

Lifestyles



State award winner
Ashe County Extension 4-H Agent Julie Landry (center) is congratulated on her award by (l-r) State Extension Director Chester Black; her mother, Mrs. Edith Best; her husband, Lanny Landry, and RJR Vice President John Maselli.

Hoke native honored by NC extension service

Ashe County Extension 4-H Agent Julie Landry, a native of Hoke County, was honored in Raleigh on December 11 as one of the top agents of the N.C. Agricultural Extension Service.

Mrs. Landry and 12 other county extension workers from across the state received Extension Awards of Excellence for the effectiveness of their educational programs. Each recipient received a plaque and \$3,000 at a luncheon in their honor.

R.J. Reynolds Industries, Inc., made the new awards program possible through a grant to the Agricultural Foundation at North Carolina State University.

Chavis takes part in Turkey exercises

Army Spec. 4 Mitchell Chavis, son of Preston and Dorothy E. Chavis of Rural Route 1, Shannan, has participated in Display Determination 85, a short term deployment of U.S. units to Turkey.

This is an annual NATO exercise designed to demonstrate the ability of members of the NATO alliance to quickly reinforce any NATO na-

tion in the Mediterranean area threatened with aggression.

Chavis is an indirect-fire infantryman with the 325th Airborne Infantry, Fort Bragg, N.C.

His wife, Jennifer, is the daughter of Lillie M. Oxendine of Rural Route 1, Shannan.

The specialist is a 1980 graduate of Jacksonville High School, Alabama.

Common sense on list for Christmas gifts

The joy of Christmas comes from being with friends and family and from expressing the spirit of Christmas through sharing with those most needy.

I hope that's Christmas at your house. Or does your family emphasize the commercial side of the holidays -- trying to top last year's gifts?

This year try a common sense Christmas -- that's one where you've planned ahead, recognizing the limits of time, energy and money.

These questions might help you get started. First, what personal needs of others can you help to alleviate? Is there someone nearby who is lonely and depressed?

What do you already have in abundance that you can share with others? When can you put your plans into action?

Here are some giving ideas you might consider: Babysit for a young mother so she can go shopping; take an older person shopping, offer sleeping space to relatives visiting crowded neighbors, or cook up a special dish for someone.

You might invite someone who will spend the holidays alone to share dinner with you. Or giftwrap your homemade jams, jellies and pickles to share with a neighbor, or share that pretty houseplant you've grown with someone else.

You may find your common sense Christmas brightens the holiday for others -- and for you.

Noel Bars

- 1 cup crunchy peanut butter
 - 1/2 cup butter or margarine, softened
 - 1 teaspoon vanilla
 - 2 cups firmly packed light brown sugar
 - 3 EGGS
 - 1 cup sifted all-purpose flour
 - 1/2 teaspoon salt
 - 3/4 cup sifted confectioners sugar
 - 2 teaspoons water
 - 1/2 cup semisweet chocolate pieces
 - 1 teaspoon shortening
- Combine peanut butter, butter or margarine and vanilla in a large bowl; beat with electric beater until

well-blended; beat in sugar until light and fluffy; beat in EGGS, one at a time. Stir in flour and salt just until well-blended; spread batter in a greased 13"x9"x2" baking pan. Bake in moderate oven 350° for 35 minutes, or until center springs back when lightly touched with fingertip. Remove pan from oven to wire rack; cool slightly. Combine powdered sugar with water in a small bowl; stir until smooth; drizzle from spoon to make a random pattern. Melt chocolate with shortening over simmering water in top of double boiler. Drizzle over the white glaze for a black-and-white pattern. When cool, using a sharp knife, cut into 36 rectangles. Carefully lift out of pan with spatula.

Gift giving suggestions:
— place in a decorator tin or on a decorator tray, wrap with cellophane or paper, tie with a bow.
— include recipe.

Turkey Nut Puffs

- 1 cup turkey or chicken broth
- 1/2 cup margarine
- 2 teaspoons Worcestershire sauce
- 1 1/4 cups all-purpose flour
- 1 tablespoon chopped fresh parsley
- 2 teaspoons seasoned salt
- 1/2 teaspoon celery seeds
- 1/2 teaspoon paprika
- 1/8 teaspoon red pepper
- 5 EGGS

1 cup (5 oz.) cooked turkey or chicken, chopped

1/4 cup chopped toasted almonds

Combine broth, margarine, and Worcestershire sauce in a saucepan; bring to a boil. Combine next 6 ingredients; add to boiling mixture all at once, stirring vigorously over low heat for approximately 1 minute or until mixture leaves the sides of pan and forms a smooth ball. Remove pan from heat, and allow mixture to cool slightly. Add EGGS, one at a time, beating with a wooden spoon after each addition; beat until batter is smooth. Stir in turkey or chicken and almonds. Drop teaspoonful of batter on ungreased baking sheets. Bake at 400° F. for 15-18 minutes; until golden brown

On the Front Burner

Alice Pettitt
Home Economics Agent



and puffed.
Gift giving suggestions:
— place in decorator tins or boxes.
— include recipe.

