

Just A Woman's Observations

BY DOROTHY BRIGMAN SHUPE

I guess you thought I had flipped my mind when you read what appeared to be my column last week—but that was a mistake of somebody else—I didn't write any thing because I was busy getting started with school, and I suppose it was just one of those things that happen sometimes—no one was hurt and here I am again!

You must come over and visit our new kindergarten department! I heard Mr. Whitt say today that there was room for a few more students in it, so if you have a 5-year-old at home, I'd suggest that you contact the school immediately so your child can take advantage of this wonderful program. It will help him so very much to learn to get along with others and he will be better prepared to enter the first grade next year. Our teachers are Mrs. Doris Wyatt and Mrs. Christiann Wallin, assisted by Mrs. Bill West and Mrs. Barbara Ray.

And we welcomed back this year two former teachers, Mrs. Charles Tolley and Mr. J. C. Wallin who is our assistant principal. I have nice students

in my classes and a darling bunch for home room. The very first day last week, four of my girls got left and I had to rush them to Walnut in my car and I believe they will probably not miss the bus again because I didn't waste any time getting them to Walnut, eh, JoAnn Henderson, Gale Garrett, Donna Wallin and Carolyn Wilson?

We have several transfers this year. In my classes I have Tommy and Carl Worley, Karen Henderson, John Freeman, Kirk McWilliams, Macky Goforth and Robin Pizzulo. Some of them are from Illinois, Michigan, California and other places. I do hope they will enjoy our Southern hospitality and soon feel at home with us.

Charlotte has been helping open a new store at Statesville for the past two weeks and last Sunday, Lucille Cantrell and I dashed down to see her there. They had a new mall with many pretty new stores and she was very proud of her new store. I looked in the phone book for Mr. and Mrs. Crawford Bryan's names to give them a call, but they weren't listed. I hope they will go by and visit Charlotte before she goes back to Winston Salem.

OBSERVED—Stopped by the Old Mill Wheel last week to visit Roy and Odessa a minute and there was the Dorland Bell group picnicking—Saw Roy and Josephine Baker and his sister, Lois, and her husband, Hoy Cuthbertson—Was good to see them, they were down from Michigan for a visit—Sorry I missed the French Broad Association—Frieda Ponder said she was a delegate and was going to visit with me if I came—Got a lovely letter from Mrs. Joe Alexander of Charlotte, the former Edna Gentry, who said we were in school together at Walnut for many years—can't quite place her, but hope she will come by on her next visit to Madison County—She said they have a china buyer named Dorothy Brigman at Belk's there—I sure would like to meet her too—Met little Susan Waldrop last week, she's Patsy and Ray's little bundle of joy and just as cute as can be—Saw Mickey Tweed at the Grill recently—same ole boy—Wonder how well he, Ronnie Johnson and Eddie Henderson could sing today?—They were well known for their singing back in the sixties—Gee, I've written too much—Have a nice day!



A Change In Seasons

A change in seasons always seems to herald a change in activities. If the pace of everyday living is quickened, food must be relied upon to supply the extra energy needed.

While a basic breakfast of fruit or juice, ready-to-eat cereal with milk, bread and spread and a beverage provides a good start on the body's nutrient needs for the day, sometimes a heartier meal is desirable.

For better morning fare Kay Kellogg suggests a breakfast built around Baked French Toast as the main event. This recipe features another ingredient use for versatile packaged corn flake crumbs. Suitable accompaniments may include crisp bacon, warm maple syrup or honey and the customary fruit plus a beverage to complete the menu.

BAKED FRENCH TOAST

- 4 cups corn flakes or 1 cup packaged corn flake crumbs
 - 2 eggs, well-beaten
 - 1/2 cup milk
 - 1/2 teaspoon salt
 - 1/2 teaspoon vanilla flavoring
 - 6 slices day-old bread, cut in halves
 - 1/4 cup regular margarine or butter, melted
1. If using corn flakes, crush into fine crumbs. Set aside.
2. Combine eggs, milk, salt and vanilla in shallow dish or pan. Dip bread in egg mixture turning once and allowing time for both sides to absorb liquid. Coat evenly with corn flakes crumbs and place in single layer on well-greased baking sheet. Drizzle with margarine.
3. Bake in hot oven (450°F) about 10 minutes or until golden brown.
- Yield: 4 servings, 3 toast halves each

