

From The Yancey Extension Homemakers

food news & cues

**BY DONNA McLAIN**  
Extension Homemaker  
More strawberry recipes are given this week, along with a delicious spread for sandwiches.  
**PIMENTO CHEESE SPREAD**  
1 can (small) Pet Milk  
1/2 lb. American Cheese  
Pimento (amount you want)  
1 Tbsp. sugar  
1 egg (beaten)

and dot with butter and cover top with pastry strips. Bake at 425 degrees for 10 minutes; reduce heat to 350 and bake about 30 minutes or until done.

(For 9 x 12" pan cobbler)  
1 1/2 cup sugar  
3/4 cup flour  
1 pint fresh strawberries (or frozen)

4 cups diced rhubarb  
3 or 4 Tabsp. butter  
Pastry strips on top (about 1 1/2 cup flour)

Mix sugar, flour, strawberries and rhubarb. Cut butter and put in bottom of pan. Add mixture, cover pastry strips and bake as for 9 inch pie. If you want a juicy cobbler add a little water to mixture.

More Farm Safety Features Required On New Equipment

Farmers in the immediate future will continue to see more and more changes in safety features on farm equipment and government regulations affecting use of those features.

Directly affected are farmers who are also employers, according to North Carolina State

University extension engineers.

Tractors manufactured after Oct. 25, 1976 and owned by an affected farmer-employer must be equipped with a roll-over protective device, for example.

Where this is required, the farmer-employer will be responsible for ensur-

ing that the tractor is equipped with a seat belt and that the employee uses the belt properly.

Certain types of tractors, primarily "low profile" types used in orchards and vineyards, or used with mounted equipment which is incompatible with a roll-over device will be exempt.

**RIVER CRAFTSMEN**  
Photography, Weaving, Pottery, Free-Blown Glass, Jewelry, Crochet, Vegetable Dyeing, Stained Glass, Illuminations, Batik.  
Tuesday through Saturday 10-5  
Sundays 12-5  
Closed Mondays  
7 miles South of Mica, Hwy. 80S.  
7 miles from Blue Ridge Pkwy, Buck Creek Exit.

Heat milk, add cheese, when melted add beaten egg and sugar. Cook a few minutes and remove from heat and add pimento. When cool, put in refrigerator. Use as spread for sandwiches.

**STRAWBERRY CREAM ROLL CAKE**

Beat at high speed until thick and lemon color: 4 eggs, 1 tsp. vanilla.

Then add and beat until fluffy and thick: 1 cup sugar  
Sift together these dry ingredients and add to egg mixture all at once, folding in by hand: 1 cup flour, 3/4 tsp. baking powder, 3/4 tsp. salt.

Slice and sweeten 1 pint or more strawberries. Pour batter into foil lined lightly greased jelly roll pan (cookie sheet). Bake at 375 degrees for 12-15 min. or until very lightly browned. Turn cake out on large sheet of foil which is generously sprinkled with additional sugar. Peel off foil lining, trim off crisp edges. Roll up in sugar sprinkled foil, leaving ends open. Let stand 15-20 minutes then unroll. Spread with whipped cream (1/2 pint heavy cream, slightly sweetened and whipped), then strawberries. For best results—don't spread to edges of cake because when it is rolled up it will do this automatically. Roll up again. Refrigerate about 1 hour before serving, covered with foil.

**STRAWBERRY AND RHUBARB PIE**  
(1-9 inch pie)

1/4 cup sugar  
2 cups diced rhubarb  
1/4 cup flour  
2 Tabsp. butter  
1 cup fresh strawberries or frozen strawberries

pastry for 9 inch pie  
Sift sugar and flour together and combine 3/4 with fruit. Sprinkle remaining on bottom of pastry, add filling

How To Freeze Fruit

Freezing is one of the most satisfactory ways to preserve the color, flavor and nutritive value of most fruits.

To make sure you get a quality product, you'll need to select fruit at the peak of maturity that is firm-ripe, says Dr. Nadine Tope, extension food conservation specialist, North Carolina State University.

