

# Lifestyles



### Postman retires

Postman Doug Monroe (left) receives a retirement certificate from Hoke Postmaster Joe Carver (right) during a party honoring the rural carrier. Monroe, who is surrounded by his former rural carrier co-

workers, retired in early January after 19 years with the postal service. Also shown here from left are: Mitchell Sports, Fred Smith, Anita Lentz, David Tew and Bill Wood.

## Fun Day slated for March 31

Ellen S. Willis  
Home Economics Extension Agent

Has your family participated together in a fun activity recently? You and your family will have an opportunity to be a part of Hoke Agricultural Extension Family Fun Day Saturday, March 31, 10 a.m. - 2 p.m. at the Gibson Gym.

There will be entertainment, exhibits, recreation, fellowship and fun.

"Look Homeward Angels" Thomas Wolfe's first book is the topic of four seminars April 5, 12, 19 and 26 at 7 p.m. in the Lester Building. Call 875-2162, Ellen Willis, to register.

Never before has there been so much interest in nutrition and the food we eat. "Eat Right for Life" is the theme of Extension Food and Nutrition Programs.

Eat Right -- conveys the notion that there is a "best" way to eat and, indeed, the dietary guidelines serve as a basis for this -- for life conveys two thoughts: First, life encompasses all the stages of the life cycle, and, secondly life can mean a healthy, abundant, fruitful life because one takes care of his/her health.

Everyone needs to realize the relationship between diet and regular exercise in maintaining total good health and physical fitness.

Major causes of death and disability are no longer communicable diseases. Health data suggests that lifestyle has just as much effect on the length and quality of life as anything else. Two of the main elements of lifestyle are nutrition and exercise.

Many people are simply eating too much food, or too much of the

### Front Burner

wrong kinds of food. There are those who are trying to lose weight and don't eat enough. Either way, improving diet can improve lifestyle, but diet alone will not make a person physically fit. Exercise goes hand in hand with nutrition. Continued proper exercise offers many benefits.

Exercise helps increase the efficiency of the heart and circulatory system. It also helps reduce the pressures and stress of daily living. This, in turn, may improve sleep, digestion and disposition. How do you rate with your nutrition and exercise?

Want to share some recipes from a cookbook I have enjoyed? This book has helped me answer many of the food questions you have asked. I recommend *The Fannie Farmer Cookbook*.

### JELLIED VEGETABLE KING

Mix in a saucepan 1 envelope gelatine (1 tablespoon), 1/4 cup sugar. Add 1 cup cold water. Stir over low heat until the gelatin dissolves. Add 1/4 cup vinegar, 3 tablespoons lemon juice, 1 teaspoon salt. Chill until as thick as unbeaten egg white. Stir in: 1 cup celery, cut in small strips 1/3 cup cucumber cubes 1/4 cup cubed cooked beets 1/2 cup shredded cabbage 1/4 cup cooked green peas Mold. Serve on lettuce or watercress with mayonnaise.

### SUCCOTASH

Heat together equal quantities of cooked corn and lima beans or shell beans. Season with salt and

butter. Fresh corn cut from the cob or frozen corn is better for succotash than canned corn.

### WAYS TO VARY MEAT LOAF

In place of milk or water, use canned tomatoes, gravy, undiluted mushroom, celery, tomato or vegetable soup, or 1/2 cup catsup and 1/2 cup water.

For added flavor, add up to 1/2 cup grated cheese, chopped ripe or green olives, chopped pimientos, or chopped celery, both stalk and leaves.

Season to taste with Worcestershire or hot sauce or a pinch of thyme and/or basil or other herbs. In place of bread crumbs, use 2 cups rice flakes.

To step up the protein, use toasted wheat germ in place of crumbs. Add 1/2 cup powdered milk and increase the liquid to 1 cup. Add 1 tablespoon brewer's yeast and 2 tablespoons catsup or chili sauce to disguise the pronounced yeast flavor.

To use leftovers, add as part of the meat chopped cooked ham, beef, lamb, chicken or turkey. Add up to 1 cup cooked peas, diced carrots, or other cooked vegetables.

### TUNA FISH RICE

Melt in a large saucepan 3 tablespoons butter.

Add: 1/4 cup chopped onion 1/4 cup chopped celery Cook slowly until tender. Stir in gently:

1 7-oz. can tuna fish, drained and flaked 2 cups cooked rice 1/4 cup chopped parsley Salt and paprika to taste

(Continued on page 5B)

## March is rose pruning time

By Willie Featherstone, Jr.  
County Extension Chairman

To enhance the flower display and general appearance of roses, pruning should be a project for the early March gardener. Pruning roses just prior to the resumption of growth is the best time, as the danger of winter injury has been reduced. Many home gardeners will ask "How much" do I prune?

Branches to be removed are those damaged by environmental, mechanical or pathological problems. A common rule to remember in pruning is "The more vigorous the plant, the more severe pruning it can tolerate."

Vigorous roses such as "Mr. Lincoln" will tolerate a severe cut-back and rejuvenate itself very easily. The more sensitive rose

varieties, such as "Garden Party," should be reshaped and weak canes/branches removed. Crowded, interior underdeveloped canes should always be removed.

Several rose enthusiasts insist on dipping their pruning shears in alcohol or a similar antiseptic material as they are pruning in a rose garden. This will help decrease disease problems later in the year.

