

For And About Homemakers

Yancey Extension Service



By Mary M. Dayton
Home Ec. Extension Agent
From the dish towel in the kitchen to the decorative pillow on the living room sofa, you can use color, texture and design in fabrics to add convenience, beauty and individuality to each room in your home. Never has there been such a wide variety of beautiful fabrics to choose from. However, few, if any, have every desirable characteristic. Therefore, you need to know how each fabric will be used and you need to be able to decide which has the most desirable characteristics to serve your purpose.

Fibers differ widely in properties and serviceability. The suitability of any fiber for a particular end use depends on the characteristics of the fiber itself and upon the manufacturing processes involved in making it into yard goods.

Therefore, the consumer needs to become familiar with the names of the fibers as they are identified on labels, the manufacturing processes used and any special care requirements needed. Textile terminology and rapid developments in the textile industry make this a continuing learning process.

For more information, request a copy of "Fabrics for the Home" which is designed to identify the basic characteristics of fibers in concise form, the distinctive qualities desired for certain end uses and a glossary of the most often used fabrics for decorating the home.

PREVENT KITCHEN FIRES

Lucky is the homemaker who's never been scorched by a kitchen fire. The typical story goes like this. You've put the meat in a skillet or under the broiler and the telephone rings. Five minutes later you're still talking and suddenly you detect the unmistakable odor of burning grease. You dash back to the kitchen and there it is. The meat in a blaze.

If your first instinct is to throw water on the flames, you're wrong. The right treatment: Baking soda.

A few handfuls of soda tossed on the fire change almost instantly into harmless carbon dioxide gas which snuffs out the flames. Surprising? Not to firemen or others experienced in putting out grease fires. They know that baking soda is an ingredient in many commercial fire extinguishers. It's also the best "home remedy" available to housewives when something on the stove goes up in smoke.

Now that National Fire Prevention Week is here again, October 8 to 14, what better time to get busy and really do something about kitchen fires?

MAKE A FIRE PAIL

One good way is to make a "Fire Pail". You will need a one pound coffee can with plastic lid and some cord for handle. Fill "fire pail" with 2 lb box of baking soda and paste on label saying FIRE. Set Fire Pail near Kitchen Stove.

Note Of Thanks

Mr. Lester Young's family would like to thank each and everyone of his friends for being so sweet to him while he was in the hospital. He appreciates everything done for him. May God bless everyone for their thoughtfulness.

The executive board meeting of the Extension Homemakers County Council was held on October 2nd at the home of Mrs. Mary Margaret Deyton. Mrs. Pauline Lawhern was co-hostess for the occasion which consisted of a combination luncheon and business meeting.

Plans for Achievement Day were completed, the date being set for Tuesday, October 31 at 11:00 a. m. at the First Baptist Church, Burnsville. This will consist of a covered dish luncheon, with all the clubs in the county participating in the exhibits, program and awards. A fashion show will be held, with the club members modeling garments they have either made or co-ordinated with various accessories.

Mrs. Pauline Lawhern, county council president, made several announcements. She

stated that a training program for the new officers will be held the first week in December, the exact date to be set later. She urged that all the members attend the Christmas exhibit to be held on November 11 at the Governor's Western Residence in Asheville. She also announced the date of the 1973 District meeting which will be held on April 24 and April 25 at Lake Junaluska.

The following ladies were present at the board meeting: Mrs. Mary Johnson, Mrs. Marvie Liles, Miss Patricia Flemming, Mrs. Maisie Howell, Mrs. Thurman Briggs, Mrs. Goldie Peterson, Mrs. Mary Gillespie, Mrs. Louella Honeycutt, Mrs. Ora Lee Hopson, Mrs. Gladys Colletta, Mrs. Pauline Lawhern and Mrs. Mary Margaret Deyton, Home Extension Agent.



From The Yancey Extension Homemakers food news & cues

By Mrs. Mary Gillespie

We like this recipe for apple bread. You will find it delicious with cream cheese spread or spread with butter, sprinkle with cinnamon sugar, toast and serve warm as coffee cake.

FRENCH APPLE BREAD
2 cups Sifted all-purpose flour
1/2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
3/4 cup butter or margarine melted
2/3 cup sugar
3 eggs, slightly beaten
1/4 cup applesauce
1 cup peeled, finely diced apples

1/2 cup grated sharp cheddar cheese
1/4 cup chopped walnuts
1/3 cup seedless raisins
1/2 cup grated apple
3 small pats of butter or margarine
1 tbs. cinnamon-sugar
Mix and sift flour, baking soda, baking powder and salt. Combine melted butter and 2/3 cup sugar; stir until thoroughly blended. Stir in eggs, applesauce, 1 cup diced apples, cheese, nuts and raisins. Stir in dry ingredients; mix well. Spoon into well-greased loaf pan, 8 x 5 x 3 inches. Bake at 375 degrees for 50 minutes or until loaf tests done. Remove from oven. Sprinkle grated apples on top; place pats of butter on loaf at intervals; sprinkle with cinnamon-sugar. Return to oven; bake 5 to 8 minutes longer.

