

Personal Mention—Social Activities

JEAN L. RIVERS, EDITOR—Home Telephone AMherst 4-3889—Office Telephone AMherst 4-3612

Local Affairs

Mr. and Mrs. G. R. Andrews visited Sunday with friends in Lenoir.

Mr. Joe L. Coffey, Sr. is a patient in Blowing Rock Hospital.

Born to Mr. and Mrs. Nick Staikas at Watauga Hospital Sunday, a daughter.

Miss Joanne Aldridge spent the week end in Chapel Hill visiting with friends.

Mrs. Carlos DeLima visited over the week end in Winston-Salem.

Mr. and Mrs. Bryan Tucker of Summit Street, visited Mrs. Tucker's mother in Lebanon, Va. over the week end.

Mrs. W. O. Robertson of Baltimore, Md., spent the week end with her sister, Mrs. A. E. Hamby, Sr.

Miss Pat Dowling of Winston-Salem, visited her parents, Mr. and Mrs. H. O. Dowling, during the week end.

Mr. and Mrs. Charles Jaynes and children, Cathy and Bill of Charlotte, visited relatives in the county during the week end.

Mr. and Mrs. Richard Teems and children of Asheville, visited during the week end with friends in the county.

Miss Mildred Jones of Charlotte, spent the week end in Boone visiting friends and relatives.

Mr. and Mrs. Leo Malone of High Point, visited Friday with Mrs. Malone's parents, Mr. and Mrs. C. A. Clay of Vilas.

Mr. and Mrs. Paul Fox of Hickory visited during the week end with Mr. and Mrs. A. L. Cook.

Mrs. Lucy Honeycutt of Spruce Pine, is spending a few days visiting with Mr. and Mrs. Hale Vance.

David Dougherty, student at the University of North Carolina, spent the week end with his parents, Mr. and Mrs. Bernard Dougherty.

Mr. and Mrs. James F. Malcolm and daughter, Jenny and Julia Brawley of Winston-Salem, spent the week end with Mr. and Mrs. Hale Vance.

Visiting recently with Mr. and Mrs. J. V. Caudill were Mrs. Caudill's sister and brother, Mrs. Ed Dancy and Mr. Jim Kilby of North Wilkesboro.

Rufus Edmisten, student at the University of North Carolina, spent the week end with his parents, Mr. and Mrs. Walter Edmisten.

Mrs. R. H. Harmon, Mrs. Lee Reynolds and Mrs. Robert Cody will be attending the District Judges' Club meeting in Morganton Thursday.

Mr. R. E. Agle and Richard Agle spent Saturday in High Point where they attended the State High School Wrestling championship.

Mrs. R. E. Agle and Bill Agle spent the week end in Salisbury visiting with Mrs. Agle's daughter, Mrs. Bob Taylor and Mr. Taylor.

Mr. and Mrs. Earl T. Johnson of Norfolk, Va., visited Mrs. Johnson's parents, Mr. and Mrs. W. M. Cook a few days last week.

Mr. and Mrs. Robert Buchanan of Roanoke, Va., visited during the week end with Mr. and Mrs. Ralph Buchanan and Mr. and Mrs. Hale Vance.

Mrs. Jane Hodge of Shouns, Tenn., is visiting a few days with Mr. and Mrs. Cratis Williams and family on Reynolds Road.

Mr. and Mrs. Howard R. Lytle and children, Lynda and Janice of Altus, Okla., are visiting with Mrs. Lytle's parents, Mr. and Mrs. J. W. Norris.

Mr. and Mrs. Troy Norris visited last week in Lynchburg, Va. with Mr. and Mrs. Elmo Page. Mrs. Page is a cousin of Mrs. Norris.

Bill Cook, student at the University of North Carolina, and Fred Cook, student at N. C. State College, spent the week end with their parents, Mr. and Mrs. Billy Cook.

Visiting with Mr. and Mrs. Joe Shoemaker Sunday were Mr. and Mrs. Charles Wilkinson of Salem, Va. and Misses Edna and Mildred Thomas of Zionsville.

Miss Boley, Mr. Ayers Are Engaged BPW Holds March Meeting



MISS ALICE MARIE BOLEY

The Boone Business and Professional Woman's Club held its regular monthly meeting January 29 at the Daniel Boone Inn.

As guest speaker, Mr. Eric DeGroat, associate professor of physical education at Appalachian State Teachers College was introduced by the president, Mrs. Maxie Edmisten. Mr. DeGroat showed a film on the Blowing Rock Ski Lodge of skiing lessons being given. Following the film, he spoke on the growing interest in skiing in this half of the state and showed the skis, shoes, poles, etc. he had brought to acquaint the members with some of the equipment used in this sport. One of his main concerns was that not enough Watauga counties were taking part in this new sport for this area.

