



Yancey Extension Service
For And About
Homemakers

By Mary M. Deyton
 and Patsy Fleming

VEGETABLE GARDEN

Have you noticed lately that the "in" topic at social gatherings is not, "Where do you plan to go this summer?" but "What do you plan to grow?" In fact, seed companies are reporting sales up as much as 40 percent. Everyone has space for a vegetable garden! Many who thought they didn't have taken steps to create it. Apartment house dwellers are sprouting vegetable seeds instead of house plants in their window boxes and many ardent flower growers are replacing their annuals with flowering vegetable plants. If you can't "create" some space in your own backyard, you might try organizing a community garden.

Since many families will be centering their recreation activities around gardening rather than gasoline this year, Cooperative Extension is offering many programs to assist home vegetable gardeners with all aspects of their project from seed to table.

Good gardening! With a little work and some luck, you will have an abundance of good eating and great satisfactions.

HOME CARE OF KNT FABRICS

One of the great pluses of knitwear is its easy care and cleaning. But it is important to be careful before undertaking home cleaning. There are many complex fiber blends, so first determine whether the fabric is machine washable and dryable. Once you are sure, here are some quick tips on the care of knits.

Beware of severe laundering conditions. This would include long wash cycle, hot water, high agitation, fast spin, high temperature drying, overdrying,

and excessively long tumbling. Instead, use only six to ten minutes at medium or low agitation; using the slowest spin speed will avoid wrinkles.

When loading the dryer, try to keep lightweight fabrics--synthetics--separate from the heavier weight fabrics--rayon, cotton, linen. The lighter ones dry much faster and mixing the two can result in overdrying the synthetics, which is likely to cause shrinkage.

When caring for knitted fabrics try to keep them apart from articles that have metal hooks, clips, etc. that might snag or damage knits. Or at least be sure all zippers are zipped and hooks hooked before going into the dryer. Turning knits inside out will also help prevent possible damage.

Your washable knits should be drycleaned every 5th or 6th cleaning for best shape retention. The most important step in your home care of knit fabrics is to follow the permanent care label that comes with the garment.

Honored At N.C. State

Linda T. Hensley, a student-teacher at Cane River High School with Mr. Art Hawkins, has been chosen as an outstanding senior at N.C. State for 1973-74. The honor is based on leadership, scholarship, and character. Mrs. Hensley is former president of the Education Council at N.C. State and is a member of Pi Mu Epsilon, math honorary fraternity. She has a 3.34 grade point average from N.C. State. She is presently a visiting student at Mars Hill College for the spring of 1974, and will graduate from NCSU in July.

From The Yancey Extension Homemakers
food news & cues
 By Mrs. Mary Gillespie

By Donna McLain

Brimming with taste appeal, this Meat and Potato Pie makes a tempting all-in-one main dish that is certain to become a favorite with family and friends.

To serve, cut in pie-shaped wedges and accompany with Spanish Jello Salad and Apricot Nector Cake.

MEAT POTATO PIE

- Three medium potatoes
 - 1/2 cup chopped celery
 - 1/2 cup chopped onion
 - 1 clove garlic, minced
 - 1/4 pound sliced mushrooms
 - 1 tbs butter
 - 1 pound ground beef
 - 1 (8 oz) can tomato sauce
 - 1 tsp. salt
 - 1/2 tsp. pepper
 - 1/4 cup sliced pimiento-stuffed olives
 - 1/4 tsp. oregano
 - 1 cup grated sharp cheddar cheese
- Peel and thinly slice potatoes. Butter a deep 9-inch pie plate. Line with overlapping slices of potatoes, reserving several slices to garnish top. Sauté onion, celery, garlic, and mushrooms in butter. Add ground beef and brown. Add tomato sauce, salt and pepper, oregano,

olives and 1/2 cup cheese. Turn into potato-lined pie plate. Overlap remaining potato slices around outer edge. Sprinkle with remaining cheese. Bake at 400 degrees 35 to 40 minutes, or until potatoes are tender. To serve, cut in pie-shaped wedges. Makes 6 servings.

