



Chocolate Malted Pie is a delicious, warm-weather treat for all ages.

## Try Chocolate Malted Pie

Malted milk celebrated a birthday in 1983. One hundred years ago in Racine, Wisconsin, William and Arabella Horlick formulated malted milk as a food supplement for infants. Since that time malted milk flavoring has found its way into candies, ice cream, pharmaceuticals and baking. A natural blend of vitamins A, B and Riboflavin, malted milk is enjoying a come-back because of its nutritional balance and distinctive taste.

A modern version of malted milk finds its way into a delicious pie with a rich chocolate crust. Modern, too, is the speed and simplicity of this recipe which combines a ready made crumb crust and

instant pudding with chocolate malted candy in a pie that turns any occasion into a celebration.

### CHOCOLATE MALTED PIE

1 Chocolate flavored ready crust  
1 Chocolate Instant Pudding, 3 oz. size  
1 tablespoon vanilla  
1/2 cup chocolate malted milk balls, crushed

4 additional teaspoons crushed candy  
Mix pudding according to directions. Add vanilla. Add chocolate malted milk balls and swirl to form a pattern in pie shell. Sprinkle additional candy over top.

## How to protect strawberries

There is a list of things you can do to help protect your strawberries from disease.

Agricultural Extension Service specialists at North Carolina State University suggest that strawberry diseases can be controlled through variety selection, the use of certified planting stock, replacement of plants every two to three years, soil fumigation prior to planting, thinning the plant stand after each harvest and the use of insecticides.

Controlling insects will reduce the chance of disease organisms being spread by the insects.

Gray mold fruit rot is the most important strawberry disease. It can reduce yields 50 percent or more. Gray mold is most serious when frequent rains occur during bloom and fruiting. Rotting fruit are covered with fuzzy gray masses of fungal growth.

Control of gray mold is difficult in wet

weather, especially if plants are matted together. To reduce fruit rot, spray every 7 to 10 days beginning just after new growth starts and continuing until fruit production is finished. Use captan at the rate or four tablespoons per gallon of water.

Crop rotation, thinning plant stands after harvest and frequent renewal of plantings are important cultural practices in a strawberry disease control program.

Grow varieties known to be adapted to your part of the state. Many of these varieties have resistance to some of the more common diseases.

Several of the more serious strawberry diseases, such as red stele, viruses and nematodes, can be avoided or greatly reduced by using certified plants.

Another method reducing these diseases is to fumigate the soil in which strawberries are to be grown. Fumigation will also reduce weeds.

## The danger of food poisoning

We live in an environment surrounded by bacteria. No matter how clean the house is, bacteria are there. That is why it is so important to handle food carefully. Given the right medium -- our food -- these bacteria can make us quite sick.

"Even with the best of efforts many bacteria survive and contaminate our foods. We can assume some of the survivors are causes of bacterial food poisoning," says Shirley Usry, extension food science specialist, North Carolina State University.

"Fortunately, it is easy to limit the number of these harmful bacteria, because they are very temperature sensitive," Mrs. Usry says. Food poisoning bacteria grow at temperatures between 45 and 140 degrees.

The answer lies in keeping cold foods cold (less than 45 degrees) and hot foods

hot (more than 140 degrees). "This prevents these organisms from increasing to numbers large enough to cause problems," the extension specialist explains.

Many people mistakenly believe that refrigeration or freezing kills bacteria. "The cold just stops their growth."

"It is the total time a contaminated food has been left in the danger zone that determines the number of bacteria. Remember when cooling leftover foods that it is important to get the center of the food below 45 degrees as quickly as possible. This means precooling in shallow containers either in a cold water bath, on ice or covered, in the refrigerator," Mrs. Usry says.

Heat can kill some types of dangerous bacteria. When reheating leftovers, be sure to heat thoroughly to at least 165 degrees.

## Utilizing space in your home

If the old family home has gotten too cramped for comfort, you may be considering remodeling.

Adding on a room can be very expensive. There may be some space in the house which can be altered and made into a completely new room, suggests Dr. Glenda Herman, extension housing specialist, North Carolina State University.

An attic offers one such area for expansion. "If it has enough headroom -- at least 7 1/2 feet -- it may be just the place for a new bedroom, playroom or guest quarters," Dr. Herman says.

First, make sure the cost of altering the heating and/or cooling system won't be too much. Then consider where the stairs will be.

"Blocking our stairway space below the attic is essential," Dr. Herman points out. A minimum of a 3-by-10 foot rectangle is needed for a standard stair-way. An average spiral unit takes up about 5 1/2-foot square.

You may need to take part of a closet. It can be cut down diagonally to make room for the typical 45-degree rise of standard stairs. A spiral unit could be tucked into any room as long as privacy is not a problem.

Finally, consider: natural light through gable windows, dormers or skylights; whether the attic floor will support weight; electrical and/or plumbing needs; and insulation. Storage may be planned into the knee wall areas, the extension specialist says.

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