Miss Kathryn Mast, daughter of Mr. and Mrs. G. F. Mast, was presented as the Appalachian High School girl of the month. Miss Mast was accompanied by her mother and was presented a gold medalion by the club president.

Mrs. Dessie Mae Edmisten announced that the District B. P. W. meeting will be held in Boone on April 20-21. This is to be sponsored by the local club.

Spring suits are short. Some have long sleeves and others have the three quarter length. One suit with a fresh look is that of blue and white stripes. It has a piped overlapping collar of white and a white blouse. Blouse sleeves are longer than those of the jacket.

Green Valley Home Club Meets

Mrs. Russell Norris was hostess for the February meeting of the Green Valley Home Demonstration Club. There were four members present, and one visitor, Mrs. N. F. Church of Foscoe.

Due to the illness of her mother, the new club president, Mrs. Clayton Moretz was absent. Mrs. Russell Norris served in her place.

The collect was read in unison as a devotional and Mrs. Woodrow Winebarger led in prayer.

The topic of the demonstration was "Quick and Easy Meals" given by the club leader, Mrs. Woodrow Winebarger.

Points stressed—Good planning is the secret of quick and easy meals.

—Plan to include in your grocery list foods that need little preparation and time for cooking, such as pork chops, rice, canned or frozen peas, etc.

—Read the grocery ads to familiarize yourself with prices and "specials."

—Know your grocery store and list your groceries in the order they are arranged on the shelves.

—Know food brands, and check the price of "specials" to see if they really are bargains. Un-tasty brands, and poor-quality raw foods necessitating much wastage are not bargains even at half price.

—Don't buy foods you don't need or like even at bargain prices.

—If you can do so, prepare one or two basic dishes ahead of time, such as a roast and, or, casseroles.

—Arrange pots and pans so they will be handy to get to when preparing a meal.

—If you have help, does your helper know your kitchen? If not, plan her work so that it will need little supervision.

—Be sure to include the seven basic foods in your meal.

—Let the family serve themselves from the stove.

The meeting in March will be held at the home of Mrs. Conley Church.

Home Life Department

The Home Life Department will meet Thursday evening, March 14, at 7:30 p. m. with Mrs. Hale Vance on Howard Street. The program will be on spring styles.

Proper Storage Of Canned Foods Important Point

Take a look at your canned products. Do your fruits and vegetables still have their bright color or do they look pale and unappetizing?

Proper storage is an important point to consider for any conserved food—whether home or commercially canned. Miss Iola Pritchard, food conservation and marketing specialist for the N. C. Agricultural Extension Service, says canned foods should be stored in a dry, cool place and it should be reasonably dark if glass containers are used.

She says extreme moisture may cause metal cans and closures to rust thus shortening the shelf life of the product. The label may also be marred making important information unreadable.

"High storage temperatures should be avoided," Miss Pritchard adds. "They may not affect the wholesomeness of the product but they tend to impair color and flavor of some foods. Freezing may cause the cans to burst or break the seal. Too much light, especially on glass jars, will cause fading and discoloration of the canned product. This within itself is not an indication of spoilage, but it does make the product less attractive and often affects the texture of the food."

If adequate storage is available the shopper may save money by taking advantage of specials and by quantity buying. Canned foods also save time. Convenience in having easy-to-prepare canned foods available is important since it may mean the difference between a well-balanced meal and "just food" for the family.

Miss Pritchard says storage of food also has an indirect influence on the health of the family. Studies show that families with a food supply readily available actually eat better, well planned meals.

Be careful of bargains! Too often, they are not worth the money you put into them.

Miss Cook Is Entertained

A surprise birthday party was given in honor of Miss Earlene Cook of Silverstone on Wednesday, March 6. Those attending were Mr. and Mrs. Stanley Cook and Mabel Jean, Mr. and Mrs. Boyd Cook and Judy, Mrs. Herman Moretz and Johnny, Mr. and Mrs. Avery Moretz and Debra, Mr. and Mrs. Dean Cook, Elaine and Diane; Mr. and Mrs. Alton Cook and Gregory, Mr. and Mrs. H. P. Cook, Jr., Linda and Joey; and Mr. and Mrs. Baxter Farthing and Rachel.

Miss Cook received many lovely gifts.

Appalachian Garden Club

The Appalachian Garden Club met with Mrs. Bill Winkler for the February meeting.

