



from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

Occasionally, the family menu planner gets into the proverbial rut when trying to create interesting meals. Breakfast, if served at all, is a repetitious offering of juice, cereal or eggs, toast and coffee. Lunch most certainly is a soup and sandwich combination, while dinner tends to be variations on the theme of meat and potatoes in some form.

Lack of inspiration in the culinary studio sometimes leads to the notion that bread comes only as "sliced white," potatoes are always "french fried," mint jelly always goes with lamb, green peas are the only proper vegetable with roast beef, and stew is always served in times of budgetary stress.

Then there is the predictable rut of menu planning where Monday is always meat loaf, and Tuesday is liver. Nothing exciting is likely to happen with such a dependable routine.

Another hackneyed item is fried chicken. Many people believe that "Southern-fried" is the only way to prepare this delicious and low fat meat. Admittedly, makers of coating mixes for chicken which allow oven baking do offer hope for being creative. But true inspiration comes from cookbooks where hundreds of chicken recipes are available to the kitchen sleuth willing to look.

The common chicken is descended from the wild jungle fowl of Eastern Asia. The earliest mention of chicken is made in a passage by a Greek author writing around 570 B.C. Even Aesop mentioned chicken when advising the foolish milkmaid not to count her chickens before they were hatched.

Henry IV of France believed chicken was special. His goal was to provide every peasant with a "chicken in the pot on Sunday."

Today, it is possible to enjoy chicken every day with little repetition in ideas. And eating more poultry is in keeping

Norwood Library to mark anniversary

The Norwood Library will mark its sixty-fifth anniversary of service to Norwood area residents on September 17. The Library continues to grow both in inventory and types of services it offers to a large number of patrons.

The Norwood Library first opened its doors September 17, 1912 in the Masonic social rooms then located over the Norwood Bakery. The library holdings included 1,000 books including about 360 loaned by the school and 400 loaned by the state. Of the three daily newspapers received only the New York Times still exists.

An "Opening Tea" drew 100 guests on October 1, 1912. During the ensuing years one librarian, Margaret R. Bartlett, received the Marian Mosher Distinguished Librarian Award and the Library has been selected for the annual Improvement Award. Steady building improvement continues.

In addition to lending books, art prints, recordings, cassettes, sewing patterns, magazines and newspapers are available. Regular programs are held for children and a very successful puppet workshop was staged in July.

An entirely new feature was inaugurated last week when the first in a series of four toy making workshops was held with Mrs. Spencer Moon as the instructor. The ladies attending were briefed on the types of stitches, how to make and use a pattern to construct a toy to be finished during the class period.

The September 15, class will deal with making toys with gussets, only two pieces and working with fur. Any area lady is welcome to attend. Each person is to bring needle, thread, thimble, scissors and any material they wish to use for the toy. Class time is 9:30-11:30 a.m. each Thursday in September.

Carter energy bill draws Martin anger

President Jimmy Carter's energy bill contains a provision that could spell disaster for upstate electric energy needs, Assemblyman David O'B. Martin said today.

Martin explained that the federal legislation, HR 8444, contains provision 515, entitled "Prohibition Against Special Non-Aggregate Inclusions."

Specifically section 515 provides that: "The rates of any electric utility which is a state utility agency shall, consistent with 511A, be based on the total cost of 1) all electric energy generated by all facilities of the entire system of such utility; and 2) all electric energy produced by such utility which is sold by such utility."

The bill further defines a state utility agency as any agency of the state which is an electric utility.

"The situation exists now whereby the Power Authority of the State of New York, PASNY, determines the consumer cost of electricity on the basis of the cost entailed in generating that power for that specific area," Martin said.

"If the President's energy bill is enacted intact, however, this procedure will be thrown overboard and replaced by section 515, a system whereby electrical energy cost will be determined by averaging the generating cost for every PASNY plant in New York State. Such a formula bodes disaster for the North Country and all of upstate New York and should not be enacted," he claimed.

"No one in northern New York needs to be told the consequence of such a drastic increase in the cost of power. The location of Alcoa, Reynolds and General Motors in Massena is no accident but is a function of relatively low cost power," Martin stated.

"It should also be noted that while the implementation of section 515 would not affect power contracts presently in operation, the contracts will be up for renewal shortly and the new averaging provisions will pertain. Our quest for an increased block of power to create new jobs in the North Country may also suffer a setback if no competitive power cost advantage for employers is available," he said.

with the prudent diet of the American Heart Association which recommends less emphasis on beef and more on poultry and seafood.

The following recipe is a superb version of ovenbaked chicken. The marinade of seasoned sour cream imparts a most interesting flavor.

CHICKEN SUPREME
YIELD—SIX SERVINGS
2 cups sour cream
3 tablespoons lemon juice
2 teaspoons Worcestershire sauce
1½ teaspoons celery salt
1½ teaspoons salt
1 teaspoon general seasoning salt
3 chicken breasts, skinned and split

Dry bread crumbs
½ cup melted margarine

1. Combine the marinade by mixing together the cream, lemon, Worcestershire sauce and the three kinds of salt, stirring to blend.

2. Place chicken halves in the marinade, cover and refrigerate overnight.

3. Remove chicken from marinade and roll in bread crumbs and place chicken meat side up in a shallow pan. Drizzle the margarine over the chicken. DISCARD THE REMAINING MARINADE.

4. Bake at 350 degrees F for 60-75 minutes-uncovered-till done.

Gibson to give convocation address

George H. Gibson, new vice president and dean at St. Lawrence University, will give the address at the university's annual fall convocation Wednesday, September 14 at 7:15 p.m. in Gunnison Memorial Chapel.

The title of his talk will be "Powerful Shared Purposes." The program will also include honorees recognition for students newly elected to Phi Beta Kappa and for faculty entered on tenure in 1977, the announcement of the recipient of the J. Calvin Keene Award, music by the Laurentian Singers, and the traditional academic procession.

The public is invited to attend. Gibson assumed his new duties in August, coming to St. Lawrence from the University of Delaware, where he was assistant provost and associate professor of history.

At St. Lawrence he also holds the rank

of professor of history. A native of Baltimore, Gibson was graduated from Furman University in 1964.

He earned his master's and Ph.D. degree in United States history from the University of North Carolina at Chapel Hill.

Before joining the Delaware faculty in 1965, Dean Gibson taught history at the University of Mississippi and began a

long professional association with the Hagley Museum in Greenville, Delaware.

He is the author of three books and many articles on historical subjects and has also written articles for scholarly journals on such diverse subjects as public broadcasting, the woolen industry, Unitarianism, Benjamin Franklin, political journalism and historical figures in Delaware.

Vets should check 'W' insurance policies

Korean War Era Veterans who are currently covered by five year limited convertible term insurance with a W prefix must convert the policy before the end of the term period which expires on or after their 50th birthday. These policies were issued in 1959 after RS insurance policies were converted to the five year limited convertible plans.

Veterans may convert to a number of permanent plans. If a veteran needs a physical examination in connection with W insurance, he or she may get it free of charge at any VA hospital or office where there is a doctor on duty.

For further details on how to convert their insurance, veterans should contact their local VA office.

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