

## Nutrition Facts Of The Month

by Mrs. Minnie Shumons and Mrs. Deborah Dial  
Expanding Food and Nutrition Extension Program Aides

natural foods without it.  
If stirring up hot cereal for many members of the family who may be eating at different times, consider the technique of cooking it in the top of a double broiler and holding it over simmering water until all are served.  
Save extra cooked hot cereal to "try" on a non-stick griddle, and serve with a fruit sauce of blended berries, or applesauce.

### RECIPE OF THE MONTH

#### BUTTERNUT SQUASH SOUFFLE

Peel squash. Cut into cubes. Cook until tender.  
4 cups cooked, mashed squash  
1 1/2 cups sugar  
1 stick margarine  
4 eggs, well beaten  
1/4 cup crushed pineapple  
1/4 cup chopped pecans  
Use some of all these flavorings, according to taste: Nutmeg, cinnamon, lemon flavoring, vanilla flavoring, butternut flavoring.  
Mix well. Pour into greased casserole. Bake at 350 degrees for about 25 minutes. Variations that may be used with the squash are coconut, marshmallows, raisins.

### Revival

A revival will be held Sunday through November 22 at the Church of God of Prophecy here by the Rev. Ronnie Bradford of Princeton, N.C., who will be the evangelist for the series.  
The services will be held at 7:30 p.m. daily, and special singing will be given each night.  
Everyone is invited.



**WORKSHOP** — Ellen Willis, home economics agent of the Hoke County Agricultural Extension Service, talks with Mrs. Harvey Warlick (standing) during the Extension Modified Tailoring Workshop held last week. Mary Benkosky, Bertha Hendrix and Mrs. Willie Andrews also participated. The participants made blazers. [Staff photo].

## Smoking, Weight Control Clinics Slated

The last in a series of Stop Smoking and Weight Control clinics will be held on Saturday, November 14, at the Sheraton Convention Center, U.S. South in Southern Pines.  
The "Stop Smoking" session will be at 1 p.m. and the Weight Control at 3:30 p.m. They are sponsored by the Mid-State Region, American Lung Association of North Carolina.  
The clinics will be conducted by James H. Hoke, a behavior counselor and hypnotherapist. Hoke is president of Self Psych, Inc., which has offered these clinics with ALANC since early 1980 throughout the state.  
A registration fee will include take home materials such as a cassette tape for added reinforcement. You will be offered the return of the registration fee after the first of three hypnotic inductions featured in each clinic if you feel hypnosis will not work for you.  
Advanced registration is recommended. For further information and pre-registration, call the Lung Association at 1-692-3981 in Southern Pines.

HELPING PEOPLE TO LIVE WITH *change*

Ellen Willis  
Home Economics Extension Agent

**Schedule**  
Wednesday, November 11, 1981 - Holiday  
Thursday, November 12 - Southeastern District Extension Homemakers Program of Work Workshop in Burgaw

Thursday, November 12, 2:30 p.m. - Allendale-Antioch Extension Homemakers Club meeting  
November 16-20, 1981 - Ellen Willis will attend the Extension Agents Annual Conference in Raleigh

Tuesday, November 17, 2:30 p.m. - Raedeen Extension Homemakers Club meeting

Tuesday, November 17, 7:30 p.m. - Philippi Extension Homemakers Club meeting

Wednesday, November 18, 9:00 a.m. - Interagency Council Meeting

**HINT:** Use baking soda as a cleanser to restore the transparency of your glass oven door.

### REMOVING GREASE STAINS FROM UPHOLSTERED FURNITURE

When you hear a member of the family say "oh no," it could mean there's a new stain on your upholstered furniture.

If it's a grease stain, you probably can remove it with very little damage. And the sooner you get to the job the better.

Of course you don't want to be so prompt that you avoid an important first step: that of pre-testing the fabric for color bleeding and shrinking. To do this, try the recommended cleaning method and solution on a hidden area other than a seam. For a sure test, allow the fabric to set from one to two hours following treatment.

Should the fabric bleed or shrink, you'll need to seek professional advice and assistance.

