

THE NEWS-JOURNAL Raeford, N.C.

... Front Burner (Continued from page 6)

high temperatures, the care label must specify a machine temperature setting, such as "warm" or "cold".

All elements of the care of a product must now be delt with on the care label, including instructions for washing, bleaching, drying and ironing. If there are any special in-structions, they must also be carried on the label.

A very basic label might read as follows: machine wash, warm, tumble dry, medium. The fact that ironing is not mentioned means that ironing is seldom needed and the lack of bleach instructions means any bleach would be safe to use. A special instruction might be "wash with like colors" if the item is not colorfast.

These are some of the terms you may notice on a care label and their interpretation:

•If no temperature is mentioned, it is safe to use any setting. •If no ironing instruction is

given, it should not be necessary to

•If bleach is not mentioned, any type of bleach may be used, when

eded. •If no warnings are given, no adjustments are needed to the care processes listed on the label.

The FTC rules also specify that care labels must be visible at the point of purchase. If an item is packaged or folded so that the label is not visible, the information must also appear on the outside of the package or on a hang tag fastened to the product. The care label must remain fastened to the item and legible throughout the

useful life of the product. What all this means for the con-sumer is that in 1984 and beyond, clothing care labels will help us make more fully informed pur-chase decisions. And those labels will clearly tell us how to maintain our wardrobes in the most appropriate manner.

CAULIFLOWER ELEGANTE 1 head cauliflower

1 8-oz. pkg. cream cheese 1/4 teaspoon garlic powder

1 2-oz. jar chopped pimento-drained

3/4 cup milk

1/4 cup plus 2 tablespoons parmesan cheese 1/2 cup cracker crumbs

Cook cauliflower until tender and place in a greased 8" baking dish. Combine the cream cheese, milk, 1/4 cup parmesan cheese, garlic powder and pimento in a sauce pan and heat until blended stirring constantly. Pour sauce over cauliflower and top with cracker crumbs and 2 tablespoons parmesan cheese. Bake at 350 degrees F. until bubbly and brown - 10 to 15 minutes. Serves 6 or 8.

DAIRY LIME SALAD

1 3-oz. pkg. cream cheese

1/2 cup cottage cheese 1 cup boiling water 1/2 cup pineapple juice

- 1/2 cup milk

 1 3-oz. pkg. lime gelatine
1 cup crushed pineapple
Liquify cottage cheese in
blender. Add softened cream and milk and blend until smooth. Dissolve gelatine in bowl with boil-ing water. Add drained pineapple and juice. Add milk and cheese mixture. Pour into 3 cup mold and chill until set. Serves 6 to 8.

QUICHE LORRAINE 1 prepared 9-inch unbaked pie crust

cup shredded natural swiss cheese (about 4 oz.) 4 eggs 3/4 teaspoon salt 1/8 teaspoon cayenne red pepper 12 slices bacon (about 1/2 lb.) crisply fried and crumbled 1/3 cup minced onion 2 cups whipping cream or light cream (20%) 1/4 teaspoon sugar

Heat oven to 425 °F. Sprinkle bacon, cheese, and onion in pastry-lined pie pan. Beat eggs slightly; beat in remaining ingredients. Pour cream mixture into pie pan. Bake 15 minutes. Reduce oven temperature to 300 degrees, bake 30 minutes longer or until knife inserted 1-inch from edge comes out clean. Let stand 10 minutes before cutting. Serve in wedges. Yield: 6 main dish servings.

COMPANY CHICKEN

8 boned and skinned chicken breasts (cut in half) 2 cans cream of mushroom sour 1 teaspoon butter 2 1/2 oz. jar of dried beef 16 thin slices of bacon 1 16-oz. carton sour cream Melt butter in flat baking dish and layer with the dried beef. Wrap the chicken with the bacon and place on top of dried beef. Combine soup and sour cream. Pour over chicken. Bake un-covered for 3 hours in 325 degree F 1 16-oz. carton sour crean ered for 3 hours in 325 d n. Serves 12-14.