Fuller Stines Honored On Birthday Sunday

Fuller Stines of Marshall was honored on his 61st birthday Sunday with a dinner at the home of a son-in-law and daughter, Mr. and Mrs. Wintz McIntosh of Burnsville. All of Mr. Stine's children and their families attended the celebration. They are: Mr. and Mrs. Bill Roberts, their children, Mrs. Bobby Dean Franklin, Mr. Franklin and their two children; Miss Billy Lynn Roberts and McCrae

Roberts all of Marshall; Miss Winna Stines of Mars Hill; Miss Jean Stines of Asheville; Miss Mildred Stines, Mr. and Mrs. Fred Stines and their two children of Glen Alpine; and Mr. and Mrs. McIntosh and their son-in-law and daughter, Mr. and Mrs. Niles Ball. Also attending were Mrs. Fuller Stines and Mr. Stine's sister, Mrs. Jess Ammons. Also Miss Genell Fox and Mrs. Avis Pressley of Asheville.

Church Bonds Available

At Mars Hill

Mars Hill Calvary Baptist Church Improvement Bonds are now available, it has been announced by the Rev. Ralph Hogan, pastor. Hogan states that there is a 6 1/2 percent interest compounded semi-annually.

The Citizens Bank of Marshall is the paying agent on the bonds, it was explained. To date approximately

\$30,000 in these bonds have been sold and at least \$20,000 more is urgently needed to carry out the building program, Hogan said.

If interested in securing a bond, contact:

Rev. Ralph Hogan
P. O. Box 127
Mars Hill, N. C. 28754
Phone: 689-3367

Carter - Phillips

Miss Jamie Diane Carter became the bride of Preston Douglas Phillips Friday, August 10, 1973 at 8 o'clock in the home of the bridegroom's parents. The Rev. John Bussard conducted the ceremony.

The bride is the daughter of Mr. and Mrs. James Clyde

Carter of Mars Hill. She is employed by Micro-Switch in Mars Hill.

The bridegroom is the son of Mr. and Mrs. Cline Phillips of Mars Hill. He is employed by Urban System Development Corporation in Asheville.

The couple will reside near Mars Hill.

FENDERS MOVE

Mr. and Mrs. Berlin Fender, and daughter Marcella Brenna, formerly of Route 5, Marshall now resides at Rock Wood Hills in Greenville, Tennessee.

Mr. Fender will be employed by Rainbo Baking Co. of Greenville. He is a 1967 graduate of Mars Hill High School and the son of Mr. Logan Fender of Weaverville and Mrs. Edna Teague of Marshall.

Mrs. Fender is the former Miss Patricia Marie Moore, daughter of Mr. and Mrs. Hobart Moore of Route 7, Marshall. She is a 1970 graduate of Marshall High School.

Decoration

Decoration will be held at the Capps and Price Cemetery on Ammons Branch on Sunday, Sept. 2, beginning at two o'clock.

Those having friends and relatives buried there are asked to attend.

SINGING

The Regular 4th Saturday night singing at the Richard Baptist Church in Woodfin will be held Saturday night August 26th at 7:30 p.m.

Some of the groups taking part in the singing will be The Mount Bethel Youth Choir from Jupiter, The Hansel Hensley Singers from Long Branch Baptist Church, Marshall, and the Friendly Five Quartet from Asheville (and others).

The public is invited to attend.

Walnut News

Members of the Presbyterian Church had a picnic lunch at Rocky Bluff on Sunday following the eleven o'clock worship hour. After lunch there was a time of fellowship.

A week of revival services will begin on Sunday, September 2 at the Free Will Baptist Church at 7:30 p. m. The evangelist is the Rev. M. E. Cox who will bring timely

messages for today's needs. The pastor, Rev. Warren Reese, invites the community to attend.

Mrs. Clyde Cantrell has returned to Germany to live with her daughter.

The Rev. and Mrs. Joseph M. Reeves and children of Charlotte spent part of last week with mother, Mrs. A. S. Reeves and other relatives.

Consumer Cleaning Guide

This handy guide provides solutions to common everyday cleaning problems we all run into from time-to-time.

You can remove some rust spots with a typewriter eraser. Before starting a dirty job in the house, wrap a sheet of paper toweling around the telephone receiver and secure it with a rubber band. That way, if the phone rings while you are working, you can answer it with dirty hands and keep the receiver clean, too.

