

# Guess What's Cooking

By REBA MITCHELL

This week it's my specialty; of course, it's chocolate. It will suit the crowd to a "T". It's chocolate at its best and all you'll have left over is the plate.

Mrs. Helen Gaskins brought this to me to Vanceboro several years ago from S.C.

## Judy Lane's Chocolate Cake

1pk. Chocolate Cake Mix

Prepare and bake as directed on the package in 2 layers. Cool completely.

Slice the layers in half to make four.

Mix 1 large container frozen whipped topping mix (which has been thawed) with 1/2 box powdered sugar or enough to make it of spreading consistency. Spread between the layers.

Frost top and side with your favorite chocolate frosting and garnish with chopped nuts.

### TIPS

You may bake this cake in a tube pan and slice into thin layers as you are ready to spread the whipped topping mix.

You may also add chopped nuts to the whipped topping or sprinkle on top of each layer.

Some people prefer to make cakes from scratch. Sometimes cakes are imperfect. Course grain is one of the faults.

Some of the reasons are  
 Butter type cakes -  
 Excessive leavening -  
 Not enough creaming -  
 Under mixing -  
 Over temperature too low.  
 Reg. cake flour is the best flour to use.

## The Heat's On

If you have an older friend and relative living alone, remember that it is important to check on him or her daily during hot weather.

"The old can easily fall victim to heat-related medical problems. These include heat

stroke, heat cramps and heat exhaustion," says Dr. Leo Hawkins, extension human development specialist, North Carolina State University.

These disorders could be serious or even fatal if not treated promptly.

## The Cold Drinks Are in the Sink

By JOAN GOSPER  
 NC State University

A freezer works more efficiently when it is full. It also helps if the door isn't being opened frequently during warm, humid weather.

If you do a lot of home freezing, last summer's bounty is probably almost gone. Dr. Nadine Tope, extension foods and nutrition specialist, North Carolina State University, has a way to fill the freezer and to keep the kids from opening the refrigerator door a dozen times a day for a cold drink.

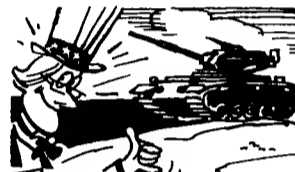
Fill clean plastic jugs with water or fruit juice, and put them in the freezer. Be sure to leave enough room so that the liquid will be able to expand when it freezes without splitting the jug.

Each morning, take a frozen jug from the freezer and set it in the sink. It will thaw gradually throughout the day, and the children can get their own cold drinks without opening the refrigerator door.

## Under Pressure?

When the pressure is on, at work or at home, some people go overboard trying to remove stress. "The person who begins jogging, meditating and scheduling regular relaxation exercises with grim determination is like a yaupon tree on the beach trying to avoid the wind," says Dr. Leo Hawkins, extension human development specialist, North Carolina State University.

Such intense efforts to avoid or handle stress can add to the total load. "Avoiding all is a hopeless task. There seems to be no substitute for affection, communication and companionship. These don't prevent stress, but they do help us sail through stressful storms," Dr. Hawkins says.



TODAY, THE U.S. ARMY ABRAMS (XM-1) TANK WEIGHS 65 TONS, TRAVELS UP TO 60 M.P.H., AND USES A 105 MM CANNON.

## Formation Of County Forestry Association

If you're a timber owner looking for information on better managing your investment, there's a group being formed just for you. The Craven County Agricultural Extension Service invites all timber owners interested in forming a county forestry association to attend on Wednesday, June 6 at 7:30 p.m. at the Extension Office at 509 Broad Street, New Bern. A program will be presented by Steve Whitmore of the North Carolina Forestry Service on incentive and assistance programs available to timber owners. The purpose of a county forestry association is to meet on a regular basis for educational programs on small woodlot management, taxation and timber sales and related topics.

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Limit 1 with a \$10.00 Food Order		
Dukes	<b>Corn Oil</b> 32oz. jar	<b>\$1.39</b>
Limit 1 with a \$10.00 Food Order		
Famo	<b>Flour</b> 5 lb bag	<b>89¢</b>
	<b>Cantaloupes</b> each	<b>59¢</b>

Kraft	<b>Grape Jam</b> 18 oz.	<b>79¢</b>
White Cloud	<b>Toilet Paper</b> 4 roll pk.	<b>\$1.09</b>
Armour	<b>Potted Meat</b> 3 oz. can	<b>4/\$1</b>
Campbell	<b>Vegetable Beef Soup</b> 1 b. can	<b>2/89¢</b>
Parade	<b>Catsup</b> 24 oz. jar	<b>69¢</b>
7 Farms	<b>Cream Style Corn</b>	<b>3/\$1</b>
Del Monte	<b>Pineapple Juice</b> 46 oz.	<b>\$1.19</b>
Thousand Island	<b>Dressing</b> 16 oz jar	<b>\$1.49</b>
Nestea	<b>Instant Tea</b> 3 oz. jar	<b>\$2.79</b>