

# Lifestyles

## On The Front Burner

Ellen S. Willis  
Home Economics Extension

I would like to encourage you to attend the Food Preservation Workshop Wednesday, June 1, 2:30 p.m. in the assembly room of the Lester Building. Please invite your friends and neighbors. Now is the time to have your pressure canner checked. Why not do it the day you come to the workshop? Call the Home Agents Office at 875-2162 for information on where to have the canner checked.

Social Services through *The News-Journal* notifies us that butter and cheese are available June 1, 2 and 3rd at the old armory on Central Avenue (401 Business) for individuals who are 60 years of age or over, without regard to income or resources. An authorized representative will be permitted to pick up the butter and cheese should an over 60 individual be unable to come.

Individuals receiving any one of the following types of assistance will be eligible: Individuals receiving Social Security Disability payments, Supplemental Security Income payments, an Aid to Families with Dependent Children check, Medicaid, or Food Stamps. Individuals who have a gross monthly income at or below 150% of the 1982 non-farm poverty level will also be eligible. Be sure to take your own bags or boxes to get your butter and cheese as they are not furnished.

This is a lot of cheese and butter and we need to care for it correctly (refer to sheet received when you picked up cheese) and use every ounce. These recipes will help you as you enjoy your cheese.

### CHEESE-CORN BREAD

2 cups self-rising flour  
1/4 cup sugar  
1 egg, slightly beaten  
1 cup milk  
1/2 cup shredded cheese  
1 can (7 oz.) whole kernel corn, drained (1 cup)  
1/4 cup shortening, melted, or salad oil

Heat oven to 400 degrees F. Grease square pan, 8x8x2 or 9x9x2 inches. Measure all ingredients in order listed into bowl; stir just until flour is moistened. Batter should be lumpy. Spread evenly in pan. Bake 8-inch pan 45 minutes, 9 inch pan 35 minutes or until golden brown.

### CHEESE RICE KRISPIES

2 cups grated cheese  
2 sticks margarine, softened

2 cups plain flour  
2 cups rice krispies  
Mix grated cheese and margarine; stir in flour. Add rice krispies and shape into balls. Place on ungreased baking sheet and press each ball with a fork. Bake at 375 degrees F. for approximately 10 minutes.

### SKILLET MACARONI AND CHEESE

8 oz. macaroni, uncooked  
1/2 cup milk  
1 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup margarine  
8 oz. cheese, shredded  
1/4 cup grated onion  
Cook macaroni as directed on package. Drain but do not remove from saucepan. Add remaining ingredients. Cook over low heat, stirring frequently, until cheese melts, about 5 minutes. Makes 8 servings.

### CABBAGE WITH CHEESE

3 cups shredded cabbage  
1 teaspoon salt  
1/2 cup grated cheese  
1/2 cup boiling water  
1/4 cup light cream  
Cook cabbage in boiling salted water until tender, about 6 to 9 minutes. Drain. Add cream and cheese. Place over low heat; stir until cheese melts and coats cabbage. Makes 4 servings.

### JIFFY CHEESE SAUCE

1/2 stick margarine  
1/2 lb. cheese  
1/2 cup evaporated milk  
2 drops hot sauce (optional)  
Melt margarine; add remaining ingredients and stir over low heat until blended. Makes 2 cups.

### BAKED RICE WITH CHEESE AND CARROTS

1 1/3 cups packaged precooked rice  
2 1/4 cups milk  
1 teaspoon salt  
2 cups grated cheese  
Dash of pepper  
Dash dry mustard  
1 1/2 cups cooked carrots (cubed)  
1/4 teaspoon Worcestershire sauce  
1/2 cup soft, fine bread crumbs  
Combine rice, milk and salt in saucepan. Mix just enough to moisten all rice. Bring quickly to a boil over high heat. Then cover and simmer gently 3 minutes. Add cheese, pepper, dry mustard, vegetables and sauce. Mix well. Spoon into greased 1 1/2 quart baking dish. Sprinkle with bread crumbs on top. Bake in 350 degree oven for 15 minutes or until crumbs are golden brown.



**Donating more than time**  
American Red Cross members assisted in taking blood from volunteers recently in the Hoke High Blood for Vampires drive. About 159 people tried to give blood for the cause and 138 units were taken. Of the 138 participants giving blood, 101 were first time donors.

