



Chicken Supreme..... Fried Chicken probably comes as close to being the national dish of America as anything you can name. In 1607, early settlers brought chickens to the American Colonies and every housewife tended her small flock lovingly for meat, eggs and of course feathers for pillows and beds. The chicken has always been part of the American scene. Southern fried chicken is still a rally cry to certain rebels who look upon stewed chicken and dumplings as Yankee fare, while barbecued chicken owes its allegiance to the West. Chicken is a national favorite for flavor, convenience and economy, and when it comes to variety, you'll run out of summer days, before exhausting all the ways to serve chicken..... fried, barbecued, broiled, roasted, baked and in casserole.

Menu

Sesame Chicken*
Potato Salad
Tray of Fresh
Sliced Garden
Vegetables
Baked Beans or
Corn on the Cob
Sour Dough Rolls
Watermelon Boat*
Iced Tea w/lemon

Sesame Chicken



Debbie Proctor
Assistant Food Editor

1 egg, slightly
beaten
1/2 cup milk
1/2 cup flour
1/2 cup sesame seed
1 tsp. salt
1/2 tsp. freshly ground
pepper
1/2 cup butter
1 broiler fryer
(about 2 1/2 lbs.) cut
in pieces

Combine the egg and milk, in another small bowl, mix the flour, sesame seed, salt, and pepper. Melt butter in a baking pan. Dip chicken parts in milk mixture; then dip in flour. Put chicken in pan, turning so that butter coats all sides. Bake in a moderate oven (350 degrees) for 1 to 1 1/2 hours, or until tender, brown and crisp. Make about 4 servings.

**Charming Triplets
Celebrate First Birthday**



Pictured above is Regina Bell and her three beautiful children. The triplets, McClain, DeShae and Lynae, were born May 30, 1972 at Virginia Mason Hospital.

Ms. Bell who lives at 1414 So. Columbian Way, is a student at John Powers Modeling School.

When asked what advice she had for prospective young mothers, Ms. Bell said, "It is a lot more simple to have three at a time; you've got a full family right away."

"Of course, there are problems with it too. It takes a whole lot of milk to keep three little babies healthy, and I am forever short of Pampers. It's pretty hard to handle all three of them, too. Since I don't have a stroller."

"In spite of these problems" she concluded "I wouldn't trade places with anybody. In fact, if I had known I was going to have triplets, I would have been just as happy to make it four-or even quintuplets!"

Watermelon Boat

Fruit Cocktail, coconut, crushed pineapple, 2 cups colored miniature marshmallows, maraschino cherries, 1/2 pt. sour cream, strawberries (whole for decorating). Decorate the table with batches of lovely, sun fresh daisies.

**Special High School Graduation
Exercise**

Five students will receive their high school diplomas at the Special Counseling and Continuation School graduation exercise. It will be held on Thursday, June 7, 1973, at 8:00 p.m. at the East Side Branch YWCA, at 2820 E. Cherry Street. A former student, Mrs. Vicky Calhoun, and John Preston, Administrative Assistant of the Central Region for the Seattle Public Schools, will speak.

The Special Counseling and Continuation School provides an opportunity for students to continue or finish their high school education during their pregnancy.

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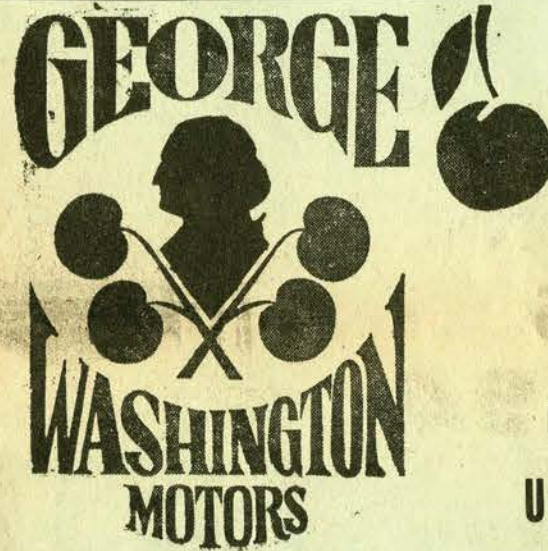
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