

Stirring pancakes

This 4-Her is learning how to make pancakes during a recent cooking class held at the Hoke Extension office.

#### 4-H'ers Hold Cooking Study

A 4-H foods workshop was held for youth July 26, 27, and 28.

The workshop was sponsored by the Agricultural Extension Service.

The thirteen youth who participated studied nutritional needs and cooked foods from the basic four food groups.

They got a chance to prepare the following dishes from the food

Milk Group - puddings and

Bread Group - drop biscuits, cheese biscuits, and cut biscuits, blueberry muffins, yellow cake layer, chocolate cake layer, waffles and griddlecakes (all of these items were made from basic biscuit mix that the youth prepared).

Meat Group - omelets, boiled egg, and baked eggs.
The youth made a collection of

recipes from the class to take

#### Lower Sodium Soups Are Easy To Prepare

by Rebecca C. Smith Hoke Health Center

When reducing the sodium content of your diet, you may find the preparation of soups and sauces one of your biggest challenges. This is especially true since canned. dried and frozen soups or soup mixes are among the saltiest convience foods available. However, there are tasty alternatives.

Broths or soups should be prepared without adding salt, regular bouillon cubes or prepared flavoring packets. Instead, use unsalted bouillon cubes or the following recipe.

You can remove the fat from homemade soup by preparing it a day in advance and chilling it overnight in the refrigerator. When you do this, you are allowing the fat to rise to the top and harden, making it easy to remove.

If you can't prepare the broth in advance, the next best technique is to skim off as much fat as possible with a large spoon. Remove the remaining fat by floating a paper towel on top of the hot soup and removing it when the fat is absorbed. Then you may add vegetables, macaroni, or rice to the broth.

You can make cream soups, chowders and sauces from a basic white sauce of flour, margarine and skim milk, omitting salt. Many kinds of soups may be prepared by adding pureed or chopped vegetables, seafood and your favorite herbs and spices to the basic white sauce.

Soup can be topped with lemon slices, low-fat yogurt, chopped onions or chives or a sprinkle of herbs. Soup can also be accompanied by soda crackers without salt sprinkled on top, unsalted pretzles or toast strips.

For tomato sauces, you may wish to use the following recipe or you can use fresh or canned tomatoes, unsalted tomato paste or unsalted tomato puree as a base with other seasonings in place of

Beef Broth

makes 3 cups 10 calories per cup

l tablespoon oil

1 pound boneless, lean beef shank,

well-trimmed l quart water

1 small onion, chopped I bay leaf

4 peppercorns

4 whole cloves

1/2 teaspoon garlic powder 1/8 teaspoon thyme

1/8 teaspoon marjaram

Heat oil in large saucepan. Brown meat lightly and pour off fat. Add remaining ingredients. Bring to a boil. Cover, reduce heat and simmer 2-21/2 hours or until meat is tender. Remover meat from broth,

refrigerate and use in another recipe. Strain and measure broth. Adjust yield to 3 cups either by adding water or boiling down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat.

Variation: Beef Vegetable Soup -Add 1/4-1/2 cup of any or all of the following chopped, fresh vegetables to broth: cabbage, carrots, celery, onion, green beans and tomatoes. Simmer 20-30 minutes. Cut half of meat into bite-size pieces and add to vegetable soup. Use remaining meat for sandwiches or other recipes.

Barbecue Sauce makes I quart

60 calories per 1/4 cup

2 cans (6 ounces each) unsalted tomato paste

2 cups water

cup unsalted catsup

1/4 cup packed brown sugar 2 tablespoons lemon juice

4 cup chopped onion garlic clove, minced

tablespoons chili powder

2 tablespoons vinegar

2 tablespoons oil

tablespoon chopped parsley

teaspoon dry mustard powder teaspoon paprika

1/8 teaspoon pepper

dash Tabasco sauce, optional Combine all ingredients in a sauce pan and mix well. Simmer uncovered over low heat 20 minutes. May be stored in refrigerator for one month. For longer storage, freeze in small quantities for use as

Tomato Sauce makes 1 quart

20 calories per ¼ cup 2 cans (6 ounces each) unsalted

tomato paste

3 cups water 1/4 cup finely-chopped onion

1 garlic clove, minced 2 tablespoons lemon juice

dash Tabasco sauce

1/4 teaspoon basil 1/8 teaspoon pepper

Combine all ingredients and mix well. Simmer over low heat for 30 minutes. Stir occasionally. Use in any recipe requiring unsalted tomato sauce. May be stored in refrigerator for one week. For longer storage, freezer in small quantities for use as needed.

Cooking Without Your Salt Shaker may be purchased from the American Heart Association, P.O. Box 2636, Chapel Hill, N.C. 27514. Price: \$4.50.

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## On The Front Burner

Home Economics Extension

PREPARE CHILDREN FOR KINDERGARTEN

Children enter kindergarten with feelings that range all the way from sheer excitement to aboslute fear. But children who are prepared for school have a better change of working through these feelings and gaining self-confidence than do children who haven't been prepared. So do all you can to help your child get ready for kindergarten.

Keep in mind that when your youngster goes to school, he'll take all of his experiences with him. So give him opportunities for gaining self-confidence, learning new ideas, trying new activities, and listening and sharing.

Also encourage your prekindergartener to accept mistakes

and disappointments. This is an important part of growing up and learning to be with other children.

One of the important things your child can learn during the early years is that he's OK. It's only when your child learns to accept himself that he will learn to accept

There are some additional things you can do to help your child get

ready for his kindergarten experiences:

You can take your child on a visit to the school, school grounds and play yard.
Also let him spend some time

with an adult relative or neighbor. That way he can get used to doing some things without having you

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# FAMILY DOLLAR 24th Anniversary Sale

## Register To Win One Of 24 Anniversary Prizes!

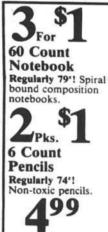
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•6 Panasonic Microwave Ovens •6 Atari 5200 Super Systems

Complete Contest Rules And Registration Forms Are Available At Your Neighborhood Family Dollar Store.

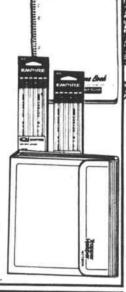


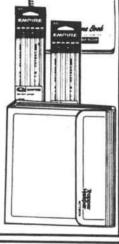


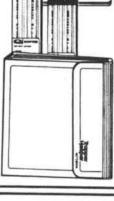
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Notebook With velcro tab

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Boys' Jeans Sizes 4 To 7....4.99









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