A lengthy business meeting was conducted by Mrs. Robert Davis, the president. The main item of business was the election of officers. Mrs. Max Dixon was elected president and Mrs. Larry Penley secretary.

On March 30, the club plans to hold a rummage sale in the building next to Hunt's Department Store.

JEAN'S PERSONAL COLUMN

Dear Jane And Rachel:

By JEAN L. RIVERS

Before you read any further, presuming you turn to our columns before reading anything else in the Democrat, find the article concerning John Boone . . . one of our favorite people. A wonderful thing has happened to John and we are ever so happy for him. Of course . . . he made it happen and that is all the more reason to be proud of him. At first, not knowing anything at all about Associated Merchandising Corporation, I was not as gleeful as I was when I investigated and found what an important step this is in John's career. This company has 25 affiliated companies, among the more familiar ones in this section are Rich's, Inc., Atlanta; Thalheimer Bros. of Richmond, Va.; Carson Pirie Scott and Co., Chicago; Bloomingdale's, and Abraham and Straus, New York; and Burdin's in Miami, Fla. They also have 13 foreign offices in addition to representing 8 other foreign companies. This is big!

The Boones will soon be moving to New York, and the only regret I have is that they will be leaving their lovely big house in Philadelphia. Barbara (John's nice wife) had recently finished decorating the 4-story, 7 bedroom house . . . doing most of the work, such as draperies, bedspreads and that sort of thing herself. She even made Roman shades, I think she called them . . . they sounded complicated to make.—She loves this sort of work and is so talented. For many months Barbara has been searching the country side for genuine antiques, old wood, from which she has had unusual pieces of furniture made, brass and etc. She is a whiz! The Boones are the parents of four mighty nice youngsters, Debbie, Nancy, Johnny and Dianne. Oh! I just now learned that they will be moving to Connecticut instead of New York and I am glad to hear that. Isn't all this exciting?

Jane, I'm very sorry to hear that your friend, Mrs. Armstrong, was so seriously injured recently. I, too, feel it isn't fair to receive a broken back and ankle in a fall on the church steps . . . when going there to paint chairs. I sincerely hope she will recover quickly. Also, mighty sorry Connie had to delay her visit because of illness in her family. But . . . good to know you could go with Art to Atlanta for the week end. We will be anxious to hear about the trip, and from your friends there . . . the ones we know in particular.

Rachel, I'm delighted the skirt I sent you is a perfect fit. I hope you noticed it was one of my better jobs of sewing . . . not a single machine stitch shows on the outside. I became so enthusiastic because the skirt turned out so well that I immediately cut out a cotton dress for you. I'm making no promises as to when you will get it, though I hope it will be soon. Knowing that changeable Missouri weather should encourage me to finish it as quickly as possible. You might need it any day now.

This is being written Friday afternoon (March 8) since I have other plans for Monday, and to date I have had 17 calls since Wednesday concerning the cake recipe and the column in general. This is highly gratifying and I do appreciate all the kind remarks. Two ladies were buying ingredients for the cake this morning, and to clear up a point for them and two other friends . . . I use one small can of Pet milk, add the tablespoon of lemon extract, then add enough cold water to make one cup. The full cup of Pet makes an extra rich cake and I like it better when the milk is diluted. If any of you have other questions, please call me.

Joanne Aldridge came back Wednesday after spending five days in New York City. The plays she saw were School for Scandal; A Man for all Seasons; The Milktrain Doesn't Stop Here Anymore; The Hollow Crown; and Whose Afraid of Virginia Wolfe? In addition to this she went to Sardi's and the Stork Club. So glad she could have such a nice vacation.

I must run now and pay some bills.

Love,
Mom

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University Women Meet

The Boone branch of American Association of University Women met for its regular meeting on Tuesday, February 19, at the Boone Methodist Church. Mrs. David Hodgkin, president, presided over the business session.

Mrs. May Evans Denton was introduced by Mrs. Robert King, program chairman. Mrs. Denton gave a most informative talk on the work of the World Health Organization in some of the underdeveloped countries. Much, she said, has been done to help stamp out some of the dread diseases, and to improve sanitary conditions in many areas of the world.

Hostesses for the evening were Mrs. Van Noppen, chairman; assisted by Mrs. Horton, Mrs. Ramsey and Miss Burch.

20,602 North Carolinians were killed during the American Civil War. About 20,000 Tar Heels died last year from heart disease, number one cause of death in North Carolina, according to the State Board of Health.

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Sunday and Monday March 17 - 18

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CINEMASCOPE EASTMANCOLOR

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