

Lifestyles

On The Front Burner

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CLEAN WALL HANGINGS

As you do your spring housecleaning, be sure to give your wall hangings the special attention they need. After all, if you can get rid of the surface dust on embroidered or fabric wall hangings, you can probably keep soil from becoming embedded in the fabric. And that's more than half the battle.

If the wall hanging is in a frame, you might find a simple dusting with your vacuum cleaner will do the job. If the wall hanging is made from a woven fabric, a good shaking out or airing may be all that's needed to freshen it up.

IS HOME SEWING A SAVINGS?

Home sewing is a good way to express creativity. But can you save money at the same time? Well, that depends. To figure out the answer, you'll have to compare the cost of a ready-to-wear garment with the cost of similar fabric, pattern and notions.

To put time spent on sewing into perspective, figure out how long it will take you to make a garment and multiply that figure by the minimum wage. Then add the cost of your time to the cost of materials and see if sewing still makes sense.

Think about your personal skills too. Be sure you have the know-how to make a garment that can equal the tailoring done on a similar ready-to-wear item.

Don't ignore the costs of supplies and equipment either. Keep in

mind, the more you use your sewing machine, the more you get for your investment. And remember this: When you buy fabrics and notions that you don't use, you're losing money.

Most people feel they save one-third to three-fourths of their clothing dollar if they sew their own clothes. But a good sale can bring the cost of a ready-made below the cost of sewing at home.

Even then, special needs may outweigh time and money. If you're hard to fit, you may find it more practical to make your own clothes than to shop and pay for extensive alterations.

Just had some interesting recipes to come across my desk that use thin sliced meat that comes in packages. Want to share a few with you.

PINWHEELS

1 8 oz. pkg. cream cheese, softened
1 tablespoon grated onion
1 teaspoon horseradish
Dash worcestershire sauce
1 4 oz. pkg. smoked sliced beef or ham

Blend cream cheese, onion, horseradish and worcestershire sauce until of spreading consistency. Carefully separate slices of beef or ham and lay out each slice slightly overlapping, about five across on a clean dish towel. Do this for about three rows, all slightly overlapping until you have a rectangle of meat. Spread with cheese mixture. Roll as for a jelly roll, using the dish towel to help bring up all the meat at the beginning of the roll. Press along with your fingers

this inner ring and then proceed to roll until completed. Chill. When cold, use your fingers to form a better circle. Just before serving, slice into inch slices.

RICOTTA CHEESE DIP

1 lb. ricotta cheese
1 tablespoon soft butter or margarine
2 tablespoons horseradish
1 cup diced celery
2 tablespoons dry onion soup mix
1 teaspoon sugar
1/2 cup chopped sweet pickle
1 4 oz. pkg. diced pastrami or corned
1 tablespoon chopped chives
Mix well. Refrigerate for one hour.

OMELETS

6 eggs
1/3 cup milk
1/2 teaspoon salt
Dash pepper
1-2 1/2 pkg. pastrami, corned beef, ham or beef and dice
2 tablespoons butter or margarine
With fork beat together eggs, milk, salt and pepper. Heat the meat in skillet with butter or margarine. Add the egg mixture. Cook over low heat, lifting edges and tipping skillet so uncooked egg flows under cooked mixture. When mixture is set, fold over and serve. If you desire a softer omelet, remove from skillet by tipping it on to a plate before the eggs set too hard.

Western Omelet: Sauté 1/2 cup of green peppers diced and 1/2 cup of onions chopped. Sauté until the vegetables are soft and then add meat of your choice and proceed with the above directions.

Mexican Omelet: Prepare the

omelet according to the directions above and then spoon taco sauce on top before serving.

HAM AND BROCCOLI CASSEROLE

3 cups cooked rice
2 pkgs. (10 oz.) frozen chopped broccoli, cooked and drained
1 cup chopped onions
1 tablespoon butter or margarine
1 can (10 3/4 oz.) cream of mushroom soup
1/2 cup milk
1/4 teaspoon pepper
2, 2 1/2 oz. pkgs. smoked ham, cut up
1 cup shredded cheddar cheese
2 tablespoons melted butter or margarine
2 cups fresh bread crumbs

Conventional Oven: Spoon rice over bottom of greased 3-quart casserole. Spoon cooked, drained broccoli over rice. Cook onions in 1 tablespoon butter or margarine until soft. Stir in soup, milk, pepper and ham. Heat for 1 minute. Pour over broccoli. Sprinkle cheddar cheese over sauce. Combine melted butter with bread crumbs and sprinkle over top. Bake in 350 degree oven for 45 minutes or until bubbly and browned. Serves 8.

Microwave Oven: Spoon rice over bottom of 3-quart casserole. Spoon cooked, drained broccoli over rice. Cook onions and 1 tablespoon butter in 1 quart glass measuring cup on high for 3 to 4 minutes. Stir in soup, milk, pepper and ham. Cook on high for 1 minute. Pour over broccoli. Sprinkle cheddar cheese over sauce. Combine melted butter with bread crumbs and sprinkle over top. Cook on high for 8 to 10 minutes or until bubbly hot. Serves 8.

MEAT 'N POTATOES AU GRATIN

2, 2 1/2 oz. pkgs. beef or pastrami
1 box au gratin or scalloped potatoes
2 tablespoons butter or margarine
2/3 cup milk
2 1/4 cups boiling water
Heat oven to 400 degrees F. Cut beef or pastrami into squares and separate. Mix potato slices, sauce mix, water, milk and margarine in ungreased container large enough to hold contents. Bake uncovered 30 to 35 minutes. Let stand a few minutes before serving. Serves 6.

