



Ellen Willis
Home Economics Extension Agent

Schedule
Tuesday, August 17, 1982, 12:10 p.m. - Business Girls Extension Homemakers Club Meeting.
Tuesday, August 17, 1982, 2:30 p.m. - Raedeen Extension Homemakers Club Meeting.
Tuesday, August 17, 1982, 7:30 p.m. - Philippi Extension Homemakers Club Meeting.
Hint: One slice of carrot cake has 445 calories. Sorry.

CHEESE PLEASE
Cheese omelet for breakfast, cheeseburger for lunch, cheese souffle for dinner and cheese and crackers before bed. No doubt about it -- cheese is a dairy product that fits into any meal or snack. Chances are you buy cheese often -- and chances are you're interested in maintaining the quality of cheese after you get it home. Here's a reminder.

Cheese should be kept in the refrigerator. The length of time you can store it depends on the kind of cheese and the wrapper. For example, cottage and Ricotta cheese should be used within a few days. Other soft varieties, such as cream and neufchatel, should be used within a couple of weeks.

But hard cheese can be kept for several months, if it is protected against drying out and against mold contamination. All cheese should be kept in the original container or wrapping. Then, once the cheese is cut, wrap it in aluminum foil, plastic wrap or waxed paper.

This is a must -- especially if the cheese has a pungent odor.

And what about storing jars of processed cheese spreads. Well, you can keep them at room temperature until opened -- then

you have to refrigerate them and cover tightly. That way they'll keep their quality for several weeks. It all adds up to this -- after you say "cheese please" at the supermarket, take that cheese home and store it properly.

HINTS ON SALADS

Almost everyone munches on a salad sometime during the day. And small wonder. For if you mixed-and-matched all the vegetables, dressings, spices and herbs that are now available, you could serve a different salad every day for years.

When you season a salad at home, chances are you'll reach for the black pepper, onion powder or onion salt -- or one of the dehydrated garlic products. And you might find that a pinch of dry mustard is a delicious addition, too. Then, depending on what you're serving as a main dish, you might try seasoning the salad further with tarragon, curry powder, chili powder, oregano, basil or one of the herb blends. Another good salad trick is to add an eighth teaspoon of ginger or some ground celery seed to the dressing.

If you're making or blending salad dressings at home, there are some other success hints to keep in mind. For instance, beat the dressing vigorously with an egg beater -- especially if you're trying to adjust the flavor. Also, whenever possible, make the salad dressing the day before you plan to use it.

This gives the flavors of the spices and herbs time to mingle.

One final reminder -- you might want to let the salad dressing sit at room temperature for an hour or so before you plan to use it. This helps bring out the dressing's flavor.

Wild Horses, Burros Adoptable Sept. 22-27

Wild horses and burros from western public rangelands will soon be readily available to North and South Carolina residents when the U.S. Department of the Interior's Bureau of Land Management (BLM) sets up a temporary wild horse and burro adoption center in the Charlotte area, September 22-27.

Approximately 90 wild horses and 70 wild burros will be trucked to the Union County Livestock Auction grounds in Monroe, about 20 miles southeast of Charlotte, and just 15 miles north of the South Carolina state line.

Animal lovers who apply in advance and promise to give good homes to the horses or burros may pick them up at the center, according to G. Curtis Jones, Jr., BLM's Eastern States director. To qualify under the Adopt-a-Horse program, applicants must have suitable facilities and means for caring for the animals.

"Adopters are always needed to help us solve the problem of overpopulation among wild horses and burros on public rangelands," Jones said. "But now we're looking especially for people in North and South Carolina and neighboring states who would like to take this opportunity to get involved in the program. We expect the same success in the Carolinas that we've had at other temporary adoption centers in Iowa, Florida and Michigan," Jones added. In the past, area adopters have driven long distances out west or to BLM's permanent adoption centers in Pennsylvania or Tennessee to pick up their animals.

