



Weekend at camp.
Boy Scout Troop 404 enjoyed a camping trip recently at Lake Alice. The scouts hiked 10 miles to reach the camp from the scout hut. While camping,

Scouts worked on several skill awards. Here on Saturday night scouts enjoy skits and sing songs around the camp fire.

Researchers are improving leftover turkey

In a recent test for warmed-over flavor conducted at North Carolina State University, the turkey failed with flying colors. "The turkey is prone to develop warmed-over flavors following cooking and refrigeration more than any other meat," said Dr. Brian W. Sheldon, an NCSU food scientist. But Sheldon hopes to relieve turkey - and precooked turkey products - of this distinction. Recent research in the NCSU Department of Food Science, he said, shows that vitamin E in the turkeys' diets may help preserve fresh flavor. "Off flavors in meat can develop from the rapid oxidation

of poly-unsaturated fats," he said. "We've learned that by feeding turkeys vitamin E, we can slow the oxidation of these unsaturated fats and, in turn, retard the development of warmed-over flavors." His research takes on added importance to North Carolina, the nation's leading turkey-producing state, since precooked turkey products are becoming more popular. "The increase in demand for precooked turkey products by the food service industry and by frozen food processors is causing a greater percentage of the meat to go into partially cooked or precooked turkey products," Sheldon said. "The NCSU food scientist hopes

that viable solutions to the off-flavor problems in products such as turkey rolls, patties and nuggets will increase the saleability of the state's poultry and provide opportunities for introducing new meat products. "Products will have a longer shelf life, which means expanded markets," he said. Now that fat, or lipid, oxidation is known to be a factor, increasing vitamin E levels is one solution that has the advantage of using a naturally-occurring substance. "We're not feeding the birds something alien. All we're doing is elevating the levels of vitamin E in the tissues to protect the fat and retard oxidation," Sheldon said.

Health is highest importance

Good health is our most precious possession. How the body performs depends, to a great extent, upon the type and frequency of the care it receives. Good health habits established at an early age are one assurance that the body receives the necessary care it deserves.

The challenge is to maintain good health throughout one's lifetime. From birth through early childhood, this is primarily the parent's responsibility. Even young children, however, can learn good health practices that with careful guidance, will become ingrained daily routines.

Throughout life, there are critical periods that warrant special attention in order to achieve and maintain optimum health. One of these is the early childhood stage:

-The period from 2 to 6 years is one of continuous growth and development and increased physical activity. Children need the same nutrients - protein, carbohydrates, fats, vitamins, and minerals - as adults, although smaller amounts are required. Energy needs range between 900 and 2300 calories daily depending on the child's age, size, and activities.

-Learning and practicing good health principles are as important to a child's development and future as reading, writing, and arithmetic.

-It is important for parents to teach their children about the relationship of a healthy body to an alert mind, attractive appearance, positive mental attitude, and physical vitality. Although an understanding of nutrition principles is not required, it is essential that children recognize and appreciate the importance of eating a variety of foods.

-Children can be introduced to many types of foods at an early age. Parents must be careful to conceal their own food prejudices since children learn by imitating.

-Good eating habits should be established before children enter kindergarten when parents have

On the Front Burner

Alice Pettitt
Home Economics Agent



the greatest influence and control. -Interest in foods can be stimulated by discussing how and where foods are produced and processed and how international cultures and traditions have contributed to our food habits. Children can assist with grocery shopping and cooking to further increase their awareness of food values, selection, care, and preparation.

-Young children can manage small portions of food without assistance. At first, it may be necessary to cut foods into bite-sized pieces.

-Mild flavored colorful, finger foods are ideal for children.

-Children should not be forced to eat foods that they dislike. Simply substitute similar foods, then serve the disliked food later - possibly in a different form. Forceful tactics make the mealtime an unpleasant situation and can cause lifelong food aversions.

-Active growing children need small snacks throughout the day. Thus, it is advisable to stock nourishing foods - fruit, juice, raw vegetables, hard-cooked eggs, cold meats, cheese, and peanut butter. These foods are good for them and will help establish nutritious snacking habits at an early age.

- ANGEL DELIGHT**
2 envelopes unflavored gelatin
1 cup boiling water
2 tablespoons lemon juice
1 (16 oz.) pkg. frozen strawberries
1 medium angel food cake (broken up)
1/2 cup coconut
2 tablespoons cold water
1 cup sugar
1 can (1 lb. 3 oz.) crushed pineapple

3 (1.4 oz.) envelopes whipped topping mix prepared by package directions.