CHEF SALAD

1, 2 1/2 oz. package ham
1, 2 1/2 oz. package turkey
1/4 lb. swiss cheese
1/2 cheddar cheese
1 tomato sliced and halved
5 hard-cooked eggs sliced
1 head lettuce, separated, washed and dried
Slice the meat into 1/4 inch strips, separate and mix and divide into five portions. Slice the cheese into 1/2 strips about 1/2 inch thick. Divide into five portions. Assemble salad on plate by first layering the lettuce, then add the meat on top. Add the other ingredients around the lettuce. Serve with favorite dressing. Serves 5.



Afghan presented

Lillian Wood with the Homemakers Extension Club presents Peggy McBryde with the afghan she won in a contest sponsored by the homemakers. The money raised from the sale of the afghan tickets goes to sponsor a Hoke High student wanting to major in home economics in college.

Diet, Salt Cuts The Key To Low Blood Pressure

By Rebecca C. Smith
Hoke Health Department

If you have high blood pressure and are overweight, losing weight may help your medicine work better. Some people are also helped by cutting down on salt.

Doctors have found that some people with high blood pressure who watch what they eat need less medicine, because proper diet makes their drugs more effective. In a few cases, eating right helps people lower their blood pressure without any medication at all. Your doctor will know what part losing weight and cutting down on salt should play in your treatment.

A good diet makes everyone feel better and look better. It's not always easy to change the way you eat-but you can do it. Here are some hints to help make eating for high blood pressure control a habit for life. Discuss them with your doctor before trying them on your own.

High blood pressure is twice as common among those who are overweight. When overweight patients lose weight, their blood pressures go down.

How much would your blood pressure drop if you lost weight?

The figures are different for each person. But if you're overweight, chances are taking pounds off and keeping them off will help lower your blood pressure level and will keep it low.

If you need to lose weight, there are many resources to help you: diet and exercise books, magazine articles, weight control, and exercise classes. Ask your doctor what he or she recommends.

The best way is to eat less; exercise also helps. Try taking smaller portions of the foods you eat. Half the portion is half the calories.

Salt is a chemical compound, made up of 40% sodium and 60% chloride. Although the body must have sodium, most Americans eat much more of it than they need.

Sodium in salt seems to contribute to higher blood pressures in some people. Some people with high blood pressure can help control it by reducing the amount of sodium they eat.

Like losing weight, cutting the use of salt and other products that contain sodium can help these patients reduce the amount of medication they need. By limiting sodium intake, some patients can lower blood pressure without taking medication.

Sodium is used in prepared foods as a preservative, as a "flavor enhancer" and as a substitute for higher priced ingredients. It is included in almost every kind of processed food: baked goods, lunch meats, canned and frozen foods, cereals, candy, cheese, condiments, and ice cream.

Americans eat almost half their meals away from home. Restaurant food, especially fast food, is often high in sodium.

Many medications, particularly antacids, cough medicines, and laxatives are also high in sodium.

What can you do to help reduce the amount of sodium you eat?

Use more fresh fruits, vegetables and meats, and don't add salt in cooking or baking.

A taste for salt is acquired. The less salt you use the less you'll want.

Read labels on all processed foods to check for sodium.

The word sodium will appear in many different forms (mono sodium glutamate, sodium benzoate, di-sodium phosphate, etc). They all mean sodium was used in preparing the product.

Try seasoning with lemon juice, fresh and dried herbs, and spices like curry powder, celery seed, pepper and paprika.

Ask restaurants not to add any salt to your order.

Avoid salty snacks like pretzels, potato chips, and corn chips. Eat more low calorie foods.

As a high blood pressure patient, you are an active partner in your own treatment. Whether your diet is your only therapy or whether it helps your medication lower blood pressure, you are the only one who can make it work. It's up to you to make the decision to eat right and help keep blood pressure under control.

NOTICE

**We Will Close
Wednesday Afternoons
And All Day Saturdays**

UNTIL FURTHER NOTICE

MYRTLE MILLER



ELWOOD AVE.

Paid Pol. Ads.

JIM HUNT'S Political Machine!

(the politicians behind Jim Hunt and the campaign against Jesse Helms)



Jim Hunt
Hunt PAC



Ted Kennedy
Liberal PAC Head

"Hunt, who has his eye on Helms' Senate seat, was credited with mobilizing anti-Helms forces."

The Washington Post 11 5 82

The unfair negative campaign against Jesse Helms was expressed by BLAC PAC's Julian Bond:

"I'd like to see us run a picture of Jesse Helms in North Carolina newspapers with a rifle's crosshair over his chest..."

Atlanta Constitution 5-2 82



Jesse Jackson
Black Voter
Registration Activist

"There's a streak of meanness and intolerance in the campaign to 'get' Helms that has no place in American politics—and that should be disturbing to all regardless of party label or ideology."

The Augusta Chronicle 3-19-83



Vic Kamber
AFL-CIO-PROPAC

**Ask Yourself —
Why Are These
Liberal Politicians
Behind Jim Hunt?**

Democrats for Jesse... A Man of Character

Part of the HELMS for Senate, Mark Stephens, Treasurer



Julian Bond
BLAC PAC Head



Bert Lance
Hunt's Atlanta
Big Bank Fundraiser



Walter Mondale
Pro-Hunt

The Grocery Mart

513 W. Prospect

Raeford, N.C.

COORS BEER IS HERE

BIC LIGHTERS
2/\$1.29

8 PACK
PEPSI
\$1.89 ret. bottle

PEPSI non ret. bottle
2 LITER PLASTIC
\$1.09

8 OZ. COMBOS
\$1.39
1 QT. WARREN OIL
79¢

12 OZ. - 12 PACK MILLER BEER
\$5.49

6 1/2 OZ. WISE POTATO CHIPS
\$1.09

LONG LOAVES
BREAD
2/99¢