; March 4 — Manns Harbor Club — with Mrs. Olive Littlejohn; March 5 — Stumpy Point Club — with Mrs. Edith Best; March 6 — Kitty Hawk Club — with Mrs. Frances Marks; March 8 — Rodanthe-Waves-Salvo club — at the community building; March 9 — Buxton Club — with Mrs. Joyce Gray; March 10 — Hatteras Club — with Mrs. Pauline Oden; March 10 — Frisco Club — no hostess yet; March 11 — Wanchese Club — with Mrs. Betty Daniels; March 18 — Nags Head Club — with Mrs. Mary Newman.

A special interest meeting will be conducted by Mrs. Sylvia Matthews, VEPCO home economist, on "Freezing Cooked Products" such as meats, cookies, cakes, etc. The meeting will be held March 24 at 2 p.m. in the appliance department of Fearing's Drug Store. Door prizes of the foods used in the demonstration will be given. This demonstration will be too good to miss.

Also on March 24 a Music School will be held at the Corinth Baptist Church in Elizabeth City beginning at 10 a.m. for each music leader in the H. D. Clubs. These leaders will be taught all the songs in our yearbooks, plus others and enjoy fellowship with many other counties.

The demonstration in each of the H. D. clubs this month will be "Low Calorie Desserts." The following factors will be discussed: 1. The reason for maintaining normal weight; 2. The essential foods that every diet should include; 3. The facts about fad diets; 4. How desserts can fit into a reducing diet; 5. The psychology of weight reduction; 6. Preventive weight control programs; 7. Ways to cut calories in dessert recipes.

The 4-H demonstration this month for the girls will continue in the foods field taking into consideration "How to Measure Correctly." Proper measuring equipment will be displayed and a demonstration given on how to measure various liquids, solids, fats, flours, etc.

**ENGELHARD PERSONALS**

Mrs. Mildred Guthrie of Smithfield spent the week end here.

Wiley Hodges has returned to Greensboro after visiting his parents, Mr. and Mrs. Max Hodges.

Mr. and Mrs. Edward Neal of Great Bridge visited her parents, Mr. and Mrs. S. D. Spencer.

Mr. and Mrs. Ben Stowe of Washington visited his sister, Mrs. Patsy Marshall.

Mrs. Myra Patrick was a Swan Quarter visitor.

Charley Midyette of New Bern spent Thursday here.

Miss Grace Berry of Columbia spent Sunday with her mother, Mrs. Martha Berry, and sister, Miss Bettye Berry.

Rev. and Mrs. Lamar Wheeler and son, Neal, of Fairfield and Mrs. Mildred Guthrie of Smithfield were dinner guests of Mr. and Mrs. Roy Cox.

Edward Sadler has returned to Washington, D. C. after spending the past week with his parents, Mr. and Mrs. Eugene Sadler.

Wayne Wheeler of Fairfield spent Sunday with Phyllis, Martha and Barbara Berry.

Mr. and Mrs. Claud Litchfield were in Washington for several days where they took their young son to the Beaufort County Memorial Hospital.

**GOLDSBORO WRITER HAS PRAISE FOR ROANOKE ID. COOK BOOK'S RECIPES**

By MRS. HENRY BELK (In Goldsboro News-Argus.)

The writer of this column has for today turned it over to the woman who lives at his house, his wife, who is in fun called by him the General Manager. He wanted a discussion of seafood recipes. Eating seafood with relish is an accomplishment of his; cooking it is not.

I walk with fear and trepidation in the path which the distinguished Ben Dixon MacNeill recently trod. He gave to readers of this column noteworthy ways for cooking seafoods which made us almost drool. He has invited us to Buxton to sample some of his recipes. We have been offered a ride there by a friend. I can hardly wait to go again to Buxton.

The Roanoke Island Cookbook, made up of recipes collected by members and friends of the Manteo, N. C., Woman's Club, is the book he assigned for the General Manager to discuss and he particularly wanted a write-up of the seafood recipes in the book. It may be secured for \$1.75 from Mrs. Ralph Umphlett, Manteo, N. C. The book is unusual in its format: It is bound in red with each recipe on a cardboard like sheet of paper and the collection of recipe cards is put together with black rings. There is a red card between each section of foods card index style. Many other sections besides seafoods interested me, but perhaps they are most unusual as Manteo is a coastal town.

