



## from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

### Oyster Stew

It was Shakespeare who wrote the following reference to oysters: "The world's mine oyster, which I with sword will open." By definition, the oyster is an edible bivalve mollusk which has been known for centuries as a great delicacy. The history of the oyster goes back to ancient times. The first known oyster farm was founded by Sergius Aurata in southern Italy in 102 B.C. Ancient shell mounds found in America indicate that the Indians ate oysters long before the continent was visited by the early settlers from Europe. To the ancient Greeks, the oyster was both food and paper for ballots. The choice made by the voter was scratched with a sharp instrument on the oyster shell. The Celts enjoyed oysters. After the Roman occupation, oysters were sent, packed in ice and snow, from Britain to Rome for special feasts. Oysters were viewed as brain food. Because of this belief, Louis XI invited professors from the Sorbonne to an annual oyster feast to insure maintenance of their academic ability. Oysters may be served in many ways. They may be pan-fried, deep-fried, scalloped, baked, or simmered in a stew. But the true oyster aficionado probably considers the oyster served on the half shell, one of the truly sublime tastes of the world, accompanied only with some lemon

wedges and freshly ground pepper. Oyster stew comes with many variations. Basically it is a steaming bowl of hot milk and cooked, tender oysters with just a hint of seasoning. The absolutely essential accompaniment is, of course, lots of oyster crackers. It is that ideal last minute supper dish for a cold winter evening, accompanied with a well-chilled white wine. Oyster stew and clam chowder are two examples of marvelous main dish soups. Good nutrition comes from trying a variety of menu items. Introduce the oyster to your culinary world.

**Oyster Stew**  
Yield: 3-4 servings  
2 tablespoons flour  
One and a half teaspoons salt  
1 teaspoon Worcestershire sauce  
Dash of hot pepper sauce  
1 pint shucked oysters, undrained  
Quarter cup margarine  
4 cups milk, scalded  
Blend flour, seasonings, and 2 tablespoons water in a 3-quart pan. Add undrained oysters and margarine. Simmer over low heat till edges of oysters curl, stirring gently.  
Add hot milk, remove from heat, and cover. Let stand 15 minutes.  
Reheat briefly and serve piping hot with oyster crackers and freshly ground pepper to taste.

### Norfolk Library Elects Trustees

NORFOLK — The Norfolk Hepburn Library trustees met for the first time in 1980 and chose the following officers for the year:

Chairman, Mrs. Carlton (Pauline) Pernice; vice chairman, Mrs. Joseph (Beverly) Tisdell; secretary, Mrs. Bernard (Loris) King; board members, Mrs. Caroline Short, Mrs. George (Ruth) Leroux, and Royal LaPlante. Mrs. Andrew (Frances) Neeris Librarian.

The library has a new custodian: Angus LaDue as of January 1, 1980. The following new books have been received at the Norfolk Hepburn Library:

Adult: "The Death of Jim Loney," Welch; "Bell Starr," Speer; "The Ancestors Cry Out," West; "The Dogs Of March," by Hebert; "Where The River Flows North," Mosher; "Lithium For Medea," Braveman; "The Legend Of The 13th Pilgrim," North; "Lovers Meeting," Hardwick; and "A Heavy Feather," Barker.

Adult non-fiction: "Guinness Book of Records 1980"; "Information Please Almanac 1980"; "The Ideas Of August," Cate; "Shining Season," Buchanan; "Serpentine," Thompson; "A Gift Of Prophecy," Montgomery; "The Anderson Affair," Fowler; "The Hunters," Whitfield; "How To Trace Your Family Tree," Linder; "Rules Of The Road: Your Drivers Exam 1980"; "Teddy Bare," Rust.

New children's books are received weekly as well as an addition to the paperback collection weekly.

The Norfolk Library wishes to thank all the persons who have given books or magazines to the library.

### Nutrition Program Menu For Elderly

This week's menu of the nutrition program for the elderly is:

Wednesday—Pot roast, mashed potatoes, asparagus, bread and butter, butterscotch pudding, milk.

Thursday—Liver and onions, rice pilaf, stewed tomatoes, bread and butter, birthday cake, milk.

Friday—Welsh rarebit on crackers, baked potato, cottage cheese salad, pumpkin pie, milk.

Monday—Creamed ham on rusks, carrots, pineapple slice on lettuce, rusks and butter, broiled grapefruit, milk.

TUESDAY—OFF LINCOLN'S BIRTHDAY.

### Fund To Aid Injured Youth

NORFOLK — A "Help Ronny Halverson Fund" account has been started at the First National Bank of Norfolk for those wishing to make a contribution to help the Halverson family.

Ron Halverson, who was critically injured in an automobile accident on Jan. 28, remains a patient in the intensive care unit of Mercy Hospital, Watertown.

### Breakfast Program Starts In NNCS Elementary Levels

NORWOOD — Starting next Monday, students at the Norwood Elementary School will be able to have breakfast there before starting classes, according to Bill Grant, business administrator at Norwood-Norfolk Central School.

Two weeks after that, on Feb. 25, the school breakfast program will begin for students in the Norfolk Elementary School, he said. The breakfast program was approved Jan. 31 by the state Education Department.

Through the program, all students in the grade school will be entitled to receive breakfast for free, at a reduced price of 10 cents, or at the full price of 25 cents, depending upon family income. Adults can receive the morning meal at a cost of 50 cents, according to Grant.

Breakfast will be served at 8 a.m. before classes start, he said. There will be no change in the bus schedule.

The board of education approved application for the breakfast program at its meeting Jan. 8. Grant said the state Education Department notified the school Jan. 31 that the program had been approved.

The program is fully reimbursed by the state. For more information contact the building principals, he said.

