

Lifestyles



Cozy
This little stuffed duck has found himself a nice little nest. He did not spend hours collecting leaves from surrounding areas for the nest; he simply found the biggest cabbage around and sat down.

The cabbage, grown by Pete Harris of Rt. 2, Raeford, weighs 18 pounds. Just to give an idea of how big the cabbage really is, the duck stands over 10 inches tall.

Coals key to successful BBQ

Successful barbecuing depends on well prepared coals. You won't enjoy charcoal cooking if your fire fizzles every time. Fortunately, the art of starting charcoal fires isn't difficult to learn. Before you start always read the grill manufacturer's directions and follow these hints.

--It is important to allow enough time for the fire to get started properly. All of the coals should be covered with a light coating of gray ash before you begin to cook.

--Provide enough oxygen for the fire to get a good start. When using a covered grill be sure all vents are wide open and the cover is off during the starting period.

--Thirty minutes is generally required to build a uniformly hot fire for barbecuing.

Braziers are open grills. They are available in many sizes and shapes and may have a half hood with rotisserie (which is necessary for cooking large whole meats). All braziers cook by the direct heat method - foods are cooked directly above the coals. They are used primarily for fast cooking of foods like steak, hamburgers and hot dogs. Flare-ups can be a problem.

--Covered Grills are also available in a variety of sizes, colors, and shapes. They cook foods by the direct method, but have the

On the Front Burner
Alice Pettitt
Home Economics Agent



added versatility of indirect heat cooking. No rotisserie is needed to cook large whole meats with little attention. A covered grill eliminates flare-ups, gives control of cooking temperatures, and may be used year-round regardless of the weather.

DO-IT-YOURSELF KABOBS
Trays of beef chunks, ham cubes, shrimp, scallops, pieces of lamb and chicken breast. Bowls of fresh mushrooms, small tomatoes, green pepper squared, canned or partially cooked onions.

Kabob marinade: Combine 1 cup soy sauce, 1/2 cup wine or cider vinegar, 1/2 cup pineapple juice, and 1/2 cup firmly-packed light brown sugar, 2 teaspoon salt, and 1/2 teaspoon garlic powder. Yields about 2 1/2 cups.

Trim excess fat. Cut food into 1 to 1 1/2 inch pieces. Marinate meat, fish, seafood, or poultry, if desired. Drain marinated foods well, and save marinade for basting. Have guests fill skewers with their favorite food combinations from your selection. Cook

over direct heat, and baste with marinade.

S'MORES

Spread graham cracker with marshmallow topping. Add a layer of milk chocolate candy bar. Add another graham cracker to make a sandwich. Wrap in aluminum foil and warm for a few minutes on the grill.

A marinade (a special sauce in which food is soaked before cooking) is frequently used as a tenderizer and basting sauce, particularly for less tender cuts of meat. Marinating time will vary with the size of a piece of meat, its tenderness, and the amount of flavoring desired. Some meats may require only an hour in the marinade before barbecuing, while others must be marinated overnight. Marinades are generally thinner and more highly seasoned than basting sauces. Here's how it's done: Arrange the food in a plastic bag; place in a flat pan and pour marinade into the bag. Close the bag securely with a metal tie strip, rubber band, or string. Refrigerate for the time recommended in the recipe, turning the bag several times. Marinating may also be done in a special pan or by using a refrigerator dish or bowl. Cover and refrigerate for the time recommended in the recipe, turning the food several times.

Proper watering essential for good lawns

Much of the water used to irrigate lawns is improperly applied resulting in waste, added cost, and unhealthy plants. Turfgrasses are able to withstand prolonged periods of drought. However, if you do decide to irrigate your lawn then consider the following tips.

Also keep in mind that this procedure must be continued throughout the summer once the decision is made to maintain actively growing grass otherwise turf loss can be expected.

Only apply water to lawns that show signs of moisture stress. A dark bluish-gray color; footprints that remain for some time after

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Willie Featherstone Jr.
County Extension Chairman



water. If evening is the most practical time for you, water in early evening to allow the foliage to dry before nightfall. This will lessen the chance of disease. Avoid mid-afternoon watering to reduce loss from evaporation.

Water to a depth of 4 to 6 inches to encourage deep rooting. Probing with a screw driver can help determine moisture depth. Usually 1 inch of water applied each week will supply the necessary amount.

Avoid light, frequent watering except when establishing new lawns. Cans or rain gauge can be used to determine how much water is being delivered in a certain period of

time. (It takes 640 gallons of water to apply one inch of water/1000 sq. ft.) Slopes and compacted soils accept water slowly requiring the metering of water to prevent wasteful runoff. Water slopes and compacted soils until runoff occurs; wait one-half hour until water is absorbed, and rewater un-

til the desired depth or amount is obtained. Few lawns establish on clay soils can absorb more than one-half inch of water per hour.

Sandy soils require more frequent watering, so apply 1/2 inch of water every third day is usually enough. Adjust automatic irrigation systems to supplement natural

rainfall so that the lawn is not overwatered. Mowing lawns at recommended mowing height, e.g., tall fescue at 3 inches, will enhance rooting depth.

Remember to help conserve one of our most precious resources ... water ... by using it efficiently and wisely.

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