Soften gelatin in cold water. Add boiling water and stir to dissolve. Add sugar, lemon juice, pineapple, and drained strawberries. Refrigerate until thickened. Add half of the prepared whipped topping mix. Line bottom of 9 by 13-inch dish with broken cake pieces. Cover with strawberry mixture. Add another layer of broken angel food cake pieces and top with remaining gelatin mixture. Chill overnight. Before serving, slightly tint the remaining whipped topping pink and spread over dessert. Then sprinkle 1/2 cup of coconut over topping.

CHICKEN-PEANUT CASSEROLE

- 1 large fryer or 2 whole chicken breasts
1/2 cup milk
1 8-oz. pkg. seasoned stuffing mix
2 cups parched peanuts (crushed)
1 can cream of mushroom soup
1 can cream of chicken soup
3 stems celery and 1 onion (cook in enough water to cover)
1/4 teaspoon black pepper
Cook chicken, debone and cut into bite-size pieces. Put in bottom of 9x13" baking dish which has been sprayed with vegetable spray. Pour soups and milk over chicken which has been heated to bubbly. Poke a few times to help mix. Mix stuffing mix (save enough dry crumbs to sprinkle on top), peanuts, celery, onions, and pepper with about 2 1/2 cups broth. Spoon mixture over chicken and soup. Cook for about 35 minutes in 350°F. or until bubbly. Yield: 8-10 servings.

The electric blender is a versatile appliance. It can be used to grate nuts, chocolate or hard cheeses; crumb bread and crackers; puree fruits, vegetables, meats, fish and poultry; mince parsley; chop vegetables; and make Hollandaise sauce and mayonnaise.

DID YOU KNOW?
\$5.00 A Month Will Buy **\$20,000.** OF NATIONWIDE LIFE INSURANCE If Age 21 Or Younger (Only A Little More If Over 21)
Vardell Hedgpeth AGENT 875-4187

LUNCH
LUNCH BUFFET \$3.95 Mon. thru Fri. 11 AM until 2 PM
CHICKEN DINNER \$1.39 includes Slaw, Fries and Hushpuppies
SOUP AND SALAD \$1.98
SHRIMP SNACK PACK \$2.09 includes Slaw, Fries and Hushpuppies
THE SHRIMPER
next to McDonald's on Yadkin Road
Fayetteville, N.C. 867-0151

Atlanta Braves Baseball Trip
Atlanta Braves vs Los Angeles Dodgers
June 7 - 8 - 9
Raeford to Atlanta **ROUND TRIP**
3 Tickets To Games
2 NIGHTS IN DOWNTOWN MOTEL
Rates As Low As **\$95** per person
SPONSORED BY **Edinburgh Tours**
For More Information And Reservations Call John Plummer 875-4243 Ralph Plummer 875-4808

MAIL COUPON WITH \$30 DEPOSIT
Edinburgh Tours
P.O. Box 1067
Raeford, N.C. 28378
Please include Me in Baseball Trip
NAME _____
ADDRESS _____
CITY & STATE _____

HOW ABOUT THESE PRICES
Participating Stores Only. Quantity Rights Reserved. © CFM 1985

PEPSI 2 LITER NON-RETURNABLE **\$1.29**
Prices Effective April 22-May 5, 1985

Frito Lay Tostitos, Fritos or Chee-tos \$1.19 7 1/2 OZ., Regular 1.39

Woodleaf Bologna 89¢ 16 OZ. PACKAGE

Coble Homogenized Milk \$1.19 HALF GALLON PAPER CARTON

Coble Fruit Drink 19¢ PINT CARTON

Jesse Jones Franks \$1.19 12 OZ. PACKAGE

Miller High Life Beer \$5.19 12 OZ. CANS

All The Way Hot Dogs.....2/\$1.00
Sausage Dogs.....99¢
Barbecue Sandwich.....\$1.09
Soft Serve Ice Cream Cone.....39¢
Oven Gold Bread.....2/\$1.09 24 OZ. LOAF

In Raeford: Hwy. 211-513 Prospect Avenue

shop Monday-Clock open 24 hours

convenient Food Mart