During the summer months, keep clear plastic wrap over hot air registers. This keeps dirt off ducts and filters. When painting, cover door-knobs with plastic wrap. It will save cleaning off splatters later.

To clean window and door screens, go over them with a wire brush in all directions and on both sides. Then go over them again with a vacuum cleaner attachment to pick up loose bits of dirt.

Bathroom Cleaning Made Easy

For bathroom cleaning jobs, never use steel wool scouring pads or abrasive powder cleaners as they dull and mar finishes. A non-abrasive foam cleaner works best and can be used on fiber glass, porcelain, chrome and other fixtures. The chemical action of the foam lifts soil and soap scum easily without surface damage. Auto polish may be used to remove

scratches on plastic surfaces. A newly formulated lemon-scented cleaner, which disinfects as it cleans, was developed by Dow Chemical research. It prevents the growth of staph, strep, mold and mildew.

... And Still Ideas

When using oil paint, soak a new paint brush in linseed oil before using. It will be easier to clean after painting. Empty tennis ball cans are excellent for cleaning paint rollers. They're just the right size.

Pick up lint and thread from rugs by brushing with an old toothbrush. Use lemon-scented aerosol spray oven cleaner to clean outdoor barbecue grills quickly and easily. Soap rods last longer if they are used dry.

Tack or staple a small sponge to a yardstick. It can be used for cleaning under and behind large appliances and furniture without moving the object.

Wax a dustpan and dirt will slide off much easier.

Coffee spills usually clean up nicely if you blot up the excess liquid and rub the spot with a solution of detergent, vinegar and water.

To clean chewing gum from fabric, first harden the gum with an ice cube. Then scrape it off with blunt knife.

Servicemen

ALLEN BRADLEY CHERRY POINT, N. C. Marine Lance Corporal Allen Bradley of Route 6, Marshall, has reported for duty at the Marine Corps Air Station here.

He is a graduate of Marshall High School.

PROMOTED
U. S. Army Sergeant First Class Charles P. Fowler was recently promoted to his

present rank during ceremonies at the U. S. Army Milwaukee Recruiting Main Station.

The 31 year-old son of William and Alma Fowler of Hot Springs is a U. S. Army Recruiter working in downtown Milwaukee. SFC Fowler has served in Alaska, Germany and Vietnam before coming to Milwaukee. He has been in the service for 12 years.

Marshall School Kindergarten

Parents in the Marshall School District who have a child who will be five years old on or before October fifteenth of this year and wish to enroll that child in Kindergarten should contact the school before twelve o'clock Thursday, August 23.

After this time, applications will be taken from parents in the Walnut district and selection of the remaining quota will be according to birthdate.

Reunion

The 36th annual reunion of the descendants of Billy and Sally Ramsey will be held Sunday, Aug. 26, at Bee Tree picnic area. Lunch will be served at 1 p.m.



Births

To Mr. and Mrs. Clyde Gardner of Marshall, a son, August 15, 1973 in St. Joseph's Hospital.

To Mr. and Mrs. Ralph D. Davis of Rt. 2, Marshall, a son, August 15, 1973 in Memorial Mission Hospital. Mrs. Davis is the former Miss Susan Davis, daughter of Mr. and Mrs. Floyd Davis Jr., of Marshall.

To Mr. and Mrs. Ronnie Martin Tilley, of Horse Shoe, N. C., a nine-pound daughter, Angela Fay on Friday, July 13, 1973. Mr. Tilley is the son of Johnnie Buckner Tilley, also of Horse Shoe.

With The Sick

Billy Roberts of the Bruah Creek section is a patient in St. Joseph's Hospital where he underwent surgery on Monday.

Mrs. Frances Buckner, who has been a patient in Memorial Mission Hospital for several weeks following an automobile accident, returned to her home on Saturday.

Grassy Creek Community Center News

The August meeting of the Grassy Creek Community Center was held Thursday, August 16. The meeting was called to order by Ray Gardin and then led in prayer by Clarence Lawson. Minutes of the last meeting were read by Maxine Wills.

New officers for the coming

year were elected. Larry Phillips was elected Chairman; Clydes Swaney, Vice-Chairman; Mrs. Juanita Phillips, Secretary-Treasurer; and Mrs. Clifford Swaney, Reporter.

Old and new business was discussed. Forty were present for the meeting. The September meeting will be held the second Thursday 8:00 p. m. The meeting was adjourned at 9 p. m.