**Clam Fritters**

Here is how Mrs. J. E. Baum makes clam fritters.

12 chopped clams  
Salt and pepper to taste  
Enough Bisquick to make clams stick together  
Drop by spoonfuls in hot fat and cook until brown on both sides. Drain on paper to absorb excess fat.

**Fish Cakes**

A regional dish is Mrs. J. Emmett Winslow's Dare County Fish Cakes:

1 lb. channel bass, boiled and flaked finely (other fish too)  
12 medium potatoes  
4 T butter  
2 t sweet basil chopped fine  
Pepper and salt to taste  
4 eggs

Peel and dice potatoes. Boil and mash. Drain thoroughly and stir in butter, then seasoning. Beat fish and potatoes together vigorously with a fork to make it very light and fluffy. Then beat in eggs one at a time. Chill for at least half an hour. Since fish cakes, like pastry, thrive on little handling, drop your mixture from a fork into hot fat and cook until golden brown.

**Kedgeree**

And here's a new dish to me; perhaps it is local, too:

3 cups hot rice  
3 T butter  
3 cups flaked fish (scallops or lobster chunks)  
½ cup rich milk  
5 hard boiled eggs, chopped  
Salt and pepper to taste

Season rice with salt and pepper then mix butter into it and add flaked fish, milk, chopped eggs, parsley and paprika, if desired. Heat thoroughly over hot water and serve. Any good fish can be used but cod and haddock are most commonly used.

**Scalloped Oysters**

I have been making scalloped oysters ever since I started house-keeping in Wake Forest a good many years ago when my husband, fresh out of Duke (then Trinity College) taught English and news writing at Wake Forest College and headed the public relations bureau. He not only headed it; he was the bureau, with student help sometimes. But back to the oysters. Mrs. Sarah H. Everett who gave her cooking knowledge to the Manteo Woman's Club, has several new, to me, twists to one of our favorite dishes:

1 qt. oysters with juice (if there isn't enough juice to make a quart add enough water)  
½ cup shortening  
2 T flour  
2 T onion, minced  
½ clove garlic, minced  
1 T lemon juice  
1 T Worcestershire sauce  
Salt and pepper  
Approximately 1½ cup cracker meal, the amount dependent upon the amount of liquid and the consistency desired.

Bring oysters and juice, salt and pepper to a boil. Melt the shortening, with the flour until the flour has browned. This gives a brownish color to the dish. Mix in all the ingredients, adding lastly the cracker meal to the desired consistency (it should not be too runny or too stiff). Sprinkle a little of the cracker meal on top and bake about 30 minutes in a hot oven—375 to 400 degrees.

With Lent giving many cooks reason for hunting new ways of serving seafoods, maybe interest may be added to non-meat menus with this creation of Mrs. W. J. Andrews:

**Congeaed Shrimp Salad**  
2 envelopes plain gelatin  
½ C cold water  
1 can tomato soup

**MEN-AND-THE-SEA**

**TRUE STORIES OF BRAVE OLD DAYS**

Gallant Deeds of By-Gone Years in The Walter Raleigh Coastland.



**WRECK OF SCHOONER NATHAN ESTERBROOK, JR. FEBRUARY 29, 1893**

At about 1 o'clock on the morning of February 20, 1893, the surfman having the patrol to the northward from the Little Kinnakeet Station, (then the Sixth District), North Carolina, discovered a large vessel, which proved to be the schooner Nathan Esterbrook, Jr., of New Haven, Connecticut, ashore two and one-half miles north-northeast of the life-saving station, and about three hundred and seventy-five yards from the shore. This point is some four miles northward of the town of Avon.

The vessel was of seven hundred and thirty-one tons burden, having on board a cargo of guano valued at \$35,000, and was on a voyage from New York City to Savannah, Georgia, carrying a crew of nine men all told. The wind was from the southwest, and although strong, was favored for the schooner, and while it was intensely dark the weather was not stormy, but the master had in some way missed his calculations and almost before he was aware of his peril, ran hard aground as stated above. The tide was falling and the surf was heavy.

