

On The Front Burner

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I continue to find Hoke County citizens who are not acquainted with Extension Teletip. This is a toll free number that can be called and a request made for a special tape.

We have a brochure with the listing of the tapes. Come by the Extension Office in the Lester Building or call 875-2162 and one will be mailed to you. My favorite tapes are #101, Best Food Buys (updated every two weeks) and #5, Recipe of the Week using one of the best food buys. I started to give you the best food buys and recipe but then you might not call. So do get an Extension Teletip from the Extension Office.

Ollie Augustoni shared her chicken casserole recipe which is very good.

CHICKEN CASSEROLE

- 1 can cream of chicken soup
- 1 cup diced celery
- 1 teaspoon diced onion
- dash pepper
- 2 hard boiled eggs chopped
- 2 cups ritz crackers crushed
- 2 cups cooked chicken (cubed)
- (you may use 1 large fryer)
- 1/2 teaspoon salt
- 1/2 cup mayonnaise
- 1/2 cup pecans chopped.

Mix all of the above together except 1 cup crackers. Place in casserole dish and top with cup of ritz crackers. Bake only 30 minutes to keep celery crisp. Bake at 350 degrees. Serves 8-10.

When I attended the National Home Agents Meeting at the Greenbrier White Sulphur Springs, West Virginia I attended a workshop given by some of their chefs. One of them said recipes are guides to add your personal touch. I really believe that. I have prepared the following recipe with tuna and liked it very much but now I want to try it and add onions and cheese. You try it and I think you will like it to. This one came to me through Alice Lancaster from Jeannette McLaughlin.

SALMON FLUFF

- Beat 4 eggs
 - 1/2 cup evaporated milk
 - 1 can cream of mushroom soup
 - salt, pepper, parsley
- Mix the above. Add 2 cups crumbs and a medium can of salmon. Grease casserole dish. Cook at 350 degrees, for 45 minutes.

A YEAR OF "MELLOW YELLOW"

This year's home fashion colors are like the pastels one would find in a Florentine villa. They are soft and relaxing, not to dusty, but timeless. They are the colors of a da Vinci fresco. Forecasts indicate that colors will be slightly grayed, but on the whole, they will have more life than the colors of the past year.

If any color will predominate, it

will be yellow. Various shades of yellow -- all mellow -- are being used in combination with blue, red, pink or peach. The yellow influence has developed because of a growing national interest in the country life style of the middle and southwest or the western frontier.

Earth tones of prairie colors will be considerably yellower. Also seen will be yellows derived from an interest in solar energy. Certain colors like green will have a yellow influence. Shades of yellow include banana -- as a true yellow -- and neutrals like butternut and custard. Other fashionable colors that will appear often are various shades of rose and Chinese cucumber (celadon).

Blues will come in a variety of rich tones like mountain blues, teal and cornflower. Lavender blues and the periwinkle reminiscent of Victorian times will also make an impact, especially in the dining room, bedroom and bath.

Also in the bedroom will be shades of English rose mingled with cranberry. Rooms in '83 will have a traditional look, and the kitchen will be no exception. Gone are bold designs and colors that once were fashionable.

The kitchen now will be decorated in muted tones, especially sand, almond, and white. The look will be traditional, functional. Home fashions for this coming year are elegant and classic, and no one color will overwhelm. Colors will be used in combination for a muted effect that will be easy to live with. Accent colors will include black, silver, red, and rich opulent colors will also be available for those who want them. But the basic trend for the early '80's will continue to be soft pastels.

Hint

Save energy needed for ironing by hanging clothes in the bathroom while you're bathing or showering. The steam often removes the wrinkles for you.

January Rainfall Recorded

Almost three inches of rain fell here during January, Hoke County weather observer Robert Gatlin said.

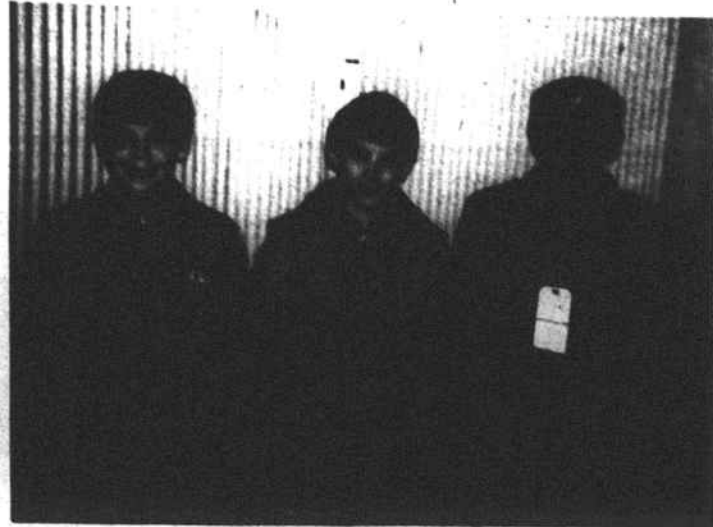
January is a hard month to predict the average rainfall because amounts for the last few years have been erratic, Gatlin said.