Sweet Potato Custard Pie

- 4 EGGS
- 1 can (16 oz.) vacuum-packed sweet potatoes, drained and mashed (about 1 1/4 cups mashed)
- 1/2 cup firmly backed brown sugar
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1/2 teaspoon salt
- 1 can (13 oz.) evaporated milk, heated until very hot
- 1 9-inch pie shell, unbaked
- Pecan halves (optional)
- Whipped cream (optional)

In a large mixing bowl, beat together EGGS, sweet potatoes, sugar, spices, and salt. Gradually stir in milk. Pour into pie shell. Bake on bottom rack of preheated 400° F. oven until knife inserted near center comes out clean, about 40 to 50 minutes. Cool completely on wire rack. Garnish with pecans and whipped cream, if desired.

Gift giving suggestions:
— wrap in colored cellophane or decorator tissue paper, tie with a bow.

— place in a pie saver or cake tin.

— include recipe.

Fudge Sweet Tarts

- CRUST
- 1 cup Pillsbury's® All Purpose or Unbleached Flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1 egg

FILLING
6-oz. pkg. (1 cup) semi-sweet chocolate chips
1/2 cup sugar
1 tablespoon margarine or butter
1 tablespoon milk
1 teaspoon vanilla
1 egg

Pecan halves

Heat oven to 350° F. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, baking powder and salt. With pastry blender, cut in shortening until mixture resembles small peas. Stir in 1 egg with fork just until moistened. Shape rounded teaspoonfuls of dough into balls. Press dough in bottom and up sides of ungreased miniature muffin cups.

In small saucepan over low heat, melt chocolate chips, stirring constantly. Remove from heat. Stir in sugar, margarine, milk, vanilla and 1 egg; mix well. Place scant tablespoonful of filling in each pastry shell. Top with pecan half. Bake at 350° F. for 20 to 25 minutes or until set. Cool; remove from pan with small spatula. 24 tarts.
HIGH ALTITUDE - Above 3500 Feet: No change.

Santa's Sweet Potato Muffins

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3 EGGS
- 1 cup mashed sweet potatoes
- 1 cup sugar
- 1/2 cup milk
- 1/4 cup butter, melted
- 1 cup chopped pecans

Sift together flour, soda, baking powder, salt, cinnamon and nutmeg. Combine sweet potatoes, sugar, milk and EGGS in mixing bowl. Add dry ingredients and butter, mix until well blended. Stir in pecans. Pour in paper muffin cups. Bake in 350° F. oven for 25 minutes or until toothpick inserted in the center comes out clean. Makes 2 dozen muffins.

Gift giving suggestions:
— present in decorator tins or decorated shortening cans.
— wrap with saran wrap or colored cellophane in a basket, tie with a bow.

— Place in a kitchen utensil (i.e., sifter, collander, steamer, mugs)

(See FRONT, page 5B)

NOTICE

Fuel Up Now For the Holidays

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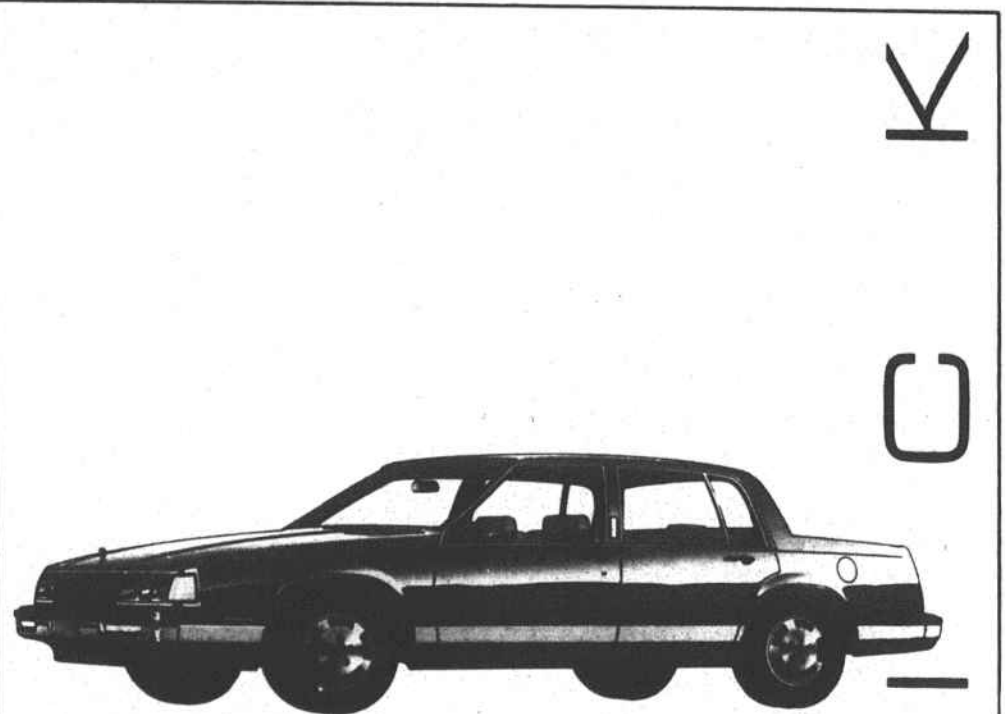
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