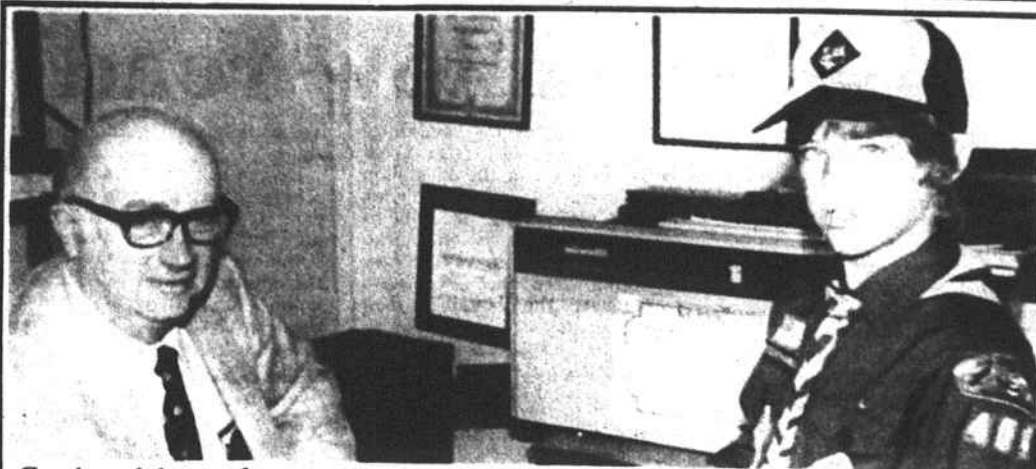


Lifestyles



Getting ticket early

Although tickets will be on sale at the door, Raeford Mayor John F. McNeill is getting his early to beat the rush to the Cub Pack 404 and Boy Scout Troop 404 barbecue dinner to be held at the Gibson

Cafeteria on May 18 from 5 to 8 p.m. The mayor is buying a \$3.50 ticket from Cub Scout Michael Branch. Michael is the son of Mr. and Mrs. Wayne Branch of Raeford.

Farmer's market being organized

By Willie Featherstone
Hoke Extension Chairman

On April 10, an energetic group of 17 farmers met in the Agricultural Extension Office Building to discuss the feasibility of organizing a Farmer's Market in Hoke County.

This market would offer to the consumers the high quality of vegetables grown in Hoke County.

The group selected five members in attendance to serve as a steering committee to investigate potential sites for such a Farmer's Market and to develop policies and guidelines by which the market will operate.

The members of this committee are: Guy Morris, Paul Barnes, Fred McCormick, Mrs. Connie Lindsay, John D. Black and Willie Featherstone.

If you were not able to attend the initial meeting but would like to make a contribution to this effort, please contact any member of the committee.

If you would like to serve on the committee please contact any member of the committee.

If you would like to serve on the committee please contact the County Extension Office by calling 875-3461.

Farm-City Week - Planning for Farm-City Week November 16-22, 1984 in North Carolina is underway. Mrs. George M. Wood of Camden County has been selected to chair the state committee. This

Extension News

year's kick-off luncheon will be on November 8, 12:00 Noon, at the North Carolina State University Faculty Club.

Farm-City Week activities are successful throughout North Carolina because of the numerous dedicated volunteer leaders who make up both state and county committees. The responsibility of the state chairman is to appoint county chairmen, upon recommendations from the County Extension Chairman.

Hoke County's observance of Farm-City Week has been successful over the years because many dedicated leaders have given of their time and talent to plan activities that are beneficial to the entire community.

If you would like to join this list of successful leaders by serving on the planning committee for 1984, either as chairman of the county committee or as a committee member, please contact Willie Featherstone at 875-3461 by May 11, 1984.

Wildlife Babies- It looks as if spring is finally here, and along with it our wildlife species are doing their annual multiplication tables and that can lead to some situations where well-meaning people try to help wildlife but wind up doing more harm than good.

The problem occurs when people find young animals or birds

and immediately assume that they have become lost or been abandoned. They often pick up the animal to take it home and try to care for it.

