

Lifestyles



Awarding years of service
Clerk of Superior Court Juanita Edmund (far right) presented her clerks with service awards for five and 10 years of service. The pins feature the state seal and a ruby. Pictured are from left to right are Marie McNeill (5 year award), Evelyn McLeod (5 year award), Willoree McDuffie (5 year award) and Betty Cook (10 year award)

Turkey Cookoff On Tap, Big Prizes Offered

The Second Annual NC Turkey Cooking Contest will be held in the Raleigh area in September, 1983 and five North Carolina cooks will win a total of \$1050 in cash for their outstanding turkey parts recipes.

The contest is open to residents of North Carolina and if you have a favorite turkey parts dish, your chances of winning one of the prizes are very good, indeed!!! Contest entries will be received through August 1, 1983, so hurry and get your favorite turkey parts dish "in the pot" -- you just might cook up a winner!!!

The annual event is sponsored by the NC Turkey Federation -- whose producers are number one in the nation in turkey production.

The cook-off activities are being coordinated by the North Carolina Department of Agriculture with the assistance of food specialists at North Carolina State University and the North Carolina Poultry Federation.

Turkey food is high in quality protein and taste, but very low in saturated fat and calories.

The wise homemaker will include turkey often in the family menu.

So start experimenting with turkey parts and get your entry in today...it's easy as "turkey pie".

Here's all you need to do:
*Send recipe featuring any turkey part or parts, other than the whole bird. (Examples: fried, baked, barbecued, salads, hors d'oeuvres, casseroles, etc.)
*Recipe should be for approx-

imately 4-8 servings and should not include garnish.

*Entry blank is not required. Simply write name, address and phone number on front of recipe.

*Multiple recipes may be entered by same person in same envelope, but each recipe must be on separate sheet of paper, with name, address and phone number printed on front of each recipe.

Last year's winning recipe, "Plantation Turkey" prepared by Mrs. Elizabeth Kendall of Wilmington, is printed on the official form. Second prize in the 1982 contest went to Mrs. Rosemarie Berger of Jamestown, for her "Easy, Elegant Turkey Steaks."

First place recipe: 1982
Plantation Turkey
Mrs. Elizabeth Kendall, Wilmington

- 1 to 1 1/2 pounds cooked sliced N.C. turkey breast
 - 1/4 pound very thinly sliced Smithfield ham or baked country ham
 - 1 box cornbread mix
 - 1 can (4 oz.) mushrooms
 - 2 cups milk, hot
 - 1 teaspoon salt
 - 4 tablespoons butter or margarine
 - 4 tablespoons flour
 - 2 cups grated Swiss cheese or sharp cheese
 - Cheese for topping
- Prepare and bake cornbread according to package directions in a 9 inch square baking dish. Meanwhile, melt butter or margarine in saucepan, add flour and when blended slowly stir in hot milk.

Add salt. Cook until thickened. Add cheese and mix thoroughly. When cornbread is done top with one-third of sauce, layer of ham, one-third of sauce, and a layer of turkey and mushrooms. Top with remaining sauce. Sprinkle generously with cheese. Bake at 375°F. until hot thru and lightly browned. Serves 4-8.

Second place winner: 1982
Easy, Elegant Turkey Steaks
Mrs. Rosemarie Berger
Jamestown

- 1 N.C. turkey breast, whole approx. 4 lbs.
- 1/2 cup white wine
- 1/2 cup vegetable oil
- 1/2 teaspoon rosemary
- 1/4 teaspoon sage

Cranberry Steak Sauce

- 1 can (16 oz.) jellied cranberry sauce
 - 1/4 cup bottled steak sauce
 - 1 tablespoon brown sugar
 - 2 tablespoons reserved marinade
- Cut turkey breast in half and remove bones. Cut each breast portion into 1-inch thick steaks. Combine wine, oil, rosemary, and sage. Marinate turkey steaks several hours in the refrigerator. Reserve 2 tablespoons of the marinade for sauce; use remaining marinade to baste turkey steaks while broiling. Broil 5-6 minutes per side.
- Cranberry Steak Sauce: Combine all ingredients and beat together with mixer. Heat just to boiling. May be served warm or cold with turkey steaks. Serves 8.

