

Tangy Relish Muffins



Muffins for lunch — treats your whole family will relish.

For a noontime change of pace, serve an old standby, bowls of hot soup. But make it new and different with a brimming basket of tender, fragrant Tangy Relish Muffins, fresh-from-the oven.

Pickle relish in muffins? That's right. The relish creates a zesty flavor. Mayonnaise and prepared mustard add extra tang and intrigue. The muffins are surprisingly quick and easy to prepare. Simply add liquid ingredients all at once to the dry ingredients. Stir only until flour is moistened (batter should be lumpy), pour into muffin tins and bake.

Tangy Relish Muffins provide a nutritional bonus, too. Made from enriched self-rising flour, they supply essential B-vitamins, thiamine, niacin and riboflavin, plus the minerals iron and calcium. Convenient self-rising flour already contains leavening and salt in the correct proportions to make your baking easier.

**OCTOBER IS BISCUIT/MUFFIN MONTH
TANGY RELISH MUFFINS
12 muffins**

- 2 cups enriched self-rising flour*
- 1 tablespoon sugar
- 1/2 cup sweet pickle relish, drained
- 1 egg, beaten
- 1 cup milk
- 1/2 cup mayonnaise
- 1 tablespoon prepared mustard

Stir together flour, sugar and 1/2 cup pickle relish. Blend egg, milk, mayonnaise and mustard. Add liquid all at once to flour mixture, stirring only until flour is moistened. Fill greased muffin cups 3/4 full. Sprinkle remaining relish over muffin batter. Bake in preheated 425° oven 20 to 25 minutes, or until golden brown. Serve warm.

*Spoon flour into dry measuring cup; level. Do not scoop.



GARDEN TIME

By M. E. GARDNER, N. C. State University

It is time to announce the All-1970. These selections always America flower winners for lead in garden interest as they are rated the best and most useful of their classes to date. All garden seed firms should have seed for you in good supply. In addition, many bedding plant growers offer plants of the winners the first year of introduction. Place your order early to get them.

The ever-popular marigold has a new 1970 winner in "Bolero." This is an early, free-blooming, foot-tall, double French beauty in rich golden yellow-splashed bright mahogany red. Under good growing conditions the plants may have a spread of 18 inches across covered with flashy bloom. The flowers age to a beautiful russet gold, especially in hot weather, or late in the growing season. The blooms are about 2 inches across and persist until killing frost occurs.

"Madame Butterfly" is the exciting new 1970 selection of the snapdragon group. It is a hybrid formula color mixture of the first double or azalea-flowered, open-faced, Juliwa type snapdragons.

The plants grow to about 2 1/2 feet in height with, sometimes, 10 base-branching spikes to bloom at one time. After cutting the long stemmed spires of bloom, a second crop comes along, and, in regions with a long growing season, a third crop is produced.

For delightful cutting, this new type also has great hybrid

vigor for profuse production of cut flowers and garden display. Colors range through crimson, scarlet, rosy-orange, yellow, pink, light golden bronze and magenta red.

"China Doll" is the name of the newest China or chinensis type dianthus for 1970. The plant reaches a height of about 15 inches and is a favorite double-flowered type for blooming as an annual. It is a perennial, blooming the first year from seed. The double flowers are over an inch in diameter with colors of salmon, red, and red and white. Judges found the

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plants to be vigorous and free-flowering. It is good to have this cutting and border flower to grow easily and bloom profusely as an annual. Colors are richer and plants more basal-branching, more compact and uniform than previous types.

Next week I will report on another flower selection, and the All-American Vegetable Selections for 1970.

Beautify Your Home

Help make North Carolina beautiful in 1970. This cannot be accomplished by garden clubs alone, or municipal governments, alone, or the state government, alone. It can be accomplished by the individual efforts of all the citizens.

Many times the character of a family can be judged by the appearance of the home. Visitors can likewise judge a town or city by the appearance of the homes. A well landscaped industrial plant, factory, warehouse or place of business denotes officers and employees as congenial and efficient as their pleasant surroundings. With pleasant surroundings you find too, good neighbors, substantial citizens and community pride.

Real estate dealers tell us that they can get at least 10 to 15 per cent more for a home if it is well landscaped. The plants become more attractive as they grow and give shade and color, or whatever they were selected to accomplish in the landscape scheme. If the neighbors match your efforts, the whole neighborhood will become a desirable place to live, and your home or business become a good investment should you wish to sell.

Colorful flower borders, edging plants along walks and drives, well selected foundation plants and trees for framing your home all add up to enjoyment and pleasure for everyone in the community.

North Carolina is one of the most garden-minded states in the

Hofmann Forest is Largest of NCSU Owned Forest

Christmas is a season for trees — but to students enrolled in N. C. State University's internationally-known School of Forest Resources, the tall trees of North Carolina's forests are in season all year long.

Laboratory classes are held throughout the year for students in five forest preserves, which are either owned by the University or Forestry Foundation.

Schenck Forest is located closest to the University campus near the State fairgrounds.

Part of a tract of government-owned land acquired by N. C. State in the early 1930's, the 250-acre forest was dedicated in 1957 in honor of Carl Alwin Schenck, who established the

that the avocation or hobby of gardening, amounts to a whopping 4 billion dollars annually in the United States. I think the reason for this stems from the fact that it is something in which the entire family can participate. Aside from the family groups we have the specialists, who can create many art forms nation. With more individual enthusiasm and responsibility, it could also be the most beautiful. You may be surprised to learn

first school of forestry in the United States at Biltmore in Asheville.

Hill Forest, 18 miles north of Durham, combines 378 acres donated to N. C. State by George Watts Hill Sr. of Durham, with more than 1,000 acres of forest land purchased with proceeds of timber sales from the original tract.

Hope Valley Forest, a 1,750-acre tract six miles east of Chapel Hill, was given to the University of North Carolina for the use of NCSU at Raleigh by the Farm Security Administration in 1941.

Goodwin Forest, 1,200 acres of thickly wooded land in Moore County, was willed to the NCSU Foundation by Connecticut businessman James L. Goodwin in 1967.

Hofmann Forest, largest of the NCSU forests, contains some 80,000 acres of forested land in Jones and Onslow counties. Purchased by the N. C. Forestry Foundation in 1934, it is named for Julius B. Hofmann, founder of the School of Forest Resources at NCSU.

with living plants.

Plant the flowers, shrubs, trees, fruits and vegetables that you like best and those that are best suited for your locality. Take pride in whatever you do. Remember, too, that a beautiful lawn is your welcome mat.



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