

Watauga Has Three Graduates Nursing School



SHIRLEE BAIRD LEE



ANN BERNICE PHILLIPS



FAYE ELIZABETH MILLER

Watauga county has three members of the 1961 graduating class of the Grace Hospital School of Nursing in Morganton.

Miss Phillips is the daughter of Mr. and Mrs. D. M. Phillips, of Reece and graduated from Bethel High School in 1957. She is employed in the pediatrics ward at Grace Hospital.

Mrs. Lee is a daughter of Mr. and Mrs. B. F. Baird of Vilas and graduated from Cove Creek High School in 1958. She is working on medical floor at Grace Hospital.

Miss Miller is a daughter of Mr. and Mrs. Clint Miller of Boone. She graduated from Appalachian High School in 1956 and is working on the medical floor at Grace.

Public Welfare

By BERNADETTE W. HOYLE
Public Information Officer
N.C. State Board of Public Welfare

(This is the 3rd of a series explaining public welfare in North Carolina)

Aid to dependent children is an integral part of the program of public welfare. Through aid to dependent children, money payments are made possible for needy dependent children who have been deprived of parental care and support because of the death, physical or mental incapacity or continued absence from the home of one or both parents, whether natural, step or adoptive.

Let's take a look at three families in a small rural county which have been strengthened, and children who have been kept in school, through this important program.

Take Peggy, for example. Her father is physically incapacitated and cannot hold regular employment. The family is being helped by a money payment from the aid to dependent children program. The caseworker from the county department of public welfare has had many conferences with Peggy's teacher this year because of Peggy's high I. Q. and the desire to see that she had appropriate help. Peggy is capable of doing much more advanced work than her classmates and her teacher has given her additional work because of this. This family is doing everything they can to help themselves and take great pride in Peggy and her accomplishments.

In another family the father suffered a severe concussion as the result of an automobile accident. There are four children in the family and it was necessary for them to receive an aid to dependent children grant in order to maintain even a minimum level of living. The elder son has now graduated from high school and is employed. The older daughter, Mary, is an outstanding student in high school and has a flair for writing and editing, a talent which is being recognized by her classmates and teachers, for she is on the staff of the school publication. She has received numerous honors in school, is a member of the scholastic honor society, and hopes to go to college. The public welfare agency will help her toward her goal.

In still another family where the father is disabled and has not regained his health sufficiently to support his family, there are five children. All are normal except one little girl, who is retarded, and also has required special medical attention. The parents were hesitant about sending her to school, but the caseworker in the county department of public welfare requested a psychological evaluation. The parents were cooperative. As a result of this examination, it was suggested that the child be included in a special education class for trainable children. She has progressed well in her speech and other areas of learning. Now the family is proud of her accomplishments.

Without the help of aid to de-

pendent children, these same families might have produced such dramatic and exciting news stories as juvenile delinquents, suicides, thefts, or other serious violations. The extreme lengths to which human beings resort when they are without subsistence make the headlines. The quiet, unnewsworthy, closely-knit family, however, is the one for which we strive and which is a contributing factor to our American way of life.

**Tasty Recipes
Feature Apples**

Now that apples are getting plentiful, encourage the family to get its share of them. You get the greatest good by eating apples raw—the skin, too; but follow these recipes and you will have delicious apple dishes.

Tossed Apple Salad Bowl
2 raw apples, unpeeled
2 peeled oranges
¼ cup peanuts, chopped
2 teaspoons minced onion
2 cups finely shredded green cabbage
¼ cup French dressing
Cut apples into small wedges. Separate oranges into sections. Combine with peanuts, onion and cabbage. Just before serving, add French dressing and toss well.

Bean Pot Applesauce
Apples
Brown sugar
Peel and quarter enough apples to fill bean pot. Roll each apple quarter in brown sugar and place in bean pot. Add enough water to keep apples from sticking (about ¼ cup), cover the pot and bake in an oven 325 degrees for several hours or until apples are tender and mushy. Serve with pork or duck, or as a dessert served with cream.

Apple Fritters
8 small apples, cored and peeled
½ cup sugar
Juice of 1 lemon
½ teaspoon grated nutmeg
Cut the apples in small pieces, sprinkle with the sugar, the lemon juice and the nutmeg. Let the apples stand for ½ hour. Dip in fritter batter and fry in deep hot fat. Make a jelly from the apple peelings and pour over the fritters.

Fritter Batter
1½ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 egg
2-3 cup milk
Mix well in the order listed.



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Health and Beauty

It has been fashionable for some time now to eat healthfully. This trend started on a small scale with the "upper 400," so to speak, and has at last come to be important to all of us.

It would be hard to find a young homemaker in America today without some very sound ideas on the best ways to feed her family.

This is a tremendous step in the right direction. Even high schools now have classes in nutrition.

Doctors who have made long studies in this field tell us that all have just begun to scratch the surface. Great things would be possible through diet. Some believe that many diseases we now consider incurable could be cured through proper diet.

There is a great deal being written about "organically grown"

fruits and vegetables and those grown with the help of commercial plant food. The overpowering opinion seems to be that, other factors being equal, there is no practical difference. However, all doctors agree that much nutritional value can be lost through careless handling of fruits, vegetables, and meats.

Eat fresh foods when you can. The vitamins A and C content will be higher. Frozen foods—frozen properly, are next. The main thing you should look for is the added elements to make foods keep their color, to preserve their freshness, and to, in general, add to their stability.

Cut down on your salt consumption. Refined white sugar serves no good cause at all in a healthy body.

These are just a very few things you should know if you want to do the very best for your family.

The husband who can walk into an orderly house at the end of a hard day at the office can count himself lucky. He may be under the delusion that housekeeping is easy. Not only is "good" housekeeping hard work, it takes organization and skill.

It is all but impossible to run a household as it should be run without a desk or "home office" where the homemaker can snatch a few sitdown minutes while outlining the weekly's menus or paying the monthly bills. Far too few of us have this bit of private space. If we do have a desk, in most cases it is used by Junior and Sis for their homework, and even Dad when he has a bit of work to bring home from the office.

The sit-down desk for the home-

maker can be as elementary as a shelf in a niche, or a complete desk flanked with files. It can be successfully located anywhere—in the kitchen, dining room, living room, or any place away from daytime traffic. If you will acquire the habit of organizing your housekeeping, it will not only look effortless, but will be much easier for you. You will probably find that you have a little more leisure time to do some of the things you really enjoy.

A good filing cabinet is almost as important as a stove when you are planning your home. The average homemaker has endless small articles, booklets, clippings

and extra keys for the home and family cars that she is responsible for keeping track of. What better way is there to insure always being able to put your hand on these items than to file them away, under lock and key.

In this day of "built-ins" it should be no problem at all to have a hideaway home office designed with a drop-down desk and a cushioned bench with a slide-out step for reaching storage space and a seat for your work, all in one.

Virus found to cause cancer-like affliction.

Paul & Ralph Say:



The mess sergeant listened angrily to a complaint about the bread he served.

"I'll have you know if Napoleon had had that bread when he was crossing the Alps, he'd have eaten it with delight."

"Yes, sir," said the private, "but it was fresh then."

—PAUL & RALPH

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