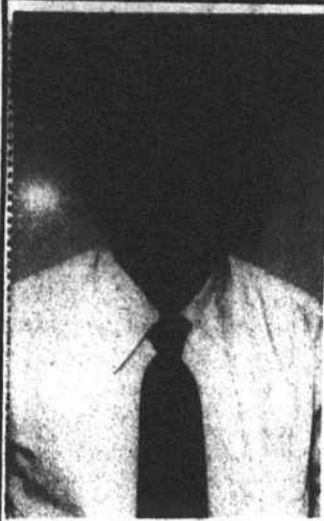


Lifestyles

McFadyen, Hedgpeth named to local So. National board



Completes 25 years
Armond Flowers recently completed 25 years of continuous service with Burlington Industries Raeford Plant. Flowers has worked in the Maintenance Department his entire 25 years in various Maintenance positions. He was presented a gold knife with Burlington Emblem, a diamond pin and certificate.

Vardell Hedgpeth and Duncan B. McFadyen, III have been named to the local city board of the Southern National Bank in Raeford, according to City Executive Stephen Parker.

Hedgpeth is an agent with the Nationwide Insurance Company and has been the owner of the Vardell Hedgpeth Agency since 1964. He is a City Councilman in Raeford serving his fourth term.

Active in civic affairs, Hedgpeth is a member of the Kiwanis Club, the MECCA Shrine Club, the Masons and is a past director of the Hoke County Chamber of Commerce.

Hedgpeth has received Nationwide's "Company Club" honors every year he has been licensed, including the President's Club, the Executive Club and the Distinguished Sales Award.

Married to the former Irma Crowley, he and his wife have six children.

Duncan McFadyen is a partner in the firm of Willcox and McFadyen in Raeford.

A graduate of Presbyterian College of South Carolina and the



Duncan McFadyen

UNC Law School, he is a past member of the board of the Hoke County Chamber of Commerce and an active member of the Raeford Kiwanis Club.

McFadyen served as assistant district attorney in the 12th Judicial District from 1973-1976 and is secretary of the 12th District



Vardell Hedgpeth

Boke Association. He is also the Hoke County Attorney.

He is a member of the Board of Deacons of Raeford Presbyterian Church and has served as President of the men of the church.

He is the son of Mr. and Mrs. D.B. McFadyen Jr. of Raeford.



New at Burlington

Roy Bowers has been named the Plant Industrial Engineer for the Burlington Menswear Dyeing Plant. He joined Burlington Industries in 1978 at the Halifax Plant following graduation from Clemson University with a B.S. degree in Engineering Technology. He has served as Plant Industrial Engineer at both the Oxford and Bishopville Plants prior to his present position.



30 years service

Mabel M. Foster has completed 30 years unbroken service at the Raeford Plant of Burlington Industries. She started work at the local plant in the Winding Department as a Winder Tender. Since that time she was promoted to Yarn Mill Vestibule Instructor. After working several years in that area she moved to her present position, Clerk I in the Winding Department. On the anniversary of her 30th year, Foster was presented a diamond pin, certificate and gift by plant management.



Promoted
Tony A. Chavis was promoted March 1 to shift Supervisor in the Twisting Department at the Burlington Industries Raeford Plant. Chavis has been employed at the local facility for over 3 years. He is a graduate of Pembroke State University, and has a B.S. degree in Sociology.

Cheese signup gets extension

Income-eligible households who have not signed up to receive surplus food distributed by the Hoke County Department of Social Services (DSS) will have an additional sign-up day Friday April 6 from 9 a.m. until 4:30 p.m.

Only 140 households have signed up for the surplus butter, cheese, honey, flour, corn meal and dry milk that will be distributed at the old National Guard Armory April 10, 13 and 14 from 10 a.m. until 4:30 p.m.

Hoke residents with gross monthly incomes from one-member households making \$527 to eight-member households making \$1,801 will be eligible for the surplus foods.

YARD SALE
Saturday, April 7
8 o'clock till 2 o'clock
702 McLean Street
Clothes - Names such as:
Levi, Lee; Polo Shirts & Sweaters

PHONE FOR FOOD
Fish, Shrimp, BBQ, Chicken...
SPECIALS DAILY
875-5752
Wagon Wheel Restaurant

Working women suffer guilt feelings

By Ellen S. Willis
Home Extension Agent

Women in North Carolina are working more outside the home, but many are enjoying it less because they suffer from guilty feelings.

There are many myths concerning the damaging effects a working mother has upon her family but, for the most part, they are just myths.

Children do not become delinquent or mentally or physically unhealthy just because their mother works.

Other circumstances, such as where they live, whether there is a father in the home or if they have enough money to live adequately have to be considered. On the positive side, studies show that children of working mothers more often help with chores at home, becoming responsible and dependable at an earlier age. They are also more likely to know what to do in an emergency.

Children who have jobs to do when they get home from school know that they are needed and that their contribution counts. As to the emotional health of the working mother herself, single working women with no children are said to be in the best frame of mind. Married women who stay at home are the unhappiest.

Women who work outside the home develop more self-confidence and a better opinion of themselves, especially if they are working by choice and get a sense of satisfaction from what they are doing. Even their children seem to have a greater respect for the working mother. And when a mother feels good about herself, she gets along better with the children and spends more quality time with them.