When pruning, remember to make slightly slanted cuts, about one-fourth inch above a bud, with sharp, clean shears.

For best results in the rose garden, a routine use of insecticides and fungicides is recommended. An annual total replace-

ment of the mulch also decreases disease problems.

### PAMPUS GRASS

Pampus Grass (Cortaderia seloana) is a clump type grass which spreads in diameter each year by producing new offsets and new blades. Before the Spring growth occurs, the old cascading blades should be removed. The removal of this old growth does not affect the subsequent performance in any way; it simply improves the appearance.


The recommended pruning tool is a pair of sharp scissor-type hedge shears. Remove the top, leaving about 12-18 inches of the clump. Fertilize with a complete material as new growth appears in the Spring.



## SPRING FRUIT TREE SALE

<p style="text-align: center;"><b>Assorted FLOWER BULBS</b></p> <p style="font-size: small;">•Caladium •Clump Dahlia •Camelia •Begonias •Gladiolus</p> <p style="text-align: center; font-size: large;">1<sup>37</sup> to 1<sup>57</sup></p> <p style="font-size: x-small;">60 Pk. Asst. 5.97</p>	<p style="text-align: center;"><b>Assorted SHRUBS 2<sup>27</sup> CAMELIAS 3<sup>47</sup></b></p>
<p style="text-align: center;"><b>FERTILIZER</b></p> <p style="font-size: x-small;">8 - 8 - 8 50 lb. bag.</p> <p style="text-align: center; font-size: large;">3<sup>97</sup></p> <p style="font-size: x-small;">Lime 50 lbs. 1.77</p>	<p style="text-align: center;"><b>(Machine Ball) FRUIT TREES</b></p> <p style="font-size: x-small;">•Golden Apple Delicious •Red Apple Delicious •Elberta Peach •Georgia Peach •Bartlett Pear</p> <p style="text-align: center; font-size: large;">8<sup>97</sup></p>
<p style="text-align: center;"><b>FRUIT TREES</b></p> <p style="font-size: x-small;">•Red Delicious Apple •Yellow Delicious Apple •Stayman Winesap Apple</p> <p style="text-align: center; font-size: large;">3<sup>97</sup> DWARF 4<sup>97</sup></p>	<p style="text-align: center;"><b>GRAPE VINES</b></p> <p style="font-size: x-small;">Catawba, Concord, and others</p> <p style="text-align: center; font-size: large;">2<sup>47</sup> &amp; up</p>
<p style="text-align: center;"><b>DOGWOOD TREES</b></p> <p style="text-align: center; font-size: large;">3<sup>97</sup> &amp; 4<sup>97</sup></p> <p style="font-size: x-small;">White or Pink</p>	<p style="text-align: center;"><b>FRUIT TREES</b></p> <p style="font-size: x-small;">2 per pack</p> <p style="font-size: x-small;">•Red Delicious Apple •Golden Delicious Apple •Stayman Winesap Apple •Elberta Peach •Georgia Peach</p> <p style="text-align: center; font-size: large;">3<sup>47</sup></p>
<p style="text-align: center;"><b>2-Year Field-Grown ROSES</b></p> <p style="font-size: x-small;">Princess 1<sup>99</sup> Empress 2<sup>99</sup></p> <p style="font-size: x-small;">One gal. 3.47 to 3.99</p>	<p style="text-align: center;"><b>FRUIT TREES</b></p> <p style="font-size: x-small;">2 per pack</p> <p style="font-size: x-small;">•Red Delicious Apple •Golden Delicious Apple •Stayman Winesap Apple •Elberta Peach •Georgia Peach</p> <p style="text-align: center; font-size: large;">3<sup>47</sup></p>

Raeford Hoke Village 401 By Pass Cole Ave Raeford, N.C.



# PICTURE NORTH CAROLINA 1984

## A Juried Black and White Photography Show

Sponsored by The News-Journal

Picture North Carolina will be held May 5 in conjunction with the Hoke County Heritage Hobnob Festival. The event will be open to both professional and amateur photographers who are residents of North Carolina.

- The contest will include five categories: Landscape (includes Seascapes), Historical North Carolina, Wildlife, Creative and People.
- All photographs must include, on the back, the name, address and phone number of the maker, and must be signed by the maker and titled. No photographs will be accepted which have been signed and titled on the front of the print.
- All historical category photographs must give the location and description of the subject.
- All prints must have been exposed by the maker, but can be processed either personally or commercially.
- All prints must be matted, but not framed. Mat boards should be no larger than 16x20 and not smaller than 8x10. Photographers are limited to six prints. A fee of \$1 per print should accompany each entry.
- All entries must include a self-addressed, stamped envelope with enough postage to cover the return of the prints.
- A purchase prize of \$150 will be awarded to the photograph judged to be the best entry in the show.
- Prizes of \$50 each will be awarded to photographers judged to have the best print in each of the categories. A photographer may win the purchase award and a category award for the same print.
- Honorable Mention awards of \$10 will also be given.
- All entries must be received by April 30.
- Judging, by three members of The Photographic Society of America or other qualified judges, will be conducted May 5. Winners will be announced May 5.
- All entries will be displayed at the Hoke County Library, May 6 to June 1.
- The News-Journal assumes no liability for prints which are lost or damaged.
- The News-Journal also reserves the right to publish any or all of the winning or honorable mention prints. Maker's name will be included in that publication.

For further information, write or call

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