

Lifestyles

On The Front Burner

Ellen S. Willis
Home Economics Extension

Continuing with our thoughts about moldy foods that we began last week, let's see why we need to be concerned about molds.

WHY TO BE CONCERNED ABOUT MOLDS

There are several reasons why we should try to avoid having molds grow in our foods. The first, and LEAST important reason is that it makes our foods less appetizing. I say this is least important because whether a food is appetizing or not is really just a matter of personal taste and not much else.

A second, and far more important reason to keep molds from growing in our foods is that they might make our food unsafe. Recently, scientists have discovered that some molds can produce very powerful toxins, known as mycotoxins.

In fact, one of the most common and most dangerous mycotoxins, aflatoxin, is about as toxic as arsenic and is one of the most powerful cancer causing agents known. It is a major problem for corn and peanut growers in North Carolina and has resulted in the deaths of both livestock and people in many different areas of the world. It is also important to note that aflatoxin is just one of many mycotoxins which has been found in human foods.

Since it takes a highly trained person to tell which molds produce mycotoxins and which do not, it is best to avoid eating ALL moldy foods (with the exception of those which are supposed to be moldy, such as blue cheese).

Another way which molds can make a food unsafe is that, when a mold grows in a food, it often changes the properties of that food.

In fact, it can change the properties so much that the food can become spoiled by dangerous bacteria which normally will not normally spoil that food.

WHAT DO YOU DO WITH A MOLDY FOOD?

What do you do with a moldy food? That depends on the food. Here are some general guidelines:

1) Cheeses-cut off about 1/2 inch below the surface of the mold and discard the moldy portion. Use the trimmed portion as soon as possible or freeze.

2) Jam s, Jellys, Preserves-scoop out about the top 1 inch and discard. Use the rest as soon as possible.

3) Nuts, grains, meats, fruit and vegetables, and all canned foods-Do not use.

4) Breads, cakes, etc.-discard moldy slices or portions. Use the rest quickly if flavor is not too "musty".

Of course, it is expensive to throw away food. So, the best thing to do is AVOID a mold problem in the first place. This can be done by being sure to: avoid opening moldy food in the kitchen; thoroughly washing utensils that have touched a moldy food; and keeping clean, sanitary countertops, refrigerators, etc. (HINT: a solution of 1/4 cup bleach per 4 cups of water makes an excellent sanitizer.) In summary: USE COMMON SENSE!

The North Carolina Association of Extension Home Economics are trying to locate Home Economists. In connection with this we are trying to locate Home Economists in Hoke County.

Following is our list to date: Mrs. Julian Johnson, Mrs. Jack Pope, Mrs. John Balfour, Mrs. Marie Brown, Miss Kaye Davis,

Mrs. Ken McNeill, Miss Mildred Womble, Mrs. Hallie Blythe, Mrs. Harriett Archer, Miss Ruby McLean, Mrs. Debbie Farmer, Mrs. Sandra Russell, Mrs. Jennie Gibson, Mrs. Alice Pettitt, Ms. Rolene McCall, Mrs. Betty Oxendine, Mrs. Bobby Wright, Mrs. Eddie Baker, Mrs. Ella Walker, Miss Josephine Hall, Mrs. Ellen Willis, Mrs. Wanda McPhaul, Mrs. Gladys Edens, Mrs. Tom Pilkington, Mrs. Nancy Davis, Mrs. Truett Gibson. If you are a Home Economist or if you know one not mentioned would you please call 875-2162 and give us the name and address.

The first North Carolina Dairy Recipe contest is open to North Carolina residents nineteen (19) years of age or older. Recipes must be considered one of the Main Dish - Vegetable/Salad - Dessert.

All entries must contain milk or other dairy foods as a major ingredient. Please call the Home Agents office at 875-2162 to register and to receive your entry blank. We will have judging on the county, district and state levels.

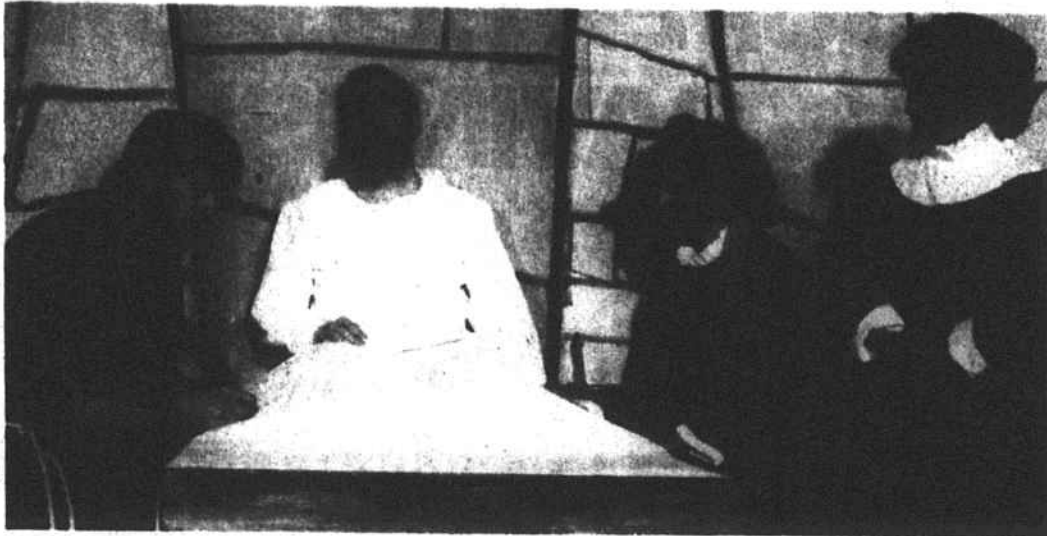
I would like to share wild game recipes that were brought to the Wild Game Cooking Workshop on February 9.