There are several good reasons why this course of action is unwise. First, most young animals found by humans are not lost or abandoned by parents.

The usual tactic, when danger approaches and undetected escape is impossible, is for the parent to hide the young and then leave, sometimes attempting to attract attention away from the young.

The young animals, such as fawn deer, then wait quietly for danger to pass and for the parent to return.

Second, most people who attempt to rescue and raise wild animals in captivity do not have the facilities or the knowledge to do this successfully.

Third, if successful, the person often winds up with an animal which may become dangerous.

Added to these reasons is the requirement for either a state or federal permit before most wild animals can be kept in captivity.

In view of these considerations we recommend that the best course of action in most cases is to leave the critters in the woods or wherever you find them.

Unless the animal is injured or in immediate danger from dogs, cats, or some other factor, do not pick it up or move it. Mother will probably be back as soon as you leave.

Adjustment period needed when students return home

By Ellen S. Willis
Home Extension Agent

Summer may mean three months at home for many college students. And this can mean disruption of the relative calm of many families.

For example, parents may wisely try to "get to know" their children as they are now -- not as the children they once were.

Parents also need to remember that college students have been making their own decisions all year -- choosing what they do, where they go and their own friends. This can make it hard for them to come home to parents who want them to keep the old high school curfew.

Students may have to re-evaluate their expectations of others, too. Their hometowns might not offer the many activities of the university community -- calling for some readjustment of leisure time activities.

Many schools provide prepared meals and maid service -- and that usually isn't the case at home.

Both parents and returning students need to realize that their lives have been changing since the family last lived together. And consideration on everyone's part can help make a pleasant summer for the whole family.

Some people say they would never put up with the hassle of hanging clothes outdoors to dry. Other people swear that putting clothes out on the line is the only way to have fresh, spring-like clothes.

Is one way better than the other? Well, it all depends on your point of view.

For example, tumble drying saves time and effort. And it makes clothes soft and fluffy, removes wrinkles and is not affected by the weather.

On the other hand, a dryer will cost three to five hundred dollars -- money that you might rather spend for something else. And if you have a dryer that operates by electricity, it'll cost about fifty cents a load to operate. Not only that -- a dryer can take up a lot of space.

Now line drying can give your clothes a fresh smell at little or no cost for equipment. But you have

Front Burner

to contend with bad weather, pollutants and birds.

Whichever method you choose, do it right. If line drying is your choice, be sure the clothesline and clothespins are clean. Then shake and straighten out each item as you hang it up. And be sure to hang each garment up by the firmest part of the item. And if you have something heavy, such as a bedspread or rug, distribute the weight over two lines.

Now if your dryer is acting sluggish, check for overloading, a dirty lint filter and exhaust obstruction. Happy laundering.

SAUCEPAN BROWNIES

1/2 cup butter or margarine
1 cup sugar
3/4 cup self-rising flour
3/4 cup chopped nuts
2 squares (1 oz. each) unsweetened chocolate
2 eggs
1 teaspoon vanilla
Preheat oven to 350° Grease bottom of 9 inch square baking pan. Melt butter and chocolate in saucepan over low heat. Remove from heat. Stir in remaining ingredients in order listed; mix well. Spread in prepared pan. Bake 30 minutes or microwave on full power 4 to 6 minutes. Cool in pan. Cut into 16 squares.

PEANUT BUTTER BROWNIES

1/3 cup butter or margarine
1/2 cup firmly packed brown sugar
1/2 cup smooth or crunchy peanut butter
1 pkg. (6 oz.) semisweet chocolate pieces
1/2 cup sugar
2 eggs
1 cup self rising flour
1/2 teaspoon vanilla
Preheat oven to 350°. Grease bottom of 9-inch square baking pan. Melt butter in saucepan over low heat. Remove from heat. Stir in remaining ingredients in order listed; mix well. Spread in prepared pan. Bake 30 to 35 minutes. Cool in pan.

IMPOSSIBLE CHICKEN

'N BROCCOLI PIE
1 pkg. (10 oz.) frozen chopped broccoli

3 cups shredded cheddar cheese (12 oz.)

