

## 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 flour — 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-rising flour\*      ¼ cup shortening  
½ to ¾ 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 homemade. 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      ¼ cup melted shortening or oil  
2 cups milk  
1 cup sifted enriched self-rising flour\*      1 can (15½ oz.) chili  
or  
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 ¼ cup batter onto griddle. Bake until golden brown, turning once. Heat chili; place 2 to 3 tablespoonfuls 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 and discoloration from my white enamel saucepans? You can use a chlorine bleach. Use ¼ cup chlorine bleach. Let stand

in the pan until stain disappears. Then wash the pan well with warm sudsy water and rinse.

? — Should I try to use the darker green leaves on a head of lettuce? By all means. You want it to be edible of course. Remember that 75 per cent of

## GARDEN TIME

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 students, to find out where the centers of production are located 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. Tomatoes — Florida 456, Mexico 221.

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 states involved in producing fresh fruits and vegetables.

Mechanization is playing an ever greater role in the production and harvesting of many of our vegetable crops. Machines have been perfected, or are in 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 labor; and (3) the possibility of cutting off the supply of Mexican Nationals (Braceros) who have played such an important 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 should the top or the bottom of the frames be the same height? Many pictures are hung too high. Hang large pictures so that the bases of their frames are all the same height from the floor. You can let the picture that hangs over the sofa determine the common height for all if you wish. Or perhaps the windowsill might guide the height — creating a comfortable 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 ½ 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 service-connected disability. Am I eligible for a VA guaranteed loan?

A — Yes, if all other loan requirements are met. The deadline for World War II veterans who were separated due to service connected disability is July 25, 1967.

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

Shoe polish, oven cleaner, hair-waving lotion, wax. They don't sound harmful.

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

Why? "Because each product contains hazardous substance that could cause illness or death if taken internally."

"According to the Annual Report of the Duke Poison Control Center for the 12-month period Nov. 1, 1963 - October 31, 1964, 37 cases of poisoning by cosmetics were brought to the center."

"A total of 188 cases of poisoning resulted from household, farm, and industrial products."

"Of course, it would be inconvenient, if not impossible, to stop using these items in the home. But you can do the next best thing — protect the family, particularly the young children, from accidental contact with these products."

"Know what you are buying."

Examine the labels — read the small print. Look for these words:

"Caution or warning" — indicates that the material is a hazardous substance.

"Danger" — refers to substances that are highly toxic, extremely flammable or corrosive.

"Poison" — refers to products defined as highly toxic.

"Some of the labels will carry the skull and crossbones of a legally recognized poison. Or there may be the statement 'keep out of reach of children.'"

"Labels give an indication of the principal hazard in such words as 'flammable,' 'vapor harmful,' 'causes burns,' 'absorbed through the skin.'"

"Read labels for precautionary measures for using the substance; for instructions on first aid treatment when necessary; for information on storage."

"Handle all these hazardous substances intelligently. Don't rely on high places to keep things away from children. Hazardous substances should be kept under lock. Children are curious — they will eat or drink almost anything," Mrs. Glamery said.

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

Tobacco farmers will have essentially the same recommended methods to fight insects with in 1965 as they had in 1964.

Entomologists at North Carolina State say considerable interest has been shown in recent years in newer forms of insect control, especially forms which do not require the use of pesticides.

One such method is the use of light traps. College entomologists have been cooperating with USDA scientists on light trap research at the Oxford Tobacco Research Station for the past three years.

While some of the results have appeared encouraging, N. C. State entomologists do not recommend the use of light traps at present.

Experiments at Oxford included the use of both light traps and the destruction of old tobacco stalks immediately after harvest. Insect numbers were reduced, but entomologists are unable to say if the reduction was caused by the light traps, stalk destruction or both practices.

Light trap experiments were also conducted in 1964 in South Carolina and Kentucky. Results from both locations have been called "inconclusive."

Entomologists at N. C. State say additional research is needed on the effects of light traps alone before this new method is recommended to farmers. They also say that the research needs to be carried out under a wider variety of conditions

than have been found in the Oxford area.

In the meantime, entomology extension workers at State stress the need for destroying old tobacco stalks immediately after harvest and using pesticides only where a worm count shows they are necessary as aids in controlling insects.

## Waiting for Spring? Force-Bloom Shrubs

If you're one of those impatient souls who can't wait for springtime — though winter is still with us — you can rush the season a bit by force-blooming shrubs inside your home.

Flowering quince, forsythia, pussywillow and Thunberg spirea are easily forced into bloom in mid-winter. So are peach, apple, pear, plum and cherry branches, reports the U. S. Department of Agriculture.

Cuttings from most of these may be made any time now.

Select branches which have many large flowerbuds. Cut the stems, remove bottom inch of bark and pound the base of the stem with a hammer to give good contact for water uptake. Place stems in a warm (110 degrees F) water bath and allow to cool naturally to room temperature and then remain in the water for 24 hours. Cover top with moistened burlap or with a plastic bag.

Place the branches in a vase of water and keep them in the sunlight at 65 to 75 degrees.

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