

Food Models Replacing Doll in Santa Request

By JANICE R. CHRISTENSEN

Many little girls' requests to Santa Claus include a doll, miniature household equipment or serving dishes. Not so the request for four-year-old Tammie of Franklin County.

Tammie's mother is enrolled in the Expanded Nutrition Education Program under the guidance of Mrs. Mildred Williams, extension program aide.

Recently while the adults were having a group meeting, Tammie and her cousin used some food models to plan a snack.

After the meeting Tammie came to Mrs. Williams and said she

thought the models were pretty.

"Please tell Santa to bring me some food models," she added.

Food models such as waxed fruit or plaster of paris meats, are a popular way to teach balanced meal planning, agrees Mrs. Bernice Harris, associate home economics extension agent. Mothers, as well as children, enjoy working with them.

SECOND KITCHEN

A utility room turned into a second kitchen is a joy for a Benson homemaker. Since the room already

had running water and a home freezer, it took only the addition of a range to transform it into a place for canning, freezing and pickling.

"With a second kitchen, I don't have to put my food conservation things up each time mealtime comes around," Mrs. Estelle Bryant told Mrs. Josephine Cawthorne, associate home economics extension agent.

TIES AS GIFTS

The holiday season came early for Gladys Bass, Creedmoor, Rt. 2, when each of his three daughters gave him a necktie she had made.

The ties were so handsome and well-constructed that Bass did not believe the girls had made them, until he saw the pattern and the fabric scraps.

HARVEY E. LEE

(Continued from page 4A) Sister, Mrs. Macie Travitt of Newark, New Jersey, three brothers, Mr. Glennis Lee of

Growers Face Salvage Questions with Beans

North Carolina farmers who were wondering a few weeks ago how to handle all the soybeans they planned to harvest are now wondering whether they should harvest some of the weather-damaged beans at all.

Harvest weather has been particularly adverse in the area of the state where most of the beans are grown -- the northeast. However, no section of North Carolina escaped some damage to soybeans and other ready-to-harvest crops such as corn, peanuts

and cotton. A survey by county extension agents and North Carolina State University extension specialists indicates that individual fields of soybeans may be damaged as much as 82 percent. The average of the survey was 24 percent damage.

Drs. John Clapp and Everett Nichols of the NCSU staff are assisting county agents in getting recommendations to farmers for handling damaged beans. A basic question some producers have: should the beans be harvested? Clapp and Nichols believe they should if the returns from the beans will exceed the

cost of combining. It per acre to pay for wouldn't take many beans combining.

Christmas Greetings

May old-fashioned joys be yours!

ELKINS CHRYSLER -PLYMOUTH

SWEET OR SAVORY, SNACKS MAKE THE GAME



SWEET-TOOTH SNACKS START HERE... with a chewy confection that's just the thing to give fans the energy infusion football seems to call for. Chocolate-covered nougat bars are made with football's own NFL Training Table Foods—a sure way for the cook to show her fans she's with the game-time action.

CHEWY NOUGAT BARS

- 3 Tbsp. butter
- 1/2 cup shredded coconut
- 1/2 lb. marshmallows
- 4 squares (4 oz.) sweet or semi-sweet chocolate, melted
- 4 cups Wheaties
- 1/2 cup pecans or walnuts, coarsely chopped

Butter square pan 8 x 8 x 2 inches or 9 x 9 x 2 inches. In large saucepan melt butter and marshmallows over low heat, stirring constantly. Remove from heat. Fold in cereal, nuts and coconut. Turn into prepared pan; pat mixture even in pan with buttered back of spoon. Pour chocolate over top; spread in thin layer. Chill about 1 hour or until set. Cut into bars, 2 x 1 inch. Makes 32.

PEANUTTY MOLASSES PATTIES

- 4 cups Cheerios
- 1/2 cup water
- 1 1/2 cups salted peanuts
- 1 Tbsp. plus 1 tsp. vinegar
- 1 1/2 cups brown sugar (packed)
- 1/4 tsp. cream of tartar
- 3/4 cup light molasses
- 1 1/2 tps. soda

Mix Cheerios and peanuts in large greased bowl. In large saucepan, combine sugar, molasses, water, vinegar and cream of tartar. Cook over low heat, stirring occasionally, to 250° or until small amount of syrup forms hard ball when dropped into cold water. Remove from heat; stir in soda. (Mixture will become fluffy and porous.) Pour syrup over cereal mixture; mix with greased spoon. Allow to cool slightly to thicken. With buttered hands, form into 2-inch patties. Cool on greased baking sheet or waxed paper. Makes about 3 dozen.

NEW YORK (ED) — As wives of football fans well know, you don't have to watch the game to get involved. Football is simply inescapable in millions of American households. And if you're not glued to TV yourself, you're still involved — feeding the fans, who seem to get hungrier as the action gets more heated.

