

Ways to spice up your home cooking

I've heard many people say that after a few years of marriage, they're tired of cooking and eating the same dishes. Like everyone else, I fall into a rut of preparing the same meals because they're familiar and I always have the ingredients, but even if I am making a one of those every-day dishes, I have found that I enjoy trying a new twist for the sake of variety.

The thing with trying an alternate ingredient is that sometimes you create a scrumptious dish and other times you have to feed the whole meal to the dogs. After talking with some friends and thinking about my own cooking, I have accumulated a few new twists on some otherwise familiar dishes.

Breakfast

For a dairy delicious breakfast, you can layer slices of cheese between two pieces of French toast. By the time the toast is done, the cheese will be melted. It's almost like a grilled cheese with a sweet flavor.

Reduce your calories when eating

Kristin's Corner

by Kristin Guthrie

French toast by substituting jelly or jam in place of syrup. Before cooking the toast, you can put jelly between two slices of bread. Cook the toast as usual with jelly between two slices and then eat. You still get the same sweet flavor without the mounting calories in syrup or powdered sugar.

In place of nutmeg or cinnamon in pancake or French toast batter, try pumpkin spice to add a kick to the morning.

Kids don't always love oatmeal, but you'd have to check their pulse if they said they didn't like chocolate. Add instant hot chocolate to each bowl of oatmeal and watch it disappear. They'll even ask for seconds.

Super Soups

Spice up your tomato soup by adding a bit of Worcestershire sauce and prepared mustard mixed in. Beef up plain tomato soup with rice, pasta or chunks of potatoes.

It's okay to prepare soup from a can, but add some extra vegetables to the regular vegetable soup or some extra pasta to chicken noodle soup and watch your family say you make great homemade soup.

Exceptional side dishes

Folks will go back for seconds when regular pork and beans are made with an extra 2 tablespoons of brown sugar and 1 tablespoon of butter for every 16-ounce can. A little brown sugar also cuts down on the tartness of homemade coleslaw with vinegar.

It's okay to use instant potatoes, but you'll convince your family they're homemade when you use milk instead of water in the recipe and add more butter or margarine than the directions call for and a pinch of sugar.

Main meals

I'm not a meatloaf lover and neither is my husband, but a friend gave me an alternative to the average loaf. She told me to bake a meatloaf as usual, but to add a sauce of 1 cup brown sugar, 1/2 cup ketchup and 2 tablespoons of vinegar. Twenty minutes before the loaf is done cooking, she said to add the sauce on top and then finish cooking.

Another alternative is to make a meatloaf with the addition of cheddar cheese and top it with hickory-flavored barbecue sauce. Try any of your favorite barbecue sauces and see which one you like best.

Try cooking a beef roast with a package of onion soup mix, a can of mushrooms and some coffee. The roast will turn out tender, juicy and delicious. Another friend suggested cooking a roast with a thin layer of horseradish on top.

Pet of the Week



Photo by Kristin Guthrie

Say hello to Bartholamew. He is a one-year-old Husky mix who is up-to-date on his shots and on heartworm preventative. He is good with older kids, but not with children under the age of five. Adopt him from the Hoke-Raeford Humane Society Monday through Friday from noon until 4 p.m. and Saturday noon until 2 p.m. For more information, call 875-5486.

Gardening

Gardening contest offers cash prizes

You have probably seen giant fruits and vegetables at the North Carolina State Fair and farmers markets, and they've most likely made you smile.

It's an unexplained phenomenon why we are attracted to these enormous fruits of the earth, but giant produce has a certain appeal whether it is because they are oddly shaped, funny looking or just downright gargantuan.

If you've ever wanted to try growing large produce, this could be the year to experiment. Giant Growers Association, a new Raleigh-based organization, is offering \$35,000 in cash prizes in a Sept. 13 contest to be held at the State Farmers Market.

Prize money will be awarded to first through 10th places in seven categories including watermelons, pumpkins/squash, tomato, cantaloupe, dipper gourd, bushel and sunflower head. First prize in the watermelon and pumpkin/squash

categories is \$5,000, with a total of \$9,700 being offered in each category.

GGA President Henry Pleasant hopes the \$35,000 in prize money will attract a number of growers from across the state and nation. "We want this thing to go over big and we wanted to offer enough money to make it worthwhile for growers to bring their giant vegetables to North Carolina," Pleasant said.

Already, the group has attracted membership from recreational growers in surrounding states. Pleasant said the association also hopes to add youth categories in the future.