Donna McLain has been a faithful contributor of recipes. This is her Cookie Cake. We

must say it is very rich and we hesitate to make a guess at how many calories a serving it has, but it is "Oh, so good!"

COOKIE CAKE
Combine and mix 2 cups unsifted flour and 2 cups sugar, 1 tsp. soda.
Combine in a saucepan: 3 1/2 tbs. chocolate syrup 1 cup water
1/2 cup crisco
Bring to a boil and pour over flour mixture.
Add: 1/3 cup buttermilk 2 beaten eggs 1 tsp. vanilla--mix well and pour into greased and floured jelly roll pan (11 x 16) Bake at 400 degrees for about 20 minutes.

ICING
1 stick margarine 4 tbs. cocoa 6 tbs. milk 1 box powdered sugar, 1 cup nuts and 1 tsp. vanilla.
Melt over low heat (do not boil) margarine, cocoa and milk, add sugar, nuts, and vanilla. Mix well and pour over cake while hot. (I believe we will add; cut in very small squares to serve).

WE HEARD THE QUESTION
this week: What is reconstituted orange juice?
After consulting an expert we can tell you. It is frozen or dehydrated orange juice with the proper amount of water added to restore it to the original form. This applies to any recipe you might find that calls for--reconstituted juices or milk.

'Out Our Way'
By Mrs. Jim Arrowood
Mrs. Jeanette Waldrup and Judy Waldrup visited Mrs. Jim Arrowood, Mrs. Richard Conley and Mrs. Ida Byrd over the weekend.

Judy Waldrup spent the night with Louise Arrowood.
Mrs. Harmie Briggs has returned from a trip overseas.
Rev. Thurman Rogers has returned from a trip overseas.
Little Miss Louise Edwards has celebrated her birthday on the 3rd, Oscar Fox, the 6th of October.
Mr. and Mrs. Jim Arrowood and Louise visited Mr. and Mrs. Lee Roy Silvers, Saturday.

Mr. and Mrs. Doug Hughes from Shelby, N.C. visited Mrs. Minnie Bell Edwards and Jeanette Waldrup over the weekend.
Mrs. Ida Byrd and Diana Byrd visited Mr. and Mrs. Clyde Phillips Sunday. Also Louise Arrowood and Claudine.
Mr. and Mrs. Giles Lewis from Johnson City, Tenn. visited the Arrowoods on Sunday.
Miss Millie Jean Edwards, little Louise Edwards visited the Arrowoods Sunday, also Mrs. Steve Thomas, husband, and little daughter, Karen.
Louise Arrowood spent the day with Mr. and Mrs. Rabe Peterson.
Sorry to hear of Mrs. Harmie Briggs being in St. Joseph's Hosp. Hope she has a speedy recovery.
Sorry to hear of Ray Bailey being in the Hospital.

75th Church Anniversary

A capacity crowd filled the Newdale Presbyterian Church on Sunday, October 8th, in observance of the 75th Anniversary of the church. The morning sermon was given by Rev. Bert Styles, a former pastor. Another former pastor, Rev. Hershey Longnecker of Pulaski, Virginia, was in charge of the Communion Service which followed the sermon. Special music for this service was rendered by the young people of the church under the direction of Miss Anita Fox. Mrs. Doris English also sang a solo.

A bountiful lunch was served on the church grounds at 12:30 with much reminiscing by visitors and local members. Approximately 100 people were served lunch.

The afternoon session began at two o'clock with some fine gospel singing by Tyson Buchanan's quartet. Mrs. Doris English of Kingsport, Tennessee and her cousin, Mr. Vernon Styles

of Burnsville, delighted the audience with their singing. Rev. Ernest Wilson, field worker for the Presbyterian Church, Holston Presbytery, reviewed the history of the church and recognized some of the older members. The afternoon sermon was preached by Rev. Charles Moffitt, pastor of the First Presbyterian Church, Galatin, Tenn.

Former pastors present for the occasion were Rev. Ernest Wilson, Rev. Hershey Longnecker, Rev. Bert Styles, and Rev. Charles Moffitt.

There were visitors from Eastern North Carolina and East Tennessee, as well as from Asheville and Marion, N.C., all at one time having been members of the church, or having grandparents or parents who were at one time, or are now, members of the church.

The present pastor, Rev. H. Eldin Wells, presided over the entire proceedings.

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