

Key To Clean Wash

Chlorine and oxygen-based bleaches whiten fabrics and help remove stains and heavy soils.

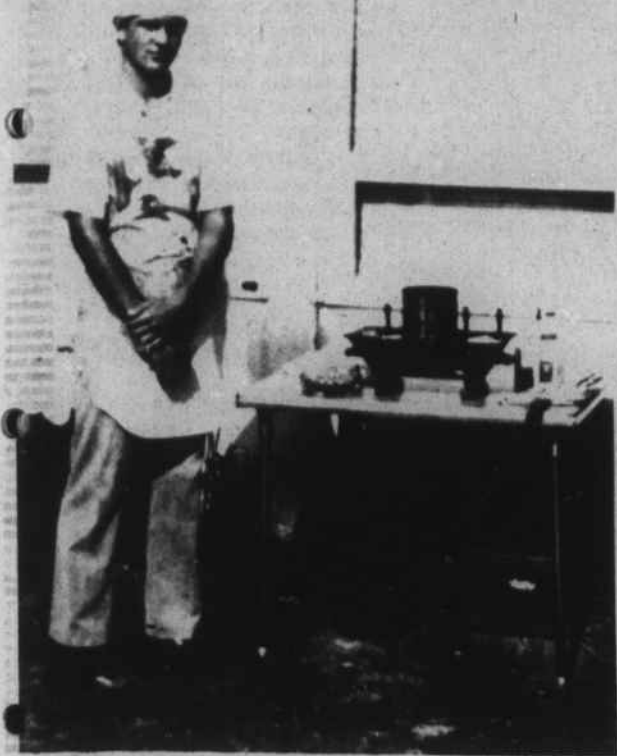
"The oxygen-based bleach may be used on all types of fabric. It should be used regularly for best results and can be added along with the detergent," says Dr. Harriet Tutterow, extension clothing specialist-in-charge, North Carolina State University.

It is the chlorine bleach which can cause problems if used improperly. "Always follow the manufacturer's instructions, measure the bleach and always dilute," the extension specialist says. If a chlorine bleach is poured directly onto clothing, the

garments may fade or develop white spots. Rips, tears and holes may appear several washings later.

"Use the bleach dispenser if your machine has one, or add bleach to the water-filled tub and then load the clothes," Dr. Tutterow recommends.

Never use chlorine bleach on silk, wool or spandex, non-colorfast fabrics or those with a flame-retardant finish. To test for colorfastness, combine 1 tablespoon of chlorine bleach with 1/4 cup of water. With a medicine dropper, put some of the solution on a hidden seam area. Let it stand 1 minute. Blot dry. If there is no color change, the article can be safely bleached.



Mark D. Craft

Wins 4-H Beef Cooking Contest

The 1983 Beef Char-Grill state champion is Mark D. Craft of Kenansville. Mark was the state first place winner during 4-H Congress in Raleigh July 18-21 at N.C. State University. He is a member of the Kenansville 4-H Club and is currently serving as president of the Duplin County 4-H Council. He is the son of Mr. and Mrs. W.E. Craft.

In order to be eligible to compete, Mark had to win in the county and district

competition. The Beef Char-Grill program was sponsored and judged by the N.C. Cattlemen's Association. An economy cut of chuck steak was marinated and grilled to perfection within a time limit by Craft. He was judged on neatness, preparation, originality of recipe and taste. As a state winner, Mark received a State Championship Certificate of Achievement and a plaque, and attended a banquet at McKimmon Center for state winners and donors.



Gena Lupton

STATE WINNER - Gena Lupton, daughter of Mr. and Mrs. Gene Lupton of Route 4, Kinston, was declared winner of the State 4-H Fashion Revue during the State Fashion Revue at N.C. 4-H Club Congress. She receives a trip to National 4-H Congress in Chicago in November. Other 4-H'ers who participated in state level demonstrations and were declared winners were Doug Craig Jr and Leigh Pate. Other 4-H'ers, who participated in state-level demonstrations and were declared State runners-up were Karen Pearce, daughter of Mr. and Mrs. Larry Pearce, Pork Cookery; Adrienne Robinson, daughter of Mr. and Mrs. Crump Robinson in Crafts; and Jeff Kennedy, son of Mr. and Mrs. Hugh Kennedy in Livestock Production. Others competing on the state level demonstration contest were Barbara Ormond, daughter of Mr. and Mrs. Gene Ormond; Debbie Wade, daughter of Mr. and Mrs. Charles Wade; Candace Rowland, daughter of Mrs. Suzanne Scheetz; and Michelle Aldridge, daughter of Mr. and Mrs. Everette Aldridge.

