

News and Events of Interest To Norlina Readers

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Mrs. Fletcher Wolfe of Atlanta, Ga., spent several days last week with Mr. and Mrs. Tom Wolfe of Norlina.

Mr. and Mrs. Odis Richards of Henderson and Mrs. Wayne Whitmore of Norlina visited friends and relatives in Asheville recently.

Mr. M. A. Lyles has returned home after spending a week with Mr. and Mrs. Ray Nicholson of Titusville, Fla.

Mr. and Mrs. Henry Gums of Norlina recently spent eight days in Jamaica at Montego Bay. They also visited Ocho Riss, Appleton and Kings-ton.

Mrs. Leita Crabtree of Chapel Hill spent the week with her mother, Mrs. J. H. Currie.

Mr. and Mrs. John Faulk of Norlina and Mrs. Jack Townsend of Henderson spent a weekend recently in the mountains of North Carolina and Tennessee.

Mr. and Mrs. Jack Baker of Raleigh, Mr. and Mrs. O. R. Baker and Miss Kathy Garretson spent several days last week touring places of interest in and around Asheville and Cherokee.

Mrs. Eldon Brown of Magnolia spent Monday with Mrs. Maggie Adcock.

Mrs. Louise Garretson of Del Haven, N. J. is visiting her daughter, Miss Kathy Garretson.

Mrs. Selma Rooker of Norlina and her sisters have returned home after spending a few days in the mountains.

Hicks Is Named Man Of Year

The Norlina Ruritan Club recently presented its Man of the Year Award to Clifton Hicks at its annual Ladies Night meeting at Norlina Woman's Club.

Hicks was cited for his dedication to the Norlina Methodist Church as Sunday School superintendent and a member of the choir, for his involvement in the Norlina Fire Department, and for his contributions to the Ruritan Club where he has served in all but one office.

Hicks, who is parts manager for Randy Currin Chevrolet in Warrenton, was described as an unassuming man who works quietly and gets the job done. He and his wife, Shelby, reside in Norlina with their two children.

A turkey dinner was served to members and their wives by members of the Woman's Club. President William Brauer intro-

duced guests and Steve Daniel gave the welcoming address. The response was given by Lou Traylor and gifts were presented to the ladies by Graham Grissom and Jim Hundley. Jack Wardlaw and John

Wassong of Raleigh presented a musical program on their "singing banjos," playing the old tunes enjoyed by all.

The evening ended with the singing of "Goodnight Ladies."

Weight Loss With Doss

By DOSS BURNS, Nutritionist
Warren County Health Department

Do you want to learn how to lose weight? There is a new radio show, Weight Loss with Doss, which might help you. This weight loss program will be on the air every Wednesday morning at 11 a. m. on WVSP 90.9 FM, Warrenton. This is the fourth in a series of articles which will highlight and summarize the weight loss program.

YOUR WEIGHT LOSS DIET

This week we are going to cover the starchy and fatty foods on your diet. Last week we discussed starchy vegetables and this week we are going to talk about the other foods which are starchy and the fatty toppings we usually put on starchy foods to make them too fattening.

WHAT ARE THE STARCHY FOODS?

Starchy foods fall into several groups. First there are the breads which include loaf bread, rolls and buns. One slice of bread contains about 70 calories. The serving size of the following starchy foods contain about the same number of calories as a slice of bread: Breads - 1/2 hamburger or hotdog bun, 1/2 English muffin, 3 tablespoons bread crumbs. Cereal - 1/2 cup Bran Flakes, 3/4 cup ready-to-eat unsweetened cereal, 1/2 cup pasta (cooked), spaghetti, noodles, macaroni, 3 cups popcorn (without added fat). Flour-2 tablespoons cornmeal, 2 1/2 tablespoons flour. Crackers- 3 Arrowroot, 2 Graham, 6 saltines. Dried beans, peas and lentils-1/2 cup cooked dried beans, peas and lentils. Starchy Vegetables- 1/2 cup corn, 1/2 ear corn on the cob, 1/2 cup butter beans, 3/4 cup parsnips, 1/2 cup garden peas, 1 small white potato, 1/2 cup mashed potato, 3/4 cup pumpkin or winter squash, or acorn or butternut, 1/4 cup yam or sweet potato.

