

Lifestyles

Peaches provide a variety for fresh summer desserts

By Alice L. Pettitt
Home Extension Agent

It's nice to see so many pretty fresh peaches on the market this year. Various varieties should be available for the next few months. Peach varieties fall into one of two basic types "clingstone" or "freestone," although a few varieties are known as "semi-clingstone" or "semi-freestone." Within each of these two types are two color classes: "yellow-fleshed" and "white-fleshed." Freestone varieties are most popular for fresh dessert use and freezing.

Good quality peaches should be bright and fresh in appearance and have a "ground" (background) color that is either

yellowish or creamy. Red color or "blush" may also be present in differing degrees, depending on variety and preharvest weather, but red color alone is not a true sign of edible quality. Peaches should be fairly firm or firm, but not hard.

Wash fresh peaches thoroughly, whether you serve them raw or cooked. The skin of ripe peaches adheres tightly.

To loosen it for peeling, dip the fruit into boiling water for about 45 seconds, then into cold water. You can then grasp the loosened skin of the fruit. Peel gently, using the dull edge of a knife.

Varieties good for canning and freezing include: Troy and Elberta and Dixieland; superior for can-

ning: Wimblo, Biscoe and Jefferson; superior for freezing: Redhaven, Wimblo and Redskin.

PEACH AND NUT CRUMBLE
3-lbs. fresh peaches
1 1/2 tablespoons fruit-fresh
1 1/2 cups sugar
1/2 teaspoon salt
1 egg, well beaten
1 quart water
1 cup unsifted all-purpose flour
1/2 cup chopped walnuts
1 teaspoon cinnamon
1/2 cup melted butter or margarine
Dip peaches into boiling water for 30 seconds and remove skin. Put water and fruit-fresh in a large bowl. Halve peaches, remove pit, and slice into water and fruit-fresh mixture. In a bowl, mix flour, 1

Front Burner
cup of the sugar, walnuts, salt, cinnamon and egg until mixture is crumbly. Drain peach slices thoroughly and mix slices with remaining sugar. Place peaches in an 8x12 inch baking pan. Sprinkle crumbs evenly over peaches. Drizzle melted butter over crumbs. Bake in preheated moderate oven (375°) for 30 to 35 minutes or until top is brown and crusty. Cool until warm. Serve warm with scoops of vanilla ice cream. Serves 6-8.

1/2 teaspoon ground ginger
1/2 teaspoon pepper
1 (3 lb.) broiler-fryer chicken, cut in parts
4 peaches, peeled, quartered
In small bowl stir together corn syrup, soy sauce, sherry, ginger and pepper. Place chicken skin side up in shallow roasting pan. Pour sauce over chicken. Bake in 375° oven 40 minutes, turning and basting frequently. Add peaches. Cool 20 minutes longer, basting frequently, or until chicken is fork tender. Serve chicken and peaches with sauce. Makes 4 servings.

2 egg whites
1/2 teaspoon salt
1 cup diced fresh peaches
2 cups boiling water
1/2 cup lemon juice
2 tablespoons sugar
1 carton (8 oz.) plain low-fat yogurt
Empty gelatin in a mixing bowl. Add 2 cups boiling water; stir until gelatin is dissolved. Add cold water and lemon juice; refrigerate until mixture is syrupy. In mixer bowl, beat egg whites until foamy; gradually beat in sugar and salt and continue beating until stiff peaks form. Add 1 cup of syrupy lemon gelatin mixture and yogurt to egg whites; blend well. Add peaches to remaining gelatin; then

(See FRONT, page 7)



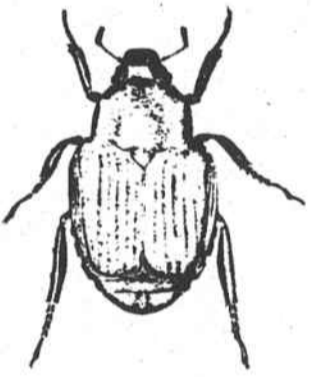
Bidding good-bye
Clayton Buoyer (right) receives a plaque of gratitude during a recent meeting from Department of Social Services (DSS) Director Ken Witherspoon (left). Buoyer is retiring from the DSS Board after six years of service to Hoke County. His position on the board will be taken over by Tom Howell. County Commissioner Neil McPhatter (rear) watches the presentation.

Japanese beetles threaten fruits

By Willie Featherstone, Jr.
County Extension Chairman

JAPANESE BEETLE
The Japanese beetle causes extensive damage while in both the grub and the adult stage. They spend about 10 months of the year in the ground in the form of a white grub.

The grubs are serious pests of lawns, other grasses and nursery stock because they feed on the roots and underground stems of plants, particularly grasses.



Japanese beetle

Large areas of dead brown grass often appear in infested lawns when large numbers of grubs are present or during dry spells. Such dead areas are noticeable by September or early October.

