

School Celebrates Home Ec. Day, April 20

ORANGEBURG, S.C.—The School of Home Economics will celebrate its first Home Economics Day Friday, April 20, at 10 a.m. in the Staley Hall auditorium. Dr. Deloris Saunders, associate professor and coordinator of student teaching at Howard University in Washington, D.C., will be the speaker.

Dr. Saunders received a bachelor of science degree in elementary education from Morris Brown College in Atlanta, Ga., in 1959. She did further work at Emory University in Atlanta and at the University of Georgia in Athens, Ga., before receiving a master of arts

degree in administration and supervision from Atlanta University in 1968. She earned a master's in educational administration and a Ph.D. in general education administration from the University of Michigan in Ann Arbor.

She has written extensively and has contributed to her community and church affiliates throughout her professional career.

"We invite students interested in home economics, teachers and professionals to join in this celebration," said Dr. Jesse Kinard, coordinator of the event. "We will be honoring outstanding individuals in our com-

munity for their contributions to home economics. It is time we recognized the important part the field of home economics plays in all our daily lives," he said.

Ms. Daisy Johnson, director of the Career Development Center, will make the award presentation to six community people.

In addition, students who have achieved academic excellence will be honored as well as the student officers of professional organizations on the campus. Dr. Carol Ann Johnson, assistant professor in food and nutrition, will make the presentations.

How's Your Knowledge Of Drug Abuse?

1. According to a recent door-to-door survey across the country, out of four young people age 12-17 said they had not tried marijuana even once. (a) one (b) two (c) three (d) four

2. Do most high school students approve of kids who use drugs? (a) yes (b) no

3. Most kids are introduced to drugs by (a) adults (b) drug pushers (c) their peers.

4. A good way to say "no" to drugs might be to (a) have something else to do (b) avoid the situations, places and parties where people use drugs (c) hang out with friends who don't use drugs (d) just say "no thanks."

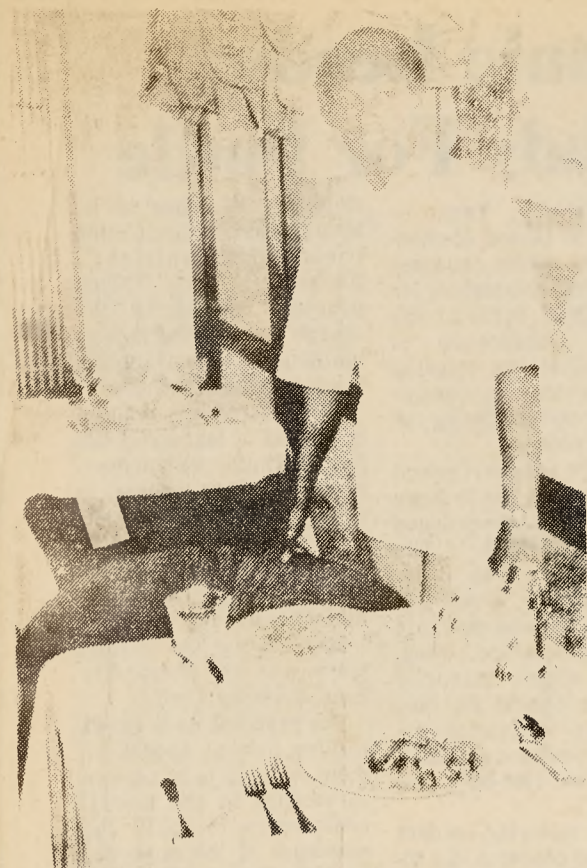


Pot smoking is not as popular among high school students as you might think.

Who first offers drugs to most young people? The answer may surprise you.

ANSWERS: 1. (c) Furthermore, in another survey of high school seniors, most of them said they think smoking marijuana is dangerous. 2. (b) Most of the seniors surveyed don't approve of those who use marijuana and other drugs, even occasionally. 3. (c) Most kids are first offered drugs by their friends, brothers and sisters, and acquaintances—their peers. The influence of peers can be very powerful and is called "peer pressure." 4. All of the above.

For free flyers about drug abuse, write "Say No To Drugs," P.O. Box 1635, Rockville, MD 20850.



RISING CHEF—Nassau, Bahamas—Out of school and out of work at age 17, George Fowler passed up the construction jobs that claimed so many of his island buddies to work as a busboy. Thirteen years later, after stints in nearly a dozen kitchens, study in Switzerland and several international cooking awards, he is an executive chef at the Cable Beach Casino. (UPI)

Strawberry Disease Can Be Controlled

There is a list of things you can do to help protect your strawberries from diseases.

Agricultural Extension Service specialists at North Carolina State University suggest that strawberry diseases can be controlled through variety selection, the use of certified planting stock, replacement of plants every two to three years, soil fumigation prior to planting, thinning the plant stand after each harvest and the use of insecticides.

Controlling insects will reduce the chance of disease organisms being spread by the insects.

