

# Lifestyles

## Turkey cooking can mean dollars

Thanks to innovations in the production, packaging and marketing of turkey food products, there is almost no limit to imaginative ways of serving this tantalizing bird.

The added convenience of the new pre-packaged turkey parts is just another of the many advantages for including turkey often in family meal-planning.

Aside from the fact that you can now purchase turkey in just the right form and quantity for any meal or individual taste preference, turkey is also highly nutritious, very economical and "just the thing" to fit into today's trend toward a lighter-eating, more health-conscious lifestyle.

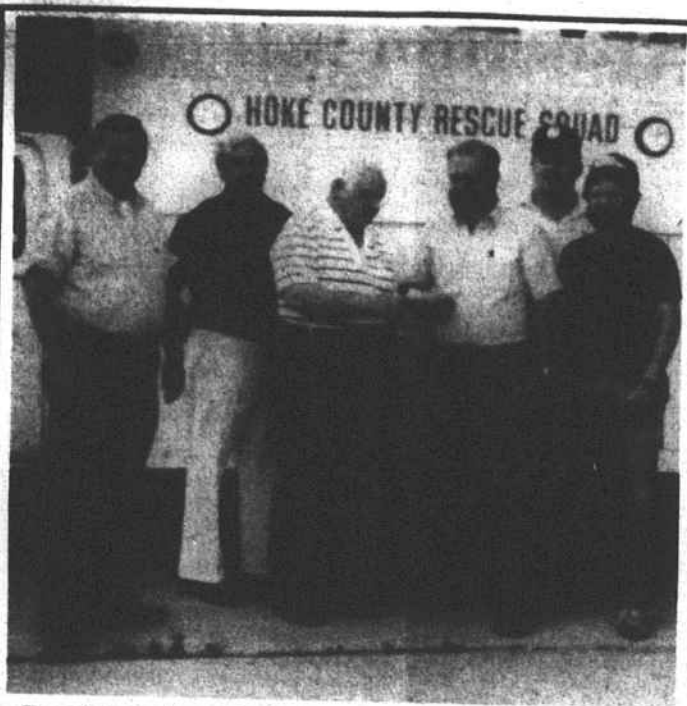
Although it has the same (or better) high-quality protein as most other meat products, turkey has much less fat, cholesterol and calories...and it just tastes so downright DELICIOUS to boot!

If you still haven't been convinced that you should be taking greater advantage of the versatility of turkey meat products, then try one of these great "parts" recipes from North Carolina Poultry Federation and discover for yourself the advantages of stocking up on plenty of turkey parts products at your next trip to the supermarket.

Then experiment a little with your own creative methods for preparing the new parts and enter your best recipe efforts in the Fourth Annual North Carolina Turkey Cooking Contest set for September 18, 1985 in Raeford. The contest is open to all NC residents and five finalists will be chosen to participate in the cook-off for a total prize purse of \$1,050 (\$500 1st, \$250 2nd and \$100 each for 3rd, 4th and 5th places).

To enter, just send your favorite recipe(s) for turkey parts to: Turkey Contest, c/o The NC Turkey Federation, Box 2431, Raleigh, NC, 27602.

All entries must be postmarked by July 15, 1985 to be eligible.



**Receiving donation**  
Hoke County Rescue Squad member Ron Ellis, (right center), accepts a check from Julian Wright, (left center), which was donated by Woodmen of the World Lodge 118. Also attending the presentation are from left: Bobby Cox, WOW Field Representative Jack Knowles, Ralph Tyndall and Gene Hasty.

## Forestry handbook offered

A new handbook is available from the U.S. Forest Service. It is entitled "Forester's Handbook for Reducing Bark Beetle and Disease Losses in Southern Pines."

Copies are available from the State Forest Service at \$6 per copy. Forest workers are expecting severely depressed growth rates for pines and hardwoods. The late, hard freeze and severe drought are the causes. Shallow-rooted species will be hardest hit (white oaks and dogwoods). Scattered hardwoods will die throughout the summer and fall, especially during dry spells.

### Human Health

The North Carolina Department of Health Services, Epidemiology Section reported one case of rabies in a bat found in Mecklenburg County. Also, they reported three cases of Rocky Mountain Spotted Fever with one case each in Gaston County, Mecklenburg County and Sampson County. (All reports for the month of April.)