To reduce the amount of spoilage or damage during shipping and handling, many fruits and vegetables are picked when partially ripe. You may occasionally be disappointed in your purchase of these, if you do not allow them to ripen on the counter or window sill before eating.

The following points will help you to learn to select the freshest and best products:

..Buy items that are in season. Prices are lower; quality is better and selection is greater when foods are in plentiful supply.

..Be willing to substitute one vegetable or fruit for another of comparable nutritional value, if it means additional savings.

..Limit your purchase of perishable produce, even when specially priced, to what you can use.

..Check prepackaged items carefully. To judge quality, look for packages that have at least half of the product clearly visible. Stains on the carton may indicate damaged or spoiled produce.

..Learn the difference between surface blemishes that merely detract from appearance and those that affect eating quality as well. Fruits and vegetables that look wilted, shriveled, bruised or decayed will have inferior flavor, texture, appearance and nutritional value.

..Select the variety best suited to your intended use. Some varieties of apples, for instance, are best for baking; others for eating raw.

..Compare different forms of produce -- fresh, frozen, canned or dehydrated to determine which is the best buy for the purpose intended.

..Buy by weight when possible. The largest size may not always give the best eating quality or

Front Burner

economy. Smaller sizes sometimes offer more individual servings per pound or kilogram.

..Handle fresh produce with care. Squeezing, poking and pinching can damage produce, which will increase costs for the retailer and you.

..Learn how to store fruits and vegetables properly. For example, potatoes should be kept in a dark, dry place. Melons, pears and tomatoes need to be ripened at room temperature.

CREATIVE CREPES

Crepes have become synonymous with fine dining, due in part to their French heritage. However, crepes are as right at a family meal as they are at an elegant dinner party. Friends and family alike will appreciate the delicate texture and attractive appearance of crepes. The recipes will serve at least six because two crepes make a single entree. Show off your crepes by serving them alone on the dinner plate, with a simple garnish.

BASIC CREPES

1 cup water
2 eggs
3/4 cup flour
2 tablespoons oil
1/4 teaspoon salt
1/3 cup dry nonfat dry milk
Place all ingredients in blender container in order listed. Cover and blend on high speed 1 minute or until batter is smooth, scraping flour from sides of blender container when necessary. Let stand 1 to 2 hours. Heat a 6 inch skillet or

crepe pan. Brush with oil. Spoon 2 tablespoons batter into pan, rotating quickly to spread batter. Cook about 1 minute or until lightly browned. Turn to brown underside, about 30 seconds. Repeat with remaining batter. Brush pan with oil as needed. Stack crepes with wax paper between layers. Wrap stack in foil and freeze or refrigerate for later use. Defrost frozen crepes at room temperature. Makes about 14 crepes.

DESSERT CREPES

Omit salt from Basic Crepes recipe. Add 1 tablespoon sugar. Prepare as above, reducing cooking time to about 45 seconds on first side and 30 seconds on second side.

MEXICAN CREPES

1 cup chopped onion
1 crushed garlic clove
1/4 cup butter
4 cups shredded cooked chicken
1/2 cup (4-Oz.) diced green chiles
1 pkg. (1.69-Oz.) enchilada sauce mix
1 cup (8-Oz.) tomato sauce
2 cups water
12 Basic Crepes
2 tablespoons flour
1 cup liquid nonfat dry milk
1 chicken bouillon cube
1 cup (4 Oz.) shredded monterey jack cheese
Saute onion and garlic in 2 tablespoons butter in medium saucepan. Stir in chicken and chiles. Combine enchilada sauce mix, tomato sauce, and water. Add 2 cups sauce to chicken mixture. Pour remaining cup of sauce in bottom of 13x9x2-inch baking dish. Place 1/3 cup chicken mixture on each crepe. Roll up; place, seam side down, in

baking dish. Melt remaining 2 tablespoons butter in small saucepan; stir in flour. Add liquid nonfat milk and bouillon cube. Cook, stirring constantly, over medium heat until sauce comes to a boil and thickens. Remove from heat; stir in cheese. Pour sauce over top of crepes. Bake in moderate oven (350°) 15 to 20 minutes or until heated through.

SWISS HAM AND SPINACH CREPES

2 pkgs. (10 Ozs. each) frozen chopped spinach
1/4 cup butter
1/4 cup flour
2 cups chopped fully cooked ham
1 cup (4 Ozs.) shredded Swiss cheese
2 tablespoons dijon mustard
1/4 teaspoon salt
2 1/4 cups liquid nonfat dry milk
12 Basic Crepes
Cook spinach according to package directions. Squeeze to remove excess moisture. Melt butter in medium saucepan. Stir in flour. Gradually stir in 2 cups liquid nonfat dry milk. Cook over medium heat, stirring constantly, until mixture just comes to a boil and thickens. Add cheese, mustard, and salt; stir until cheese is melted. Reserve 1 cup sauce. Combine spinach, ham, and remaining cheese sauce. Place about 1/3 cup filling in each crepe. Roll up; place seam side down in buttered 13x9x2-inch baking dish. Cover with foil. Bake in slow oven (325°F.) 15 to 20 minutes or until heated through. Stir remaining 1/4 cup liquid nonfat milk into reserved sauce. Reheat to serving temperature. Serve over warmed crepes. Makes 12 crepes.

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