Sweet Potatoes

A Tar Heel Favorite

It's no wonder that sweet potatoes the potato it still will have a good are such a tradition when it comes to taste. Also, whenever possible, sweet southern menu planning. Sweet potatoes should be cooked in their potatoes have such a good sweet tayor and they're so delicious in such valuable nutrients as dishes as candied yams, puddings, sweetness of the potato. pies, as well as by themselves § baked, boiled, or fried.

well in North Carolina soil are harvested between August and your guide. The North Carolina sold uncured. This means that they with myself salute the Sweet Potato are dug, cleaned, and sold directly to farmers for the fine job they do. the consumer. Yams that are uncured should be used within-a short period of time.

Cured yams are those potatoes which are not sold immediately and therefore held in curing barns at warm temperatures and high humidity to remove part of the water. After about 2 weeks the yams are moved to a cooler storage. During the heating process, a protective cork-like layer forms over the surface of the potatoes which acts as a barrier to decay and a barrier to excessive moisture loss during storage.

Sweet potatoes should not be stored in the refrigerator nor in any area where the temperature drops below 50° F. Yams are susceptible to cold injury which leads to an undesirable taste when cooked. A dry place such as a garage or basement is an excellent place for keeping sweet potatoes until ready for use.

One should note that for the first few weeks after harvest, the carbohydrates in a sweet potato have not totally turned to sugar. This well result in a less sweet yam for about three weeks. Regardless of the age of

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potatoes should be cooked in their jackets. This will help preserve the valuable nutrients as well as the

Fresh sweet potatoes can be adapted to almost any use in menu-These golden roots which thrive so planning, and they're so economical that you can let your imagination be November, During this time, they are Department of Agriculture along

> SWEET YAMS & SAUSAGE 1 pound pork sausage 6 medium cooked yams or 2 (1 lb.)

cans 2 T. butter

1/3 c. brown sugar

Shape sausage into 6 patties. Brown lightly on both sides and drain on paper toweling. Slice sweet potatoes and arrange in greased baking dish. Dot with butter and sprinkle with brown sugar. Arrange sausage patties on top. Bake at 350° for 30 minutes. Serves 4 to 6.

SWEET POTATO CAKE

WITH CREAM FROSTING

1 1/4 cups vegetable oil

2 c. sugar

2 c. flour

1/4 t. salt

2 t. cinnamon

2 t. baking soda

2 t. baking powder

1 c. chopped pecans

3 c. grated raw sweet potatoes

OCTOBER

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4 eggs

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or until tests done. Remove from pans. Allow to cool before frosting. CREAM FROSTING: Beat together 8 ounces cream cheese, I stick butter, 1 box powdered sugar and 2 teaspoons vanilla, until YAM SOUFFLE

Beat together oil, sugar and eggs. Sift together dry ingredients and

gradually add to oil mixture. Stir in

nuts and sweet potatoes. Divide mix-

ture into two 8-inch cake pans which have been lined with wax paper and

greased. Bake at 350° for 40 minutes

4 c. mashed N.C. yams 1/2 c. butter, softened 1/2 c. sugar 1/2 c. apple juice 2 eggs, beaten

1/4 t. salt

1/4 c. black walnuts, chopped In a large mixing bowl beat together yams, butter, sugar, apple juice, eggs and salt until fluffy. Turn into baking dish; sprinkle with walnuts. Bake 45 minutes at 350° F. Serve immediately. Makes 6 serv-

Tumbleston Exhibit Opens

paintings by Richard Tumbleston will be exhibited at Mars Hill College Oct. 20 through November 9. Tumbleston, a Mars Hill alumnus, has gained critical popularity in the last seven years for his naturalist watercolors.

A native of Round O, S.C.,

Tumbleston completed a double ma-jor in art and religion at Mars Hill in 1973. He continued his education at Southeastern Baptist Theological Seminary, earning the Master of Theology degree in 1977. It was during this period of seminary study that he resumed painting.

The impressions of salt marshes and river terrain formed during his childhood in the South Carolina lowlands, where his father owned a country store, became subjects for many of his paintings. Friendships with the local citizenry, both black and white, also play a prominent role in his work, and he speaks affectionately of these long-lasting relationships as well as the "aura of mystery" he sensed in the flat lands.

He moved to the Blue Ridge Mountains, near Boone, in the late 1970's where he maintains a studio and lives with his wife, the former Susan

An exhibit of widely-acclaimed Lawrence, also a Mars Hill graduate, sintings by Richard Tumbleston will and their two children. Tumbleston has adapted what he calls the "magic of the mountains" to the subjects and moods of his most recent paintings.

The creative stimulus supplied by the two worlds of highlands and costal region are rendered in the painstakingly unforgiving techniques of dry brush and transparent watercolors.

Tumbleston has exhibited his paintings in over 20 cm. man shows

tings in over 20 one-man shows throughout the Southeast, and corporate collectors such as R. J. Reynolds and Wachovia Bank and Trust have been some of the primary purchasers of his works.

Combining his artistic endeavors with altruistic intentions, Tumbleston recently donated the copyright benefits on several of his paintings for reproduction as prints with the proceeds going to benefit the S. C. Cancer Fund, the Crossnore School, and the City of Boone.

The paintings to be shown at Mars Hill are on loan from the collection of Mr. and Mrs. Robert Schwebke of Florida, the Mitchell-Provost Designs of N.C., and the college is grateful for their willingness to share these works with the community.

Other works from the artist's private collection will also be shown.

The paintings are also open to the public at no admission charge, 10 a.m. through 4 p.m. daily, Monday through Friday in Peterson Gallery of Blackwell Hall.

McElroy Promoted

John H. McElroy of Raleigh has been named as vice president of marketing with Rose's Stores Inc. Announcement of the promotion was made on Sept. 4 by L.H. Harvin III, chairman of the board and chief executive officer of the company.

McElroy is a native of Marshall. He is a graduate of the University of North Carolina at Chapel Hill. He and his wife, the former Jeanette Steere, have two children.

McElroy joined Rose's in 1976 as a field merchandise supervisor. In 1980, he was appointed sales manager of the advertising and sales promotions departmnent, a position he held until his present promotion.

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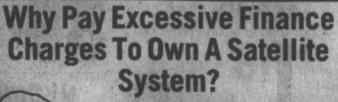
"I want to say it proudly that Jimmy Carter moved our Nation in the right direction."

Jim Hunt (Atlanta Journal 3/13/83)

REAGAN - HELMS INFLATION RATES 3% INTEREST RATES 12%

"I have opposed what the Reagan Administration is doing to this country. I believe their economic policy is a failure."

> Jim Hunt (Kernersville News 9/2/82)



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