

For And About Women

Breakfast Eaters Rate Higher As Scholars

ROCK HILL, S.C.—Students who eat breakfast make better grades than those who don't eat breakfast, according to a recently published study by Sarah S. Mills, assistant professor of home economics at Winthrop College.

The study, conducted at Winthrop in April 1970, was designed to determine the factors that cause a student to eat or not eat breakfast.

Questionnaires were distributed to 700 students selected at random from the full-time undergraduate students residing on campus.

Published by the S.C. Agricultural Experiment station at Clemson University, the study is available for distribution through home economists and extension workers. It is also used as a teaching guide in the Winthrop School of Home Economics food and nutrition classes, according to Dr. James Konlande, a participant in the study.

Ms. Mills is on leave of absence this academic year to complete residency requirements for her Ph.D. degree at the University of North Carolina at Greensboro. In her absence, Dr. Konlande, associate professor, discussed the study.

"Breakfast eaters were compared with students who didn't eat breakfast, and it was found that those who ate the morning meal had a higher grade-point ratio," Dr. Konlande pointed out.

Of those students eating breakfast, 38.2 percent had a grade average above 2.50, 53.5 percent had an average between 1.50 and 2.49, and only 5.8 percent had an average below 1.49.

Of those students not eating breakfast, 34.8 percent had a grade average above 2.50 and 45.7 percent had an average between 1.50 and 2.49, while 13.7 percent had an average below 1.49.

May we express our thanks to our friends and supporters who voted for us on November 5th. We lost, partly because of being on the losing side of a big national referendum that had nothing to do with the Transylvania County Board of Education, but a lot to do with Watergate and inflation. Because of this, neither of us takes the loss as a personal defeat.

We thoroughly enjoyed the campaign and especially enjoyed meeting and talking to people all over the county. We will continue to be actively concerned in behalf of Transylvania County citizens in whatever ways are open to us to do so.

Again, thank you for your votes.

GERALD DEAVER
and
BETTY MCGUIRE



Mr. and Mrs. Fred Ashe

Mr. And Mrs. Fred Ashe Observe Golden Anniversary

Mr. and Mrs. Fred Ashe will be honored Sunday, Nov. 17, at their home on the Island Ford Road, on their 50th wedding anniversary.

Friends and relatives are invited to call between 2 and 5 p.m.

Distaff Deeds

Homemaker Earns Income With Hat-Making Skill

By JAN CHRISTENSEN
N.C. State University
Being creative with your knitting and crocheting needle can provide extra income, believes Mrs. J. B. Duncan, Eden, Rt. 3. Mrs. Duncan makes attractive hats by coordinating decorative stitches with a variety of colors.

In order to show community people what she has to offer this year in hats, Mrs. Duncan used her hat to make an attractive table decoration at a monthly Extension Homemakers Club meeting.

Lydia Scott, assistant home economics extension

agent, thinks this is a creative way for Extension Homemakers to display their craft merchandise.

SPECIAL GIFT
Trainable Mentally Retarded (TMR) students at Selma Elementary School, Johnston County, will soon have a chance to try their hand at making cornshuck wreaths.

Their teacher, Mrs. Suzette Fitzgerald, Pine Level, felt that the wreaths would be a craft her students would enjoy. To prepare herself, Mrs. Fitzgerald signed up for a wreath workshop at the Johnston County Agricultural Building so she could learn the craft techniques and could later guide her students as they created wreaths.

ICE CREAM
Hyde County 4-H'ers made and sold 70 gallons of ice cream during the county's annual Hyde Farm Day.

"The effort took the cooperation of many 4-H leaders and members," adds Mrs. Iberia Tunnell, extension home economics agent.

"That wasn't all," the agent added. "The 4-H'ers also set up educational booths and displayed some of the items they had made in their projects."

Wine And Cheese Party Saturday

A wine and cheese tasting party has been planned for members of Glen Cannon Country Club Sturday, Nov. 16, beginning at 8 p.m.

Reservations, at \$10 per couple, may be made by calling the club pro shop.

Garden Club Meets With Mrs. Kolman

The Transylvania Garden Club will meet Friday, Nov. 15, at 3 p.m. at the home of Mrs. Harry Kolman at Green Acres. Mrs. Rose Robbins will be co-hostess for the meeting, which will feature a demonstration on pine cone craft by Mrs. Lamar Hamilton.

At the last meeting, new member Mrs. Robert A. Campbell, presented a slide program of pictures taken on a trip to Venezuela. Most of the slides were taken in an orchid garden and zoo belonging to an Italian Count who practices medicine in Ciudad Guyana.

Other slides concerned a safari into the jungle areas, visit to an emerald mine and gold panning area.

Another new member, Mrs. Melvin Worth, and a returning member, Mrs. John Thomas, were welcomed.

PENROSE P.T.A.

The Penrose P.T.A. meeting will be held at Penrose School on Monday, Nov. 18, at 7:30 p.m. All parents are urged to attend.