The patrolman no sooner saw the lights of the schooner than he knew she was stranded, and he therefore made his way with all possible haste to the life-saving station, where the crew were aroused and at once prepared to go to the wreck. While the apparatus cart was being run out, and some extra articles that the keeper thought might be found necessary were being loaded into a horse cart belonging to him, he telephoned to the Gull Shoal Station, some five miles to the north of his own, and also to Big Kinnakeet, some six miles to the southward, informing them of the stranding and requesting their presence at the scene. Then he went to the top of the lookout and burned a red signal to let the ship-wrecked men know that preparations were in hand for their rescue. The life-saving crew then harnessed themselves to the apparatus cart and started off, the keeper going ahead and making faster time with his own cart loaded with the medicine chest, blankets, life belts, extra shot lines, etc. Not long afterwards he met the Gull Shoal crew and sent some of them with a horse to assist his men who were behind with the apparatus cart. No time was unnecessarily consumed, but extreme darkness of the night and the condition of the beach were such that a considerable period was required to get abreast of the wreck with the apparatus, which was not accomplished until nearly 3 o'clock.

The Lyle life gun was immediately brought into requisition, carefully sighted by the lights of the schooner which were still burning, and a moment later its friendly shot went whizzing through the air toward the mark. The distance was great, and the darkness so impenetrable that the eye could not follow the flight of the projectile, but the fact subsequently appeared that notwithstanding the difficulties of the situation both the keeper and gun had done their work well.

It is true the shot did not rest on board the vessel, but it reached her fairly and would have proved entirely successful had it not happened to strike the heavy forestay and rebound into the water. After waiting a sufficient length of time to find that the line was not being hauled aboard, the keeper knew the shot had failed, and promptly prepared to try again. The second

1 large pkg. Philadelphia cream cheese  
1 C mayonnaise  
½ C diced celery  
½ C diced onion  
1½ lbs. cooked shrimp (cut if shrimp are large)  
pinch salt  
Soak gelatin in cold water. Bring soup to a boil. Add cheese to soup and beat until smooth. Remove from fire and add softened gelatin. Let cool. Add celery, onion, shrimp and mayonnaise. Pour in mold and chill until firm. Serves 9.

**Clam Dip**

Mrs. M. K. Fearing contributes this good one:  
1 7-oz. can drained minced clams  
2 T clam juice  
1 large pkg. cream cheese  
1 T grated onion  
1 small can mushrooms, chopped  
Seasonings to taste—garlic salt, tabasco sauce, etc.  
Mix until right consistency to spread on crackers or for dunking potato chips. Thin with clam juice.

projectile, was fired with a larger line and a heavier charge of powder, but fell short. Upon the third trial the same weight cartridge was used, but a lighter line (of the same size as the first one), and this shot landed the line in excellent position across the fore gaff, between the fore and main masts.

The shipwrecked crew at once began hauling out the whip, and in the space of a few minutes the hawser was sent out and made fast, but unfortunately, as it later appeared, too low down. The movements of the life-saving men were guided solely by the signals of a lantern on board the schooner and they had no knowledge of what was going on except from that source, therefore, when a signal was made that the hawser was fast they set it up, clapped on the breeches buoy, and it was about to start on its first shoreward when a change of conditions occurred which ultimately resulted in the only instance of loss of life which attended the wreck.

Just as all was ready the wind suddenly veered from the west to southwest and began to blow a gale from the north swinging the wreck around and thus bringing the beach apparatus hawser across the headstays. A signal to haul away was, however, shown and the buoy was accordingly promptly pulled ashore.

When it reached the beach its occupant was found to be unconscious and was supposed to be drowned, the hawser having been made fast so low on the schooner that the buoy was necessarily dragged through the water a large portion of the way. Efforts were made instantly to resuscitate the apparently drowned man, and he soon recovered consciousness, when he was transported in one of the carts to the Little Kinnakeet Station, attended by surfmen selected for that purpose, while the rest of the three crews assembled at the scene remained to complete the rescue of the eight men still on board the Esterbrook.

The gear being fouled the keeper now determined to give over any further effort with that method and make an attempt to reach the vessel with the surfboat. A launch was finally accomplished in face of the high wind and furious surf, but these obstacles, supplemented by a rapid longshore current, were too much for the crew, and ultimately compelled them to abandon the effort and return to the beach.