No need to make the cooking a chore. Keeping the fans happy can be as simple as an assortment of snacks — sweets to serve with steaming coffee, plus bowls of savory snacks at every game-watcher's elbow. Some of the quickest — and tastiest — are made with football's own NFL Training Table Foods. The built-in "football flavor" gives them just the extra fillip that fans will cheer for.

SAVORY SNACK HAS FOOTBALL FLAVOR

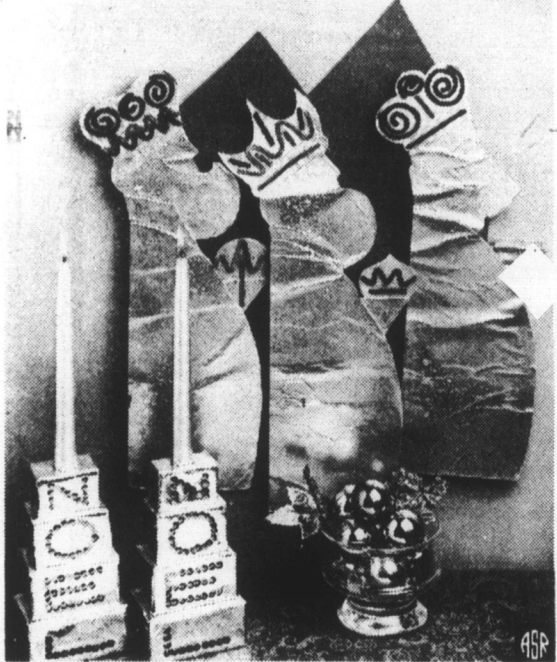


BACON CRISPS

- 4 slices bacon, diced
- 2 to 3 drops liquid smoke (optional)
- 4 cups Cheerios
- 1 cup shredded Cheddar cheese (4 oz.)

Fry bacon until crisp. Remove skillet from heat and immediately stir in liquid smoke. Add Cheerios and cheese. Toss lightly. Serve warm. Makes about 4 cups.

Do-It-Yourself Christmas Decorations



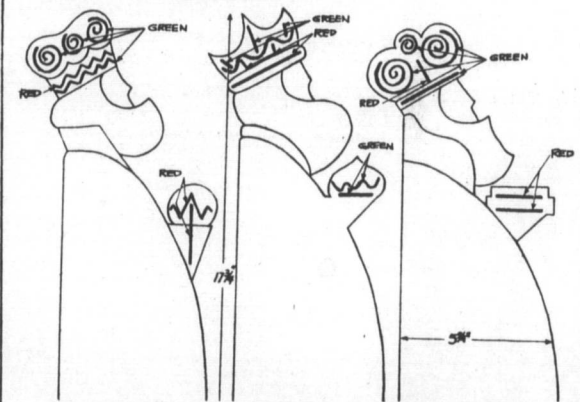
A handsome silvery wall plaque of the three Kings of the Orient and candle holders spelling out the season in gay letters will add striking style and beauty to your home during the Christmas season.

It takes no special skills to create these beautiful seasonal decorations and they are inexpensive to make. The essential material needed is just that handy kitchen helper, Reynolds Wrap and a few other things you are sure to have around the home.

All Christmas-minded family members are sure to enjoy and have fun making these decorations. Here are the directions:

The Three Kings: Use a ruler and pencil and draw outline of each of the kings on cardboard, following diagram. Use a razor blade or sharp knife and cut out each one. Tear sheets of Heavy Duty Wrap large enough to cover each king. Spread one side of each cardboard king with rubber cement or white glue, then

apply the dull side of the foil to the cardboard. Smooth out and turn edges under. Trim away excess and secure neatly using tape. Use a dull pencil and outline the designs on the headpieces of kings and their gifts, following suggestions on



Dimensional sizes for three kings are illustrated above.

diagram. Glue colored pipe cleaners or yarn to outlines for the gay trim.

To mount the three kings and give them an appropriate background, create simulated mountain peaks. Cut cardboard large enough so kings may be arranged on it. Cut top edge in two sharp peaks. Cover this cardboard with blue, red, or any desired colored foil wrapping paper. Cut small squares of sponge or styrofoam and glue to background, then glue each king to squares having them proceed in stately procession up the mountain.

Candle Holders: From a large 2" thick piece of styrofoam, cut rectangles, making two of each size.

- 4" x 3" x 2"
- 3 1/2" x 2 1/2" x 2"
- 3" x 2" x 2"
- 2 1/2" x 1 3/4" x 1 3/4"

Cover each rectangle with Heavy Duty Reynolds Wrap, smoothing the foil and sealing edges with tape, package fashion. Glue rectangles together in a stack with largest forming the base. Let dry until firm. With dull pencil, lightly trace letters "N-E-L" on rectangles as in illustration. Use variety store sequins and outline each letter with sequins using pins through center to hold them in place. Pierce center of top rectangle carefully with sharp knife to make hole and force candle into it.

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