

# COOKING DOWN EAST

By REBA MITCHELL

Christmas season is here. Many plans and preparations are being made. Some are looking for new ideas, and some are looking for something to add to old ideas to change the appearance, taste, or texture to highlight the season.

Tip: Last week's pumpkin cake can be made to a truly beautiful Christmas cake. Instead of Beige icing, use 8 oz. cream cheese softened and 1 can creamy white frosting. Blend together thoroughly. Frost cake, Sprinkle with tinted coconut. Garnish with red or green cherries.

### CHRISTMAS PIE

- 1 pie shell baked
- 6 md. cooking apples peeled, cored and thinly sliced
- 1 cup fresh cranberries
- 1 cup chopped dates
- ¼ tsp. cinnamon
- ¼ tsp. cloves
- 3 tbs. flour
- 1 cup sugar
- ½ cup water
- ½ cup nuts

Combine fruit, spices, water in large bowl. Toss gently. combine water and sugar in a

sauce pan. Bring to a boil, stirring constantly about 5 min. Add fruit, cover, reduce heat. Simmer 10-12 min. or until thick. Spoon into crust. Cool completely. Top each serving with whipped cream, whipped topping or ice cream.



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PAPER**

# Follow These Guidelines To Make Shopping Easier

By JOAN GOSPER  
N. C. State University

Thanksgiving marks the beginning of the traditional Christmas shopping season. This can be a time of joy, purchasing just the right gift for friends and relatives, or it can be a tremendous headache.

To keep the joy in giving, Dr. Thelma Hinson, extension family resource management specialist, North Carolina State University, offers the following advice:

--Shop with a list in hand. This should include names, gift ideas, sizes and color preferences.

--Comparison shop whenever possible.

--Try to shop when the stores are less crowded. There will be fewer people out on a Monday than on a Saturday afternoon.

--Read labels and warranties. Keep sale slips just in case something has to be returned.

--Stick to your budget. It is the thought, not the cost, that counts.

### HOLIDAY PARTIES

Buffets are a convenience, but many foods need special care. Ham sandwiches, turkey and chicken salads and deviled eggs, cream puffs and cream pies all shouldn't set out for long periods of time at room

temperature, warns Dr. Nadine Tope, extension foods and nutrition specialist, North Carolina State University.

Serve small amounts and plan to refill the serving dishes often. Freeze cubes of chicken and use them in preparing the chicken salad. They will thaw as the salad stands, keeping it as cold as possible. All of the handling which goes into food preparation can cause contamination, so make sure all ingredients are kept cold and your hands and all utensils are clean. Fill the pastry as close to serving time as possible and refrigerate.

### SPILED GRAVY

The gravy drips, a slice of turkey slips off the serving fork and roll lands butter-side-down on your best tablecloth.

Many greasy stains can be removed, says Dr. Harriet Tutterow Jennings, extension clothing specialist, North Carolina State University.

Pretreat the stain with a heavy duty liquid detergent and launder. For heavy stains, place the stained area face down on paper towels. Appl a commercial cleaning solvent to move the stain to a dry place on the paper towel. Then rinse and launder.

# Pre-Travel Checkup

If you are planning your winter vacation, the North Carolina Department of Transportation's (NCDOT's) Division of Motor Vehicles (DMV) issues an important reminder: Be sure you include a thorough check of your car in your travel plans.

Nothing can ruin a trip more quickly than a breakdown when you are miles away from home, so be sure you have a qualified mechanic check your car's tire, brakes, heating and electrical systems and fluid levels before you hit the road. A check-up of your car now may save you money, time and a spoiled vacation trip later.



Snakes have an "egg" tooth which they use to hatch out of their shells. This tooth falls off shortly after hatching.

"The first wealth is health."  
Ralph Waldo Emerson

"Patience is a necessary ingredient of genius." Disraeli

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