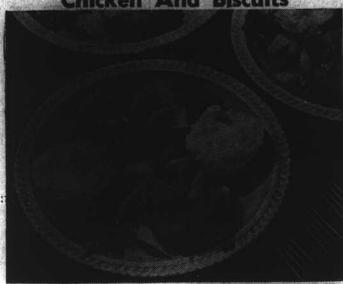
# Chicken And Biscuits



The younger set will really "go" for this luncheon entree that features creamy chicken a la king over-hot-from-the-oven biscuits. Served with crisp lettuce salad, gelatin dessert, cupcakes and milk, this easy main dish will "bring them back" for seconds.

Enriched self-rising flour in the biscuits makes preparation especially quick. With this time-saving product, salt and leavening are already added, eliminating measuring and sifting steps for you. Mix, place in the oven, and while the biscuits bake to a golden brown, heat canned or frozen chicken a la king. Minutes later you can treat your family to a hearty main dish.

And, there's still another "plus" when you bake with self-rising our — the nutritional bonus of three essential B-vitamins, thiamine, niacin and riboflavin, and the minerals iron and calcium.

#### BASIC BISCUITS 12 biscuits

2 cups sifted enriched self-

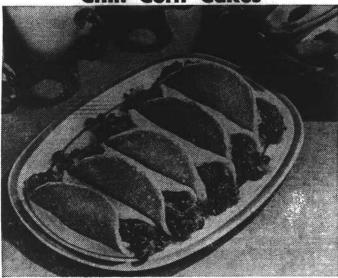
1/4 cup shortening

rising flour 1/2 to 3/4 cup milk

Set out baking sheet. Preheat oven to 450°. Into medium-sized mixing bowl measure flour. Cut in shortening until mixture resembles coarse crumbs. Blend in enough milk to make a soft dough. Onto lightly floured board or pastry cloth turn out dough and knead gently 30 seconds. Roll out ½-inch thick. With a floured 2½-inch biscuit cutter or sharp knife cut out biscuits. Place on baking sheet. Bake 10 to 12 minutes, or until lightly browned.

\*If you don't sift and in the absence of other directions, spoon flour directly from container into a one-cup dry measure, level off, then remove two level tablespoonfuls, according to USDA recommendations.

### Chili Corn Cakes



When two favorite dishes combine you're sure to create a third as in these Chili Corn Cakes.

Corn meal pancakes have always been special for breakfast. Now, filled with spicy chili, they form the basis for a hearty supper dish, too. Use convenient canned chili or prepare your own home-made. Complete the menu with a green vegetable, fruit salad, bakery-fresh cookies and a beverage.

These corn meal pancakes are so easy to make when self-rising corn meal and flour are used. Self-rising corn meal and flour with leavening and salt added save sifting and measuring steps. And everytime you bake with these convenience products you add three essential B-vitamins, thiamine, niacin and riboflavin and the minerals, iron and calcium to your family's diet.

#### CHILI CORN CAKES 6 to 8 servings

1 cup enriched self-rising corn meal

1/4 .cup melted shortening or oil

2 cups milk

1 cup sifted enriched selfrising flour\*

1 can (151/2 oz.) chili

2 eggs, beaten

2 cups homemade chili

Lightly grease and preheat griddle. In medium-sized mixing bowl stir together corn meal and flour. Combine eggs, shortening or oil and milk. Add liquid all at once to corn meal mixture, stirring until blended. For each pancake pour about ½ cup batter onto griddle. Bake until golden brown, turning once. Heat chili; place 2 to 3 tablespoorfuls in center of each pancake. Roll up, securing with wooden pick, if desired.

\*If you don't sift and in the absence of other directions, spoon flour directly from container into a one-cup dry measure, level off, then remove two level tablespoonfuls, according to USDA recommendations.

### HOME ECHOES

BY MARIE PENUEL, LENOIR COUNTY HOME ECONOMICS EXT. AGENT

? How can I remove stains enar led saucepans? You can of lettuce? By all means. You who were separated due to seruse chlorine bleach. Use ¼ cup chlorine bleach. Let stand Remember that 75 per cent of 25, 1967.

in the pan until stain disappears. Then wash the pan well with warm sudsy water and ble for a VA guaranteed loan? rinse.

? — Should I try to use the and scoloration from my white darker green leaves on a head line for World War II veterans

## GARDEN

During the week ending January 14, there were 15,523 carlot equivalents (rail and truck) of fresh fruits and vegetables distributed in the United States. Of this number, 1,755 carlot equivalents were imported.

This is quite a sizeable breadbasket for one week so I thought it would be of interest to my readers, as it was to my stu-dents, to find out where the centers of production are locat ed while we are surrounded by ice and snow (2-15-65).

Most people usually think of California and Florida as being our largest producers of fresh fruits and vegetables during the winter months. This is largely true but other states also play an important part in keeping us well fed.

Perhaps the better plan would be to list some of the more important fruits and vegetables, in alphabetical order, the carlot equivalents, and states of origin.

Apples — Michigan 117, New York 110, Washington, 377, other states 377, Canada 28. Beans — California 283, Florida 211. Corn - Florida 119, Lettuce -Arizona 384, California 1,153, Texas 130. Oranges — California 461, Florida 501. Irish potatoes — California 375, Colorado 232, Idaho 435, Maine 809. To-matoes — Florida 456, Mexico

This is enough to give you some idea of the tremendous producing power of this great country in which we live. It does not include all of the ed methods to fight insects with states involved in producing in 1965 as they had in 1964. fresh fruits and vegetables.

