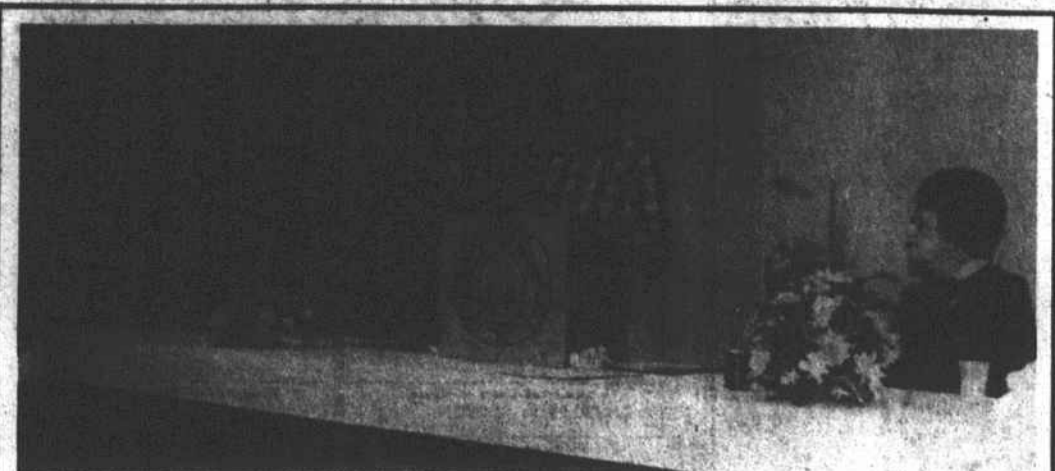


Lifestyles



At Homemakers Supper
Mrs. John K. McNeill gives the details of her trip abroad during the recent Hoke County Homemakers supper. Achievement awards were presented during the event held at the Raeford Civic Center.

Homemade cookies evoke memories

A tinful of cookies evokes memories of home and family bridging miles between you and college students, servicemen, grandparents, friends, and others far from the hub of the family.

Cookies are fun to eat, and many are nutritious.

Here are some tricks of the cooking baking trade:

•Start with a good recipe. Use accurate measurements; do not substitute ingredients.

•Preheat the oven at the correct temperature for at least 10 minutes before you begin baking the cookies.

•Use baking sheets or pans which are at least two inches smaller in both length and width than the oven rack. Cookies should be baked near the center of the oven if a single cookie sheet is used. If two cookie sheets are placed in the oven at the same time, they should be spaced far enough apart to allow for proper circulation of heat.

•When using oven glass baking pans, always lower the temperature 25 degrees.

•Do use suggested size loaf pan for bar cookies such as brownies.

•Use cold bright shiny cookie sheets for browner cookies (dough will melt and spread on a hot pan.)

•Do bake a few cookies first, to be sure temperature of oven and time of baking are adequate, and that consistency of dough is right.

•Watch baking cookies closely and check for doneness just before the minimum time is up.

•When cookies contain shortening, it is not necessary to grease cookie sheets. If they do not contain shortening, they should be greased.

•Unless otherwise directed, remove cookies from cookie sheet with a spatula, right after taking from oven, and place on a wire rack to cool. Never overlap, pile, stack, or store warm cookies. Use

On the Front Burner
Alice Pettitt
Home Economics Agent



a wide spatula to take cookies from cookie sheet

•Done or undone that is the question...

a. Bars or squares are done when the sides shrink from pan, or the top springs back when lightly touched with the finger. Soft cookies will also spring back when touched.

b. Crisp cookies are done when they are fairly firm, and lightly browned around the edges.

•Here's a trick - For extra cookie sheets, cut pieces of aluminum foil the same size as the cookie sheet. Drop dough onto foil and slip onto the cookie sheet as soon as it comes from the oven and you remove cooked cookies.

•Without a cookie sheet? Simply turn a baking pan over and use the bottom, and your problem is solved.

•For rolling cookies, try a pastry cloth and stockinet-covered rolling pin. Avoid flouring board or cloth too heavily - too much flour makes cookies dry and tough.