According to estimates compiled by Gatlin, last year during the month, 6.45 inches fell, in 1981 1.05 inches and in 1980 4.60 inches fell.

During this January 2.80 inches of rain fell here.



Larry McGuire (center), first; Michael Harden (right), second; and Kevin Lippard, third.



L-R, Britt Bernhardt, first; Scott Edwards, second; and James Purdie, third.

Cubs Honor Derby Winners

Pinewood Derby winners were announced and recognized at the January meeting of the Cub Pack.

John Irion was named over-all winner. Kevin Lippard took honors for the Best Design.

The top three in each age group were: 8-year-old: 1 - Larry McGuire; 2 - Michael Hardin; 3 - Kevin Lippard.

9-year-old: 1 - John Irion; 2 - Jeff Baker; 3 - Josh Witherspoon. 10-year-old: 1 - Britt Bernhardt; 2 - Scott Edwards; 3 - James Purdie.

Webeloes Den 1, whose leader is Harry Hodges, was named Den of the Month.

Den 2, whose leader is Mrs. Diane Stec, won the Attendance

Award.

The other awards and winners: Cub: Andrew Lamont - Bear, one gold arrow point; Scott Leandro - Bear, one gold arrow point, two silver; Josh Witherspoon - two silver arrow points; Jeff Baker - one-year pin; Todd Branch - recruiter; and Rodney Williams - summertime pin.

Webeloes: Britt Bernhardt - forester, artist, geologist, naturalist, showman, scholar, and Webeloes badge; Stephen Clark - naturalist, athlete; Damon Dockery, Scott Edwards, and Patrick Furmage - naturalist; Michael Long - naturalist, sportsman; James Purdie - naturalist, outdoorsman; and Dietrick Mayer - naturalist, athlete.



John Irion, over-all winner.



John Irion (center), first; Jeff Baker (left), second; and Josh Witherspoon, third.

4-H Clubs Selling Balloons To Help Heart Assoc. Fund

The Hoke County 4-H program will be in charge of balloon and tag sales for the Hoke County Heart Association Fund-raising Campaign for 1983, according to Mrs. Joyce McNeill and Ms. Theresa Riley, Co-Chairmen for the Balloon and Tag Days.

Mrs. McNeill is a 4-H leader of the Hillcrest Club.

Ms. Riley is the president of the Quewhiffle 4-H Club.

The three 4-H clubs will be selling the bright red balloons and tags each Saturday during the month of February at 3 locations in Raeford: Raeford Hoke Village, Edenborough Shopping Center, and Downtown Main Street. They will be working from 10 a.m. to 4 p.m. each Saturday.

The schedule is as follows: February 5 - Hillcrest 4-H Club; February 12 - Rockfish 4-H Club; February 19 - Quewhiffle 4-H

Club; and February 26 - Hillcrest, Quewhiffle, and Rockfish 4-H Clubs.

Proceeds from the sale of the Heart Fund Balloons will be used to help support Heart Association programs that are intended to detect and prevent cardiovascular disease, which is responsible for 49% of all deaths in North Carolina.

"The young people participating in these sales are helping us help

them, because the money they collect helps support the Heart Association's programs of prevention of rheumatic fever, rheumatic heart disease and congenital heart defects.

"They are also learning that helping each other through volunteer action is part of the American way," said Anna H. Jordan, Public Information Chairman for the Hoke County Heart Association.

Cape Fear Hospital Gets Accreditation

Cape Fear Valley Hospital has received three-year accreditation by the Joint Commission on Accreditation of Hospitals, according to Cumberland County Hospital System director James R. Shafer.

A three-member survey team from the Commission inspected the 492-bed facility last November.

Joint Commission accreditation is professional recognition of facilities and organizations that strive to provide high-quality health care.

The Commission itself is a private, non-profit organization created by and composed of health care professionals.

It develops measurable standards, evaluates health care facilities that seek its assistance, and recommends methods to help those facilities improve the quality of care they provide.



PERFECT ATTENDANCE -- Faberge employees receive awards for Perfect Attendance. Pictured from left to right: Martha Hawks, George Dudley, Barbara Barefoot, William McArn, Elizabeth Anderson, Sherman Ellison, Margie Miller and Francis McGee. A four year award was presented to Barbara Barefoot and a three year award to Francis McGee. All others employees received a one year Perfect Attendance Award.

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