

Lifestyles

Food prices higher this year than in 1983

**By Willie Featherstone
County Extension Chairman**
This year food prices will be 4% to 7% higher than they were in 1983. There are several reasons for this -- including last summer's drought, increased marketing costs and stronger consumer demand.

You probably won't notice too much difference in food prices right away. Most of that increase will come during the summer months when beef, pork and poultry prices are expected to go up. And when red meat prices go up, fish and seafood prices usually follow suit. Many families eat more seafood to compensate for those higher meat prices. That increases demand -- and when demand goes up, prices do too. Fruit and vegetable prices are expected to go up. And cereal and bakery items will cost about 3% more than last year. So you'll need to shop wisely.

SIGNING A CONTRACT
Whether you sign a contract for a house or a set of encyclopedias, remember that piece of paper is a legal document. Under certain circumstances you can cancel. But in most cases, you're bound by the

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provision of the contract. So you should ask some questions before signing your name on the dotted line. Do you understand everything the contract says? Do you agree with everything the contract says? Is every blank in the contract filled in with information? Did you read the fine print?

If you answered "no" to any one of these questions, do not sign. Get some help from a lawyer, the state attorney general's office or your local extension office.

Remember, signing a contract is serious business.

RETIREMENT INCOME
Having enough money when you retire doesn't just happen. It's something that you have to pay for in advance -- long before you say "goodbye" to your co-workers.

The best guarantee for sufficient retirement income is advanced planning and preparation. In fact, financial advisors recommend that you plan and begin that investment program at least 20 years before retiring. And most adequate financial

plans include a mix of investments -- Social Security, savings, annuities and similar income producers.

Such planning would require you to: estimate the amount of income you'll need for retirement, determine whether or not your present provisions will meet these needs and help you make a viable savings plan.

TRUSTS IN ESTATE PLANNING

The trust may be the most flexible and the most underused estate planning device. Stripped to its bare essentials, the trust is relatively simple. The person using a trust authorizes someone else to handle property for the benefits of beneficiaries named under the agreement.

Snow promoted to senior rank

Margie A. Snow, granddaughter of Margaret A. McLean of Rural Route 1, Shannon has been promoted in the U.S. Air Force to the rank of senior airman. Snow is an electrician at Clark Air Base, Philippines, with the 3rd Tactical Fighter Wing.



About to peak
These tulips in the yard of Mr. and Mrs. Roger Dixon of Raeford have about reached their peak. The tulips, however, have put on a fine display for those who passed by the Jackson Street and Edinborough Avenue residence.

Birds, books and cooking can whet the palate

**By Ellen S. Willis
Home Extension Agent**
At the time I am writing this article it is American Library Week. But why should not every week be Library Week. Education is a continuous thing throughout life and the library is a great place for continuing your education.

If you have children in your family there are many books on the development of children - ask your librarian to help you. Children need to have books read to them and also the privilege of having adults listen to them read. I encourage you to read books and have your children read many books.

Mrs. Jeanette Watson, a fifth grade teacher at Turlington school is wanting her students to know how things were done in the "good old days." Do any of you readers have or know where we can get a churn so a demonstration can be given on how to make butter.

If you have any information please call me at 875-2162 at once. Thanks.

PROPER BIRD IS KEY TO DELICIOUS DISHES

Poultry is sure to please even the pickiest eaters. It not only tastes good, but is fairly low in calories, is easy on the pocketbook and supplies high quality protein, iron, thiamin, riboflavin and niacin. No wonder poultry has long been a favorite food. Turkey and chicken may even be used interchangeably in recipes.

Chicken can be cooked any way imaginable and its mild flavor combines well with many ingredients.

The key is to buy the right type of bird. The broiler-fryer is a young meaty bird about 9 weeks old. It usually weighs 1 1/2 to 3 1/2 pounds. It is tender and versatile and may be roasted, simmered sauteed, broiled or fried. You will find broiler-fryers cut into pieces or left whole.

The roaster is an older (about 12 weeks) and larger bird usually weighing 3 1/2 to 5 pounds. It is never more than 8 months old. Its meat is suitable for roasting and stewing. Roasters have enough fat to brown well at a moderate roasting temperature.

The broiler hen is a plump, meat laying hen about 1 1/2 years old. This kind usually weighs 4 1/2 to 6 pounds. It is sold as a stewing or baking hen. Cook slowly in a covered pan with water or steam to make the meat tender. Broiler hens are best cooked by simmering, steaming or with a pressure cooker. The mature chicken is generally preferred for rich stews and casseroles because they are more flavorful than the young chicken.

Rock Cornish hens are a small specialty chicken, usually weighing only 1 1/2 pounds or less. They may be roasted, baked, broiled or fried

Front Burner

and are especially good stuffed. Plan on serving half or a whole bird per person.

The capon is a large bird about 16 weeks old, usually weighing 4 to 7 pounds. It has a fine flavor and a large amount of light meat. Capons are male chickens which have been surgically desexed. They make excellent roasting chickens.

CHICKEN IS GOOD BUY FOR TASTE, NUTRITION

Whole chickens are usually less expensive than cut-up birds. You'll save four to 10 cents per pound if you cut your own chicken. But chicken parts may be the best buy if your family has a strong preference for certain parts.

A whole broiler-fryer is 50% edible cooked meat.

A three-pound bird yields approximately three cups of cooked edible meat. Chicken is quite perishable. Even if it is ice packed or deep-chilled, it should only be kept for a day or two in the refrigerator. Otherwise, freeze the chicken immediately. Frozen whole, a fryer will maintain top quality for 12 months. Frozen

parts keep for up to nine months. If the fryer is purchased partially or fully frozen it can be stored in the home freezer for 12 months but it must be cooked when thawed.

To stock the freezer when chickens are on sale, remember that whole poultry will keep its quality longer than parts or cooked poultry. However, fryer pieces packed for easy removal from the

freezer are more convenient.

For the calorie-conscious, the most nutrient-dense foods per dollar included spinach, beef liver, tomatoes, tuna packed in water, skim and low-fat milk, tofu, dry roasted peanuts, eggs and fresh carrots. Other good nutritional buys included ground beef, ground turkey, dry kidney beans, whole

chicken and whole wheat bread.

Following is a chicken bar-b-que recipe that was a state winner in 4-H Poultry Bar-be-Que Contest:

- Chicken Bar-B-Que**
2 1/2 lbs. broiler
1/4 stick butter or margarine
2 lemons (juice)
1/4 cup vinegar

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