

Lifestyles



Farm-City
Candice Cameron (center), selected by the Farm-City Committee as the Outstanding Youth in Agriculture from Hoke County, receives a certificate from Willie Featherstone Jr. (right), Hoke County Extension chairman, during the Farm-City Program held at the National Guard Armory last Monday. Also, Steve Parker (left), vice president of

Southern National Bank, is displaying a certificate in recognition of his bank's support of the 4-H Livestock Program. Not pictured is Robert Conoly, vice president of United Carolina Bank, who also received a certificate acknowledging his bank's recognition of the 4-H program.

Leaves can make quick compost

It is not necessary to build a compost in order to decompose fall leaves.

Leaves from broadleaf trees can be decomposed in the plastic bags in which they were placed after raking.

Most leaves are raked while dry. The only ingredient necessary to add is water.

Select an inconspicuous shaded location in the yard to store them.

If left in full sunlight, many kinds of plastic bags will deteriorate and burst open thus the leaves will lose moisture and not decompose rapidly.

Carry the bags of dry leaves to the storage location and then add enough water to set thoroughly. (It is more difficult to move the bags after water has been added.)

Shake the water around to obtain good coverage, then pour off any excess before sealing the bags.

Adding a cupful of fertilizer such as a 10-10-10 analysis before adding water will be beneficial, however, this is not a necessity for decomposition to occur.

Broadleaf leaves such as oak, maple, and pecan, collected in the fall should be decomposed enough to work into the soil by April or

Extension News

Willie Featherstone Jr.
County Extension Chairman



May. Six inches of decomposed leaves will change the structure of heavy clay soils.

They also can be beneficial in increasing the water and nutrient holding capacities of sandy soils.

Seasonal care of poinsettia
Poinsettias will go on the market later this month.

The length of time the plants remain attractive in the home is directly related to the care they receive and the environment in which they are placed.

Improperly cared for, poinsettias may last but a few days; properly cared for, they may last weeks or even months.

Plants should be placed in well lighted areas, usually the higher the light intensity the better.

Sunny windows are good locations. Optimal day time temperatures range from 70-75 degrees F., with optimal night

temperatures of 55-65 degrees.

Droopy foliage may occur when plants have been in a dark cool place for more than 24 hours.

Plants will usually revive when placed in light and warmer temperatures.

Proper watering is extremely important.

Plants should be watered when the soil is dry to the touch.

Sufficient water should be applied to thoroughly wet the entire soil volume.

The amount of water needed and the watering frequency will vary with the size of the plant, container, and environmental conditions.

Poinsettia pots are often wrapped in foil or placed in water tight containers to protect furniture.

It is important that excess which accumulates be discarded.

Poinsettias are actually grown for their colorful bracts, and not the true flowers which are the tiny yellow structures in the bract centers.

The flowers usually mature and fall off in 2 to 4 weeks, but the bracts may remain colorful for several months if given proper care.

Help offered to abate sickness

Nausea or vomiting, sometimes called morning sickness, may occur during the early months of pregnancy. If you have this problem, try the following things:

-Before getting out of bed in the morning, eat a few crackers, a handful of dry cereal or dry bread. Put these within reach of your bed the night before.

-Get up slowly. Avoid sudden movements.

-Eat five or six meals a day. Never go for long periods without food. Drink fluids, including soups, between, rather than with, meals. When you feel nauseated, drink small amounts of apple juice, grape juice, or carbonated beverages.

-Avoid greasy and fried foods.

On the Front Burner
Alice Pettitt
Home Economics Agent

They have an educational program at each meeting and some time for fun. They also do a number of community service activities during the year.

These clubs are open to anyone who is interested. Some clubs meet during the day and some at night. If you are interested in finding out more about Extension Homemakers, call us at 875-2162.

