

Louisburg Senior Is Youth Program Finalist

Henry Lee Mitchell, Louisburg High School senior, is one of the twenty finalists for the State in the eighth annual United States Senate Youth Program, sponsored by the United States Senate and the Trustees of the William Randolph Hearst Foundation, through the North Carolina Department of Public Instruction.



MITCHELL

Official examinations were administered in September to nominees chosen as semi-finalists in each county of North Carolina. On September 17 the finalist submitted to the written test administered at the offices of the Franklin County Board of Education, by Mrs. Mamie B. Clayton, Franklin County's High School Supervisor.

The twenty finalists for the State will be interviewed in Raleigh in November. Two will be chosen to represent North Carolina at the meeting of the 1970 United States Senate Youth Program, January 24 to 31, in Washington, D. C. Each representative will receive a \$1,000 scholarship to be used in accordance with rules and regulations established in 1968 by the Senate Foundation Committee.

A student competing for this honor must have had experience as a class officer and a student council member; should have completed a course in United States history, and shall have fulfilled

certain other stipulations requisite for eligibility.

The LHS senior was president of his freshman class and was sophomore class vice-president; he is senior class treasurer. He has served as an officer of Student Council, FBLA, French Club, and 4-H Club. A columnist for the school newspaper, he is business manager for the yearbook, a library assistant, and a school bus driver. A number of academic awards have been presented to him, and he is a member of Quill and Scroll, International Honorary Society for High School Journalists.

Mr. and Mrs. H. E. Mitchell of Route 2, Louisburg, are the parents of the finalist.



Fun Visit

Christine's favorite old beau paid us a visit, with his wife, while driving through town. Pleasant people, but I couldn't figure why Christine enjoyed it so much.

"Because he's such a nice man?" I asked.

"No," she replied, "because she's such a fat lady."

Be a good sport in the woods this year. Give your dumb friends a break, and a chance to survive for another season.

The Tar Heel Kitchen

By Miss York Kiker

Do you lift your eyebrows in amazement if a teenage boy wants a hamburger or if one tells you he had a peanut butter sandwich and glass of milk for breakfast? What is your reaction if the teenage girl wants to eat a bowl of hot soup or have a milk shake and sandwich for her first meal of the day before going to school? Some dads like fish for breakfast. Don't you have scrambled eggs, apples, sausage, and grits for supper at times? Mother and the children may have cereal before going to bed.

There really isn't anything right or wrong about what you like to eat and when. The important thing about food is what you eat during the day. Ask yourself if you get all the nutrients, or food values, that you need every day.

Some people will tell you: "Sure I skip breakfast, but I always have one good meal a day, and it gives me all the calories I need." Well, that's perfectly possible. The human organism is nothing if not obliging, and will meekly try to adapt itself to the whims or even the abuses of its owner.

You could conceivably take in all the fuel your body needs in one meal instead of in three well-spaced ones. For that matter, you could also conceivably gulp down three books in one day, or see three movies, or do three family washings. But the consensus of civilized thought is that it's more sensible and enjoyable to spread them out a bit.

The nutrition experts tell us that breakfast should contain one-fourth to one-third of the total day's caloric needs. And if you just knew how smart those nutrition ex-

perts have to be, even to understand their own charts, you'd pay more attention to them. They say firmly that regular intake in small amounts is better for your metabolism, your efficiency, and your mental alertness.

Workers, homemakers, weight watchers, teenage girls, and everyone else will find there is a better chance to do a day's work well when breakfast has been eaten. There is no hard and fast rule on how big breakfast should be, or that one has to have bacon and eggs as fine as they are. Breakfast should offer protein, vitamins, and minerals to build and repair the body and for good health, should provide fuel for body energy, and should taste good.

BREAKFAST IDEAS

1. Poach eggs in cheese sauce, creole sauce, or slightly diluted canned soup such as celery, potato, or asparagus.

2. Top fresh fruit with a little sour cream and a sprinkle of brown sugar.

3. Sweeten cereals, prepared and cooked, with something different: brown sugar, honey, molasses, jelly.

4. Peanut butter-honey highlights toast, hot rolls, muffins or waffles. Whip equal parts peanut butter and honey for this treat.