ARE STARCHY FOODS FATTENING?

When eaten in moderation starchy foods are not fattening. Many fad diets try to get you to totally eliminate all starchy foods. However, it is usually the fatty toppings we put on starchy foods which contain the most calories. One teaspoon of butter, margarine, or oil has almost 60 calories. Starchy foods only have 70 calories per serving. Let's take an example of a baked potato containing about 70 calories. Now add 2 teaspoons of butter or margarine and you have added 100 calories to make a total of 170 calories. What about a sandwich? Two slices of bread would be 140 calories, one ounce of lean meat about 60 calories. Now add about one tablespoon of mayonnaise and you have an added 150 calories for a total of 350 calories. So you can see that starchy foods are good to eat but without the extra calories added from fat.

HOW MANY STARCHY FOODS SHOULD YOU EAT?
For this diet you should eat at least one serving of a starchy food at each meal but no more than two starches at any one meal. However, if you find that this is not enough and you are losing more than 2 pounds a week you may have up to 3 starches per meal. You should not be eating less than one starch per meal.

WHY IS IT IMPORTANT TO EAT STARCHY FOODS?

Starchy foods are high in B vitamins which help our bodies grow at a normal rate. Starches are also an extremely important source of fiber. Fiber is important for proper digestion and elimination. Eating enough fiber keeps you from getting constipated and may prevent cancer of the bowel.

DO SOME STARCHES HAVE MORE FIBER THAN OTHERS?

The whole grain cereals and breads have more fiber than white bread and the highly refined cereals. Bran is high in fiber and can be added to meatloaf and muffins and other bread recipes for more fiber.

HOW MUCH FAT SHOULD WE EAT?

On this diet you need to cut way back on the amount of fat you use. The easiest way to do this is to stop frying foods and bake, broil or boil your food. Also remember to choose the lean cuts of meat and trim off all of the visible fat and skin. If you do this you may have equivalent to 1 teaspoon of fat at each meal to season or cook your food with.

For next week you should continue your diet and concentrate on limiting your starchy foods to at least one serving per meal but not more than two servings per meal and limit the fat to no more than one teaspoon per meal.

YOUR EATING HABITS

HOW DOES HUNGER AFFECT YOUR EATING?

Do we eat when we are hungry or out of habit? Last week I asked you to rate how hungry you were before each meal on a scale of one to five, with one being not hungry and five being very hungry. Many of you may find that if you are still eating snacks between meals that you are probably not very hungry at your regular meals.

HOW CAN YOU TELL IF YOU ARE REALLY HUNGRY?

There are two critical times of the day when most people are likely to overeat, before supper and after supper. You may find that you eat out of habit at these times, not because you are hungry. Let's take the example of snacking before supper. You come home from work and immediately go to the refrigerator or cupboard for a little snack to hold you until supper. You may not really be hungry, but you have had a hard day and feel that you deserve a treat. What could you do instead? Sometimes you may just be thirsty. Drink a glass of cold water, and then wait a few minutes. You may find that what you thought was hunger will pass. If you can delay your eating for fifteen minutes by doing something else like going for a walk, taking a bath or a shower, cleaning out a dirty closet, sitting in a comfortable chair and listening to music, doing exercises, etc., you may find that what you thought was hunger will pass and you will be able to wait until supper. So remember: 1) Drink water, 2) Delay eating 15 minutes and 3) Do something else. This will help you to keep from eating anytime you are tempted to eat a snack between or after meals.

NEXT WEEK'S FOOD RECORD

Next week we are going to discuss how our moods affect our eating. To prepare for this write down how you feel before your meal in your food record. You may feel tense, relaxed, bored, fatigued, tired, happy, nervous, unhappy, etc. Do this for at least three days this week. And keep those pounds coming off.



The Norlina Junior Woman's Club won three awards at the GFWC fall district meeting held in Warrenton on Saturday. The Mamie L. King Award was won by the club for the best work with the lonely and shut-ins on the local level. The Katie S. Fleming Award was won for the best work in child abuse and the Kay Adams Cook Award was

won for having the most club members in attendance at the meeting. Pictured (from left to right) with the silver trays awarded are Katie Fleming, Paulette Curtis, Dawn Strickland, Ruby Seaman and Nancy Paynter.

