

SWEET POTATO ROUNDUP

Sweet potatoes are now adding a colorful note to grocery produce counters. They are now in bountiful supply and taking advantage of their availability can add color and variety to your family meals.

Two general types of sweet potatoes are grown commercially. One type, sometimes called 'Yams' or "Puerto Ricans," has a soft, moist texture when cooked and very sweet, orange to orange-red flesh. Depending on variety, the skin may be orange pale rose, or copper-red.

The second type, when cooked, is firm, somewhat dry and mealy, and has a pale orange to light yellow flesh. The skin is usually a light yellow to fawn colored. The popularity and production of this type has dwindled rapidly.

Processed sweet potatoes come in diverse forms, from only partially cooked to almost ready to eat. Canned sweet potatoes may be vacuum-packed, without any liquid, in a syrup, or solid pack (solid pack is tightly packed with little liquid). They are canned whole, mashed or as pieces. Frozen sweet potatoes are available whole or halved, peeled or unpeeled, baked, stuffed in a shell, sliced, french cut, diced, mashed, and sometimes formed into cakes.

Dehydrated sweet potatoes need only hot water added to produce a mashed sweet potato that can be served with butter or used in recipes calling for mashed sweet potatoes.

Fresh sweet potatoes should be well-shaped with firm, with smooth, bright, uniformly colored skins.

Sweet potatoes can be boiled, baked, browned, fried, or candied, or used for making pies, custard, cookies and cakes. For best flavor and nutritive value, always cook sweet potatoes whole in their jackets - it takes 35 to 55 minutes in boiling water and about 35 to 60 minutes in a hot oven (425 degree F.). The moist type cooks in less time than the mealy type.

Delicious Sweet potato Puff can be prepared from either fresh, canned, or dehydrated sweetpotatoes.

SWEET POTATO PUFF

- 2 cups mashed sweet potatoes
- 3/4 cup hot milk
- 3 tablespoons butter or margarine
- 1/4 teaspoon salt
- 1/4 teaspoon allspice
- 1 tablespoon grated orange rind
- 2 eggs

To the sweet potatoes add the milk, fat, salt, allspice, and orange rind. Mix well. Separate eggs. Beat the egg yolks and add to sweet potato mixture. Beat egg whites until stiff, and fold the potato mixture into the whites. Place in a baking dish and bake at 350 degree F. for 45 minutes. 6 servings, 2/3 cup each.

Toffee Crunch Cookies



A tasty new Holiday snack treat, just right for after school or fall and winter weekend parties, adds a surprise flavor... English toffee... to a delightfully crunchy, chewy cookie that is only moderately sweet.

The flavor comes from chopped chocolate-covered English toffee candy bars... easy to work with and ideal for baking. They chop up easily, and their distinctive taste blends perfectly with pecans.

Toffee crunch cookies are simple to bake, easy to pack, and ideal for travel. What a super way to surprise a college student, or those high-schoolers just back from football or hockey outings.

TOFFEE CRUNCH COOKIES

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| 1 1/4 cups sifted flour | 1 egg |
| 1/2 teaspoon baking soda | 1 teaspoon vanilla |
| 1/2 teaspoon salt | 1 cup* chopped Heath English toffee candy bars |
| 1/2 cup butter or margarine | 1/2 cup coarsely chopped pecans |
| 3/4 cup brown sugar, packed | |

*1 cup chopped candy = 6 ounces in bar form, frozen then chopped in blender.

INFOGRAMS

By MARY WHITMORE



HOME ECONOMIST

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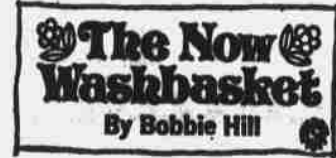
RALEIGH — Nature's luxury product, quarried marble, has an imitation called "cultured marble."

Made of a blend of pure ground marble, polyester resins and dyes, the "fabulous fake," is tough, resists chipping, abrasion and shock, say extension housing specialists, North Carolina State University.

Since cultured marble is non-porous, it resists stains and can be cared for with a detergent- or soap-filled sponge.

Cultured marble comes in a variety of colors with veining, swirl or fleck effects.

Molded pieces, slabs or panels can be purchased as well as bathtub wall panel kits for the do-it-yourselfer.



Despite today's sophisticated home laundry methods, consumers still find themselves confronted with problems. Here are a couple of queries and answers:

Q. What causes some fabrics to turn gray or yellow when I wash them?

A. Graying is caused by any of three things — not enough soap or detergent in hard water, wash water temperature not hot enough, or an overloaded washer. Yellowed fabrics are caused by incomplete removal of body oil, iron in the water, and the use of bleach on sensitive white fabrics, like spandex, some nylons, some acetates, etc. To combat the yellowing problem associated with iron in the water, use a phosphate-based water conditioner in both wash and rinse cycle.