•Don't place dropped cookies too close together on baking sheet.

STORING COOKIES

Store soft cookies and crisp cookies separately. Store soft cookies in a container with a tight cover. Bar cookies may be stored in the baking pan tightly covered. If cookies begin to dry, adding a slice of apple, orange or bread, or taping a piece of moistened cotton to the inside of the cover will add needed moisture.

Crisp cookies should be stored in a container with a loose fitting lid. If they soften, as they tend to

do in humid weather, pop them into a preheated 300°F oven for three to five minutes before serving.

HOW TO FREEZE

Cookies can be frozen or unbaked. Baked cookies can be frozen up to 6 months and frozen dough up to 3 months. Most cookies freeze well, either baked or unbaked. But freezing dough is considered simpler and requires less freezer space.

Baked Cookies - Bake as usual, cool quickly and freeze before packaging. Pack in frozen food containers, separating layers with a double thickness of freezer paper, overwrap the container, label and freeze. To serve, thaw cookies at room temperature 10 to 15 minutes.

Rolled Cookie Dough - Roll out and cut the dough into the various shapes. Stack the cut-outs in cartons with a double thickness of freezer paper between layers. Overwrap, label and freeze. Bake without thawing.

Unrolled Cookie Dough - Form the dough into long rolls, wrap in freezer paper and freeze. Thaw just enough to be able to cut into thin slices. Bake on greased baking sheet.

Drop Cookie Dough - Drop dough on baking sheet as if you were going to bake the cookies. Freeze the cookies on the sheet, then pack the frozen drops of dough in cartons with a double thickness of freezer paper between layers. To bake, place the frozen drops on greased baking sheet and bake without thawing.

Bar Cookies - Freeze dough in baking pan. Go straight from freezer to oven, without thawing, and bake as usual.

Molded or Pressed Cookies - Freeze dough in airtight container. When ready to bake, thaw dough until soft enough for you to form the cookies.

(Continued on page 7B)

Treated wood exceeds hazards

Despite some newspaper headlines EPA concluded that the benefits of creosote-pentachlorophenol, and salt (inorganic-arsenic)-treated wood far exceed possible hazards.

Wood pressure-treated with each of these chemicals will continue to be available to the general public.

EPA recommends that salt treated wood can be used for decks, fences and inside homes, provided that it is free of visible surface deposits; creosote and penta pressure-treated wood shall not be used in enclosed areas; and protective clothing shall be worn when handling freshly treated material. The major change resulting from EPA action will be that all three preservatives will become restricted-use pesticides, meaning that solutions of creosote and pentachlorophenol will no longer be

Extension News
Willie Featherstone Jr.
County Extension Chairman



available "over the counter" to the general public.

Effective alternatives such as zinc naphthenate and copper-8-quinolinolate will still be available for do-it-yourselfers. The provisional date for implementation is February 1, 1985, however, court action may create delays.

N.C. BICYCLE FEDERATION 2nd ANNUAL CONFERENCE
The 2nd Annual Conference of the North Carolina Bicycle Federation presently has a membership of over 1500.

In the two years since organiza-

tion the Federation has encouraged and promoted safe and rewarding cycling in the state through:

..Bicycle safety education programs in the public schools, colleges and universities.


..Encouraging highway facility improvements for the cyclist on bridges and roadways.

..Streamlining procedures for hosting a bicycle rally event with the Department of Transportation.

..Monitoring the legislative actions that affect the cycling environment.

The conference, coupled with workshops such as wheel building clinics, mountain bike rides, trips leading a bicycle tour for children, legal rights of cyclists, etc. should be an important conference.

For more information contact: John Crott, Director Outdoor Adventures Program, Appalachian State University, Boone, NC-28608.



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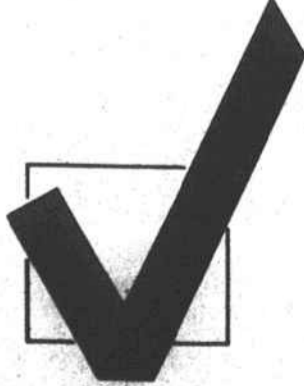
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