(Staff Photo)

Literature And Music Club Meets In Norlina

The Literature and Music Club of Norlina met Thurs., Oct. 15, at 8 p. m. with Mrs. R. H. Fuller and Mrs. Florence Heid as co-hostesses.

In the absence of the president, Mrs. W. S. Hicks, Mrs. Ira Weaver opened the meeting. Mrs. Lillian Kilian gave the devotions and led in prayer.

Business was discussed and dues were collected for the new year.

Mrs. Boyd Mayfield

introduced the Rev. Steve Gandy who gave an inspiring report on the book, "Life After Life and Life After Death."

The meeting closed with all repeating the club's collect.

The hostesses served pie, cheese straws and coffee to the 15 members present.

The club will meet with Mrs. Jimmie Shearin on Nov. 12 at 2 p. m. Mrs. W. S. Hicks and Mrs. Ira Weaver will serve as co-hostesses.



Ruby Seaman (right) is presented the Outstanding Junior Award for District 14 by Katie Fleming. The Norlina Junior Woman's Club representative won the honor for outstanding work on the district level.

(Staff Photo)

Homemakers Meet

The Zion Extension Homemakers Club met at the home of Mrs. Eleanor Hayes on Thursday at 2 p. m.

The meeting was called to order by Mrs. Frieda Holtzmann in the absence of the president.

The members and two visitors sang "Onward Christian Soldiers" and devotions were given by the hostess.

Mrs. Holtzmann distributed the two-year planning calendars that mem-

bers will be selling as a money-making project.

Mrs. Holtzmann, food and nutrition leader, gave an interesting program on "Meals Without Meat Can Be Complete." She related that combining two vegetable proteins such as beans and cornbread gives a complete protein without meat. She served the proteins she had prepared along with the dessert and coffee served by the hostess.

The meeting closed with the collect.

GARDEN

Chrysanthemum Is Popular Summer/Autumn Bloomer

The chrysanthemum is one of the best-known and most popular of all summer and autumn bloomers. The plant originated in China and Japan, where it was grown long before the Christian era began in Europe. Cultivated varieties appeared in Europe in the 18th century.

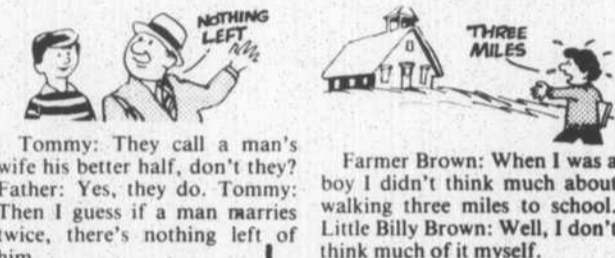
A member of the Compositae family, the chrysanthemum takes its name from the Greek chryso, gold and anthos, flower—thus, goldflower. The chrysanthemum rivals the rose in the cut flower category, principally because the daisy-like flowers are offered by florists in a variety of colors year-round. The chrysanthemum generally bloom in late summer and autumn but will bloom in winter under glass and bloom at any time of the year under selected conditions.

Hybrid varieties offered by florists are of Chinese origin. Several varieties are available, with differing petal formations and flower shapes. Flowers may be daisy-like singles or doubles, small pompom shapes or florets



which curve inward to form a globular shape.

Chrysanthemums require sunlight, need fertile soil containing lime and must be watered frequently during the growing season. Propagation is possible by division or seed, with division generally the most successful method. Cuttings from the base of the mother plant should be kept warm under glass to encourage sprouting. The smaller varieties are best under glass for wintertime cut flowers.



Tommy: They call a man's wife his better half, don't they? Father: Yes, they do. Tommy: Then I guess if a man marries twice, there's nothing left of him.

Farmer Brown: When I was a boy I didn't think much about walking three miles to school. Little Billy Brown: Well, I don't think much of it myself.

READY FOR A CHANGE!

THEN
VOTE
ON

Nov. 3 1981

FOR

WILLIAM LEONARD
Town Councilman of Norlina

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Courthouse Squares

AFTER-DINNER SPEECHES WOULD BE MUCH SHORTER IF THEY WERE GIVEN BEFORE DINNER.



Mother: What is the idea of this zero on your report card? Son: That's no zero. Teacher ran out of stars so she gave me a moon.