

Lifestyles



Alone at last
This youngster sits mulling over the situation of being left alone in the park to find something to do. He doesn't appear to be too worried over the situation as he relaxes on the see-saw.

On The Front Burner

Ellen S. Willis
Home Economics Extension

Our gardens are beginning to mature - aren't they good? Let's enjoy them now and can and freeze any excess we might have. If you do not have an Extension canning or freezing book, come by the Extension office in the Lester Building on Magnolia Street Extension to pick up one or call. The Extension Office has two pressure canners that are rented for one dollar a day - rent goes for checking gauge, gasket, etc. If you have never used a canner I will be glad to go through one canning if we can schedule it in advance. Remember Extension recommends that all low acid foods be canned under pressure. Your low acid foods are string beans, corn, okra, peas, lima beans, etc. In fact almost every vegetable except tomatoes. Fruits are fine in hot water bath. Let's play it safe.

Do you have zucchini in your garden? Zucchini can be prepared in many ways. Margaret Thaggard shared with me a recipe that Joe Upchurch shared with her. Slice and dice zucchini in bite size pieces. Put them in a fry pan or wok with just a little oil. Stir fry until crispy tender. Add soy sauce and continue to cook until soy sauce cooks in. I have tried this and it is tasty. We have a file on zucchini if you wish other recipes call 875-2162. Have you tried zucchini bread?

This is the time for family reunions, picnics, etc. Thought you

might enjoy this cake recipe for these occasions.

Caramel Pecan Layer Cake

Have the shortening at room temperature. Line bottoms of two round 8 inch layer pans with paper; grease. Start oven for moderate heat (375°F.). Sift flour once before measuring. Measure into sifter: 2 cups sifted cake flour, 2 teaspoons baking powder, 3/4 teaspoon salt, 1 cup plus 2 tablespoons sugar. Measure into mixing bowl: 1/3 cup butter or other shortening. Measure into cup: 3/4 cup milk, 1 teaspoon vanilla. Have ready 1 egg, unbeaten. Mix by hand or at a low speed of electric mixer. Stir shortening just to soften. Sift in dry ingredients. Add milk and mix until all flour is dampened. Then beat 2 minutes. Add egg and beat 1 minute longer. Scrape bowl and spoon often. Turn batter into pans. Bake in moderate oven (375°F.) 25 minutes. Cool. Spread Quick Caramel Frosting between layers and on top and sides of cake. Garnish with pecan halves, if desired.

Quick Caramel Frosting

1/2 cup butter
1/4 cup milk
1 cup brown sugar, firmly packed
1 3/4 to 2 cups sifted confectioners' sugar
Melt butter; add brown sugar and cook over low heat 2 minutes, stirring constantly. Add milk and continue stirring until mixture comes

to a boil. Remove from heat and cool. Add confectioners' sugar until of right consistency to spread.

Chicken Delight

4 servings of sliced cooked chicken or turkey
1 can condensed cream of chicken soup
1/4 cup mayonnaise
1 teaspoon lemon juice
1 tablespoon parmesan cheese
Paprika
Salt and pepper
1 pkg. (10 oz.) broccoli spears, partially cooked
4 tablespoons milk (or you can use 2 tablespoons of milk and 2 tablespoons of sherry wine)

Cook the chicken either by the above baking method or by boiling it. To boil cover with water, add 1 teaspoon salt, 1/2 teaspoon pepper, any celery leaves or stalks too tough to eat and a cut onion. Simmer gently at least one hour. It is done when the drumstick pulls away from the body easily and the meat falls off easily. Save the broth for soup. Place layer of chicken in casserole. Season with salt and pepper. Arrange broccoli on top; cover with another layer of chicken. Mix well-soup, mayonnaise, milk and lemon juice and pour over chicken. Sprinkle with parmesan cheese. Bake at 350° for 20-25 minutes or until heated through. Garnish with paprika. Delicious and inexpensive.

Protein Needed For Balanced Diet

By Rebecca Smith
Hoke Health Center

For a balanced diet, everyone should eat some protein foods every day.

To reduce your salt intake, these foods should include only unsalted fresh, frozen or canned lean meat, fish or poultry.

Because even these contain cholesterol, it is especially important that they be limited to six to eight ounces per day.

All meats contain fat, but fish, poultry and veal contain smaller amounts of fat and should be eaten more frequently than other kinds of meat.

By carefully selecting the meat you buy and by substituting other protein foods for meat, you can further reduce the fat in your diet.

Dried beans, dried peas, soybeans, peanut butter and unsalted nuts may be substituted for meat or used as meat extenders.

Dry cottage cheese made without added salt is another good substitute for meat because it is also low in fat.

Most other cheeses contain significant amounts of salt, saturated fat and cholesterol. It is difficult to find cheese which is low in fat and unsalted.

Surprisingly enough, egg whites may be used as a substitute for meat.

Although egg yolks contain very large amounts of cholesterol, the whites contain neither cholesterol nor fat and may be used as often as you like.

The American Heart Association recommends that you use no more than three egg yolks per week, including those used in cooking or baking.

