

Lifestyles

Select frozen foods carefully

Next time you go to the frozen food counter, be a smart shopper.

Take a look at the freezer cabinet. It should be clean. And the packages should be stacked below the line indicator in the inner side of the cabinet. If they are stacked above this line, the food may have been exposed to a temperature higher than the one recommended for quality storage.

Also select foods that are solidly frozen. And be sure to check the packaging material around frozen foods to be sure it isn't torn, crushed or stained. Stains may mean the foods has thawed at some time or other.

And read the labels. They give helpful information about ingredients, style of pack, and preparation and serving ideas.

STRETCH TOYS

You can add some fun to your preschool child's toy chest without spending a dime. So here are two tricks that will please the kids and the family purse.

Each week take about six or seven toys out of circulation. Clean them and repair them if they need it. The children will get used to playing without them.

Then, after a couple of weeks, bring the toys back. You'll be surprised at how excited the kids will be to see them again. In fact, they'll probably act like the toys are new.

Here's another toy-stretching trick. Set up a toy exchange with a friend. Trade off a couple of playthings every few weeks.

These simple actions can add variety to your child's play experiences and save dollars on the family's budget.

On the Front Burner

Alice Pettitt
Home Economics Agent



CHICKEN OR TURKEY TETRAZZINI

- 3 lbs chicken or turkey
- 3 cups chicken broth
- 1 small bay leaf
- 2 teaspoons thyme
- 1/4 cup butter or margarine
- 1 medium onion, cut into thin rings
- 2 medium cloves garlic, minced
- 1/3 cup flour
- 1 cup light cream or half & half
- 1 teaspoon marjoram
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon each salt and pepper
- 8 ounces spaghetti, cooked & drained
- 1/4 cup coarsely chopped pitted ripe olives

In a large saucepan combine the chicken, chicken broth, bay leaf and 1/2 teaspoon thyme. Bring to a boil, cover and boil 25 to 35 minutes or until tender. Drain chicken, reserving liquid. Cool chicken, skin, bone and cut into bite-size pieces. (You should get 3 cups meat). In a saucepan, melt butter and saute onion and garlic until soft and tender. Remove from heat and stir in flour until smooth. Return to heat and gradually add 1-3/4 cups reserved broth that has been skimmed to remove some of the chicken fat. Cook, stirring, until mixture is thickened and comes to a boil. Stir in light cream, 1-1/2 teaspoon thyme, marjoram, Parmesan cheese, salt and pepper. Combine

3/4 cup sauce with the cooked spaghetti and turn into a shallow 3-quart baking dish. Stir chicken, parsley and olives into remaining sauce. Pour over spaghetti. Cover with lid or foil. Bake in 375° F oven 35 to 40 minutes or until sauce is bubbling. Makes 4-6 servings.

SPICY PEAR CARROT SALAD

- 1 can (16 oz.) pears
- 2 cups shredded carrot
- 1/3 cup raisins
- 2 tablespoons each oil and vinegar
- 1 teaspoon sugar
- 1/4 teaspoon ground ginger
- Dash each salt and ground nutmeg
- Lettuce leaves

Drain pears, reserving 2 tablespoons liquid; dice. Combine carrot and raisins. Combine reserved pear liquid, oil, vinegar, sugar and seasonings. Pour over carrot mixture; gently stir in pears. Chill. Serve on lettuce-lined salad plates. Makes 6 servings.



Ready for fry Verman Hubbard (left) and Jim Attaway relax after erecting the sign announcing the upcoming annual Mecca Shrine Club Fish Fry, which will be held on

Saturday, September 21 from 11 a.m. to 7 p.m. at the Edenborough Shopping Center. Proceeds from the sale will benefit crippled and burned children.

Some insects are giving man a helping hand

Believe it or not, some insects are actually helpful to man. In fact, scientists today estimate that about one-tenth of all insects are helpful to man. Some scientists have even gone so far as to say that the assistance that small group of insects gives to man is essential to his survival.

Now if you have battled Japanese beetles in your roses, ants in your kitchen, and fleas on your pets, you may be saying there is no way that you get anything except trouble from insects. Well, if you stop to consider it, there are many ways insects do help man.

One of the most basic is the help they give in pollinating our important food crops.

That pollination causes fruit to be set and seed to be produced.

At least fifty of our most important food crops do require insect assistance with pollination.

While many of our food crops are growing, pollinating or producing fruit they are home to predatory insects.

These are the insects that capture and feed on other insects.

When those plants, or even animals, die there are scavenger insects that help to clean up that

Extension News

Willie Featherstone Jr.
County Extension Chairman



aerate, fertilize and condition the soil. Some insects produce certain products that we use directly such as some dyes, silk, honey and beeswax.

Knowing which insects are beneficial and which are harmful can help you in producing a bountiful garden, beautiful flowers, healthy shrubs, and even a pretty lawn.

dead material.

In other words, they help in keeping the earth clean and sanitary.

They also help in returning important nutrients tied up in the dead material to a form that growing plants or animals can use.

There are other insects that help

The most important reason for knowing the differences is that most of the pesticides you can use to control harmful insects also act on beneficial insects.

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DIET FACTS & FALLACIES

ENZYMES

Enzymes in the body break down all foods eaten into small particles, thus enabling them to pass through the small intestine for storage or use. No food could be digested in the body without this chemical breakdown taking place. Each cell contains enzymes, and each enzyme is responsible for performing tasks that no other can do. For instance, there are specific enzymes to break down each type of food (e.g., protein enzymes can only break down protein).

Other functions of enzymes are to regulate the hormone system, and to help clear debris from your organs and intestines. Enzymes induce chemical changes in other nutrients but remain unchanged themselves. Every bodily function is performed through the agency of an enzyme.

Enzymes are found in all raw foods. Papaya, apples and pineapples are all good sources.

To learn more about enzymes and other important nutritional information, contact your Diet Center Counselor.

Call today for a free, introductory consultation.

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