To enter, participants have to be members of GGA 45 days prior to the contest. Entries must be brought to the State Farmers Market for weighing.

For more information contact Pleasant at (919) 639-6011 or (919) 639-2644.

Ribbon cut for center



Photo by Ken MacDonald

County Commissioner Chairperson Jean Hodges, City Manager Mike McNeill, Chamber President Jackie Lynch and Children's Developmental Center boardmember Wendell Young watch as former CDC student Mackie McDonald and CDC director Jackie Kicklighter cut the ribbon for the center's opening.

Spring athletic events

March 12

Varsity softball home (South View) 4:30 p.m.

J.V. baseball away (Harnett Central) 5 p.m.

Varsity baseball home (Harnett Central) 5 p.m.

March 13

Boys golf Gates Four (South View) 3 p.m.

9th grade softball/baseball away (Lumberton) 3:30 p.m.

Boys tennis home (St. Pauls) 4 p.m.

Varsity softball home (Douglas Byrd) 4:30 p.m.

March 14

Varsity baseball away (Wilmington Laney) 4 p.m.

March 17

9th grade baseball home (Purnell Swett) 3:30 p.m.

9th grade softball home (at Burlington Park)

Boys golf Riverside (Purnell Swett) 3:30 p.m.

Varsity softball home (Westover) 4:30 p.m.

March 18

9th grade softball away (Union Pines) 4 p.m.

Boys tennis home (Richmond) 4 p.m.

Varsity baseball home (South View) 6 p.m.

Please recycle this newspaper.

N.C. SCHOOL BUS TRAINING SESSION

Turlington School

March -25-8:30-3:00

March -26-8:30-3:00

March -27-8:30-1:00

(Must Attend All Three Sessions)

Must Be 18 Years Of Age

Must Hold A Valid N.C. Driver's License For The Past 6 Months

Must Have A Good Driving Record

More Information:

CONTACT: ROBERT CREECH

Hoke County TIMS Office

875-9271

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ANNOUNCING

Regular Day Care Program at the Children's Developmental Center for 2,3,& 4 year olds.

Child-staff ratio:

2 yr. olds is 1 adult to 3 children

3 & 4 year old is 1 adult to 5 children

Hours: 7:30 - 5:30

Monday - Friday

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ITT HARTFORD

FIVE THINGS TO CONSIDER WHEN CHOOSING A FAMILY DOCTOR



Dr. Riley Jordan, Wilbur "Buck" Schum, PA-C, Dr. Myra Deese, Dr. Myra Deese

Few decisions are more important than selecting a physician for your family. There are several questions you should ask before making this major decision.

Is the physician convenient to where you live and work?

Centrally located in Raeford, the Moore Regional Family Care Center is a short drive for residents of Hoke County, Red Springs, Wagram and southern Cumberland County.

Does the doctor have the proper expertise and experience?

Our physicians and physician assistant specialize in family medicine, including care for children. Their medical training has been seasoned by years of treating all sorts of problems.

Are appointments available when you need them?

Because we're open 8 am - 6 pm Monday through Friday and 8 am until noon on Saturdays, appointments can be scheduled around work and family activities.

Does the physician participate in your health plan?

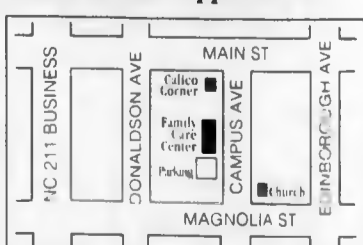
We accept just about every type of health

insurance- CHAMPUS, Medicare, Medicaid, Blue Cross, Provident and Healthsource. Please call if your plan isn't listed.

What link does the doctor have to specialized care?

If the skills of a specialist or hospital are required, our physicians can refer patients to Moore Regional Hospital. In addition, Pinedust physicians in general surgery, urology and behavioral medicine keep regular office hours at the Family Care Center in Raeford.

Call 875-3606 for appointments



Conveniently located at 116 Campus Avenue

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RAEFORD

HEALTHY SAVINGS
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Thomas P. Howell

Tom & Kim Howell, Pharmacists
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Healthy moisture

To prevent infections from taking hold, we've been provided with a moist mucous blanket that coats our nose and sinuses and sweeps viruses, dust particles, bacteria and pollutants down the back of the throat.

But when our nose dries out, this blanket gets sluggish and slows way down, giving viruses a better chance to invade tissues. That's why humidifiers can help us stay healthy in dry winter air.

Guarding your good health is important this season. And we're glad to help!

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