For further information call the person who prepared the dish. They were all good.

GOOSE BAR-BE-CUE

Boil goose until tender (3-4 hours). Change water every hour. Take meat off the bones. Prepare Chesapeake Bay Bar-Be-Cue Sauce: butter, ketchup, sugar, lemon, worcestershire sauce, salt, pepper, garlic powder, chopped onions, tabasco sauce. Put meat in sauce and heat in 200° oven for 30 minutes. (Larry Upchurch)

(Continued on page 4B)



Mastering the challenge

Reid Hamilton (center) waxes between madness and heroism in his stirring performance as Don Quixote in the current Bordeaux Dinner Theatre production of

Man of La Mancha. Hamilton appears here in a scene from the musical with Ken Koonce of Raeford (left) Alison Lawrence-Smith and Marilyn Morris (right).

'Man Of La Mancha' Offers Compelling Performances

By Dan Norton

Man of La Mancha is a compelling production; it compels its audience to share in the imagination of Miguel de Cervantes, later known as Don Quixote; it compels the audience to share in the quest for the "Impossible Dream" and it compels the viewers to evaluate themselves and their efforts to obtain goals.

The main character of Man of La Mancha is Miguel de Cervantes, who is an actor/poet and part-time tax collector in 16th century Spain, is imprisoned along with his manservant Sancho Panza, for crimes against the church. It is in the prison that the story takes place.

Miguel and Sancho, upon being placed in prison, are told that they are to be "tried" by their fellow prisoners.

In an effort to best defend himself, Miguel asks permission of "The Governor" (the reigning prisoner) to present his defense in the form of a play, and to use his fellow prisoners in supporting roles. At this point the audience leaves Miguel behind to enter the world of Don Quixote de La Mancha.

Don Quixote is an odd hero to say the least, seeing giants with four arms where others see windmills and a beautiful lady where others see the local harlot.

Quixote is a dreamer, and his story unwinds, these dreams

A Review

become realities, if only for a moment or two.

The stage is set as Don Quixote sets out on his noble quest for right and justice.

Reid Hamilton gives a stirring performance as Quixote, a possible mad man at times and a legitimate hero at others.

The audience endears itself to him as he masters a most challenging role, which includes fine performances of "Man of La Mancha" and the inspiring "Impossible Dream."

An equally outstanding performance is given by Laura Wilson as Aldonza, later to be known as the Lady Dolcinea. She's well cast as the sharp-tongued, earthy tavern girl and captivates the audience with her story vocal abilities in "What Does He Want of Me" and her theme "Aldonza."

Chico Carter shines as the bumbling Sancho Panza, and look for Ken Koonce, Alison Lawrence-Smith and Marilyn Morris in strong voice as they are beautiful blended in a trio for "I'm Only Thinking of Him."

Veteran Bordeaux actor Chris Jones and newcomer Ron Bonanni are outstanding in supporting roles along with the entire ensemble who comprise the inmates of the prison.

Kudos to pianist-conductor Tom Michel and his orchestra for their superior music and special

praise goes to flutist Betsy Health for her solo work on "Impossible Dream."

The scenic design by Bob Button and impressive lighting by David Castaneda accentuate Director George Cohen's unique and detailed set design.

Preceded by a delicious buffet dinner, the Bordeaux Dinner Theatre offers a completely entertaining evening.

Man of La Mancha plays Thursday through Sunday evenings through March 10, for reservations and information, contact the box office noon to 6 p.m. daily at 323-1114.

Editor's note: Dan Norton is a local actor and writer.

Vegetable Gardening Requires Special Care

By Willie Featherstone, Jr.
County Extension Chairman

Tired of wasting valuable space in the vegetable garden year after year? If so, why not make a commitment to bring more order to this year's harvest by doing some planning now.

In addition to having a more attractive garden, the problem of overplanting or under planting will be lessened.

Each gardener has to realize that there is no single hard and fast planting plan for all gardeners because plot size and shape as well as individual preferences vary. However, there are some general

recommendations that could benefit most gardeners.

The following is a listing of several guidelines that should be useful in the planning phase:

•If space is limited, plant vegetables that will be highly productive. Examples -- broccoli, leaf lettuce, onions, turnips, beets, radishes, tomatoes, peppers, bush beans, bush squash and eggplant.

•Plant each vegetable during its ideal planting time for optimum production.

•Group perennials like asparagus and multiplying onions on the side of the garden so they will not

be disturbed during cultivation of annual vegetables.

•Plant tall growing vegetables like okra, sweet corn, pole beans, and caged tomatoes together. North side of garden is the best location for these crops.

•If the garden site is partially shaded, plan to plant leafy vegetables like lettuce, spinach, turnips, cabbage and beets.

•Group vegetables according to their maturity dates. Plant frost hardy vegetables like broccoli and cabbage together. The same applies for frost tender vegetables like beans, summer squash and cucumbers. The end product will be larger spaces together for the planting of other vegetables to mature later.

•Group tomatoes, peppers, eggplants, and okra together if they will be carried over in the fall garden.

•Make successive plantings of sweet corn, beans, radishes and spinach at two to three week intervals.

•Grow vining crops (cucumbers, cantaloupes, etc.) off the ground on wire trellises or fences.

•Practice crop rotation to prevent buildup of insects and disease in the site.

Seasonings appropriate for people on a low-salt diet include chives, curry, garlic, fresh parsley, mace, paprika, vanilla extract, vinegar, lemon juice, pepper and poultry seasoning.

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