

Lifestyles



Gathering of talent
Members of Hoke County's Extension Homemakers clubs enjoy a meal at the Raeford Civic Center during the annual meeting held last week.

Hoke Homemakers honor members

The Hoke County Extension Homemakers held their annual Achievement Day Program on Tuesday, October 21 at noon at the Civic Center. A covered dish luncheon was held for the occasion.

The theme for the meeting was "Looking Back, Moving Forward."

John Howard, Economic Developer was the speaker. He mentioned several ways that the Economic Development Commission, the Chamber and the citizens of Hoke County were working to preserve the past and create the future.

Awards were presented by Willie Featherstone, County Extension Chairman and Alice Pettitt, Home Economics Extension Agent.

Awards were:
Outstanding Club Woman of Year - Philippi Extension Homemaker Club - Jennie Gibson; Raeford Morning Extension Homemaker Club - Rossie Floyd; Mildouson

Extension Homemaker Club - Bertha Hendrix; Wayside Extension Homemaker Club - Cleve Newton; Rockfish Extension Homemaker Club - Ann Sessoms; North Raeford Extension Homemaker Club - Annie McKinnon; Allendale-Antioch Extension Homemaker Club - Nell Schell and **Outstanding Club Woman of Year - County Winner** - Bertha Hendrix - Mildouson Club.
Best Club Community Project - Raeford Morning Club - First Place and Wayside Club - Second Place.

Perfect Attendance - Elizabeth Seago, Irene Smith, Virginia Taylor, Mary Frances Conoly, Rossie Floyd, Marianna McLean and Louise McMinis.

Membership - Largest Increase - Raeford Morning Club. Extension Homemaker County Council Officers were installed for 1986 - 1988 by Mrs. Ann Bundy. The officers are: President - Ireni Autry, Vice President - Jen-

nie Gibson, Secretary - Polly Barnard and Treasurer - Lillian Wood.

New Program of Work Chairman were also recognized. They are: Mrs. Evelyn Quick - Citizenship, Mrs. Joli Willis - Cultural Arts, Mrs. Dorothy Cameron - Family Relationships, Mrs. Jan Needham - Family Resource Management, Mrs. Rosa Williamson - Health, Foods and Nutrition, Mrs. Ruth McNeill - Housing, Mrs. Katherine Ferguson - International, Mrs. Joyce Monroe - Public Relations, Mrs. Reba Holmes - Safety, Mrs. Judy Strother - Young Homemakers and Mrs. Jessie Neeley - CVU Chairman.

A cultural arts exhibit was also held at the program.

Winners were: Fiber Arts - Emiko George; Needlecrafts - Johnnie Altman; Dolls - Emiko George; Miscellaneous - Johnnie Altman and Handcrafted Toy - Johnnie Altman.

The meeting was adjourned with the reading of the club collect.

Let us help you in budgeting

Keeping your credit rating up to snuff is pretty important these days. So here are some things you can do to make sure you'll get a loan or credit, if, and when, you really need it. First, don't borrow or charge a purchase unless you already have a plan in mind for paying the money back. Next, don't let your family's monthly payments for installment credit -- and that includes car payments -- exceed twenty percent of your take home pay. Third, don't hesitate to cry "wolf" at the first sign that credit is starting to control you. Get help long before you get head-over-heels in trouble. The Extension Service offers help in budgeting and helping you work out your finances. All you have to do is call and set up an individual confidence.

A sound plan for spending and saving is an important step towards successful money management. The plan can't guarantee you more money, but it can increase your chances of having more of the things you want and need. A good spending plan can help you live within your income, cut down on impulse spending, achieve financial goals, set priorities, and make wiser choices

On the Front Burner
Alice Pettitt
Home Economics Agent

among the alternatives available. In addition, you may gain confidence in handling financial affairs. To do these things, a money management plan must be set up in terms of your family. That's more beneficial than trying to use a budget created for an "average" person or a "typical" family. So consider setting up a spending plan. It could help you get what you want from the dollars available.

If you shop by mail, you need to be aware of your rights. For example, you should know that a mail-order company must ship merchandise as promised -- or at least within thirty days of the time they receive your order. Companies that can't comply with this regulation must give you the choice of waiting longer or of getting a full refund. You don't have to accept a "credit" for other merchandise. After the second waiting period is

over, you may elect to wait longer. If this isn't acceptable, the company must cancel your order and refund your money. Other ways shoppers shopping by mail can avoid disappointments are to read a good description of what you're ordering, find out if you can return or exchange merchandise and see if you can buy the same or a similar item locally.

Chicken Strata
2 cups cooked, diced chicken
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup green pepper
1/2 cup mayonnaise
Salt and pepper to taste
6 slices bread, broken in pieces
2 eggs, well beaten
1 cup milk
1 can cream of mushroom soup, undiluted
Buttered bread cubes
1 cup grated cheddar cheese
Combine first six ingredients. Alternate layers of this mixture and small pieces of bread (about 6 slices broken up). Combine 2 eggs, beaten well, with 1 cup milk and pour over the first mixture. Refrigerate for several hours. Before baking the casserole, (See FRONT BURNER, page 7)

It is not too late for vegetables

Since 1933, a limited number of vegetable varieties have had the honor of being designated as All-America Selections (AAS).

These AAS have gone through rigorous evaluation procedures at 60 official trial grounds across the United States and Canada.

The consumer can be assured each AAS variety is the best in its class due to the side-by-side comparisons of previously top-rated varieties.

Vegetables are evaluated for flavor, yield, appearance, texture, disease resistance, production and space efficiency, nutrition, and novelty value.