## Health Foods, Diet Pills Can Be Hazardous To Health

By Charles Blackburn  
Duke University Medical Center

Health foods, kerosene, miniature button batteries and diet pills are among things that can be hazardous to your health, according to the director of the Duke University Poison Control Center.

Every year, the center gives emergency medical advice to thousands of callers via its toll free number, 1-800-672-1697.

According to Dr. Shirley Osterhout, the incidence of childhood poisoning is on the rise in spite of public awareness campaigns and child-proof caps on medicine bottles.

"The number of toxic household chemicals in the average home has increased, and so has the rate of accidental poisonings," she said. Six out of 10 poisonings reported every year involve children under age of five, Osterhout said.

The Poison Control Center's number should be kept by the telephone.

"It's also a good idea to have syrup of ipecac on hand," she said. "It induces vomiting and is recommended in the event of certain kinds of poisoning. Syrup of ipecac is effective, relatively inexpensive and can be bought without a prescription at most drug stores. But it should be used only if the

doctor or poison control center suggests it."

Diet pills pose a significant threat particularly to teenagers who may be taking the non-prescription pills without the advice of a doctor or parent. She said the pills contain a dangerous drug that can cause seizures if an overdose is taken.

"New sources of poisoning are emerging in our complex society, creating constant challenges in toxicology for the emergency room physician," Osterhout said.

For example, she cited health foods as potential sources of poisoning. "People are reading these little books or magazine articles and then loading up on amino acids, or eating kelp (seaweed) that could be contaminated with mercury and arsenic. Large doses of certain vitamins can also be dangerous," she said.

Bee pollen and herbal teas are examples of things that could possibly cause allergic reactions in some people, she said.

"Health foods have fallen between the cracks," Osterhout said. "They're not labeled in many cases, and the EPA and FDA don't regulate them. Nobody regulates them and it's hard to find our information about these various products."

## Polyunsaturated Fats Are Important To Diet

By Rebecca C. Smith  
Hoke Health Center

Polyunsaturated fats and oils are important elements in your daily diet.

Two to three tablespoons of polyunsaturated fat should be used daily. This can be in the form of unsalted salad dressing or margarine or oil used in cooking. Oils are cholesterol-free and do not contain sodium.

Although low in cholesterol, mayonnaise and most margarines do contain some salt, but they are still acceptable for use.

Other commercial salad dressings should be avoided because they contain large amounts of salt.

It is generally agreed that we all eat too much fat. It is, however, important to make changes not only in the amount of fat but in the kind of fat eaten.

The chart below lists those fats which are not recommended:

### Recommended/ Polyunsaturated

safflower oil  
corn oil  
cottonseed oil  
soybean oil  
sesame seed oil  
sunflower seed oil  
polyunsaturated margarine  
mayonnaise  
unsalted salad dressing

### Not Recommended/ Saturated

butter  
vegetable shortening  
vegetable fat  
bacon, salt pork  
suet, lard  
chicken fat, meat fat  
coconut oil  
hydrogenated vegetable oil  
palm kernel oil  
For occasional use only:  
peanut oil  
olive oil

Here is how to use this information. Look at the amount of polyunsaturated and saturated fats. If the margarine contains at least twice as much polyunsaturated as saturated fat, then it is recommended.

If the margarine contains less than twice as much polyunsaturated as saturated fat, then it is not recommended.

To determine if the margarine is recommended or not recommended, divide the number of grams of polyunsaturated fat by the number of grams of saturated fat. If the answer is 2 or higher, the margarine is recommended.

If a margarine does not contain

a nutrition label, look for one that does. Manufacturers occasionally change product ingredients so read the label each time you select a product - even if it's one you've used before. Label-reading can be helpful with many other products, too!

The following beverages are satisfactory for use since they contain very small amounts of fat or cholesterol and little or no sodium: water, skim milk, fruit juices, fruit drinks, coffee, tea, carbonated beverages, beer, table wine, and alcohol.

However, if you are trying to lose weight and need to limit calories, you may wish to avoid those beverages which give you calories without giving you nutritional value.

Such drinks include: sugared carbonated beverages and fruit drinks, beer, wine and alcohol.

