

This is a very good and easy main dish for your family. You can vary the amount of ingredients to suit your family. Use apples that do not cook up and do not peel.

PORK CHOPS & SPICED APPLE WEDGES
 8 pork chops about 3/4" thick
 1 tblsp. vegetable oil
 1 cup apple juice
 1/2 cup light raisins
 1 tsp. salt
 1/4 cup brown sugar (packed)

1/4 tsp. nutmeg & 1/4 tsp. cinnamon
 3 large red apples cut into 6 to eight light wedges.
 Trim fat from pork chops. Brown on both sides in oil in skillet. Arrange pork chops in shallow baking dish, 2 qt. size. Add 1/2 cup apple juice, raisins and salt. Cover tightly. Bake in 350 degree oven about 45 min.

From The Yancey Extension Homemakers food news & cues
 By Mrs. Mary Gillespie

Turn pork chops and arrange in center of dish. Combine spices and brown sugar in bowl-- coat apple wedges in sugar mixture. Arrange around pork chops and sprinkle with remaining sugar. Add remaining half cup apple juice. Cover tightly. Return to oven and cook until apples and chops are tender.

We like this grits casserole with the pork chop and apples. Add a tossed salad and you have a meal that is easy to prepare and very good. The grits casserole can go into the oven when you are baking the apples and chops the last 20 minutes.
GRITS CASSEROLE
 1 cup regular grits

3 cups boiling water
 1/2 tsp. salt
 1/2 stick butter or margarine
 4 eggs
 1 cup milk
 1/4 cup shredded sharp cheddar cheese.
 Pour grits into boiling water to which salt has been added. Mix well. Cook until thickened. Add butter, beaten eggs, milk and cheese. Stir thoroughly. Pour into 2 qt. greased casserole and bake at 350 degrees about 20-30 minutes.

Yancey Extension Service For And About Homemakers

Scoutmaster Honored

Max K. Hughes, Scoutmaster of Troop 509, Micaville, was honored at the Annual District Scout Supper held at Spruce Pine Saturday evening. He was awarded the Scouters Key by Mr. Charles Toms, District Scout Executive. To receive this award a Scoutmaster must complete the following Boy Scout Leader Training experiences: The Boy Scout Program, The Patrol Method, The Outdoor Program, Training Boy Leaders, Program Planning and Troop Financing, Advancement, Boy Behavior, complete the Show-and-a, complete at least three consecutive years of registered tenure as a Scoutmaster and at least twice during this three-year period serve as a Scoutmaster of a troop that qualifies as a National Standard Unit.

This award is equivalent to the Eagle Scout Award which a boy can receive in Scouting.



Hi - 20
 TEMPERATURE OF THE WEEK
 UPPER FORK COUNTRY STORE

Hi - 58°
 Lo - 18°

SHOPPING WEEKS LEFT

It's a matter of Life and Breath...



Give more to Christmas with Seals

Seeing is a complex task performed with two tools-- light and vision. Always interrelated are the job to be done, the light needed to make the job visible and the sensation felt by the person performing the job. Ever since the invention of the incandescent bulb, lighting has continued to take new directions in meeting the increasing needs of the house and the family.

Man's eyes are essential to him in carrying out the activities of this complex world. And good light is vital for good sight. Seventy-five percent of our activity depends on the eyes, and 75 percent of all stimulus to the brain comes through the eyes. Good lighting, therefore, is a must.

SPECIAL NEEDS
 Good lighting is vital to all members of the family; every age has its special needs. The young child, as he begins learning to live in our world, responds most favorably to a well-lighted path. His need for good lighting becomes greater as he enters school and begins studying.

By the time our young people reach college age, about 40 percent of them do not have normal vision. In addition to the widespread use of seeing aids--including contacts and the wire-rimmed glasses they love, these college students especially need the best kind of lighting.

Homemakers need good light to perform their many close-vision tasks--food preparation, sewing, ironing, cleaning, keeping books--much of it done by indoor light. Among homemakers it has been estimated that about 70 percent suffer eye defects.

The elderly require a high level of light for effective, safe living. The ability of the eye to function properly decreases with age and needs to be compensated. Regardless of the age or the task, the need for

fast, accurate seeing is a part of everyday living. That is why the value of good lighting is immeasurable.

How much light your family needs for reading, studying, sewing, food preparation and enjoying hobbies depends on several conditions.

First, it depends on the kind of work you're doing. Some tasks require better seeing conditions than others. Second, the amount of light you need depends partly on how good your eyes are and on your general health. Finally, the amount of light you need depends partly on the length of time you'll be doing the same type of task. The eyes may not complain when forced to work for a few minutes under poor light, but they'll probably become very tired if you continue that task for an hour or two.

In designing the lighting for your home to meet the needs of your family, you should plan to include good quality and adequate quantity of light and its placement in relation not only to the overall appearance of the interior but also, and particularly, to the comfort, safety, and health requirements of each family member.

For further information, request Publication-Home Economics No. 126 from the Extension Service.

SAVE YOUR SIGHT WITH GOOD LIGHT

CHRISTMAS MATERIAL AVAILABLE

Home Economics Extension Agents are making available to Yancey County homemakers Christmas materials as follows:
 "Christmas At Home"
 "The Advent Wreath"
 "The Christmas Tree"
 "Christmas Cookies"
 "My Favorite Christmas Recipes" and a number of Christmas patterns.

Copies may be picked up at the Yancey County Extension Office.

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