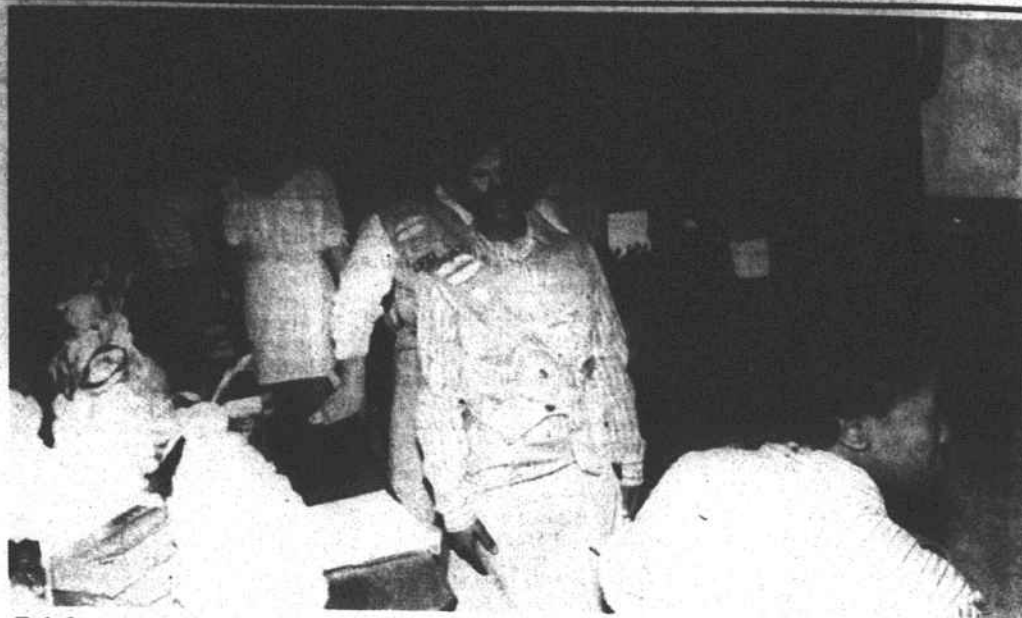


Lifestyles



Bright eyes
Many of those taking part in Family Fun Frolic Saturday had bright eyes and bushy tails (left). Here these Girl Scouts are hoping that painted eyes will help attract customers for Easter bunnies and

cookies, which are on sale. Scout supervisor and Turlington Principal Emma Mims (right), does not appear to be as optimistic. The event was sponsored by the Hoke County Extension Service.

Plants damaged from freeze need attention this spring

I've received numerous phone calls during the past week concerning assessment of winter damage to landscape plants. The concern is understandable.

From what I've seen, damage this year is much more severe than what we saw as a result of the Christmas Eve/New Years Eve low temperatures of last winter.

The following facts should be helpful in understanding the damage:

- Warm fall temperatures resulted in plants continuing growth right up to early January - shoots and roots never had a chance to harden off.
- Damage was severe to broadleaved evergreens - ligustrum, photinia, wax myrtle, gardenia, pittosporum, azaleas, camellias, Indian hawthorn, osmanthus.
- Temperatures reached an all time record setting lows in Hoke County of approximately -9°F.
- Very low humidity resulted in desiccation of leaves, stems, and branches - plants were literally "freeze dried".
- Many plants still in weak condition from last years cold damage. Numerous large plants succumbed to the bitter cold.
- Things to look for:**
 - Scorched leaves
 - Excessive leaf drop
 - Cracked stems
 - Bark Splitting at base of main stem
 - Dead Cambium
 - Damaged flower buds



Extension News
Willie Featherstone Jr.
County Extension Chairman

For plants which have not been killed back completely, this would be a good year to do some severe pruning.

This will not only rejuvenate the plant material but will also result in a more branched or compact plant.

Prune damaged plants back to live wood.

For heavily pruned plants be sure not to over fertilize.

Also, watch watering during the coming growing season. Do not let plant wilt due to a lack of water.

In many instances damage won't appear until the plants go into a stress situation come mid June - high temperatures, drought. Check carefully for damage now, it could explain some of the problems you'll see come June or July.

For commercial nurserymen there is a trend of using white copolymer to cover rooting beds because it gives winter protection of plants than clear plastic.

This winter protection can help nurserymen have a predictable crop each year.

Boll Weevil Referendum Results
North Carolina has completed its voting to continue the Boll

Weevil Eradication Program. Producers in the northern zone voted 93.3% to continue the program for four years at an assessment not to exceed \$10 per acre.

Results in the southern zone (which includes Hoke, Robeson and Scotland Counties) have just been tabulated.

About 84.2% of the voters favored the program with assessment not to exceed \$15 in 1986 and \$10 in 1987 and 1988.

County sending six delegates to NCAE meeting

The Hoke County unit of the North Carolina Association of educators (NCAE) will send six delegates to the annual NCAE State Convention in Raleigh, April 11-13.

The delegates will represent the views of 161 members of the Hoke County unit of NCAE as decisions are made to govern the 42,000 member professional association during 1985-86.

The six delegates will join those from 163 other local units across the state to consider, debate, and decide on 15 amendments to the NCAE Constitution, on 188 policy resolutions, and a number of new business items.

The decisions made will establish official NCAE policy.

Microwave cooking has plus

Microwave cooking has great appeal to busy homemakers. And no wonder...it offers convenience, efficiency, nutritional benefits, speed, easy cleaning -- and does all of this in just a minimum amount of space.