Adults emerge as early as mid-May in Eastern North Carolina. They are about 1 1/2 inches long, shiny metallic green with coppery brown wing covers which extend almost to the tip of the abdomen. Two small tufts of white hairs occur at the tip of the abdomen just behind the wing covers. Five more white patches are located on each side of the abdomen.

The adults will feed on more than 275 different plants. They often congregate feeding on roses and other flowers, as well as foliage and fruit of plants and trees exposed to bright sunlight.

When feeding on leaves they usually chew out the tissue between the veins, leaving only a lacy skeleton. They can cause severe damage; in fact, a badly attacked tree or shrub may lose most of its leaves in a very short time. Also they can do extensive damage to roses and other flowers, ripening fruits, corn, etc.

Control: Commercial preparations of the milky spore disease offer a long lasting method of soil treatment. These bacterial spores infect and kill Japanese beetle grubs and provide semi-permanent protection against these pests. Milky spore preparations can usually be applied from July until the first hard freeze. Though effective and long-lasting, the milky spore application is expensive.

Soil insecticides may be used in late summer or early fall to control

grubs feeding near the soil surface. The residual life of the soil-applied chemicals is relatively short, necessitating repeated applications each season.

Diazinon (also called Spectracide) and trichlorfon (Dylox, Proxol) are labelled for white grub control in turf. Follow label directions for rates and safe use.

Flowers and ornamental plants can be protected by dusting or spraying with one of the following pesticides: carbaryl (Sevin), malathion, methoxychlor (Mariate). It may be necessary to apply one of these pesticides every few days for complete protections. Roses may also be protected by covering with light netting. Follow label directions for rates and safe use of pesticides.

Traps catch up to 75% of the beetles which approach them. Traps may lower beetle populations from 30% (1 trap per acre) up to 39% (10 traps per acre) if placed throughout a neighborhood.

The trapped beetles must be emptied from the traps every few days to prevent them from rotting and releasing ammonia which is repellant to Japanese beetles.

Traps are commercially available. Home-made traps also are effective if baited with phenylethyl propionate plus eugenol. This bait is available at garden centers and hardware stores. You may contact the Agricultural Extension Service for a plan for a home-made trap.

FRIDAY 13TH Clearance!

25-40% OFF

ON A LARGE SELECTION OF BIG AND LITTLE GIRL'S SHORTS AND TOPS. SIZES 4-6X AND 7-14.

Subject To Early Sellout. No Rainchecks.

SWIMWEAR TAKES THE PLUNGE!

OVER 25% OFF ON MEN'S AND BOYS' SWIMWEAR.

25% OFF

LADIES' AND GIRLS' SWIMWEAR

* Available in All Stores.

30-50% OFF

WIDE SELECTION OF LADIES' KNIT TOPS, BLOUSES AND SWEATERS.

<p>97¢</p> <p>Reg. 1.37 Ladies' Sport Sock Turn down cuff sport sock. Assorted stripes & colors. Sizes 9-11.</p>	<p>2.88¢</p> <p>For Girls' Panties Briefs, hip-huggers, and bikinis in sizes 4-14. Slightly imperfect. Subject To Early Sellout.</p>	<p>1.50</p> <p>Sale Reg. 1.67 Marcal Napkins 300 Count</p>	<p>3.88</p> <p>Reg. 4.97 Shift Ladies' Poly/cotton sleeveless shift in assorted prints. 2 Front pockets. S-M-L-XL-XXL.</p>
<p>19.97</p> <p>Reg. 23.97 Hairsetter Instant hairsetter by Clairol. Includes 20 exclusive Kindness® rollers that stay warm longer and are tangle free.</p>	<p>15.97</p> <p>Reg. 21.98 Seal-A-Meal II Food packager by Dazey. Reg. 4.97...2.97 10 inch x 20 Ft. Roll</p>	<p>1.17</p> <p>Sale Reg. 1.47 1/2 Gal. Plastic Decanter Pour spout - snap fit cover</p>	<p>15.00</p> <p>Sale Reg. 18.97 4 qt. size Electric Ice Cream Freezer</p>
<p>1.00</p> <p>Sale Reg. 1.49 Long Life Light Bulbs (Pkg. of 4) 60, 75, 100 watts</p>	<p>3.00</p> <p>Sale Reg. 3.99 Fern Stands</p>	<p>117.99</p> <p>Sale Reg. 129.99 20" Cut 3 HP Lawn Mower Briggs and Stratton engine with horizontal pull starter and manual height adjusters. Subject to early sellout. Lay away now.</p>	

Edenborough Center
875-2512
9-9 Mon. thru Sat.
1-6 Sun.

MAXWAY

We reserve the right to limit quantities. None sold to dealers.

Prices Good Through
Sunday, July 16