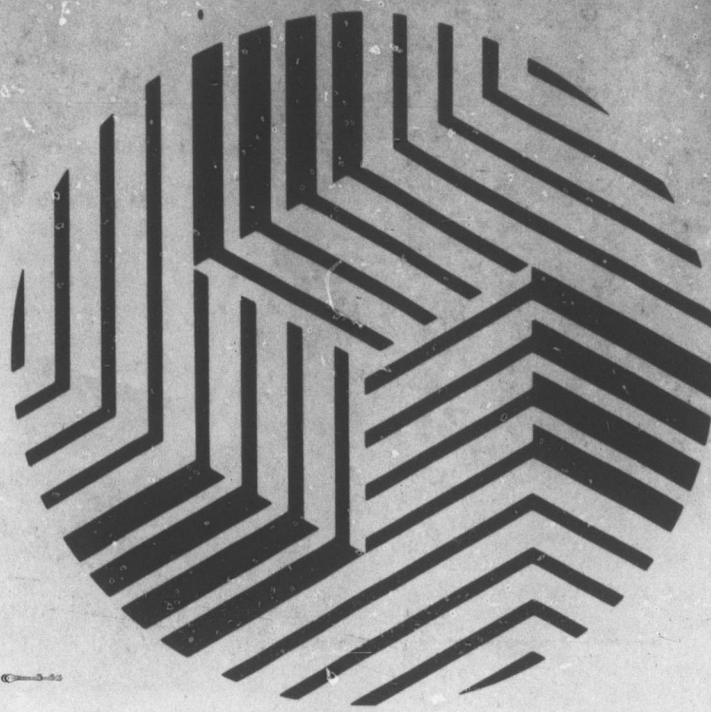
SPANISH JELLO SALAD

- 1 pkg. c. lemon jello
 - 1 tbs. vinegar
 - 1 cup chopped cabbage
 - 2 cups hot water
 - 1 cup chopped celery
 - 1/2 cup chopped sweet pickles
 - 1/2 can pimientos (3 tbs)
 - 1/2 tsp. salt
- Mix together. Let set. Serve with lettuce leaves and mayonnaise.

APRICOT NECTOR CAKE

- Mix together--
 - 3/4 cup oil
 - Box of Yellow cake mix
 - Box lemon jello
 - 4 eggs
 - 1/4 cup apricot nector
 - 1 tbs. lemon juice
- Bake at 325 degrees for 1 hour and 15 min. in a tube pan.
- Warm 1 1/2 cup powdered sugar, 1/4 cup lemon juice and 1/4 cup apricot nector and pour over cake.

Queen for a Day



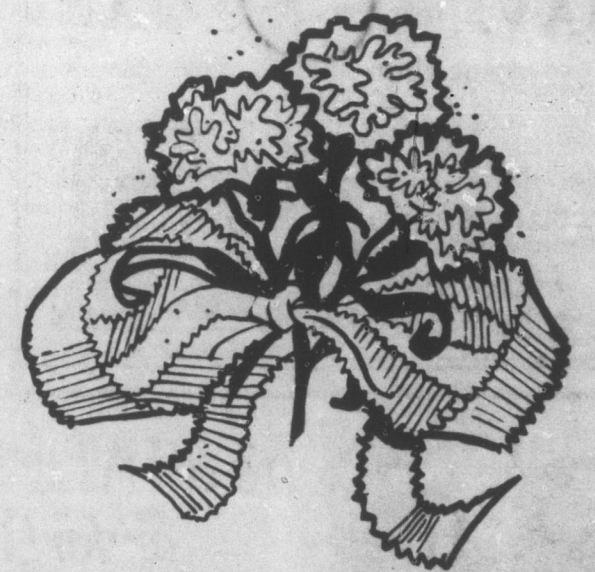
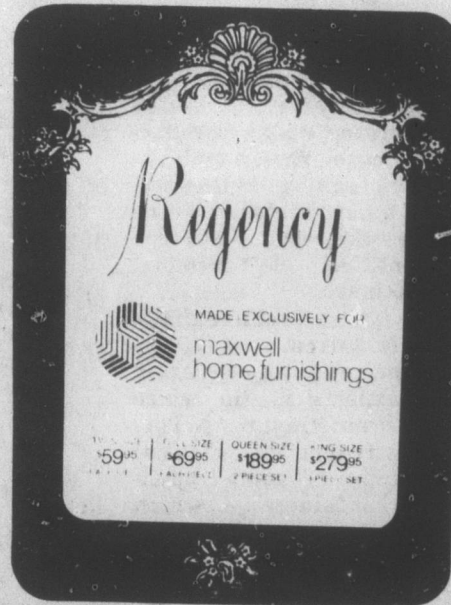
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OTHER LABELS AND BEDDING SIZES AVAILABLE

Matches don't start forest fires.

THINK