Jones explained that under the protection of federal law, wild horse and burro herds increase rapidly, and must compete for limited forage and water with native wildlife and domestic livestock that also graze on public lands. "Even though BLM has found homes for over 38,000 excess wild horses and burros, the populations grow so fast that thousands more must be removed each year in order to prevent irreparable harm

to the range and the herds themselves," he said.

Most wild horses are found in Nevada, Wyoming, and eastern Oregon, while burros roam primarily in desert areas of California and Arizona. Before shipping east, every animal is thoroughly checked by a veterinarian, Coggins-tested, and vaccinated for equine disorders.

"These animals are wild," Jones added, "but with care and pa-

tience, they can be tamed and used for riding, breeding, showing, farm work, or other non-commercial purposes. Wild horses and burros require adequate shelter and corral space, and adopters need at least some experience with horses."

The adoption fee for each horse picked up at the Union County Livestock Auction grounds will be \$315; for each burro, \$145. The fee helps cover the expense of round-up, veterinary care, transportation,

and administrative costs.

Applications and information about this one-time adoption operation are available from the Federal Information Center (FIC) in Atlanta, at (404) 221-6891.

The FIC can be dialed toll-free from the Charlotte area, at 376-3609. In addition, applicants may write or call the Bureau of Land Management, Eastern States Office, 350 S. Pickett St., Alexandria, Va., 22304, (703) 235-2840.

Silkience



Shampoo
Or Cond.
7 Oz.
Why Pay 2¹¹
Bonus Buy 1⁴⁷

VALU-MART

114 N. Main St. Raeford, N.C.
STORE HOURS: 9 a.m. till 5:30 p.m. Monday - Saturday
Prices In This Ad Good Through Noon, Aug. 24, 1982 Or Until Merchandise Is Sold Out.

CHECK OUR LOW LOW EVERY DAY PRICES
WE RESERVE THE RIGHT TO LIMIT QUANTITIES



16's
Why Pay 1¹¹
Bonus Buy 1⁰⁹

Correctol 60's



Why Pay 4¹¹
Bonus Buy 2⁸⁸



Flex

Shampoo Or Conditioner
16 Oz.
Why Pay 3¹¹
Bonus Buy 1⁷⁷



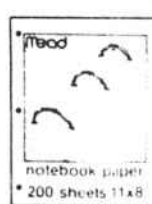
5's
Why Pay 79¢
Bonus Buy 37¢

Correctol 30's



Why Pay 2¹¹
Bonus Buy 1⁷³

BACK TO SCHOOL Early-Bird Specials



NOTE BOOK FILLER PAPER

200 Count
(Limit 4)
Special 2/1⁰⁹



THEME BOOKS

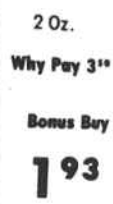
70 Count
Special 44¢
3 Subject
120 Count
Special 77¢
5 Subject
200 Ct. Wide Margin
Special 1⁴⁹

Speed Stick Anti-Perspirant



2.5 Oz.
Why Pay 2¹¹
Bonus Buy 1⁵⁹

Artra Skin Cream



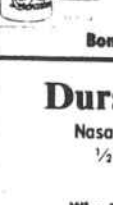
2 Oz.
Why Pay 3¹¹
Bonus Buy 1⁹³

Soft & Dri



Roll-On
Deodorant
1.5 Oz.
Why Pay 2¹¹
Bonus Buy 1¹⁷

Super Dry Anti-Perspirant



4 Oz.
Why Pay 3¹¹
Bonus Buy 1⁷⁶

Agree



Shampoo Or Creme Rinse
& Cond.
8 Oz.
Why Pay 2¹¹
Bonus Buy 1³⁹

BIC BARGAIN PACK



5 Stic Pens
Special 79¢

TYPING PAPER



100 COUNT
Special 59¢

Many - Many More Discounted
School Items

Right Guard



Deodorant
3 Oz.
25¢ Off
Why Pay 2¹¹
Bonus Buy 1¹⁴

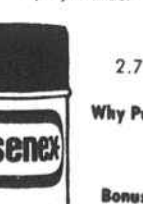
Visine Allergy & Cold Eye Drops



Allergy & Cold
Eye Drops
1/2 Oz.
Why Pay 2¹¹
Bonus Buy 1⁴⁷

Desenex

Spray Powder



2.7 Oz.
Why Pay 3¹¹
Bonus Buy 1⁸⁹

Duration

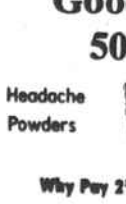
Nasal Spray
1/2 Oz.