It was now daylight, and Keeper Hooper signaled to the men on the wreck to change the hawser whip line to the lee bow, and while this was being done and the short end of the gear set up over again as was necessary, he sent a team to his station for the life car, which he proposed to use in the further operations, as perhaps under the circumstances a speedier and preferable means of getting the remaining men ashore. When it arrived the car was slung upon the hawser in place of the breeches buoy, and four trips were made with it, two men being landed at each trip. So many perplexities were encountered that it was well into the day when the last man was safe on shore, and it may well be accounted a fortunate circumstance that the vessel was sufficiently strong to hold together un-

til all the rescue was completed. No lives were lost by drowning, but the second mate, Charles Clafford, who, as before stated, was unconscious when he reached the shore, and it afterwards appeared from his own statements and those of his shipmates, was injured before leaving the vessel and later by being dragged across the headstays, suddenly failed early in the forenoon, and at about 9:30 gave up his life. From the instant he was landed to the moment of his death every possible means was adopted for his recovery, but without avail.

Just before he expired he threw up profuse quantities of blood and it was the opinion of his comrades, as would seem to be the fact, that his death was due to necessarily fatal internal injuries. His body was carefully dressed in clothing taken from the supply provided by the generous benevolence of the Woman's National Relief Association, and then reverently interred by the life-saving men in the presence of the surviving members of the shipwrecked crew.

While the circumstances of this rescue were not extraordinary so far as the weather was concerned, they afford a fair illustration of the methods of life-saving—the breeches buoy, boat and life car having been successfully brought into use—and they also emphasize the value of telephonic communication between the stations, by which three crews were easily and promptly assembled under circumstances calling for a very considerable number of men.

The shipwrecked people were furnished with dry clothing and remained at the station until the day after the wreck, when they took their departure on a wrecking steamer for Norfolk, Virginia, leaving with the keeper the following statement expressive of their appreciation of the services of the life-saving crews:

"The Schooner Nathan Esterbrook, Jr., of New Haven, Conn., stranded at 12:40 o'clock on the morning of February 20, 1893, about two and one-half miles north of the Little Kinnakeet Life-Saving Station. The Captain and crew of the station were promptly on hand. There was no lack of duty in saving our lives. Furthermore, I wish to state that the man who died at the station was saved alive. I believe that he got hurt in getting clear of the vessel, causing his death. Everything was done to save his life that could be done. I am very thankful for myself and the crew for the fine treatment that we received from the captain and crew of the life-saving station; Geo. Kesley, Captain, A. L. Dunton, Mate, John Manston, Steward, W. Krueger, Seaman, T. Anderson, Seaman, F. Kuhla, Seaman, J. Anderson, Seaman and T. Anderson, Seaman."

**SWAN QUARTER PERSONALS**

Dr. and Mrs. Rhodes Lupton, of Chapel Hill visited Mrs. Eula Harris and Mr. and Mrs. Rouse Lupton.

Mr. and Mrs. J. E. Spencer and Miss Mildred Spencer visited Rev. and Mrs. Jesse Parks at Lucama.

Miss Rosetta Spencer and Miss Ann Bowen of Washington visited Mr. and Mrs. Branch Spencer.

Mrs. Ray Cahoon and Renee have returned after visiting in Norfolk.

Miss Cecilia Jennette of Washington, D. C. and Miss Sandra Jennette of Greenville were home with Mr. and Mrs. C. B. Jennette.

Mrs. Mildred Williamson, Mrs. Leon Harris, Mrs. T. C. Tunnell, Mrs. Rouse Lupton, Mrs. Branch Spencer, Mrs. Claude Sawyer, Mrs. Bell Jordan, E. A. Williams, Mrs. Evelyn Swindell, Mrs. Don Harris, Mrs. D. E. Tunnell, Ray Cahoon, Mrs. Ben Mason, Mrs. Cleon Carawan, Mrs. Addie Gibbs, Mrs. Verda Mason, Mr. and Mrs. Tim Smith, Mrs. Leonard Smith, Miss Gloria Jean Smith, and Joe Henry Bishop were Washington visitors.



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86 PROOF

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