Refreshments were served immediately following the meeting. Everyone is cordially invited to our next meeting.

Personal Mention

Mrs. Alvia Briggs Griffin and daughters, Renee and Tena of Charlotte, visited Mrs. Griffin's mother, Mrs. Glenna Buckner Briggs of Asheville and James R. Briggs of Charlotte.

Miss Jennifer Chandler returned to her home in Brandon, Fla. by plane last week after spending a week here with her grandparents, Mr. and Mrs. J. Moody Chandler. Prior to her visit, her brother, Jeff Chandler, had spent a week here with his grandparents. While here, Jeff and Jennifer also visited

their aunt, Mrs. J. Fain Sprinkle, Mr. Sprinkle and their two sons.

Mrs. Ken Sanford of Bolling Springs spent the week-end in Marshall with her parents, Mr. and Mrs. John O. Corbett. She was accompanied home by her two daughters, Suzanne and Michelle, who had been visiting their grandparents for several days.

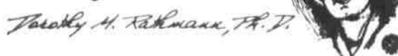
Mr. and Mrs. Frank H. Runnon had as guests during the week-end Mrs. Runnon's son, Jimmy Hall of Greensboro; and Mr. Runnon's daughter-in-law, Mrs.

Coleman Runnon of Arden and her son and daughter-in-law, Mr. and Mrs. Gary Runnon, of Lakeland, Fla.

Mrs. Charlie Sawyer and her son David of Asheville and Mrs. James Story of Marshall returned on Tuesday last week from a three-day trip to Wilmington and Laurinburg. In Wilmington they toured the U. S. S. North Carolina and attended the "Showboat" performance. They also visited Orton Plantation near Wilmington and in Laurinburg they made a tour of St. Andrews College and its campus.

Most cedar chests and cedar closets without chemicals are ineffective against carpet beetles.

Good Nutrition by



U.S. RDA Has Special Meaning

The idea of eating for good nutrition is capturing the interest of consumers as in no other time in history. People of all ages are eager to learn what they should eat to stay in good health. No longer satisfied with being told to eat foods from various categories, they want to know exactly what nutrients foods offer and how much of each nutrient their bodies need.

With the advent of the Food and Drug Administration's voluntary nutritional labeling regulations, standardized nutrition information will appear on many packaged food products. By January 1974, most concerned consumers will at least have seen the abbreviation, "U.S. RDA" on the new labels. This is a new term with a special meaning.

"RDA" by itself stands for Recommended Dietary Allowances, an assessment by the Food and Nutrition Board of the National Academy of Sciences) of the amounts of essential nutrients required for the maintenance of good nutrition by healthy people in the United States. There is a specific RDA for each age group and sex.

"U.S. RDA," the basis of nutrition labeling, is a set of single values—only one for each nutrient. That one figure is usually the maximum RDA among all age groups and sexes.

For example, the U.S. RDA

for iron is the RDA for a young woman, which is almost twice the RDA for an adult man.

So when foods eaten in a day add up to 100% U.S. RDA, this is adequate for all Americans and, in fact, may be more than adequate for some people.

The figure for protein is another example. The U.S. RDA of 65 grams is the amount of protein that a 28-year-old man should eat daily according to the RDA. This is considerably more than the RDA of 40 grams of protein for an 8 to 10-year-old.

This means that the new nutrition information labels will correctly reflect the value of a food as a protein source for a man but will not give due credit to its value for a child.

This is illustrated by the figures below for two tablespoons of Skippy peanut butter, the amount used to make a peanut butter sandwich. This amount supplies 16% of the U.S. RDA for protein and 25% of the U.S. RDA for niacin. However, this is almost 25% of the RDA for protein and over 30% of the RDA for niacin for a child 8 to 10.

These figures confirm what nutritionists have been saying all along—peanut butter is a good source of essential nutrients and, for a child, it is a better source than the % U.S. RDA suggests.

Nutrients in 2 Tablespoons Peanut Butter	% U.S. RDA	% RDA for 8 to 10-year-old
Protein	15	23
Vitamin A	•	•
Vitamin C	•	•
Thiamine	2	3
Riboflavin	•	•
Niacin	25	32
Calcium	•	•
Iron	4	6

*Less than 2



??JOB PROBLEMS??
Do you have a problem with getting or keeping a job? Do you lack education, experience, or the "know-how" of job seeking? If so, contact the Manpower Development Program, 46 Church Street, Asheville or PHONE 254-4116 for more information.