Then, you'll want to work quickly. Wash fruit in cold water. To avoid bruising, wash only a small quantity of fruit at any one time, Dr. Tope suggests.

Also decide whether or not you want to sweeten fruit before packing it into containers, the specialist adds. You can do this in one of two ways; in a syrup pack or in a dry sugar pack.

If the syrup pack is your choice, prepare a syrup using one cup of sugar to three cups of water. Or, if family members have a sweet tooth you may wish to use more sugar.

Then pack washed fruit into the freezer container, leaving about an inch of headspace at the top of the container for expansion. Cover fruit with sugar-water syrup.

To keep fruit submerged in syrup, place a small piece of crumpled, moisture-vapor resistance paper between the fruit and the lid. Seal boxes and pack into the freezer.

However, if a dry sugar pack is your choice, here's how to do that. Cut fruit into a shallow bowl. Sprinkle sugar over fruit.

As soon as sugar dissolves, pack fruit-sugar mixture into a moisture-vapor-proof container. Seal. Pack boxes into freezer as soon as possible.

AD EXPIRES 6-26-76

**ingles** THE LATE NITE PLACE TO SHOP!

6 PACK 32oz BOTTLES PEPSI COLA \$1.75 PLUS DEPOSIT

SEALTEST... 8oz... 3<sup>00</sup>/<sub>89</sub>¢  
YOGURT BLUE BONNET SOFT... 99¢  
MARGARINE 2lb. PK. 99¢  
DUKES 48oz... 99¢  
\*VEGETABLE OIL 99¢  
ZESTA... 1lb. BOX... 59¢  
SALTINES HONEY KRUST... 1 1/2 lb. 3<sup>00</sup>/<sub>100</sub>¢  
BREAD LOAF 3<sup>00</sup>/<sub>100</sub>¢  
\*DELMONTE 32oz... 69¢  
CATSUP 69¢  
LAURA LYNN TALL... 4<sup>00</sup>/<sub>100</sub>¢  
CANNED MILK GREER 303... 4<sup>00</sup>/<sub>88</sub>¢  
APPLESAUCE ARGO... 303... 5<sup>00</sup>/<sub>100</sub>¢  
SWEET PEAS BLUE RIBBON... 4<sup>00</sup>/<sub>100</sub>¢  
MARGARINE HEINZ 9 3/4 oz. JAR... 3<sup>00</sup>/<sub>100</sub>¢  
HAMBURGER RELISH FREDONIA... QT. JAR... 59¢  
GRAPE JUICE FRENCH'S 2lb. BOX... 99¢  
INSTANT POTATOES GREER 303 CANS... 4<sup>00</sup>/<sub>100</sub>¢  
TOMATOES TENDA BAKE... 5lb. BAG... 59¢  
CORN MEAL SOUTHERN BISCUIT 5lb. BAG... 59¢  
\*LIMIT ONE WITH A \$7.50 OR MORE ORDER

