

Lifestyles

Efforts afoot in Hoke County to capture gypsy moth

Traps are now in place in all counties in North Carolina. A grid system is currently used with one trap placed every four miles.

Additional traps are placed in areas with high probabilities of infestation (campgrounds, roadside

parcs, etc.) and where multiple catches have occurred in the past.

The trapping effort is under the direction of the N.C. Department of Agriculture. Cooperators include the USDA-APHIS, the U.S. Forest Service and the N.C. Forest Service.

Extension News

To date, two areas in Wake County appear potentially serious. Two larvae were found in the north Raleigh area. These were located by NCDA personnel

following multiple trap catches last year. In addition, there have been multiple trap catches near Wendell, also in Wake County.

On oaks, it is probably the worst it has been in years. Must be related to the extremely wet spring.

The main symptom of the disease is a copious flow of fermenting sap, usually accompanied by insects, drawn to the sap by its high sugar content.

The disease is caused by bacteria. The cause of the sap flow is a buildup of gas inside the tree.

The only known control is to drill a hole just below the point where the sap is oozing from the tree. The hole should be at a slight upward angle and ideally should go deep into the tree. Then tap a 6-8 inch pipe about one inch into the hole to carry the sap from the trunk.



Lift that barge...

These men are harvesting tobacco the old fashioned way, by hand. On this hot morning last week, the men are picking the best of the bottom leaves until they have a good bundle. They throw the bundles on a trailer that comes out to collect them and take them to a barn. "As far as I can tell, the tobacco crop is doing pretty well," said Assistant County Extension Agent Richard Melton. Although some of the county's crop was lost to heavy rains, this year's tobacco looks to be about average, Melton said. Some of the farmers in the area are a bit unsatisfied with the prices they are getting for the hard fought crop, he added.

Hot weather cooking could be rewarding

By: Alice L. Pettit
Home Economics Extension Agent

Warm weather cookery does not have to be an unpleasant experience. The summer heat may present more of a challenge, but with a little preparation, patience and creativity, it can be enjoyable.

Planning ahead is the first step in keeping your cool. Always allow enough time for food preparation because the less rushed you are, the cooler and more relaxed you'll feel. Also, knowing that hot, humid weather is ahead, shop accordingly. Purchase ingredients for easy-to-prepare meals such as meats that can be barbecued, vegetables for cool crisp salads, and lots of field-fresh seasonal fruits to accompany your entrees.

ENERGY SAVING TIPS
Keeping a cool kitchen is always easier when following energy-saving tips. Although these ideas are worth following throughout the year, they are especially helpful during warm weather months. One popular alternative to oven cooking is top-of-the-stove cooking. If special care is taken when cooking this way, both the cook and the kitchen can remain comfortably cool.

When cooking on top of an electric range, make sure the size of the pan matches the size of the heating unit. Pans smaller in diameter than the heating coils will result in heat escaping into the kitchen. To avoid heat loss when using a gas range, adjust the size of the flame to fit the pan size. Another way to prevent heat from escaping is by covering pots or pans with tight-fitting covers. This conserves moisture inside the pan, reduces cooking time, and saves energy.

When cooking for one or two, try using smaller appliances such as a toaster oven or an electric skillet to conserve heat. Of course, a microwave is an extremely helpful appliance for warm weather cookery. Although it consumes a great deal of electricity, a microwave oven can cook food in only a fraction of the time required by a conventional oven.

Don't be afraid to revive the pressure cooker. This appliance can reduce cooking time by as much as one half. A slow cooker is also an ideal way to cook all components of your meal at once. In addition to keeping the kitchen cooler, these pots enable you to use less costly cuts of meat. Steaming can also be an energy-saving method of meal preparation. A nutrient-packed meal of steamed vegetables and rice can be easily prepared without turning on the oven. Finally, take advantage of

Front Burner

any other kitchen aids, such as the blender or food processor, to cut down on preparation time and help you escape from the kitchen more quickly.

PEANUT FRUIT CRISP

- 6 cups sliced apples or pears (about 3 lbs.) or 20-oz. can sliced apples, drained
- 1/2 cup all-purpose flour
- 1/4 teaspoon cinnamon
- 1/4 cup chopped peanuts
- 1/4 cup brown sugar, packed
- 1 tablespoon lemon juice
- 1/2 cup honey
- 1/4 cup brown sugar packed
- 1/4 cup butter

Combine fruit, 1/4 cup brown sugar, lemon juice and honey; pour into a buttered 9x9x2 inch baking dish. Combine flour, 1/4 cup brown sugar and cinnamon; cut in 1/4 cup butter. Stir in peanuts. Sprinkle over fruit. Bake in preheated 375 degree oven for 30 to 40 minutes. Serve warm. If desired top with a scoop of peanut butter ice cream.

CHEESY FRUIT SALAD

- 1 8-oz. pkg. cream cheese
- 2 tablespoons mayonnaise
- 1 16-oz. can pineapple tidbits
- 2 cups miniature marshmallows
- 2 tablespoons pineapple juice
- 1 pint whipping cream
- 1 17-oz. can fruit cocktail
- 1 small jar maraschino cherries

Cream together the first ingredients. Whip cream separately; add to creamed mixture. Add well-drained fruit cocktail and pineapple; fold in marshmallows; garnish with maraschino cherries. Chill.