To treat grease stains, remove as much of the stain as possible by scraping the area with the dull side of a knife. Then, using a dry cleaning fluid, such as chlorethene, sponge the area lightly. A blotting action is preferable to rubbing. When necessary, pat but avoid hard rubbing. Use a clean portion of the cloth as you sponge, so grease will not return to the fabric. Be careful not to soak the fabric. In other words, apply fluid sparingly.

If discoloration from dirt in the grease or oil remain, sponge the area with a lukewarm solution of detergent and water. To remove that cleaning solution, sponge the area with a clean cloth that's been dampened with clear, cold water.

Dry the treated surface with an absorbent cloth, tissue or sponge. This helps keep the liquids used in cleaning from reaching the filling

material. Another tip: fast drying will prevent rings. So, to speed drying, dust the damp area with talcum powder. And when drying is complete, vacuum the upholstered surface thoroughly.

### WHEN CHILDREN FIGHT

When your children start annoying each other, what should you do? Well, don't do anything at first. Often children can settle their own squabbles. And that's good.

After all, the kids won't always have you around as a moderator, so they need to learn how to get along with each other on their own terms.

If things start to get too violent, though, you will need to step in and separate them. And you might want to isolate them from each other for a while. Send each one to a different room for a cooling off period.

Keep in mind that you can't keep children from fighting. It's all part of sibling rivalry. But you can try to help make life easier for all your children.

Try to make each child feel that he's special. Treat each one as a unique person and give each child some individual attention.

If possible, give your children spaces and possessions of their own. That may help cut back on some of the family feuds.

### CARPETING HAS INSULATING VALUE

Carpeting not only feels warmer underfoot -- but it has an insulating value, too. In fact, some carpeting and padding combinations have an R value of four. R is the measure of how well an object resists the flow of heat through it. As a comparison, two inches of blanket insulation has an R value of seven.

Dense wool carpeting with pile one-fourth inch high has about the same insulating value as nylon carpeting with pile one-half inch high. But the pile on the nylon carpeting must be heat set. That means the twist in the nylon fibers is permanent. These twists trap air just like the natural twists do in wool. This trapped air has an insulating value.

If you're trying to improve the energy efficiency of your home, carpeting a room can help -- especially if it's a room where your family spends a lot of time.

If hardwood flooring is your style, consider using an area rug for more warmth.

### NAACP To Meet

The Hoke County Chapter of the NAACP will meet November 12 at 7:30 p.m. in the Masonic Hall.

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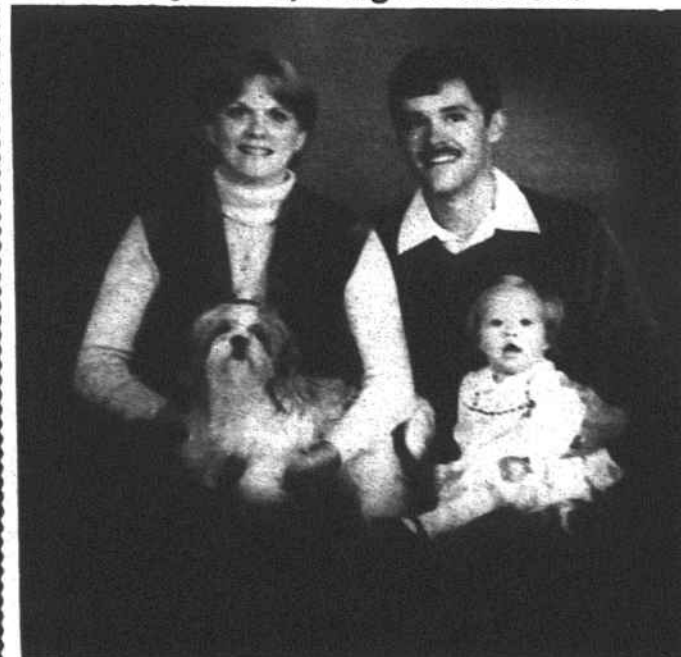
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