All natural cheese should be kept refrigerated, according to marketing specialists at the U. S. Department of Agriculture.

When you think of prescriptions, think of VARNER'S. adv

STATE OF
NORTH CAROLINA
TRANSYLVANIA COUNTY
IN THE GENERAL
COURT OF JUSTICE
SUPERIOR COURT
DIVISION
EXECUTOR'S NOTICE

Having qualified as Executor of the Estate of Robert F. Sharp, Jr. of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said Robert F. Sharp, Jr. to present them to the undersigned within six months from date of the publication of this notice of same will be pleaded in bar of their recovery. All persons indebted to said estate, please make immediate payment.

This the 8th day of November, 1974.

M. M. Feaster, Jr.
P. O. Box 308
Brevard, N. C. 28712
11-14-4tc

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Mini-Magic-Meatballs



Only you know how simple these Mini-Magic-Meatballs really are, as your party guests rave over each delectable morsel. They're so simple. Just you and your oven know that they were cooked right in the sauce.

Just mix the ground beef — the leaner the better — with enriched bread pieces, onion soup mix, an egg and parsley flakes. Shape the mixture into one-inch balls and arrange in a baking dish. Cover with the Magic Sauce—a blend of catsup, lemon juice and grape jelly. Then bake in a preheated oven until done. Presto—it's the talk of the party!

Good family nutrition can be just as simple, too, when using enriched bread and enriched flour. Enriched means that the essential B-vitamins, thiamine, niacin and riboflavin, plus the mineral, iron, have been added to the bread and flour.

Mini-Magic-Meatballs about 4 dozen

- 1 pound ground beef
- 2 cups small torn pieces enriched white bread (about 2 slices)
- 1 package dry onion soup mix
- 1 egg, slightly beaten
- 1 tablespoon dried parsley flakes
- 1 cup catsup
- 1/2 cup lemon juice
- 1/2 cup grape jelly

In large mixing bowl, combine all ingredients except sauce. Shape meat mixture into 1-inch balls and arrange in large glass baking dish. Pour Sauce over meatballs. Bake in preheated 350° oven about 45 minutes or until done. If necessary spoon off excess fat.

Magic Sauce:

- 1 cup catsup
- 1/2 cup lemon juice
- 1/2 cup grape jelly

Blend ingredients together.

Mrs. Allison Is Treasurer Of District Homemakers

Mrs. Clarence F. Allison, Sr., was installed as treasurer of the Western District Extension Homemakers Association at the fall council meeting last Wednesday in Franklin.

Mrs. Allison is a member of the Hill and Dale Extension Homemakers Club and is the county public information chairman.

Others attending from Transylvania County were Mrs. L. E. Callendar, county council president, Mrs. Lewis Pickleheimer, district work chairman of education and

Miss Jean Childers, county home economics extension agent.

Mrs. Callendar gave a resume of the 1974 activities of the 15 organized clubs in Transylvania County.

Greetings were brought from NCSU in Raleigh by Dr. Eloise Cofer, Assistant Director, Home Economics and Miss Kathleen Nelson, Western District Home Economics Agent.

Dr. Ann Buntin of the home economics department at Western Carolina University, was the guest speaker.

Transylvania Doings

by Dorothy Osborne

Mr. and Mrs. Robert M. Pinkerton of Kinsale, Va., arrived last Friday to visit their daughter, Claire Cope, and her husband, Sam, at their home on Probart Street.

The Pinkertons will keep the Cope household running while the Copes spend most of their time with the final rehearsals for the Brevard College production of *Fiddler On The Roof*. Sam is directing the show, Claire has designed and made costumes, and three of their children, Debbie, Carol and Tony, are in the cast.

The Pinkertons will be here until after the show, which runs Nov. 21, 22 and 23.

Miss Allison Sanders, a sophomore at Centre College, Danville, Ky., spent last weekend here with her parents, Dr. and Mrs. James H. Sanders, and her brother John.

Bishop Ole Borgen of Stockholm, Sweden, was the guest of Rev. and Mrs. C. Edward Roy of 125 Franklin St. last week.

A former student at Brevard College, Bishop Borgen is the presiding bishop in the United Methodist Church in the European countries of Norway, Sweden, Denmark, Finland and Estonia. He is in North Carolina for the meeting of the Council of Bishops at Lake Junaluska.

Bishop Borgen spoke to some of Mr. Roy's classes at the college and visited friends in the Mills River area.

Members of The Mountain Minstrels, Brevard's junior music club, will honor their parents Sunday, Nov. 17, at 3 p.m. with a recital at the Dunham Music Center building, room 017, at Brevard College.

Following the program, new officers will be installed by Professor Peter Paciencia. They are Linda Pace, president; Karen Pettit, vice president; Amy Prugh, secretary; and Toni Whitley, treasurer.

Membership in The Mountain Minstrels includes students of Ann English, Ruth Hunter, Libba McKinney, Louise Miller and Mr. Paciencia.



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Pants	16.95	Skirt	16.95	Shirt	16.95
				Pants	16.95

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