



New technology for cotton

Cotton growers attending Cotton Incorporated's fifth Annual Producers' Meeting in Raleigh, North Carolina saw how new technology is helping build markets for the natural fiber. A fabric in a fancy Jacquard pattern developed with the use of a computer is demonstrated on a doubleknit machine by

Jimmy L. Grow (right), a weft knit engineer at Cotton Incorporated's Research Center, to a group including (left to right) Eddie Baker, John Balfour, Mrs. John Campbell and Julian Johnson all of Raeford.

Rockfish News

By Polly Barnard

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Attendance was very good the past Sunday morning for Worship Service at Galatia Presbyterian Church.

The sermon topic was "We Have No Choice", delivered by Dr. David Sutton.

Mrs. Louise Watson returned home Friday after spending several days last week with her sister, Mrs. Alma Parker of Selma who was hospitalized for several days.

Mrs. Jimmy Culp is still on the sick list and has been for some time. Certainly hope you will soon be better Bennie Lee!

Sympathy is extended to the family of Mr. Alec Ray who passed away recently.

Mrs. Gordon Barnard of Cheraw, South Carolina spent several days last week with her sister, Mrs. Lawrence Barnard and Mr. Barnard.

While here she also visited Mrs. Jimmy Sakobie and children of Hope Mills.

Mrs. Alton McCulloch has been on the sick list recently but is getting along much better at this report.

The community extends a warm welcome to Mrs. Mary Long who recently moved from Fayetteville into the Rockfish area.

The Rockfish Extension Homemakers Club met in the home of the club president Mrs. Mary Benkasky Tuesday morning at 10:30 for a workshop.

Club members worked on their community service project, which is making caddies for wheel chair and bed patients for a local rest home.

Many inquire about the "Rockfish News" appearing in The News-Journal regularly anymore.

This correspondent seldom has time to write it anymore, and it has to be in the office Tuesday morning.

Club and circle both meet on Tuesday mornings which gives little time for getting the news in.

I am truly sorry about it as everyone has been so very helpful in providing me with the news to get in.



Project engineer

Andrew Allen has been named the Project Engineer on the Expansion and Modernization Project at the Raeford Plant. He is a native of Nashville, Tennessee and received a B.S. degree in Mechanical Engineering from Tennessee Technological University in 1982. Upon graduation, he joined Burlington Industries Menswear Division in Clarksville, Virginia. During the last year he was a Project Engineer on the Division Engineering Staff.

Estate Planning, Rumaki On Week's Burner

By Ellen Willis
Hoke Extension Agent

Thursday, March 1 at 3 p.m. and 7 p.m. Andy Sessoms Vice President of United Carolina Bank and Dave Thomas, Trust Group Executive also of United Carolina Bank will lead a discussion on Financial and Estate Planning in the assembly room of the Lester Building. Do come to hear this and to get answers to your questions.

Are you one of the lucky ones who purchased or received as a gift a microwave oven recently? You are invited to call the Extension Home Agents office at 875-2162 to register for a microwave workshop that is being held in the assembly room of the Lester Building Thursday, March 8th, 7 p.m.

Would you like to share Lynn Upchurch's (Mrs. David) marinated asparagus recipe? Use

green asparagus spears. Pour Italian dressing over them and let stand for several hours. Very good.

The following recipes are from N.C. Poultry Federation. The Rumaki and Royal Custard Sundaes are very appealing.

RUMAKI (Appetizer)

9 slices bacon, halved
9 chicken livers, halved
9 water chestnuts, halved
1/4 cup soy sauce
1 tablespoon sugar
1/8 teaspoon ground ginger
Partially cook bacon; drain on paper toweling. Combine remaining ingredients. Cover and marinate about 20 minutes; drain. Wrap 1 chicken liver piece and 1 water chestnut piece in a half-slice of bacon. Secure with a wooden pick. Place appetizers in 8x8x2 inch baking pan. Bake at 450 degrees till bacon is crisp, 10 to 12

Front Burner

minutes. Drain appetizers on paper toweling. Serve hot. Makes 18 appetizers.

ROYAL CUSTARD SUNDAES

4 egg yolks, beaten
1/3 cup sugar
1/4 teaspoon salt
1 1/2 cups milk, scalded
1/2 teaspoon almond extract
1 teaspoon vanilla extract
2 peaches, peeled, sliced and sweetened
1 quart chocolate ice cream
Blend egg yolks, sugar and salt in top of double boiler. Stir hot milk slowly into egg mixture. Blend thoroughly and set over simmering water. Stirring constantly, cook until mixture coats spoon thinly. Pour immediately into a chilled bowl. Stir in flavorings. Refrigerate, covered, until it is to

be served. To serve Sundaes, place 2 or 3 peach slices in each dessert dish. Place 1 or 2 scoops of ice cream atop peaches. Top with remaining peach slices. Pour over sauce or serve separately. Makes 6 servings. Sauce may be served with fresh fruits or over cake.

TURKEY SOUFFLE

3 tablespoons butter or margarine
1 teaspoon salt
dash pepper
1 cup finely chopped cooked turkey
1 teaspoon grated onion
3 stiffly beaten egg whites
2 tablespoons butter or margarine
1/4 teaspoon salt
dash pepper
1 1/4 cup milk
3 tablespoons all-purpose flour
1/4 teaspoon paprika

1 cup milk
1 tablespoon snipped parsley
3 egg yolks
2 tablespoons onion
2 tablespoons all-purpose flour
1/4 teaspoon dried dillweed crushed
1 2-oz. can chopped mushrooms, drained
Melt the 3 tablespoons butter in a saucepan. Blend in the 3 tablespoons flour, 1 teaspoon salt, paprika, and dash pepper. Add the 1 cup milk all at once. Cook quickly, stirring constantly, till thickened and bubbly. Remove from heat. Stir in turkey or chicken, parsley, and grated onion. Beat egg yolks till thick and lemon-colored. Slowly add turkey mixture to egg yolks, stirring constantly. Cool slightly. Add gradually to egg whites, folding together thoroughly. Turn

into ungreased 1-quart souffle dish. Bake at 325 degrees till knife inserted off-center comes out clean, about 50 minutes. Meanwhile in a saucepan cook chopped onion in the 2 tablespoons butter till tender. Blend in the 2 tablespoons flour, 1/4 teaspoon salt, dillweed, and dash pepper. Stir in mushrooms; add the 1 1/4 cups milk all at once. Cook quickly, stirring constantly, till thickened and bubbly. Remove souffle from oven; serve immediately with sauce. Makes 4 servings.

Hint
After mildew has been scrubbed off ceramic tile help keep it from coming back by applying a coat of silicone or a good liquid car wax. Never wax the floor.

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