Gray mold fruit rot is the most important strawberry disease. It can reduce yields 50 percent or more. Gray mold is most serious when frequent rains occur during bloom and fruiting. Rotting fruit are covered with fuzzy gray masses of fungal growth.

Control of gray mold is difficult in wet weather, especially if plants are mat-

ted together. To reduce fruit rot, spray every 7 to 10 days beginning just after new growth starts and continuing until fruit production is finished. Use captan at the rate of four tablespoons per gallon of water.

Crop rotation, thinning plant stands after harvest and frequent renewal of plantings are important cultural practices in a strawberry disease control program.

Grow varieties known to be adapted to your part of the state. Many of these varieties have resistance to some of the more common diseases.

Several of the more serious strawberry diseases, such as red stele, viruses and nematodes, can be avoided or greatly reduced by using certified plants.

Another method of reducing these diseases is to fumigate the soil in which strawberries are to be grown. Fumigation will also reduce weeds.

Periwinkle Likes Light Shade Areas

If you are unsuccessfully trying to maintain a lawn in a partially shaded area, a ground cover such as periwinkle may be the solution to your problem.

Periwinkle (Vinca minor) is a popular ground cover to use under trees and around buildings, say extension horticultural specialists at North Carolina State University.

Periwinkle has dark green leaves and grows rapidly. It spreads by creeping roots, soon blanketing a large plot. It should be planted nine plants to the square yard.

Periwinkle is sometimes damaged by heat in the Coastal Plain but grows well in the Piedmont and Mountains. Periwinkle prefers partial shade and does poorly in heavy shade.

"Periwinkle blue" flowers are borne in the spring and sometimes again in the fall. There are also varieties with white, purple, and light blue flowers. One variety has purple flowers that are double. A variegated variety of periwinkle has leaves with creamy white margins.



Creole cooking, an American original, is a distinctive combination of French, Spanish and Anglo-Saxon cuisines. Hot red pepper, onions, garlic, green pepper and tomatoes provide the piquancy of this extremely varied cuisine. Also typical of Creole cooking is okra—for flavor and for thickening. Not so typical is the addition of soy sauce. The characteristic flavor and aroma of naturally brewed Kikkoman Soy Sauce enhances and brings out the rich taste of Louisiana Chicken Creole, without over-all overpowering. The result of a slow, natural fermentation process, Kikkoman Soy Sauce makes a tasteful contribution to many of the world's most popular dishes. Served over a bed of fluffy rice, this spicy dish will warm the winter's chill.

LOUISIANA CHICKEN CREOLE

3-pound broiler-fryer chicken, cut-up
3 tablespoons vegetable oil
1 medium onion, coarsely chopped
1 medium green pepper, chopped
1 clove garlic, minced

1 can (28 oz.) tomatoes, quartered
1/2 cup Kikkoman Soy Sauce
1/2 teaspoon cayenne pepper
1 package (10 oz.) frozen okra, thawed and drained
Hot cooked rice

Brown chicken pieces on all sides in hot oil in large deep skillet or Dutch oven over medium heat; remove. Add onion, green pepper and garlic to same skillet and sauté until onion is translucent. Stir in tomatoes, soy sauce and cayenne; bring to boil. Arrange chicken pieces in sauce. Cover and simmer 50 minutes, turning chicken pieces over once. Stir in okra; cover and simmer 10 minutes longer, or until okra is tender. Serve chicken and sauce over hot rice. Makes 4 to 6 servings.

Easter Bonus Buys

Swift
Hostess Ham
Sliced
FREE!!!



\$6.65
4 Lbs.

\$5.90 With Swift (75¢ Off) Newspaper Coupon

Easter Sunday Store Hours:
12:30 p.m. til 9:00 p.m.

\$1.38 Lb.
Semi-Boneless Butt & Shank Halves
Smoked Ham

\$2.38 Lb.

USDA Choice Beef Round
Sirloin Tip Roast

Fresh Turkeys **78¢** Lb.
10-14 Lbs. Average

59¢ Bunch
Fresh
Green Broccoli

Crisp Iceberg Lettuce **39¢** Head



Fresh Green Cabbage **29¢** Lb.

\$1.39 Qt.

Fresh
California Strawberries

39¢ Red Ripe Salad
Tomatoes

\$1.69

10 Lb. Bag - US #1
White Potatoes

- Wise Value**
- Lite Line Crunchy Cheese Curds 8 Oz. \$1.09
 - Lite Line Nacho Cheese Tortilla Chips 7 Oz. \$1.09
 - Lite Line Puffed Cheese Curds 8 Oz. \$1.09
 - Wise Cottage Fries
 - Corn Chips 12 Oz. \$1.49

Raleigh
\$2.39
Carton of 6 - 1 Liter Bottles - Reg/Diet
Coca Cola

\$4.89
Pkg. of 12 - 12 Oz. Cans
Miller Beer

\$5.99
Raleigh
3 Liter - Fr. Colombar, Chénin Blanc, Burgundy, Rhine, Chébis, Rose
Taylor Calif. Cellars



These prices good thru Saturday, April 21, 1984