On The Front Burner

Ellen S. Willis
Home Economics Extension

On June 2nd I attended the Eloise S. Cofer Family Living Lecture Series at Jane S. McKimmon Center in Raleigh. The theme was "Computers and Families Can They Interface?" I attended a session on Who Can Be Computer Literate? Believe you me I am computer illiterate! I found computer information interesting. I went to our local library and checked out "My Personal Computer Book" by Peter McWilliams. To my surprise I found this book most interesting and I highly recommend it to help you become a little "in the know" about computers. Now when I see ROM, RAM, Byte, floppy disk, etc. I know a little bit about what the author is saying. You and I might never operate a computer (but I would not be surprised if we do) we still need to be in the know because computers are the up and coming thing even if we never own one (everybody does not need one - be sure you have a need before you buy.)

June is Dairy Month!

Cheese Spread
1 lb. cheddar cheese
1 large cream cheese
dash garlic powder
1 lb. pimento cheese
1 small grated onion
Mix everything together.

Spaghetti Squash With Creamed Turkey
2 cups cubed cooked turkey, white meat preferred
1/2 red pepper, chopped
1/4 cup cornstarch
1 cup milk or half & half
1/2 teaspoon salt
3 lb. spaghetti squash, cooked and seeded
1/2 stick (1/4 cup) butter or margarine
1/3 cup chopped green onion
13-3 4 oz. can chicken broth
1/2 cup shredded mozzarella or muenster cheese
Saute red pepper and green onion in butter until pepper is tender. Stir in cornstarch and cook until bubbly. Stir in broth and milk. Cook over medium heat, stirring constantly, until mixture thickens. Stir in turkey, cheese and salt. Return to heat and simmer for 5 minutes over medium heat to heat turkey and melt cheese. Spoon sauce over

cooked spaghetti squash. Yield: 4 cups sauce.

HOW TO COOK DRY BEANS

Before Cooking - There are several accepted ways of preparing dry beans for cooking. All start with a thorough washing in cold water and inspection for damaged beans and foreign material. If you have time to cook the variety you have chosen until it reaches the desired tenderness, soaking is not essential. However, most cooks prefer some method of soaking to shorten cooking time and to improve either flavor, texture, appearance, or digestibility. In either of the soak methods below, it is recommended that the soak water be discarded and the beans rinsed and cooked in fresh water.

Soaking Tips

Recent studies have shown that bringing beans to a boil then soaking for 12 or more hours make them more digestible. Therefore, the revised method for traditional soaking is given here. The quick method is acceptable for occasions when time is limited.

Traditional Method: Wash one pound dry beans. Add 10 cups boiling water; boil 10 minutes. Remove from heat; cover and soak 12 hours or overnight. Drain, rinse and cook.

Quick Method: Wash one pound dry beans. Add 10 cups boiling water; boil 2 to 3 minutes. Cover

and set aside 1 to 4 hours. Drain, rinse and cook.

Be sure pot is large enough to allow beans to expand 2 1/2 times.

COOKING/STORAGE TIPS

Standard Method: Drain and rinse soaked beans; put into large kettle. Add 6 cups hot water; 1 to 2 tablespoons shortening or oil, 2 teaspoons salt. Boil gently with lid tilted until tender.

Savory Method: Follow Standard Method directions, but use 2 teaspoons onion salt and 1/4 teaspoon garlic salt instead of plain salt. Add 1 tablespoon chicken stock base or 3 or 4 bouillon cubes and 1/4 teaspoon white pepper.

Simmer beans slowly. Cooking too fast can break skins.

Cook enough beans for more than one meal at a time. For storing a day or two, cover and refrigerate. For longer storage, freeze in air tight plastic bags or freezer-proof containers.

Bean and Cheese Enchiladas

- 1 2/3 cups drained, cooked or canned red, pink or pinto beans, mashed
- 1 can (2 1/4 oz.) sliced ripe olives
- 1 can (4 oz.) diced green chilies
- 12 (7 in. each) corn tortillas
- 1/8 teaspoon bottled hot pepper sauce
- 2 cups shredded cheddar cheese, divided
- 1/2 cup chopped onion

(Continued on page 5B)

PUBLIC NOTICE

The federal projects, Title VI-B and Chapter I (ESEA) for federal assistance for education of handicapped children in the Hoke County Schools for the year 1983-84 is available for public inspection during planning and preparation in the office of the superintendent, Hoke County Board of Education between the hours of 8:30 A.M. and 5:00 P.M.

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