

Lifestyles

Labels essential to shopping

Next time you shop for clothes, read the labels carefully. Manufacturers are using more cotton and linen in the garments they make. And that could mean wrinkles.

There's a trade-off between care and comfort and more of us seem to be opting for comfort. A garment that's one hundred percent cotton may be more absorbent and comfortable to wear. But it'll need ironing to keep it looking nice.

A garment that's a hundred percent polyester won't need ironing, but it probably won't feel so comfortable.

Most sandwiches can be conveniently prepared ahead and either refrigerated or frozen. Here are a few suggestions for successful sandwich making:

Spread mixed-grain bread slices with corn oil margarine to "seal" them and prevent sogginess. Softened cream cheese, cheese spread or peanut butter are other spreads that seal the bread.

To freeze sandwiches, wrap securely in heavy-duty plastic wrap or plastic bags, freezer paper or foil. Press the wrap to the bread and seal tightly. Label with contents and date.

Crunchy Tuna Melt
2 cans (6½ oz. each) waterpack tuna, drained and flaked
¼ cup finely chopped onion
1 tablespoon lemon juice
6 slices bread toasted

On the Front Burner

Alice Pettitt
Home Economics Agent

1 cup finely chopped celery
¼ cup finely chopped green pepper
¼ cup mayonnaise
Dash black pepper
6 slices cheddar or monterey jack cheese

Combine first seven ingredients. Using ice cream scoop or large spoon, mound tuna mixture onto each toast slice. Top each with 1 slice cheese. Place sandwiches on baking sheet and broil 2 to 3 minutes, until cheese is bubbly. Makes 6 open-faced sandwiches.

Sweet and Sour Turkey
3½ to 4 lbs. turkey thighs (2 thighs)

½ cup seasoned flour
1 medium onion, chopped
1½ cups water
¼ cup cider vinegar
1 tablespoon honey
¼ teaspoon cinnamon
¼ cup catsup

Coat thighs with seasoned flour. Brown on both sides in hot shortening in large skillet or dutch oven. Add onion and saute a few minutes; then add water, catsup, vinegar, honey and spices. Bring to

full boil. Cover and reduce heat to simmer. Cook 1½ hours or until fork tender. Makes 6 to 8 servings.

Ham and Cheese Salad
4 servings

Dressing: (Yield approx. 1¼ cups)
1 cup lowfat cottage cheese
¼ cup chili sauce
2 tablespoons chopped green onion
1 teaspoon basil
½ teaspoon salt
1/8 teaspoon pepper

Salad:
1 cup (4 oz.) cubed cooked ham
1 cup green grapes, halved
1 can (8 oz.) pineapple chunks in unsweetened juice, drained
½ cup chopped celery
2 ounces Mozzarella cheese, cut into julienne strips
4 cups torn lettuce

For salad dressing, place cottage cheese in small mixing bowl. Beat on high speed of mixer until almost smooth, about 5 minutes. Stir in remaining ingredients.

Cover and chill 1 to 2 hours to allow flavors to blend.

For salad, combine ham, grapes, pineapple, celery and cheese in a large mixing bowl.

Refrigerate, covered, until serving time. To serve, toss ham mixture with lettuce. Serve dressing separately. 223 calories per serving.



Moving in for kill

This spray plane is a common site around Hoke County this time of year, as farmers attempt to save crops from insects.

Photo by Becky Jones

Fall vegetables ready to plant

August is an excellent time to plant your fall vegetables. This week gardeners should plant leafy greens such as kale, turnip and mustard. The seed bed should be well prepared and small seeds should be kept moist until they germinate. Insects tend to be plentiful during the fall, therefore, plantings should be checked periodically and treated with an appropriate insecticide when necessary.

Extension News
Willie Featherstone Jr.
County Extension Chairman



Continue to check okra and tomatoes for corn earworms and tomato fruit worms. If worms are damaging these vegetables use an application of Sevin. However, more than one treatment may be necessary for adequate control.

Peach Tree Borer Spray
There are more peach trees. (See FALL, page 5B)

Just A Reminder... about your BACK TO SCHOOL SEWING NEEDS

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- *ZIPPERS - Including Heavy Duty Jean

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DIET FACTS & FALLACIES

CAFFEINE AND CHILDREN



Billboards, catchy jingles and attractive ads on TV and in magazines tell the public that they may look better, feel better and perhaps, even be more successful and popular if they drink caffeine-containing beverages. Is it any wonder their sales are booming? Children are particularly susceptible to the "power of suggestion" from these ads.

Is there really any harm in drinking caffeine beverages? If a young child drinks one can of cola containing caffeine, the caffeine content is comparable to an adult drinking four cups of

coffee. Research studies are being conducted to determine if these drinks are connected with symptoms that many of our youth experience, such as insomnia, increase in heart rate, nervousness and irritability.

Diet Center feels adults should realize the effect of caffeine drinks. Children should be encouraged to drink water, fruit juices and natural lemon drinks instead of soda pop, which may be filled with sugar, caffeine, chemicals and sodium that can be harmful to the body.

Call today for a free, introductory consultation.

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