

Lifestyles



Hoke County at fair

North Carolina Poultry Federation Marketing Home Economist Emmie S. Whitley, (left), chats with a fairgoer from the North Carolina Turkey Festival booth at the recent State Fair. The booth, which was paid for by the N.C. Turkey Federation and the N.C. Turkey Festival, Inc. promoted Hoke

County, the festival and turkey products. Raeford-Hoke Chamber of Commerce Manager Beverly Pasternak came up with the idea for the booth, built it and helped man it. Whitley cooked turkey morsels for visitors.

Helms to appear at tobacco meeting

Today's information for readers of this column consists of a news release from the Tobacco Growers Association of North Carolina, Inc. announcing its annual meeting.

If Senator Helms attends the meeting, it is believed that he will comment on the current situation in agriculture, prospects for a farm bill, as well as discussing tobacco legislation.

Annual meeting

Senator Jesse Helms and an executive of a leading British cigarette manufacturer are scheduled to be the keynote speakers at the annual meeting of the Tobacco Growers Association of North Carolina.

The meeting will be held Friday, November 8, beginning at 9:30 a.m. at the North Carolina State Fairgrounds.

Helms (R-N.C.) has agreed to speak as long as there is no urgent

Extension News

Willie Featherstone Jr.,
County Extension
Chairman



business in Washington that day. Assuming he can attend, his topic will be the legislative situation for tobacco in Washington and what growers can expect in the coming year.

The second keynote speech will be given by Christopher Castle, senior leaf manager of the English cigarette manufacturer Gallaher, Ltd. He will give his company's opinion on how American tobacco growers can regain lost markets overseas.

"We are very happy that we've been able to attract two speakers of this caliber," says T. Carlton Blalock, executive vice president of

the Tobacco Growers Association of North Carolina.

"Senator Helms has been in a very crucial position in the process of developing reform legislation over the past year. I'm sure he will have valuable insights to share with our members," Blalock said, noting that the Association heard Congressman Charles Rose (D-N.C.) at its February meeting in Raleigh.

"We're proud that these two influential legislators have been willing to take the time to share their opinions with us," he says.

The presentation by Castle could prove to be very enlightening, Blalock adds. "His company, Gallaher, Ltd., is so anxious to get its message across to American growers that it is flying Castle to Raleigh from London for the sole purpose of speaking at our meeting," says Blalock. "That tells me a lot about our potential for increasing overseas sales."

Change in seasons is excuse for cleaning clothes closet

A change of seasons is the ideal time to check clothes' closets that may need reorganizing.

By arranging clothes neatly in one place, a great deal of time and effort can be saved each day.

Time is wasted when a wrinkled blouse or dress, taken from a cramped closet, must be ironed or another outfit selected.

Time is wasted looking for a mate to a shoe tossed in the bottom of a closet or a sweater stuffed into an overcrowded drawer. Clothes will also last longer and look better.

The first step in reorganizing is to empty the closet completely.

Examine each item carefully including shoes, pocketbooks and any other things stored in the closet. Try on clothes.

Those that have not been worn in the last two or three years should be set aside for a tag sale or donated to a charitable organization. Divide clothes into categories - dresses, suits, jackets, skirts, blouses, shirts, pants.

Then sort them according to color, occasion or whatever system is most appropriate for you and for the space available.

Most closets have one pole with a shelf above. With the closet empty, remove the pole, shelf and any other fixtures.

Wash painted interiors with an all purpose household cleaner.

Clean the floor and door with the appropriate product for the type of surface.

If necessary, paint the walls. Then measure available closet space, the width, height and depth, taking into consideration the door opening and any obstructions or jogs in the closet. Make up a floor plan to scale.

The ideal situation in wardrobe planning is to store everything that is needed to get dressed in one closet. This eliminates wasted steps and time when dressing.

Once the closet is measured and charted on a floor plan, the clothes should be measured as well.

On the
Front Burner
Alice Pettitt
Home Economics
Agent



Measure vertically from the top of the hanger hook to the bottom of the garment's hem.

Then measure the grouping of clothes horizontally to determine how much width is required.

Allow some extra hanging space for bulkier winter clothes, for additions to wardrobe, and sufficient space between garments to reduce wrinkling.

Blouses and jackets hung on a pole above skirts and pants gives you twice as much space.

Be sure that when measuring, the height of the poles puts clothes within easy reach.

Consider storing sweaters and handbags on shelves rather than in a dresser. Handbags can be filed vertically.

Folded sweaters can be stacked on shelves, but not in piles that are too high to reach or pull out.

Shoes stored on a narrow flat shelf take up less space than on a slanted one. To determine the length of shelving that may be required, measure a pair of shoes from front to back to allow for the

depth of the shelf.

Then measure the shoes from side to side and multiply that figure by the number of shoes to be stored. Once all the measurements have been compiled in terms of the amount of space available and what is needed, you can determine what type of storage accessories suit you best.

Cinnamon Walnut Popovers

- 1 cup milk
- 3 tablespoons butter or margarine melted
- 1/4 teaspoon salt
- 3 eggs
- 1 cup all purpose flour
- 1/2 teaspoon ground cinnamon
- 1/4 cup finely chopped walnuts

Preheat oven to 400°F. In blender, combine all ingredients except walnuts; process at high speed 30 seconds or until blended. Fill 8 well-greased custard cups 1/2 full; sprinkle evenly with walnuts. Bake 35 minutes or until tops are firm and golden brown. Serve hot with preserves or jams. Makes 8 popovers.

Lemon 'n' Parsley Rice

- 1 1/2 cups hot cooked rice
 - 2 teaspoons butter or margarine
 - 1 tablespoon finely chopped parsley
 - 1 teaspoon grated lemon peel
- In small bowl, combine all ingredients; toss well. Makes 2 servings. Note: Recipe can be doubled.

Homemakers attend NC Assoc. meeting

Two members of the Hoke County Extension Homemakers Association attended the annual state council meeting of the North Carolina Extension Homemakers Association, October 18-19 in Raleigh.

Bertha Hendrix, 1983-1985 County Council President, and Ireni Autry, incoming County Council President for 1986-1988 were among 450 Extension Homemaker women participating in the state council conference at the North Raleigh Hilton.

The theme of the meeting was "VIP Leadership Pursuit." Ava Rodgers, deputy administrator, Extension Service, U.S. Department of Agriculture, Washington, D.C. was the banquet speaker.

Participants were able to select two of the following workshops: A Taste of Tomorrow, Building and Updating Your Wardrobe, Accent for the Home with Fall Plants and Flowers, Shopping for Professional Services, A New You, Getting Past Mile 20, and Pass It On - Telling Your Story.

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