Selected

servings.

ving.

Arnold Miller has been selected to participate in the All-Carolina Wind Band at the University of North Carolina at Chapel Hill, which is scheduled

for a concert on February 24 at 2 p.m. at Hill Hall Auditorium. Arnold is a senior at Hoke High

School and the son of Joyce and

... Front Burner

(Continued from page 6) Cook oats 1 minute; cook old fashioned oats 5 minutes, stirring

occasionally. Stir in honey and cinnamon. Remove from heat. Spoon

one half of oatmeal mixture into 1

1/2 quart casserole; top with 1 cup apple slices and 1/4 cup raisins. Spoon remaining oatmeal mixture over fruit; top with remaining fruit. Cover; bake for 20 to 25 minutes. Serve with milk. Makes 6

Microwave Oven Directions: Com-

bine water, oats, salt, honey and cinnamon in 1 quart glass measure. Cook at HIGH 3 minutes; stir. Cover; let stand 5 minutes. Spoon one half of oatmeal mixture into 1

1/2 quart casserole; with 1 cup apple slices and 1/4 cup raisins.

Spoon remaining oatmeal mixture over fruit; top with remaining

fruit. Cover; cook at HIGH 5 minutes, rotating casserole 1/4 turn after each 2 minutes of cook-

ing. Let stand 3 minutes before ser-

BACON AND CHEESE OATMEAL MUFFINS

1 cup oats (quick or old fashioned uncooked)

1/4 cup sugar 1 1/2 teaspoons baking powder 1 teaspoon soda

18 -oz. carton (1 cup) plain yogurt 3/4 cup (3 oz.) shredded sharp

1 egg
3 tablespoons margarine, melted
3 crisply cooked bacon slices, crumbled

Heat oven to 425°F. Grease 12

medium muffins cups. In large bowl, combine oats, flour, sugar, baking powder, soda and salt. Add

remaining ingredients, mix just un-

til dry ingredients are moistened. Fill prepared muffin cups 2/3 full.

Bake for 10 to 12 minutes. Makes 1

To make fine, dry bread crumbs, dry out slices of stale bread in a 250 degree oven, then

roll into crumbs with a rolling pin,

grate on a grater, put through a grinder or grate in the electric

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cup all purpose flour

1/2 teaspoon salt

cheddar cheese

dozen muffins.

blender.

Carlos Miller of Raeford.

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