Mechanization is playing an ever greater role in the production and harvesting of many of the experimental stage, for harvesting tomatoes for processing, lettuce, asparagus, cantaloupes, cucumbers for pickling, cabbage and broccoli. In the case of tomatoes, the plant breeders are at work to produce dwarf plant types and uniform ripening of the fruits so that the harvesting can be a "once-over" job.

These are three reasons for mechanization: (1) technological advances; (2) the high cost of ommend the use of light traps labor; and (3) the possibility of cutting off the supply of Mexiican Nationals (Braceros) who part in the harvesting of perishables in the Far West and the Southwest.

the Vitamin A in lettuce is in the outer green leaves.

? — When hanging pictures tices. should the top or the bottom of the frames be the same height? Many pictures are hung Carolina and Kentucky. Results good contact for water uptake. too high. Hang large pictures from both locations have been Place stems in a warm (110 deso that the bases of their frames called "inconclusive." are all the same height from You can let the piche floor ture that hangs over the sofa ed on the effects of light traps the water for 24 hours. Cover determine the common height alone before this new method top with moistened burlap or for all if you wish. Or perhaps is recommended to farmers. with a plastic bag. the windowsill might guide the They also say that the research Place the branches in a vase height - creating a comforta- needs to be carried out under of water and keep them in the ble feeling of symmetry.

? — What does a cup measure mean in terms of measuring food? The cup measure refers to the standard measuring cup of 8 fluid ounces or 1/2 liquid pint. The ounce refers to 1/16 of a pound avoirdupois, unless fluid ounce is indicated. The weight of a fluid ounce varies

according to the food measured.

Q — I am a World War II
veteran with only 18 months active duty, and I was separated from service due to a serviceconnected disability. Am I eligi-

A — Yes, if all other loan requirements are met. The dead-

# Deal Cautiously With Possible Home Hazards; Innocent Items are Dangerous

But these items plus kerosene bleach, toilet cleaner, medicine, turpentine, lighter fluid, deplant spray may be potential dangers in your home, according to Mrs. Edith B. McGlamery, extension housing and house extension housing and house furnishing specialist, North

if taken internally.

Nov. 1, 1963 - October 31, 1964, ed through the skin.'

oning resulted from household, farm, and industrial products.

"Of course, it would be in-convenient, if not impossible, from accidental contact with these products.

"Know what you are buying. said.

Shoe polish, oven cleaner, Examine the labels — read the hair-waving lotion, wax. They small print. Look for these words:

"'Caution or warning' — indicates that the material is a

defined as highly toxic.

"Some of the labels will carry the skull and crossbones of Carolina State.

Why? "Because each product a legally recognized poison. Or contains hazardous substance there may be the statement that could cause illness or death 'keep out of reach of children.'

"According to the Annual Report of the Duke Poison Control Center for the 12-month period harmful," 'causes burns,' 'absorb-

37 cases of poisoning by cosmetics were brought to the center.

"A total of 188 cases of poisstance; for instructions on first aid treatment when necessary; for information on storage.

"Handle all these hazardous substances intelligently. Don't to stop using these items in the rely on high places to keep home. But you can do the next things away from children. Hazbest thing — protect the family, ardous substances should be kept particularly the young children, under lock. Children are curious — they will eat or drink almost anything," Mrs. Glamery

# Entomologists Say More Research Is Needed On Use Of Light Traps

sentially the same recommend-Oxford area.

Entomologists at Carolina State say considerable bacco stalks immediately after interest has been shown in re- harvest and using pesticides oncent years in newer forms of in- ly where a worm count shows our vegetable crops. Machines sect control, especially forms they are necessary as aids in the experimental stage for harof pesticides.

> of light traps. College entomologists have been cooperating with USDA scientists on light trap research at the Oxford Tobacco Research Station for the tient souls who can't wait for past three years.

While some of the results have still with us — you can rush appeared encouraging, N. C. State entomologists do not recing shrubs inside your home.

Experiments at Oxford included the use of both light traps in mid-winter. So are peach, aphave played such an important and the destruction of old to- ple, pear, plum and cherry bacco stalks immediately after branches, reports the U. S. Deharvest. Insect numbers were partment of Agriculture. reduced, but entomologists are unable to say if the reduction may be made any time now. was caused by the light traps,

a wider variety of conditions sunlight at 65 to 75 degrees.

Tobacco farmers will have es- than have been found in the

In the meantime, entomology extension workers at State stress North the need for destroying old to-

# One such method is the use Waiting for Spring? Force-Bloom Shrubs

If you're one of those impaspringtime — though winter is

Flowering quince, forsythia, pussywillow and Thunberg spirea are easily forced into bloom

Cuttings from most of these

Select branches which have stalk destruction or both prac- many large flowerbuds. Cut the stems, remove bottom inch of Light trap experiments were bark and pound the base of the also conducted in 1964 in South stem with a hammer to give grees F) water bath and allow Entomologists at N. C. State to cool naturally to room temav additional research is need-perature and then remain in

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