1 1/2 cups cut-up cooked chicken
2/3 cup chopped onion
1 1/3 cups milk
3 eggs
3/4 cup biscuit mix
3/4 teaspoon salt, if desired
1/4 teaspoon pepper
Heat oven to 400°. Grease pie plate, 10x1 1/2 inches. Rinse broccoli under running cold water to thaw; drain thoroughly. Mix broccoli, 2 cups of the cheese, the chicken, and onion in pie plate. Beat milk, eggs, baking mix, salt and pepper until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into pie plate. Bake until knife inserted in center comes out clean, 25 to 35 minutes. Top with remaining 1 cup cheese. Bake just until cheese is melted, 1 to 2 minutes longer. Cool 5 minutes. 6 to 8 servings.

Impossible Broccoli 'N Cheddar Pie: Use 2 packages (10 oz.) frozen chopped broccoli. Omit chicken.

SCALLOPED PEAS AND ASPARAGUS

1 large can green peas
1 large can asparagus
1 cup crackers
Small can water chestnuts
1 can cream of mushroom soup
Place layer of green peas, a layer of asparagus (green or white), a layer of cracker crumbs and the water chestnuts in a casserole. Add asparagus juice and can of cream of mushroom soup mixed together. Bake at 350° for about an hour. Serves 6.

PECAN PIE

1 cup light brown sugar
3 eggs
1 cup pecans chopped
1 cup light syrup
1 stick margarine melted
Mix all together and pour into 2 unbaked pie crusts. Bake at 350° until firm. (40 to 50 minutes). Do not beat when mixing. Stir ingredients.

Hint
Do not scour tin baking dishes that have turned dark - that's what they're supposed to do for better heat conducting.



Words cannot express how much I appreciate the trust and confidence that you have placed in me by allowing me to serve as your representative for a second term. So again, thank you from the bottom of my heart.

Daniel H. Devane

Pd. pol. ad

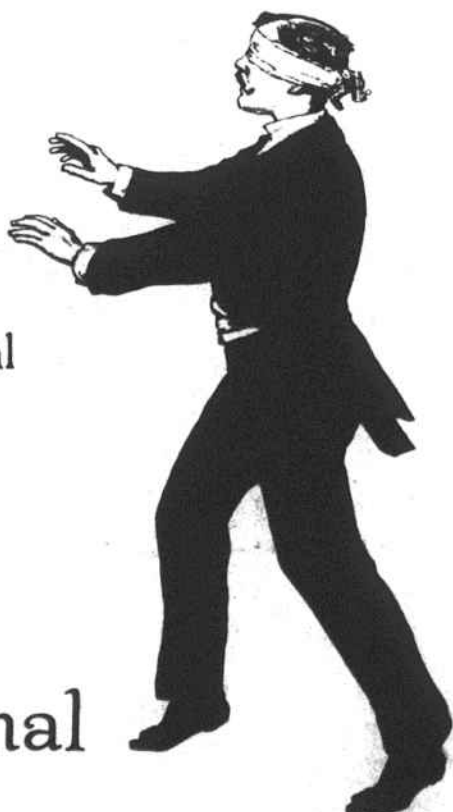
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<p>39¢ Roll Blue Ribbon Paper Towels Regularly 89¢. 100 two ply sheets per roll. Limit 2.</p>	<p>4.99 4 For Marcal Facial Tissues Regularly 3 For 4. Bar of 100 facial tissues. Limit 4.</p>	<p>3.99 3 For Hershey's Big Block Candies Milk Chocolate, Mr. Goodbar, Krackel & more.</p>	<p>1.59 Each Arid XX Or Extra Dry Spray, roll on, cream or solid deodorant. Limit 2.</p>
<p>\$1 Each +12 Ounce Cepacol +Twin Pack Feminine +18 Oz. Petroleum Jelly +4.4 Oz. Afta Or Close Up</p>			

Prices Good At All Family Dollar Stores Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers. **MAIN STREET RAEFORD** Mon. - Sat. 9 a.m. - 9 p.m. Sunday 1 p.m. - 6 p.m.