### Farming For Wildlife

Wildlife biologists indicate that

### Extension News

Willie Featherstone Jr.  
County Extension Chairman



they don't have all the answers to fluctuations in small game populations such as rabbits and quail, but some of the reasons are evident. One of these reasons is a continuing loss of good wildlife habitat -- lost to a variety of other land uses such as highways and residential development. "Good habitat is an important ingredient in good wildlife populations, however, if you look closely you'll see that things, other than development are happening to wildlife habitat. One of these changes is the way we farm our land. Big fields, clean farming, and elimination of much of the food and cover for wildlife along field edges, ditches, and odd corners, result in virtually no wildlife habitat.

What's the cure for this problem? Certainly not for farmers to go back to their old ways of farming, but it is possible to farm for a

wildlife crop too, along with the other crops we raise. It doesn't take a whole lot of land or expensive seed and fertilizer to provide some good wildlife food and cover. It's simply a matter of planting some strips of food and cover along some field borders, in odd corners, and in openings in the woods.

One-eighth to one-quarter acre is all that's needed in one location, usually planted in strips ten to fifteen feet wide.

Planting materials may consist of either shrub lespedeza (a hardy perennial plant), partridge pea, or a mixture of annuals including soybeans, cowpeas, millet, and other good wildlife foods. Sericea lespedeza can be planted in an adjacent strip for cover, if needed.

If you really want to do the best job of farming for a crop of game, ask your wildlife biologist, Soil Conservation Service, or N.C. Forest Service forester to help you make up a management plan for your property -- a plan that includes wildlife.

If every landowner did this, and every sportsman pitched in and helped, we'd hear far fewer complaints about a lack of game.

## Tennis shoes may be most fitting summer wear

Children often try to kick off their school shoes at the first sign of warm weather, preferring sneakers or going barefoot. And parents worry about these lightweight shoes or no shoes at all ruining their feet.

Sneakers may actually be one of the best shoes you can buy for a healthy foot. A healthy foot does not require support. In fact, the great flexibility of sneakers gives the muscles of the foot freedom to develop.

There is also nothing wrong with going barefoot as long as it is done on soft grass, sand or carpet where there is no danger of stepping on

broken glass, nails, pins or sharp stones.

Walking without shoes allows the toes to extend and grip the ground, one of the best foot exercises there is. If the child spends a lot of time playing on cement playgrounds and sidewalks, a thick-soled basketball or professional type tennis or running shoe is a good investment.

### Frosted Orange Salad

- 1 (15 1/2 oz.) can pineapple chunk
- 1 (16 oz.) can sliced peaches
- 1 (16 oz.) pkg. orange-flavored gelatin
- 1 1/4 cups boiling water
- 3/4 cup ginger ale

### On the Front Burner

Alice Pettitt  
Home Economics Agent



- 1 cup whipping cream or 2 cups whipped topping
- 1/2 cup salad dressing or mayonnaise
- 1 cup miniature marshmallows, optional
- 3 tablespoons toasted coconut, optional

Drain fruit, reserving juice; add enough water to juice to make 1 1/4

cups. Set fruit aside. Dissolve gelatin in boiling water; stir in reserved juice and ginger ale. Chill until consistency of unbeaten egg white. Fold in fruit; and spoon into a lightly oiled 12 x 8 x 2 inch dish. Chill until firm. The topping is optional. Beat whipping cream until soft peaks form; fold in salad dressing and marshmallows. Spread topping over salad, sprinkle with coconut, if desired. Chill well. Yield: 12 servings.

### Peanut-Chicken Curry

- 1/4 cup finely chopped onion
- 1/4 cup butter
- 2 tablespoons curry powder
- 1/2 cup peanut butter

- 1 1/2 cups chicken broth
- 3 cups cut up chicken or turkey
- 1/4 cup finely chopped celery
- 1 teaspoon salt
- 3 tablespoons flour
- 1 1/2 cups milk
- 1 cup cream

Saute onion and celery in butter until golden and tender. Add seasonings and flour; stir to blend. Stir in peanut butter. Add milk and chicken broth; cook and stir until mixture boils and thickens. Blend in cream. Add chicken and heat. Serve with rice and condiments such as chopped peanuts, raisins, chutney, etc. Makes approximately 8 (3/4 cup) servings.

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