### Yoga Among College's Non-Credit Classes

Potsdam College is offering several non-credit courses beginning the first week of February.

"Furniture Refinishing," taught by Mildred Eldridge and Ellen Burns, begins Feb. 5, from 7 to 10 p.m. for six sessions. This course includes a variety of techniques used in removing undesired finishes, repairing furniture, gilding, removing stains, sanding and applying new finishes. It includes time to use this knowledge under proper supervision. The cost of the course is \$25.

Joseph DiGiovanna, assistant professor of philosophy, will offer "Yoga" beginning Feb. 6, from 7:30 to 9 p.m. for nine sessions. A wide range of postures will be taught, but special emphasis will be given to the use of yoga as a means of releasing tension. Attention will also be given to those interested in weight control. The cost of the course is \$25.

There is still time to register for Gymnastics for 5-, 6- and 7-year-olds and Gymnastics for 8- to 14-year olds which begin Feb. 2, for 12 sessions. Dancy Noble, certified gymnast, is the instructor. Young people will be involved in warm-ups, stunts, tumbling, hanging ropes, chinning bars, balance beam and trampoline activities.

For more information about these and other courses, call the Office of Graduate and Lifelong Learning at 268-2747.

### Mayfield News

Mr. and Mrs. Gordon Daby attended the 46th wedding anniversary of Mary's sister in Poland, N.Y. on Jan. 26.

Our sympathy to Edna Francis, daughter of Charley Bromley, who passed away last weekend at the Masonic Home in Utica. The funeral was held at North Lawrence Baptist Church on Monday, Jan. 25.

The January covered dish supper was held at Mayfield Hall, Wednesday, Jan. 30. Chairlady of the supper committee was Ruth Launer, assisted by Charlotte Morgan, Beulah Green, and Nina Kingsley. At this time, a check for \$300 was presented to George Kahn, president of the Potsdam Rescue Squad. The money was collected from the donations received for the Memory Tree at Christmas time.

The January birthdays honored at the covered dish supper were: Margaret Avadikian, Amos Blood, Genevieve Brown, Mary St. Dennis, Rose Brown, Edwin Stowell, Harold Bancroft, Ida Hamel, Elsie Orton, Mary Covert and Howard Sampier. The list was read by the Rev. Charlton Opdyke. Our thanks to him for acting as our master of ceremonies, and to the other men who kindly assist in putting on the suppers.

Get well wishes to our neighbors who are presently hospitalized, Elizabeth Hallahan, Lola Weber and Dorothy Bartlett.

Our next coffee hour will be at Mayfield Hall, on Feb. 6 at 10 a.m.

The foot clinic will be on Friday, Feb. 8, at Mayfield Hall, from 9:30 a.m.-3

### Amnesty International Schedules Meeting Here

There will be a meeting at 7 p.m. Feb. 11 in room 200 at Clarkson's Snell Hall for people interested in forming a local chapter of the organization Amnesty International.

Amnesty International is an organization working to free prisoners of conscience around the world. The group also works actively against capital punishment. But the overwhelming activity at present is working to free prisoners of conscience, regardless of political persuasion. Information about the group will be the subject of this meeting.

### 'Dinner Dance' To Benefit Orchestra

If you haven't purchased your tickets for the Dinner Dance Friday night at the Elks Club call Lee Matott, the Elks Club or 265-4866. The Dinner Dance is Feb. 8 with a ham and turkey buffet at 6:30 p.m. and dancing to the 20-piece band "The Stardusters" from 9 to midnight. Tickets are \$7.50 each.

The Stardusters have donated their evening to the support of the Potsdam High School Orchestra. The orchestra has picked the slogan "Dutch Treat" to be shown at all their fund raising activities. The orchestra hopes to perform in Amsterdam, Netherlands, in the Spring of 1981.

## KWIK Weekly Specials

**STOP** Sale Prices Good thru  
**Food Stores** Sun., Feb. 10th

**Honey Nut Brand BOILED HAM 99¢**  
Fresh Cut At Our Deli 1/2 lb.

**COCA COLA** At our Deli Atlantic  
6 pk. Non Returnable German Bologna \$1.09 lb.  
**\$1.59** Ham Loaf \$1.39 Full Pound

**Wednesday Buy One Deli Sandwich Get One "FREE"** Limit 1 only

Old Vienna Imported <b>BEER</b> 7oz. splits \$4.99 plus dep. Case	"SAVE ON MILK" Join our Milk Bonus Club Ask Clerk for details	Stroehman Pantry Pride <b>BREAD 2/99¢</b> 20oz. size
<b>MASSENA</b> 200 North Main St. 6:30 A.M.-12 P.M.	<b>POTSDAM</b> 43 Maple St. 7 A.M.-12 P.M.	<b>OGDENSBURG</b> State St. 6:30 A.M.-12 P.M.

# Smith's Dept. Store

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## FINAL Winter Clearance SALE

Starts Tuesday, Feb. 5th and continues through Lincoln's Birthday, Feb. 12th

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# THE Wild Oat

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Every Tues.—Impulse—Jazz  
Thurs. Feb. 7—John Mooney—Chicago Blues  
Fri. Feb. 8—John Mooney—Chicago Blues  
Sat. Feb. 9—Brent Moyer Band—Bluegrass  
Every Sun. Backgammon Tournament, 3 pm on...Bring your own set.  
Every Mon. "Dollar" Pitcher 8 pm-11 pm  
Daily Happy Hour 4 pm-6 pm Drink Specials every night

## TIMBER TAVERN

Happy Hour 5-6 pm daily  
Beer 50¢ Mixed drinks 60¢  
Auction every Sunday 2 pm on...  
Draft Pitchers anytime \$2.00  
Rte. 72 1 mile east of Parishville Open 10am-2am daily