Only two vegetables will be designated as All-America Selections winners for 1986: (1) okra "Blondy" and (2) sweet corn F1

Extension News

Willie Featherstone Jr.
County Extension Chairman



"How Sweet It Is (White)."

"Blondy" okra plants will grow only about 3 feet high. The pods will mature within about 48 days. The pods are most tender when harvested three inches long. "Blondy" grows best when planted in soils of at least 60°F. Seeds can also be sown indoors for transplant production.

"How Sweet It Is (White)" is the first white sweet corn to capture an All-America Selections

Award. The ears are approximately 8 inches long with two ears per stalk. The maturity time will be in the 74 day range. The holding quality is good both on the stalk and while stored. The taste should remain fresh 7 to 14 days after harvesting.

Seed in sufficient quantity should be available for both varieties through local garden centers and seed catalogs.

Extending the Last Garden Harvest

Question -- When the weatherman predicts frost for a particular night, what should I do about those vegetables remaining in the garden?

Answer: Use some type of cover (See VEGETABLES, page 7)

<p>TUMS Peppermint - 3-roll VM reg. 1.22 BONUS BUY 84¢</p>	<p>VALU-MART 114 N. MAIN STREET RAEFORD, N.C. STORE HOURS: 9 a.m. till 5:30 p.m. Mon.-Sat. We Reserve The Right To Limit Quantities. "PRICES GOOD THROUGH NOVEMBER 11, 1985 OR UNTIL MERCHANDISE IS SOLD OUT." "Featuring Low, Low Every Day Prices"</p>		<p>V05 HAIR SPRAY 7 oz. VM reg. 2.80 BONUS BUY 1.97</p>
<p>PREPARATION H SUPPOSITORIES 12's VM reg. 4.04 BONUS BUY 2.84</p>	<p>CONTAC COLD CAPSULES VM reg. 3.04 BONUS BUY 2.45</p>	<p>JERGENS LOTION 10 oz. Reg. & Ex-Dry VM reg. 2.60 BONUS BUY 1.86</p>	<p>ROBITUSSIN DM SYRUP 4 oz. VM reg. 3.04 BONUS BUY 1.99</p>
<p>DRISTAN 4-HOUR CAPSULES 20's VM reg. 3.94</p>	<p>DRISTAN COLD TABLETS VM reg. 3.43 BONUS BUY 2.59</p>	<p>DRISTAN NASAL MIST 1/2 oz. VM reg. 3.20 BONUS BUY 2.23</p>	<p>DRISTAN LONG ACTING NASAL MIST 1/2 oz. VM reg. 3.43 BONUS BUY 2.41</p>
<p>ANACIN TABLETS 50's VM reg. 3.08 BONUS BUY 2.28</p>	<p>JHIRMACK SHAMPOO 8 oz. GELAVE EFA VM reg. 3.22 BONUS BUY 2.12</p>	<p>ADVIL IBUPROFEN TABLETS 24's VM reg. 3.03 BONUS BUY 1.94</p>	
<p>SUDAFED TABLETS 24's VM reg. 2.99 BONUS BUY 1.77</p>	<p>ACTIFED TABLETS 24's VM reg. 4.14 BONUS BUY 2.75</p>	<p>ACTIFED 4 HOUR CAPSULES 10's VM reg. 2.29 BONUS BUY 1.49</p>	<p>ACTIFED 12-HOUR CAPSULES 10's VM reg. 3.81 BONUS BUY 2.49</p>
<p>ACTIFED NASAL DECONGESTANT SYRUP 4 oz. VM reg. 4.29 BONUS BUY 2.80</p>	<p>ACTIFED NASAL DECONGESTANT TABLETS 12's VM reg. 2.29 BONUS BUY 1.49</p>	<p>CORRECTOL 30's VM reg. 2.96 BONUS BUY 2.07</p>	<p>EDGE SHAVE GEL 7 oz. VM reg. 2.65 BONUS BUY 1.49</p>
<p>BEN-GAY ORIGINAL 1.25 oz. VM reg. 2.13 BEN-GAY GREASELESS 1.25 oz. VM reg. 2.19 BONUS BUY 1.38</p>	<p>B.C. HEADACHE POWDERS 6's VM reg. 72¢ B.C. ARTHRITIS STRENGTH POWDERS 6's VM reg. 74¢ BONUS BUY 2/1.00</p>		
<p>PACQUIN SKIN CREAM w/dloe 4 oz. VM reg. 2.78 BONUS BUY 1.84</p>	<p>ANBESOL GEL .25 oz. VM reg. 3.00 ANBESOL LIQUID .31 oz. VM reg. 3.17 BONUS BUY 1.98</p>	<p>VISINE EYE DROPS 1/2 oz. VM reg. 2.04 BONUS BUY 1.56</p>	

NOTICE REQUEST FOR PROPOSALS

The Raeford-Hoke County Economic Development Commission, of Raeford, NC, has received a Technical Assistance Grant from the Economic Development Administration, U.S. Department of Commerce. Major objectives of the grant are to: identify industrial park locations in Hoke County; obtain control on at least two sites and develop a marketing strategy and marketing tools.

The Economic Development Commission is soliciting proposals from consulting firms to perform consulting activities contained in the EDA approved scope of work. The deadline for submitting proposals is NOVEMBER 13, 1985.

Firms interested in submitting a proposal should contact:

Mr. John C. Howard, Director
Raeford-Hoke Economic Development Commission
Raeford, NC 28376
(919) 875-6113

Any person having significant real property in Hoke County which they wish to have considered in this study may identify same, in writing only, to the above address by NOVEMBER 19, 1985. All replies will be kept confidential.