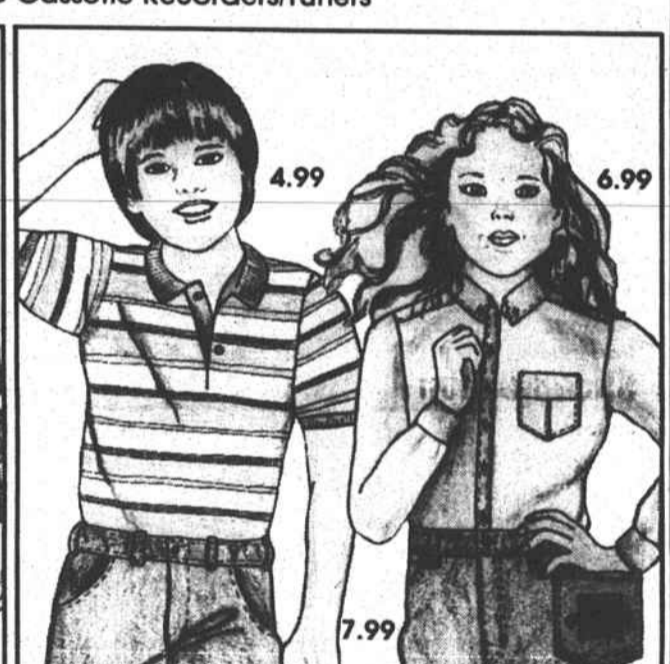
HEARTY BEEF CASSEROLE

- 1 lb. ground beef
 - 1 cup cottage cheese
 - 1/2 cup sour cream
 - 1 tablespoon green pepper
 - 1/2 cup cheddar cheese, grated
 - 8 ozs. macaroni
 - 1 8-oz. pkg. cream cheese
 - 1/2 cup green onion
 - 1 15-oz. can tomato sauce
- Brown ground beef and set aside. Cook macaroni according to directions and drain. Mix together cottage cheese, cream cheese, sour cream, onion and green pepper. Put half of macaroni in casserole. Spread cheese mixture over top. Add remaining macaroni. Mix tomato sauce and ground beef and put on top of casserole. Put grated cheddar cheese on top of casserole. Bake in 325 degree to 350 degree oven for about 30 minutes or until bubbly. Serves 8 to 10.

FAMILY DOLLAR

\$100,000 Sweepstakes
\$25,000 Cash Grand Prize!
Register To Win!

- 7-1st Prizes - 1985 Chevrolet Cavalier Sedans**
- 7-2nd Prizes - Hitachi 45 Inch Wide Screen TV's**
- 7-3rd Prizes - Fisher Cameras With Magnavox Video Cassette Recorders/Tuners**
- 7-4th Prizes - STP Richard Petty Go-Carts**
- 7-5th Prizes - Panasonic Video Cassette Recorders**

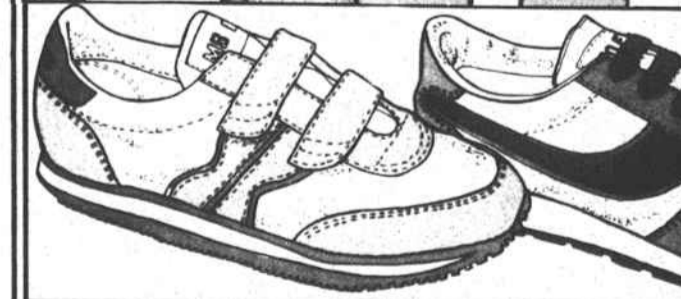


Your Choice
8.99

Men's And Ladies' Jeans, Shirts & Tops
Men's cotton denims with 4 pockets and contrast stitching. Poly/cotton western shirts with snap flap pockets, yoke and snap fronts. Shirts S,M,L,XL and jeans 28-38.
Ladies' dark navy indigo designer look jeans with embroidered back pockets. Solid or print tops with vinyl trims, snaps and more. Regular sizes.

4.99 Boys' Back To School Shirts And Blouses
Boys' sizes 8 to 18 solid or striped short sleeve collar knit shirts.
Girls' poly/cotton long sleeve oxford blouses with button down collars. Sizes 4 to 14.

6.99 Girls' Basic Or Fashion Jeans
Boys' 8-16 western denims with 4 pockets and contrast stitching. Sizes 4 To 7.....5.99
Girls' 5 pocket jeans with color contrast stitching and back pocket details. Sizes 4 to 14.



Compare At 14.99.
8.88 Save On Our Best Athletics
Pair
Large selection of suede, nylon and canvas styles with colorful trim and easy closures. Men's, boys' and ladies' sizes.

QUAKER STATE MOTOR OIL
84¢ qt.
Regularly 1.03. Regular 30 or HD30 oil. Limit 5 quarts.

4 \$1 Cashmere Bouquet
Regularly 3 Bars \$1. 4.75 ounce bar soap. Limit 4 bars.

4 \$1 100 Count Boxes Tissues
Regularly 3 Boxes \$1. Marcal 2 ply facial tissues. Limit 4.

48¢ Pack
Notebook Paper
Regularly 99¢. 200 sheets filler paper. Limit 3 packs.

ban
Buy One, Get One Free
Pack of 2-1.5 oz. Ban roll on deodorants. Limit 2 packs.

1.59
Gillette Good News 5 Pack
Regularly 2.09. Disposable twin blade razors. Limit 2 packs.