5. Peanut butter pancakes start the day right. For the basic proportions, combine 1 cup pancake mix, 1 cup milk, 1 egg and 3 tablespoons peanut butter. Beat until smooth. Then it's ready to go on the griddle.

Breakfast Parfait

1 regular package vanilla instant pudding

1 can (17-ounce) fruit cocktail or Fresh fruit of own choice

4 cups cornflakes

Just before serving, prepare pudding as label directs. Let set, then stir in fruit cocktail and its syrup. Makes several layers of pudding mixture and cornflakes in each of 4 or 5 parfait glasses or tall glass mugs, ending with pudding. Makes 4 to 5 servings.

Hot Oatmeal A' La Mode

Just before serving, prepare oatmeal as label directs. Top each hot serving with a scoop of ice cream and fresh fruit (or canned fruit). Serve immediately. (Ice cream melts to make "sugar and cream" topping.)

Honey Rings

1 can refrigerated biscuits

3 tablespoons melted butter

1/4 cup honey

1/3 cup sifted confectioners' sugar

1 teaspoon cinnamon

With 3/4" round cutter, cut center hole from each biscuit. Let biscuits and holes stand 15 minutes, then fry both. Brush each, while warm, with melted butter. Combine honey, confectioners' sugar, cinnamon; spread lightly on doughnuts and holes. Makes 10 rings, plus holes.

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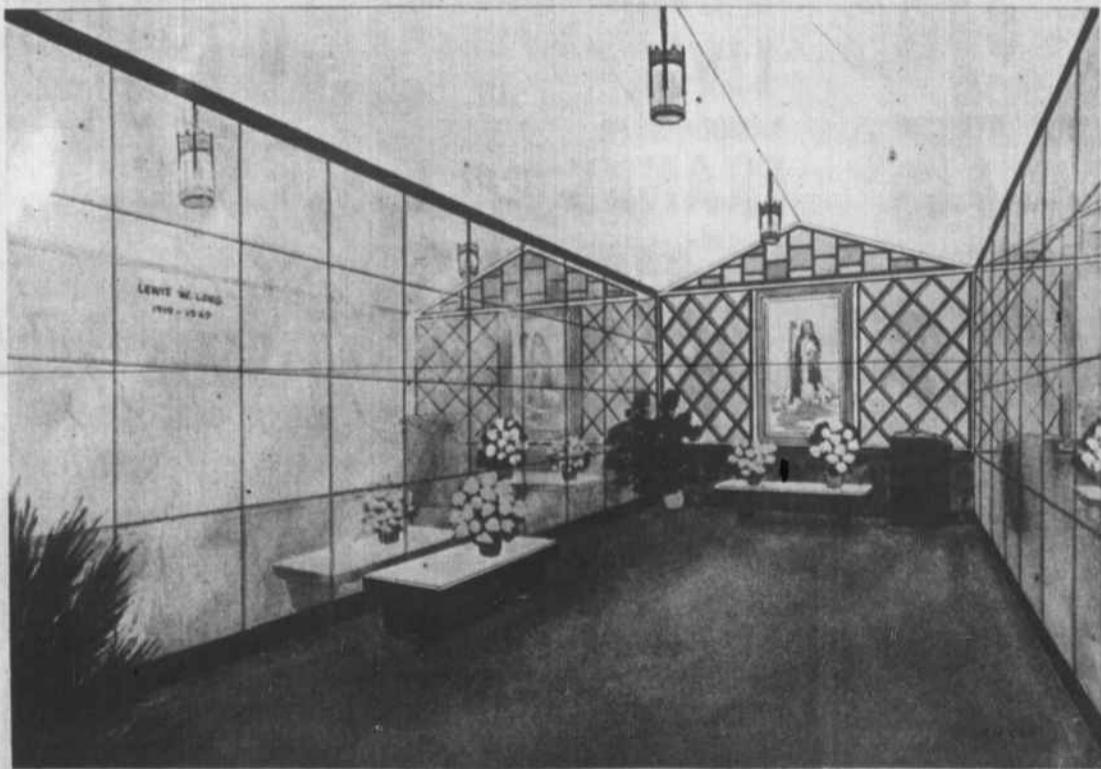
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JOHN LUDWICK
 - Counselor -

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