The best meats for you are those lean cuts that have less fat around the outside and less marbled fat throughout the meat. Your butcher will be glad to help you select the leanest cuts.

The selection of ground beef deserves your special attention. Again, the leanest meat available is the best for you.

A medium-to-bright red color signifies a low-fat content, while a light pink color indicates that excess fat has been ground in with the meat.

An even better idea is to select a lean cut of meat and ask the butcher to trim it and grind it for you. This is usually done at no extra charge.

When selecting chicken, remember that broilers and fryers are preferable because they contain the least amount of fat.

The following are NOT recommended for frequent use because they contain large amounts of sodium, fat or cholesterol: luncheon meats; frankfurters; sausage; spareribs; corned beef; liver and other organ meats; shrimp, smoked, cured or dried fish and meats including bacon and ham; canned meat, fish or poultry, unless packed without salt.

Meat loaf (makes 6 servings)

135 calories per serving
1/2 cup skim milk
2 slices bread*, broken into pieces
1 pound lean ground beef
2 egg whites, slightly beaten
1/2 cup chopped onion
2 tablespoons chopped celery
1 medium fresh tomato, peeled and chopped
2 tablespoons unsalted catsup
1 tablespoon lemon juice
1/8 teaspoon pepper
1/8 teaspoon dry mustard powder
1/8 teaspoon sage
1/8 teaspoon garlic powder
Pour milk over bread and allow to stand 5 minutes. Mix in remaining ingredients. Form into a loaf and place on a rack in a shallow roasting pan. Bake in 375 F. oven 1 1/2 hours.

Sweet and Sour Green Beans

40 calories per serving
4(makes 4 servings)
1 package (10 ounces) frozen or 1 pound fresh green beans, cut in 1-inch pieces
1 teaspoon margarine*
1/2 teaspoon all-purpose flour
1 tablespoon water
1 tablespoon lemon juice
1 tablespoon sugar
1/4 teaspoon dill seeds, optional
dash paprika
Cook frozen green beans according to package directions, omitting salt, or cook fresh green beans in 1/2 cup unsalted water until tender. Drain and set aside. In separate pan, melt margarine, stir in flour and brown slightly. Stir in remaining ingredients and cook over low heat until thickened. Pour over drained green beans and heat 5 minutes.

Apple Crisp

225 calories per serving
(makes 8 servings)
1 1/2 pounds (5 medium) apples, sliced
2 tablespoons lemon juice
1/4 teaspoon cinnamon
2/3 cup all-purpose flour
1/2 cup packed brown sugar
1/2 cup uncooked oatmeal
1/3 cup margarine*
Arrange apples in a lightly-oiled 2-quart casserole. Sprinkle with lemon juice and cinnamon. In a separate bowl, combine flour, brown sugar and oatmeal. Cut in margarine with a fork or pastry blender until mixture is crumbly. Spread over fruit. Bake in 375 F. oven 40 minutes or until apples are tender.

*available in unsalted form
Editor's note: These recipes are reproduced, with permission, from *Cooking Without Your Salt Shaker*, Copyright 1978 by the American Heart Association, Northeast Ohio Affiliate, Inc.

Family Dollar Splits Stock

The Board of Directors of Family Dollar Stores, Inc. (NYSE Symbol FDO), today declared a two for one stock split on the Company's Common Stock outstanding as of July 5.

Each shareholder of record at the close of business on July 5 will receive one additional share of Common Stock for each share of Common Stock held on that date.

The new shares will be distributed on or about July 20.

As a result of the two for one split, the number of shares of Common Stock outstanding will

increase from approximately 9.5 million shares to 19 million shares.

Family Dollar Stores, Inc., has opened 90 stores since the beginning of its fiscal year on September 1, 1982, and currently operates 619 discount stores located in 13 states ranging from Maryland to Louisiana.

The Company expects to have at least 630 stores in operation by the end of its fiscal year on August 31, 1983.

FIRST ABSENTEE VOTING LAW. The first absentee voting law was enacted by Vermont on November 24, 1896.



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CITY OF RAEFORD PUBLIC NOTICE

The adopted budget for the City of Raeford is available for public inspection in the City Hall from 8 a.m. to 5 p.m. weekdays.

General Revenue Sharing Funds
(Summary, As adopted June 20, 1983)

Environmental Protection	\$ 43,400.
Public Transportation	19,050.
General Government	70,600.
Police Protection	9,000.
Fire Protection	5,000.
Sr. Citizens and Handicapped	17,295.

TOTAL REVENUE SHARING BUDGET \$164,345.

Helen Huffman, Finance Officer

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McNeill's Grocery

MCCAIN

Parks' Grocery

RAEFORD

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Tuckers Grocery
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Ladies & Girls GROUP	\$4
reg. to 9.95	
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Ladies & Girls GROUP	\$7
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MENS MESH SLIP-ON	\$4.50
reg. 5.99	

Shoe Show

Raeford-Hoke Village
401 Bypass/Cole Ave.
Raeford, N.C.

HOURS:
Mon. thru Sat. 10-8
Sun. 1-8