Why Pay 2¹¹
Bonus Buy 1⁵⁷

Duration

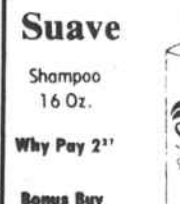
NASAL SPRAY
12 hour relief

Goody's



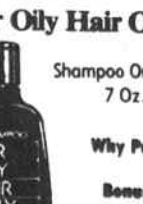
Headache
Powders
Why Pay 2¹¹
Bonus Buy 1³⁷

Suave



Shampoo
16 Oz.
Why Pay 2¹¹
Bonus Buy 1⁰⁹

For Oily Hair Only



Shampoo Or Rinse
7 Oz.
Why Pay 2¹¹
Bonus Buy 1⁴⁷

Jhirmack



Gelave Inst. Cond.
8 Oz.
Why Pay 3¹¹
Bonus Buy 1⁷⁷

Tampax 40's



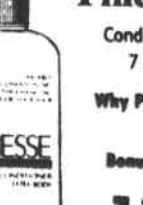
Why Pay 4¹¹
BONUS BUY 2⁵⁰

Doan's Pills



Pills
24's
Why Pay 2¹¹
Bonus Buy 1⁴⁹

Finesse



Conditioner
7 Oz.
Why Pay 2¹¹
Bonus Buy 1²⁹

Contac



10's
Why Pay 3¹¹
Bonus Buy 1⁶⁹

Heilig-Meyers Revenues Up 4.8%

Heilig-Meyers Company, the Richmond based home furnishings chain, today announced revenues and earnings for the first quarter ended June 30, 1982.

Revenues increased 4.8% to \$31.9 million from 30.4 million during the same period last year.

First Saturday

A service will be held the first Saturday in September at 7:30 p.m. at St. Mary Pentecostal Holiness Church. The Rev. Robert McClellam will bring the message. Everyone is invited.

Bishop George McKoy is pastor.

NAACP Meeting

The Hoke County NAACP will meet at 7:30 p.m. Thursday at Freedom Chapel Masonic Hall.

Net earnings increased from \$2,361,000 to \$2,379,000, an increase of 0.8%. Earnings per share were \$6.7 compared to \$6.66 per share for the same quarter of the preceding year. Since the Company was going against an unusually good quarter last year, even with these minimal increases, earnings for the first quarter were the highest in Heilig-Meyers Company's history.

Hyman Meyers, chairman, stated that with continued high interest rates, fewer housing starts, a weak real estate market and a generally poor economy, it is very gratifying for Heilig-Meyers Company to show any increase at all over the previous year.

On June 5, 1982, the company paid its stockholders a cash dividend of \$2.23 per share, a 21.1% increase when compared to the previous dividend paid.

Correction

Chalmers B. Davis of Rt. 2, Raeford, retired on July 31st from Milliken & Company after 35 years of service.

He was industrial engineer manager at the Red Springs plant from 1949 until 1979. He retired as senior industrial engineer.

Last week's report published in The News-Journal says Davis retired after 25 years and was industrial engineer at the time.

Trio Induction

A Trio Induction will be held the second Sunday evening in September at 6 o'clock at St. Mary Pentecostal Holiness Church.

The speakers will be Sister Rosie Baker, Deacon Larry McQueen, and Deacon Elton Ross.

Everyone is invited. The pastor is Bishop George McKoy.

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