Microwave cooking is different from conventional cooking. Remember when you first learned how to cook and always had the cookbook propped open to double check the recipe? When first learning how to use the microwave oven, you may find yourself doing the same thing for a short while.

Here are some answers to a few of the typical questions that first time users of microwave ovens ask:

1. Is it O.K. to cook popcorn in the microwave oven -- and how do you cook it?

Yes -- with the correct popcorn and cooking utensils. Use popcorn that is specially prepared and sold for the microwave oven. It has a higher moisture content and is usually frozen. The best utensil is a popper which is designed for use in the microwave oven. Follow directions exactly. Popcorn burns easily. Not all kernels will pop so throw unpopped corn away. Do not try to re-pop.

2. I warmed a roll in the microwave oven. It became hard and tough. Why?

Breads require only a few seconds (less than 15) to warm. Heating too long will make bread tough and hard.

3. Do microwaves stay in the food?

No. Microwaves are rays of energy, very similar to radio waves which cause food to heat. They do not stay in the oven or in food after cooking is finished.

4. I cooked my potato for the six

On the Front Burner

Alice Pettitt
Home Economics Agent



minutes shown in the cookbook, but it was still hard. Does it need longer cooking?

Not usually. Potatoes, squash and meats such as roasts, need "standing time" in addition to cooking time in order to finish cooking. A potato should be wrapped in foil after cooking and allowed to stand for five to ten minutes before serving.

5. Why do my instructions say to pierce potatoes, squash, plastic wrap over casseroles and cooking bags with a fork before cooking?

During cooking, steam can build up in vegetables and sealed packages causing them to burst. Piercing skins or wraps allow some steam to escape preventing bursting.

6. Can I boil a whole egg in the microwave oven?

No. Pressure and heat build up in the egg causing it to burst or explode. This creates a real cleaning chore in the oven.

Company Chicken Breast

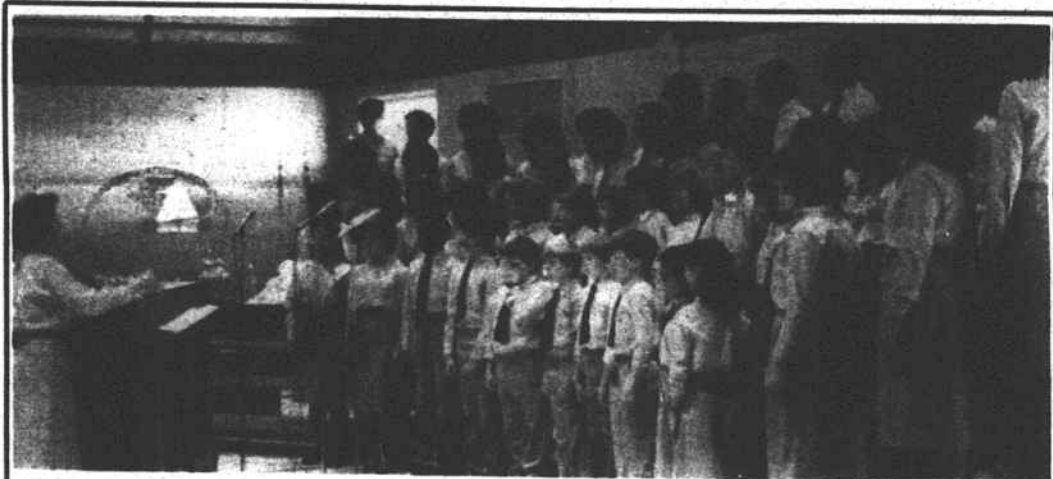
- 4 servings rice or noodles
- 2 oz. chipped beef
- 2 whole chicken breasts (boneless) skinned and halved, flattened to 1/4 inch thick
- 16 oz. fresh mushrooms, thinly sliced
- 1 can (10 1/4 oz.) cream of mushroom soup
- 1/2 cup sour cream
- 1/4 cup sliced almonds

Cook rice or noodles conventionally while microwaving chicken. Place one-fourth or chipped beef on each half breast. Roll up breasts and secure with wooden picks. Place sliced mushrooms in 8x8 inch dish. Arrange rolled breasts on top. Combine soup and sour cream; spoon over chicken. Cover with wax paper. Microwave at HIGH 7 1/2 to 12 1/2 minutes, or until chicken is no longer pink, rearranging after half the cooking time. Sprinkle almonds over chicken. Serve with rice or noodles.

Tuna-Cheese Open-Face Sandwich

- 1 can (6 1/2 oz.) tuna, drained
- 2 hard cooked eggs, peeled and chopped
- 1/4 cup salad dressing or mayonnaise
- 1/4 cup finely chopped onion
- 2 tablespoons sweet relish
- 2 tablespoons chopped stuffed olives or celery
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 english muffins or hamburger buns, split and toasted
- 8 slices tomato
- 1/2 cup shredded american or cheddar cheese

In medium bowl combine tuna, eggs, salad dressing, onion, relish, olives, mustard, salt and pepper. Spoon about 1/4 cup mixture onto each muffin half. Top with 1 slice tomato and 1 tablespoon cheese. Place 4 open-faced sandwiches on plate lined with two layers of paper towels. Microwave at HIGH 2 to 3 minutes, or until cheese melts, rotating dish once or twice during cooking. Repeat with remaining sandwiches.



All together
Members of the Upchurch Chorus perform Saturday for Family Fun Frolic under the direction of

Ellen Heidenreich (left).

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