

# Lifestyles



### Receives award

Howard L. Hobson (left), a native of Hoke County, was recognized for Sustained Superior Performance at the Soil Conservation Service Annual Awards Ceremony at the North Carolina State University Faculty Club in Raleigh January 27. The award was presented by Coy A. Garrett, State Conservationist, on behalf of the Soil Conservation Service. Hobson was one of 64 employees who received awards. These awards were presented for 30 and 35 years of Federal service; outstanding performance; sustained superior performance; special act or service; and self-development recognition. Hobson presently serves as District Conservationist in Clinton. He is married to the former Helen Langdon, and they have a son, David age 13.

## 1984 crop outlook appears favorable

**By Willie Featherstone Jr. County Extension Chairman**  
Early in 1983 plans were laid to increase animal production moderately and to reduce crop production to absorb price-depressing inventories. But the severe drought caused excessive crop output reductions sending feed grain, soybean and cotton prices soaring.

What was to have been modest expansion in the cattle, swine and poultry markets, turned to liquidations. By the end of 1983, crop commodity inventories were lower and prices much higher than a year earlier, and livestock and poultry prices were poor relative to feeding costs.

Net farm income in 1983 is expected to be near \$26 billion, up from \$22 billion in 1982. However, this income was not distributed evenly, and much of the income represents government program payments. Crop farmers participating in acreage reduction programs and achieving good yields on planted acreage made financial gains. Livestock farmers and many others have had a disastrous year.

### 1984 Outlook

During the first half of 1984, red meat will be plentiful as livestock enterprises are partially liquidated due to high feed costs. High crop prices will encourage increased crop production. By year's end, both crop and livestock prices will have moderated, and livestock expansion can resume.

Planned extension should be modest. There is expected to be no general growth in international markets for U.S. commodities in 1984. Projections for 1984 agricultural export volume are 140 million metric tons with a value of \$34 billion, slightly lower than for 1983.

Despite the new long-term grain agreement with the Soviet Union, nearly all economic factors that in-

fluence agricultural exports continue to be discouraging.

World commodity supplies will be ample, debt loads in developing countries will continue to limit their imports, and the U.S. dollar will remain strong.

### Outlook for Crops

Prices for most field crops are expected to remain high through the marketing year as a result of last summer's drought, with prices peaking in winter.

High prices and relatively unattractive government production control programs will encourage increased production in 1984.

Consequently, spring and summer crop prices likely will fall at rates dependent upon plantings and growing conditions.

With current conditions in the general economy dampening demands for agricultural products, there is a danger that high crop prices could stimulate another round of overproduction.

### Ezell receives So. Cal. degree

Navy Lt. Richard L. Ezell, son of Mr. and Mrs. Irvin Jones of Route 2, Raeford has received his Bachelor of Arts Cinema and Television from University of Southern California.

Ezell earned the degree through off-duty studies while serving with Atlantic Fleet Audio Visual Command Naval Air Station Norfolk, Virginia.

## Microwave workshop on tap Thurs.

It's not too late -- Call the Home Agents office at 875-2162 to register for the Microwave Workshop Thursday, March 8th 7:00 p.m. in the Lester Building.

**Is Cancer Insurance For You?**  
These days a long term illness can wipe out almost anyone's finances. So you might be wondering -- would it be a good idea to buy cancer insurance?

Well, that depends. For example, you may do better to spend your money on major medical insurance coverage -- the kind that will help pay the bills during any stay in the hospital.

And here are some other things you may do well to think about before you buy cancer insurance. Ask yourself, does this policy pay the doctor's bills only if I'm hospitalized? Keep in mind that these days cancer patients are treated outside the hospital. And even if you're hospitalized for a time, you'll probably need additional treatment once you're released.

That care may not be covered by a special cancer insurance policy. However, if you own a good major medical insurance policy, at least a portion of your out-of-hospital treatment will be paid. Also read the policy to find out how long the cancer coverage is valid. Some policies cut off all benefits three years after cancer is diagnosed. This could mean you wouldn't be covered if the cancer should re-occur.

There are other policies that won't pay for treatment for some set period of time -- for example, if cancer is found within 120 days after you buy the policy.

Last, but not least, think about this. If you already have a comprehensive health insurance policy, you may not need the limited coverage a cancer policy offers.

### Low Salt Recipes High In Taste

More and more people are taking the salt shaker off the table and are looking for low-sodium recipes.

Salt, or more accurately, the sodium salt, seems to contribute to high blood pressure in some people. Scientist believe that some people can cut their chances of getting high blood pressure by cutting down on the sodium they consume.

Forty percent of all Americans are trying to cut back their salt intake, according to a recent national survey. It is not necessary to give up taste when giving up salt. Below are three recipes high in flavor, yet low in sodium. Frijoles Rancheros and Smothered Cabbage are reprinted with permission from "Favorite Family Recipes for Sodium Restricted Diets," and parsleyed potatoes is reprinted with permission from "Living With High Blood Pressure."