### Beef Bourguignon

(makes 9 servings) 210 calories per serving

2 pounds lean beef chuck, well trimmed, cut into cubes  
1/4 cup all-purpose flour  
1/8 teaspoon pepper  
2 tablespoons oil  
1/2 cup chopped onion  
1 garlic clove, minced  
1/4 teaspoon thyme  
1/4 teaspoon basil  
1/4 teaspoon oregano  
1/8 teaspoon rosemary  
1/8 teaspoon marjoram  
1 tablespoon chopped parsley  
1/2 cup dry red table wine  
1 cup water  
2 cups finely-chopped fresh tomatoes  
2 cups diced raw carrots  
3 cups diced raw potatoes  
Coat beef with flour and pepper. Brown meat in oil. Add onion and garlic, and cook until tender. Pour off fat. Add thyme, basil, oregano, rosemary, marjoram, parsley, wine, and water. Cover and simmer 1 hour, stirring occasionally, adding more water if necessary. Add tomatoes and simmer 1 additional hour. Add carrots and potatoes. Simmer 30 minutes.

### Mock Sour Cream

(makes 2 cups) 10 calories per tablespoon

1 1/2 cups (12 ounces) unsalted dry cottage cheese  
1/2 cup skim milk  
1 tablespoon lemon juice  
1/4 teaspoon onion powder  
Mix all ingredients in a blender until smooth and creamy. Chill.



### Seaford retires

Johnnie C. Seaford recently retired from the Raeford Plant of Burlington Industries after over 31 years continuous service at the facility. Ms. Seaford began work in the Spinning Department as a Creeler. During the years that followed she worked as a Spinner, a Doffer, a Frame Cleaner and Roll Picker. Ms. Seaford was a resident of Hoke County until recently relocating to Fayetteville to be near her son and his family.



**Evangelical Methodist Church**  
504 W. Sixth Avenue  
Rev. Tex Deaton, Pastor  
Sunday School 10:00  
Sunday Worship 11:00  
Sunday Evening 7:30  
Wed. Evening 7:30

**COME AND SEE**  
John 1:37-42 gives the account of two men who, having heard that Jesus was the "Lamb of God," began to follow Him. After they asked where He lived Jesus invited them to COME AND SEE. They stayed with Him that day, hearing and seeing for themselves. Andrew, one of the two, then went and found his own brother, Simon Peter, and told him, "we have found the Messiah." Then verse 42 says "...and he brought him to Jesus."  
This scene from the Scriptures is a brief summary of the desire, purpose, and mission of the Evangelical Methodist Church - to bring others to Jesus. We too, like Phillip, believe and receive Jesus as the Redeemer, Deliverer, Healer, Saviour and Christ! We invite you to "come" worship with us "and see what this same Jesus is doing today. You will discover that Christ still cleanses the soul of sin, comforts the broken-hearted, heals the sick, answers prayer for all needs, as ALL the Gospel (Good News) is preached.  
You will also find a warm atmosphere and a friendly people that will welcome you, so if you're looking for a church, or if you have spiritual problems, we have THE answer - Jesus. COME AND SEE!  
For further information call the pastor at 876-2715.

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## Finally, The News and Observer Prints The Truth!



Rev. Jesse Jackson considers presidential bid

## Jackson crusades, campaigns to rouse blacks to register

By SHARON COHEN  
The Associated Press  
CHARLOTTE - It's Tuesday night and the United House of Prayer for All People is meeting with 2,000 of the faithful singing and praying as the traveling preacher from Chicago delivers the message of his crusade.  
"masters thought they were 'not God's' people"

The News & Observer, 5-22-83

"One of the first targets is ultra-conservative U.S. Sen. Jesse A. Helms, R-N.C., who was re-elected in 1978 by slightly more than 100,000 votes."  
"With 200,000 more blacks registered, Jackson said, Helms could be out of work in North Carolina."  
"Gov. James B. Hunt Jr., a Democrat who many think will run against Helms next year, is aware of black voter potential. He met with Jackson last week and endorsed legislation supported by the PUSH leader that would permit high school librarians and principals to register voters."

The News & Observer, 5-22-83

**Ask Yourself: Why Do Out Of State Radical Leaders Want Jesse Helms Out Of The Senate?**  
Paid for by HELMS for Senate, Mark Stephens, Treasurer