(RETAIN THIS WORKSHEET)

DEPARTMENT OF THE TREASURY
OFFICE OF REVENUE SHARING
1900 PENNSYLVANIA AVE. N.W.
WASHINGTON, D.C. 20226

THE GOVERNMENT OF
MADISON COUNTY
HAS USED ITS REVENUE SHARING PAYMENT
FOR THE PERIOD BEGINNING
JAN 1, 1973 ENDING JUN 30, 1973
IN THE FOLLOWING MANNER BASED UPON A
TOTAL PAYMENT OF \$316,576

ACCOUNT NO.
34 1 056 856

MADISON COUNTY
CO. ACCOUNTANT
P.O. BOX 237
MARSHALL, N. CAROLINA 28752

PRIORITY EXPENDITURE CATEGORIES (A)	ACTUAL EXPENDITURES (B)	PERCENT USED FOR MAINTENANCE OF EXISTING SERVICES (C)	PERCENT USED FOR NEW OR EXPANDED SERVICES (D)	PURPOSE (E)	PERCENT USED FOR			
					EQUIPMENT (F)	CONSTRUCTION (G)	LAND ACQUISITION (H)	DEBT RETIREMENT (I)
1 PUBLIC SAFETY	\$	%	%	10 MULTI-PURPOSE AND GENERAL GOVT.	%	%	%	%
2 ENVIRONMENTAL PROTECTION	\$	%	%	11 EDUCATION	%	%	%	%
3 PUBLIC TRANSPORTATION	\$	%	%	12 HEALTH	%	%	%	%
4 HEALTH	\$ 15,000.00	%	100	13 TRANSPORTATION	%	%	%	%
5 RECREATION	\$	%	%	14 SOCIAL DEVELOPMENT	%	%	%	%
6 LIBRARIES	\$	%	%	15 HOUSING & COMMUNITY DEVELOPMENT	%	%	%	%
7 SOCIAL SERVICES FOR AGED & POOR	\$ 9,000.00	%	100	16 ECONOMIC DEVELOPMENT	%	%	%	%
8 FINANCIAL ADMINISTRATION	\$ 10,000.00	%	100	17 ENVIRONMENTAL CONSERVATION	%	%	%	%
9 TOTAL ACTUAL EXPENDITURES	\$ 33,000.00	%	%	18 PUBLIC SAFETY	%	%	%	%
10 INFORMATION (Please Read Instruction #7)				19 RECREATION CULTURE	%	%	%	%
11 OTHER/Specify				20 OTHER/Specify	%	%	%	%
12 OTHER/Specify				21 OTHER/Specify	%	%	%	%
13 OTHER/Specify				22 OTHER/Specify	%	%	%	%
14 TOTAL ACTUAL EXPENDITURES	\$			23 TOTAL ACTUAL EXPENDITURES	\$			

15 CERTIFICATION (Please Read Instruction #7)
The above funds have been advised that a complete copy of this report has been published in a local newspaper of general circulation. I have records documenting the contents of this report and they are open for public and news media scrutiny.
Additionally, I certify that I am the chief executive officer and, with respect to the expenditure funds reported herein, I certify that they have not been used in violation of either the priority expenditure requirement (Section 102) or the matching funds provision (Section 104) of the Act.

16 TRUST FUND REPORT

Revenue Sharing Funds Received This June 30, 1973 \$ 316,576.00
Revenue Shared \$ 305.30
Trust Funds Available \$ 328,881.30
Amount Expended \$ 33,000.00
Balance \$ 291,881.30

James T. Lofgren
Signature of Chief Executive Officer

James T. Lofgren, Chairman of County Board of Commissioners
Name & Title, Please Print

8-23-73
DATE PUBLISHED

People in Service

Serving others... second nature to the employees of your telephone company. They're involved around-the-clock in bringing people together, and they know how much a helping hand can mean. Maybe it's just helping you with information on your account or perhaps a telephone number you can't locate. But it could be an emergency; possibly a fire or an accident. In any case, Continental people stand ready, 24 hours a day, to assist you in any way they can. We're proud of our employees' exceptional record of public service. On the job or off, you'll find them involved in your community... making it a better place to live.

Westco Telephone Company
Western Carolina Telephone Company
Member Companies of the Continental Telephone System
An Equal Opportunity Employer