**Frijoles Rancheros**  
1 cup dried pinto beans  
1 lb. fresh pork shanks, skin and flanks removed  
2 bay leaves  
1 dried red pepper pod  
6 to 8 cups water  
1 medium onion  
1/2 teaspoon black pepper  
5 garlic cloves, minced  
Sauce:  
1 fresh tomato, chopped

### Front Burner

1 teaspoon oregano  
1 tablespoon worcestershire sauce  
1/2 onion chopped  
1 teaspoon margarine  
Wash and drain beans. Place beans and water in a pan and boil 2 minutes. Remove from heat. Cover and allow to soak 1 hour. Do not drain. Add pork, onion, pepper, bay leaves and garlic. Bring to boiling and reduce heat. Simmer until beans are tender, about 1 1/2 to 2 hours. For sauce, saute chopped onions in margarine until soft. Add tomato and oregano and continue cooking over low heat about 3 minutes. Add sauce to beans and cook beans for additional 15 minutes. Yields 4 servings.

**Parsleyed Potatoes**  
1 lb. potatoes (3 medium)  
3/4 cup snipped parsley  
1/4 teaspoon grated lemon peel  
freshly ground pepper  
2 tablespoons unsalted margarine  
2 teaspoons finely chopped onion  
1/4 teaspoon sugar  
Pare potatoes and cut into balls with melon ball cutter, or cut into 1/4 inch slices. Cook potatoes covered in 1-inch of boiling water until tender, about 5 minutes. Drain. In a saucepan, melt margarine. Stir in parsley, onion, lemon peel and sugar. Season with pepper. Add potatoes and heat, stirring frequently, until potatoes are coated with margarine and hot. Yields 4 servings with no sodium content and 125 calories per serving.

**Smothered Cabbage**  
1 head green cabbage (4 to 5 lbs.)  
2 tablespoons margarine  
2 to 3 garlic cloves, minced  
1 tablespoon vinegar  
1 dried red pepper pod  
1 lb. fresh pork shanks  
1 medium onion, chopped  
1/2 teaspoon dill seed  
1/2 teaspoon black pepper  
Remove skin from pork hocks. In covered kettle, cook 2 cups water with garlic for 4 minutes. Core, wash and cut cabbage into small pieces. Heat margarine until bubbly. Add pork shanks, cooking liquid and all other ingredients. Cover and cook over medium heat for 10 to 12 minutes, stirring frequently. Cabbage should be pale green in color. Do not overcook. Yields 6 servings with 130 mg. sodium and 182 calories per serving.

Mrs. Woodrow Hayes came by the office this week to share a piece of cake she had baked using a recipe she had recently gotten. The cake was delicious so we want to share it with you.

**Apple Pound Cake**  
1 1/2 cups cooking oil  
1 teaspoon vanilla  
3 eggs beaten before adding  
2 cups sugar  
Mix the above ingredients on high speed for four minutes.  
Add:  
3 cups self-rising flour  
3 cups chopped apples (hard type)  
1 teaspoon cinnamon  
1 1/2 cups pecans (chopped fine)  
Mix flour, apples, and pecans with spoon. Bake at 325 degrees 1 1/2 hours or until done.

### Filled Coffee Cake (Mildouson Extension Homemakers Club)

2 pkgs. dry yeast  
1 1/2 cups lukewarm milk  
2 teaspoons salt  
1/2 cup oil  
1/4 cup melted butter  
3 teaspoons raisins  
3 teaspoons chopped pecans  
1/2 cup warm water  
1 cup sugar divided  
2 eggs beaten  
6 1/2 - 7 1/2 cups flour  
2 teaspoons cinnamon  
3 teaspoons chopped maraschino cherries

Dissolve yeast in warm water; set aside 5 minutes. Combine milk, 1/2 cup sugar and salt, stir in yeast mixture, eggs and oil. Add enough flour to make a soft but slightly sticky dough. Mix well. Cover and let rise in warm place until doubled. Turn dough out on to floured surface. Knead until smooth and elastic. Return dough to bowl, cover and let rise until doubled. Place dough on floured surface and roll into a 21x12 inch rectangle. Spread with melted butter; sprinkle remaining 1/2 cup sugar, cinnamon, raisins, cherries and pecans. Starting at long edge, roll dough up jelly roll fashion; pinch ends together to seal. Place roll on greased cookie sheet; shape into a ring and pinch ends together to seal. Make a cut every inch around ring (cut should go 2/3 of way through roll.) Gently pull slices out and twist, overlapping slightly. Cover and let rise until doubled. Bake at 350 degrees for 20-25 minutes or until done. Mix powdered sugar with enough milk to make drizzling consistency. Drizzle over hot ring.

### Cream Cheese Spread (Mildouson Extension Homemakers Club)

2 8 oz. pkgs. cream cheese  
1/4 cup bell pepper chopped very fine  
1 teaspoon seasoning salt  
1/4 cup onion chopped very fine  
1 small can crushed pineapple drained  
pecans  
For spread: mix all ingredients above.  
For cheese ball: mix all ingredients except pecans. Roll into ball. Then roll ball in pecans.

### Marinated Carrots

5 cups sliced carrots (cooked but not done)  
1 can tomato sauce  
1 cup sugar  
1 teaspoon dried mustard  
1 teaspoon salt  
1 medium sliced onion  
1 sliced green pepper  
1/2 cup salad oil  
1/4 cup vinegar  
1 teaspoon worcestershire sauce  
1 teaspoon pepper  
Mix and pour over carrots. Will keep in refrigerator for 2 weeks.  
**No-Bake Banana Cookies**  
2 cups finely crushed vanilla wafers  
1/2 cup mashed ripe bananas (1 medium)  
crushed cereal or wheat germ  
1/2 cup shredded coconut  
Combine first 4 ingredients in blender and mix well. Form 1-inch

(Continued on page 7)

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