Many of you were asking about the dip that we served at the Farm City Week banquet. I thought I would put the recipe in my column again. You can use leftover chicken or turkey, or you can buy the canned mixing chicken or white

(See FRONT, page 8B)

BARBEE PHARMACY, INC.
Discount Pharmacy

- Senior Discounts
- Children Discounts
- Patient Rx Records Kept
- Insurance Information Gladly Provided Quickly
- Records For Taxes Supplied Promptly When Required
- Consultations About Drug Costs Welcomed
- 1st Aid & Diabetic Products
- Any Questions Concerning Your Rx Answered
- Kelly-Springfield/Medimet Member
- 24 Hr. Emergency Service
- Complete Line Of Generic Drugs

EASY PARKING
CAMPUS AVE
Across From Heritage Federal S & L
875-6111
RAEFORD, NC
Sprite Barbee, pharmacist

CHASON'S
IS NOW OPEN 7 DAYS A WEEK FOR LUNCH AND DINNER BUFFET
ALL YOU CAN EAT LUNCH BUFFET \$3.95
NO WAITING...EAT UPON ARRIVAL. MOST ITEMS LISTED BELOW ON DINNER MENU ARE ALSO INCLUDED ON OUR LUNCHEON BUFFET.
STEAM SHIP ROUND WITH BUFFET NIGHTLY AND ALL DAY SUNDAY

HOURS
MON. thru SAT. 11 A.M. - 9:30 P.M.
SUN. 11 A.M. - 8 P.M.
ALL DAY

CHASON'S COUNTRY COLLECTIONS
COUNTRY CRAFTS BY DEBORAH CHASON
"SUPERB WORKMANSHIP AT REASONABLE PRICES"

NEW DINING ROOMS
NEW REST ROOMS
NEW & BETTER BUFFET EQUIPMENT
EXCITING NEW ITEMS ON BUFFET

"Bar-B-Q Cooked Over Live Oak Coals & Chopped By Hand"

TRY OUR NEW DINING ROOM
Enjoy Fine Food In A Relaxed Atmosphere
BUFFET \$7.95
ALL YOU CAN EAT... SEAFOOD, CHICKEN & BARBECUE

• Shrimp Creole
• Seafood Newburg
• Alaskan Crab Legs
• Bar-B-Q
• Fried Chicken
• Fried Shrimp
• Va. Hamlet
• Fried Clam Strips
• Stuffed Crab
• Stewed Crab
• Stewed Crab Chowder
• Homemade Pies & Ice Cream
• And Other Desserts
• Served Bar w/ Homemade Dressing
• Homemade Bread

CHASON'S BAR-B-Q
Lumber Bridge, N.C. 843-2300

MAXWAY
Christmas Shoppers
sale

7.97 Reg. 9.99
Sweater Vest
Silk/Angora flash-back vest in Pink, Blue, Cream and Grey.

8.97 Reg. 10.97
Thermal Blankets
100% Cotton blankets in White, Pink or Blue.

97¢ Reg. 1.17
Covered Cherries
8 Oz. box chocolate covered cherries.

87¢ Reg. 1.27
Electric Candle
Single candle with clear light bulb.

1.77 Reg. 2.27
35 Light Set
Clear or assorted color bulbs. Straight line construction.

37¢ Reg. .63
25 Bows
25 Assorted color bows per bag.

97¢ Reg. 1.69
Roll Wrapping Paper
35 Sq. ft. Christmas wrap. 30" wide.

4.97 Reg. Up To 6.97 Ea.
Your Choice
Masters of Universe Figures or Princess of Power®.

2.97 Reg. 3.97
Go Bots®
Robots that turn into vehicles for ages 5 and up.

3\$1 Reg. .79 Ea.
Scotch Tape
1/2" x 500" Transparent tape.

2.47 Reg. 3.97
Compact Light
Includes 2 AA batteries. 2 year warranty.

CUSTOMER SATISFACTION IS OUR GOAL!
We Recognize Your Wish For ACQUISITION, EASY TO SHOP, CLEAN STORES. Our Sales People Take Pride In Their Store And In The Service They Offer. Our Wish Is To Make Shopping With Us A PLEASANT EXPERIENCE!
Sale Prices Good Wednesday, December 4 Thru Sunday, December 8, 1985
875-2512 EDENBOROUGH CENTER, RAEFORD, N.C. 9-9 Daily 1-6 Sun.