Q. What causes some fabrics to lose color or start tearing when they're really not that old?

A. Color loss may result from the rubbing off of printed-on designs, dyes that are not color-fast, bleach damage, or dye transfer. Torn garments can be caused by overuse of bleach, not diluting bleach, wiping up spilled bleach with a piece of laundry, or accidental spills or splashes which weaken the fabric.

POULTRY: A TASTY ANYTIME DELIGHT

Poultry is high on the list of popularity in American meals and that's no accident. With today's modern production, processing, and marketing methods, chicken, turkey, duck and geese are available the year round - for roasting, broiling, frying, stewing, or making soups, salads, or practically whatever you can think of.

Packaged, cut-up chicken and turkey, heat-and-serve fried chicken, and the newer turkey and chicken rolls, roasts, or bars make poultry among the most versatile and easy to prepare dishes you can find. Roasts and rolls, all meat and boneless, make a wonderful dish for buffet dinners, late parties, or any time.

Because of seasonal production and limited supplies, "Chicken on Sunday" and "Turkey on Thanksgiving" were meals looked forward to with mouth-watering anticipation in the 1930's. But those days are in the past - today's consumers have a delectable variety of poultry products to serve any day of the week, any week of the year.

Poultry is an excellent source of high-quality protein, with the amino acids essential to growth and health. Weight watchers are partial to chicken and turkey because an average serving contains fewer calories than an average serving of most other meats. Poultry also provides many other essential nutrients including iron, thiamine, (vitamin B1, riboflavin (vitamin B2), and niacin.

Before poultry can be graded, it must first be federally inspected for wholesomeness. The top grade for poultry, and the only one commonly found in stores, is U. S. Grade A. Grade A birds have good overall shape and appearance. They are meaty, have a well-developed layer of fat in the skin, and are practically free from defects such as cuts and bruises.

Official standards also provide for U. S. Grade B and U. S. Grade C poultry. These birds are not as attractive as Grade A. They may have defects and faulty conformation, and could be lacking in fleshing and fat cover.

You can usually save money if you buy whole poultry and cut it into serving pieces yourself. Whole poultry usually is a few cents less per pound than cut-up poultry. It is also more economical to buy large turkey than small ones. Not only do the larger birds usually sell for a few cents less per pound, but they also have a larger proportion of meat to bone, so you get a bargain two ways. Smaller birds, however, do offer more varieties of cooking than large ones.

How often have you asked yourself, "How much poultry should I buy for my family?" Naturally, the amount depends not only upon the kind of poultry you choose, but also on the cooking method, the number and size of the servings, and whether or not leftover are desired.

For whole broiler-fryers, stewing chicken, turkey, duckling, or goose, the average serving per person is about 3 ounces of cooked meat (without bone), and you will need to buy 1/2 pound for each serving. For a boneless turkey roast, count on only 1/3 pound per serving. If you are buying cut-up chicken, these are the serving sizes often used; one breast half, one leg, two drumsticks, two thighs, or four wings.

Remember that poultry, like all meats, is perishable; therefore, proper storage is important. So buy frozen, chilled, or smoked poultry only from freezer or refrigerator cases in order to obtain a top-quality product. It is wise to examine packages to be sure the wrappers are neither torn nor broken. Any frozen poultry should be solidly frozen when purchased.

Quick Decorating Solutions

Why is it every time you turn around there's a new decorating problem in your house? Probably because your lifestyle changes as fast as your family needs.

impulse plus imagination came up with the rest!

Provide Privacy

A room divider can serve adult needs in a den or children's needs in a bedroom shared by siblings. Construction of a divider of 2 x 4's between floor and ceiling may be covered with matching wipe-cleanable vinyl flooring for a decorator look that's super-functional, too. This bright spot of color also achieves architectural interest.

Cover-Alls

Perhaps your potting room, kitchen, working or sewing center has countertops that are marred and ugly. By cementing leftover pieces of vinyl flooring on work surfaces, you can perk them up, yet the vinyl's also dirt-resistant and durable. Water and stains mop up with a once-over-lightly with a sponge.

Focal Point

Perhaps you just need a lot of personality, pronto, in a room, and you're tired of busy scatter rugs trying to do the job. How about pulling a switch and letting a vinyl floor covering inject design pizzazz, topped with a solid remnant of carpet. This subtle reversal of traditional roles underfoot will really jazz up the room—and save you money as well.



Sisal area rug tops patterned vinyl floor.

You can keep pace with what's happening, decoratively speaking, by thumbing through home magazines, writing for free booklets offered by manufacturers of home furnishings and by clipping any and all ideas that appeal. Whether these ideas apply now or will sometime in the future, before you know it, you'll have an interesting "how-to-do-it" reference file.

Here are a couple of suggestions that indicate how easily and economically you can transform dilemmas into creative solutions. In each case, leftover pieces of GAF GAFSTAR® cushioned sheet vinyl provided the color and design stimulus;