Grilled Chuck Roast

Mark Craft, 4-H'er

2 1/2-lb. boned chuck roast
1 tsp. garlic powder
1 tsp. monosodium glutamate
meat tenderizer
salt and pepper to taste

Place the roast on grill 3 to 5 inches over hot charcoal and cook approximately 45-60 minutes or to desired doneness. Cut into thin slices to serve. 4 servings. Meat can be marinated overnight if desired.

Extension Home Economic News

NOTICE

[Clip and make all these changes in your canning books]

Based on current research findings, the U.S. Department of Agriculture has revised the processing times

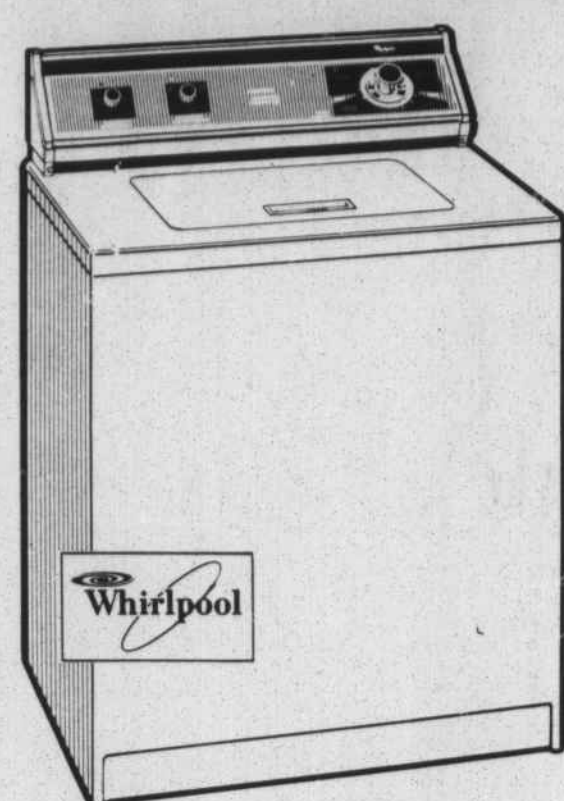
for tomatoes, applesauce and fruit purees. Strained pumpkin or winter squash has been deleted and only cubed pumpkin or winter squash should be canned. To ensure a safe home-canned product,

change the processing times for these foods to the following: Food - Minutes in boiling water bath - pints - quarts: Tomatoes (raw pack & hot pack) 35 - 45; Tomato juice (hot pack only) - 35 - 35;

Applesauce (hot pack only - 20 - 20; Fruit purees (hot pack only) - 20 - 20, Cubed pumpkin or winter squash (hot pack only) should be pressure canned at 10 pounds pressure, pints 55 minutes and quarts 90 minutes.

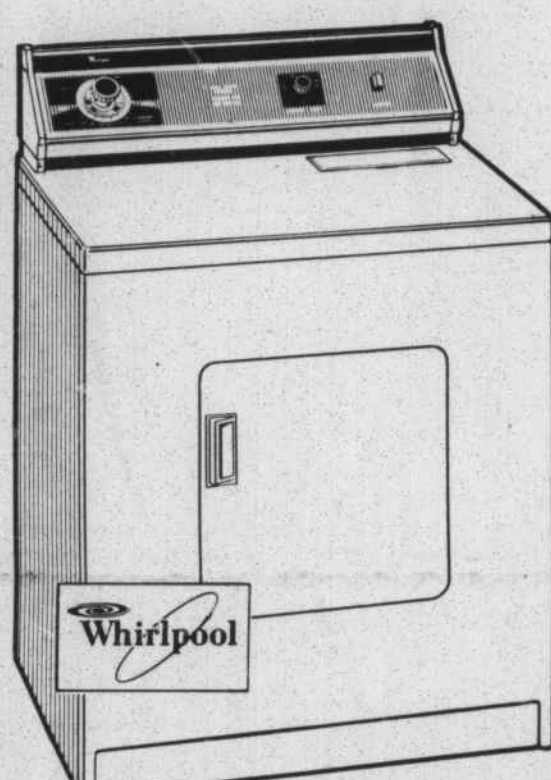
For more information contact Judy H. Wallace, home economics extension agent at 296-1996.

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