WALDORF BATH TISSUE ROOM 4 ROLL PACK 69¢

JFG 1lb. BAG... COFFEE \$1.19  
\*LIMIT ONE WITH A \$7.50 OR MORE ORDER

DUKES QTS. MAYONNAISE 69¢  
\*LIMIT 1 WITH A \$7.50 OR MORE ORDER

**CHUCK ROAST** 59¢  
USDA CHOICE  
SMOKED HAM 79¢  
SHANK PORTION  
BUTT PORTION 89¢/lb.

US CHOICE... BONELESS... 89¢  
CHUCK ROAST lb. 89¢  
US CHOICE BONELESS \$1.09  
SHOULDER ROAST \$1.19  
US CHOICE BONELESS \$1.19  
SHOULDER STEAK BONELESS lb. 99¢  
CHUCK STEAK US CHOICE lb. 99¢  
DELMONICO STEAK TENDER... \$1.79 lb.  
CUBED STEAK \$1.59 lb.  
BEEF SHORT RIBS lb. 59¢  
LEAN BONELESS STEW BEEF lb. 99¢  
SALT PORK SIDE MEAT 79¢ lb.  
HOLLY FARMS HEN TURKEYS lb. 55¢  
SWIFTS 4lb. CAN \$7.49  
HOSTESS HAM MARKET STYLE \$1.09 lb.  
BACON VALLEY DALE... \$1.39 lb.  
BACON VALLEY DALE... \$1.39 lb.  
SAUSAGE VALLEY DALE BLOCCINA OR HONEWEENE 12oz. PK. 79¢  
FROZEN MEATS BOSTON BONNIE FISH STICKS lb. 89¢  
SEA PAK SHRIMP-N-BATTER \$1.49  
ROUND OR FANTAIL lb. 1<sup>00</sup>/<sub>PK.</sub>

HI-DRI PAPER... TOWELS 3<sup>00</sup>/<sub>100</sub>¢

3# CAN... SNOWDRIFT 88¢  
\*LIMIT ONE WITH A \$7.50 OR MORE ORDER

5# DOMINO... SUGAR 79¢  
\*LIMIT ONE WITH A \$7.50 OR MORE ORDER

**FROZEN FOODS**  
2lb. BAG... TATER BOY... 2<sup>89</sup>/<sub>89</sub>¢  
FRENCH FRIES LAMBRECHT... LARGE... 69¢  
PIZZAS YOUR CHOICE EA. 69¢  
MIGHTY HIGH STRAWBERRY... 99¢  
SHORTCAKE 29oz... 99¢  
COOL WHIP 59¢  
STROUFFER 12oz... 59¢  
NOODLES ROMANOF POTATOES AU GRATIN SPINACH SOUFFLE... 55¢  
BREWERS... HALF GAL... \$1.39  
ICE CREAM

CALIF. SWEET... 64oz. FLORIDA CITRUS...  
CHERRIES lb. 59¢  
PUNCH 59¢  
5lb. BAG IDAHO... WHITE PERLETTE...  
POTATOES 69¢  
GRAPES lb. 49¢  
TEXAS... HONEY DEW MELONS 2<sup>00</sup>/<sub>FOR</sub> \$1.00  
CALIFORNIA HEADS... LETTUCE 29¢

\* BONUS BUYS \*  
ALL FLAVORS... 3oz... 5<sup>00</sup>/<sub>100</sub>¢  
JELLO BOX 5<sup>00</sup>/<sub>100</sub>¢  
BETTY CROCKER 20oz... 53¢  
CAKE MIXES HEINZ 5 1/2 oz... 49¢  
57 SAUCE TEXIZE... 15¢ OFF LABEL 99¢  
FLUFF FABRIC SOFTNER TWIN DET... 16oz. CANS... 8<sup>00</sup>/<sub>100</sub>¢  
DOG FOOD MUELLETS... 8oz. PK. 4<sup>00</sup>/<sub>100</sub>¢  
ELBO MACARONI FILBERTS... 4STICKS... 3<sup>00</sup>/<sub>100</sub>¢  
MARGARINE lb. 3<sup>00</sup>/<sub>100</sub>¢  
PRINCE... 32oz... WITH SPAGHETTI SAUCE MEAT 89¢  
PEPSODENT... 6 1/2 OZ. FAMILY SIZE 89¢  
TOOTH PASTE

STARKIST 6 1/2 oz... 49¢  
TUNA FRENCHIS... 24oz... 49¢  
MUSTARD HONEY KRUST... 8PK... 3<sup>00</sup>/<sub>100</sub>¢  
HOT DOG BUNS ARMOUR... 5oz... 3<sup>00</sup>/<sub>100</sub>¢  
VIENNAS CAMPBELL'S REG... 3<sup>00</sup>/<sub>100</sub>¢  
TOMATO SOUP TOM SAWYER... 8oz. PK. 59¢  
POTATO CHIPS