

News Items From Ridgecrest And Watauga

Mrs. Ed (Betty) Crawford, Staff Correspondent

The Woman's Missionary Society, Brotherhood, Royal Ambassadors, and Girl's Auxiliary of the Ridgecrest Baptist Church will meet Saturday night, May 3, at the church at 7:30.

A meeting of the home demonstration club's decorations committees for the Macon County dress review was attended yesterday afternoon (Wednesday) by the two Ridgecrest committee members, Mrs. J. P. Shuford and Mrs. John Smith. The meeting was held at the East Franklin

School. . . . Mrs. Frank Sellers entertained with a birthday dinner at her home Sunday in honor of her daughter, Miss Jo Ann Sellers, three brothers, Howell, John and G. C. Smith, Jr., a sister, Mrs. Jim Thompson, and a small friend, Ray Shuford, all of whom were celebrating birthdays. Twenty relatives and friends were present for the occasion.

Mr. and Mrs. Harold Fouts, of

Brevard, visited Mrs. R. D. Brendle over the week end.

Mr. and Mrs. Howard Green, of Greenville, S. C., were week end visitors of Mr. and Mrs. Frank Brendle.

Visiting Mrs. Myrtle Watkins over the week end were her sister, Mrs. Mae Foster, and Miss Eethel Rankin, of Toccoa, Ga.

Mr. and Mrs. H. I. Breedlove, of Bryson City, visited Mrs. Julia Shuler Sunday. Also visiting her last Thursday were Mr. and Mrs. H. P. Browning, of Bryson City.

Mrs. Kate Owens, of Asheville, is visiting her brother and sister-in-law, Mr. and Mrs. Parker Raby.

Visiting Mr. and Mrs. Larry Milstead in Asheville Sunday were Mr. and Mrs. Howard Johnson and children, of the Ridgecrest community, and Mr. and Mrs. D. T. Allen, of Franklin, Route 3

Mrs. Kate Stevens and sons, and Mr. and Mrs. Leon Fisher and children, of Asheville, visited Mrs. Stevens' parents, Mr. and Mrs. Wiley Sellers, Sunday.

Mr. and Mrs. Jackie Browning and daughter, of Cramerton, and Mr. and Mrs. Charlie Cope and daughter, and Mrs. Lelia Browning, of Jackson County, visited Mrs. Arthur Browning Saturday.

The Rev. and Mrs. Lee Crawford and grandson, Gary Browning, visited Mr. Crawford's brother, Willie Crawford, in Pine Creek Sunday afternoon. Mr. Crawford preached Sunday night at the Pine Creek Baptist Church.

"Aunt Elsie" Smith, of Sylva, who has been visiting in Vandalla, Ill., for two months, returned home this week. Although "Aunt" Elsie lives in Sylva, she spends her weekends in the Ridgecrest community.

Mr. and Mrs. Jim Dowdle and son, Gary, went to Atlanta, Ga., Monday.

3. Meat—beef, pork, poultry, or fish.

4. Breads and cereals.

Good Food Habits

Next, the homemaker must train her family to good food habits. Set good examples by never discussing likes and dislikes at meal time. Serve meals as though you are confident that each food will be eaten.

Encourage the eating of basic foods first and make the extras as treats.

Third, the homemaker must train herself to good buying habits. Buy systematically, prepare a buying list, study prices and take advantage of foods in season for they are usually cheaper. Shun too many extras that actually have no food value if you are really watching

your food budget.

Last of all, the homemaker must know how to prepare her food to save food value and how to serve it so attractively that her family will enjoy eating it.

The home demonstration club program in our county offers to the women information and help in the field of food and nutrition as well as many other

fields. Through her home demonstration club, a homemaker is able to keep herself informed on new findings in food and nutrition and new methods of preparing and conserving food. She is continually being reminded of the important role she has to play in her family's welfare.

Mrs. Lawrence Patton (Patton Club)

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how well the homemaker of today feeds her family.

Meal planning is a never ending job for there are so many important things to consider as each day's meals are planned. In most families there are grown-ups, teen-agers, and small children. Each must be taken care of, for younger children and adolescents need more of certain foods than others. They are growing at a fast rate and need large amounts of body building material and certainly they need lots of energy-giving foods.

Not So Active

On the other hand, adults can do with less amounts of energy-giving foods for they are not nearly so active. In planning meals the food budget must be considered and it must not be forgotten that large amounts spent for food does not always mean a well-fed family. Surplus foods on hand must always be considered and utilized to the best advantage. Of course food raised and produced on the farm plays the biggest part in food planning. But most of all, the homemaker must see that her family gets the RIGHT amount of the RIGHT kind of food each day. How is she going to do this?

Apply Food Facts

First, she must acquaint herself with the basic facts and know how to apply them to her meal planning. Each day as she plans, she must check herself to see if she has included each of the following groups of food:

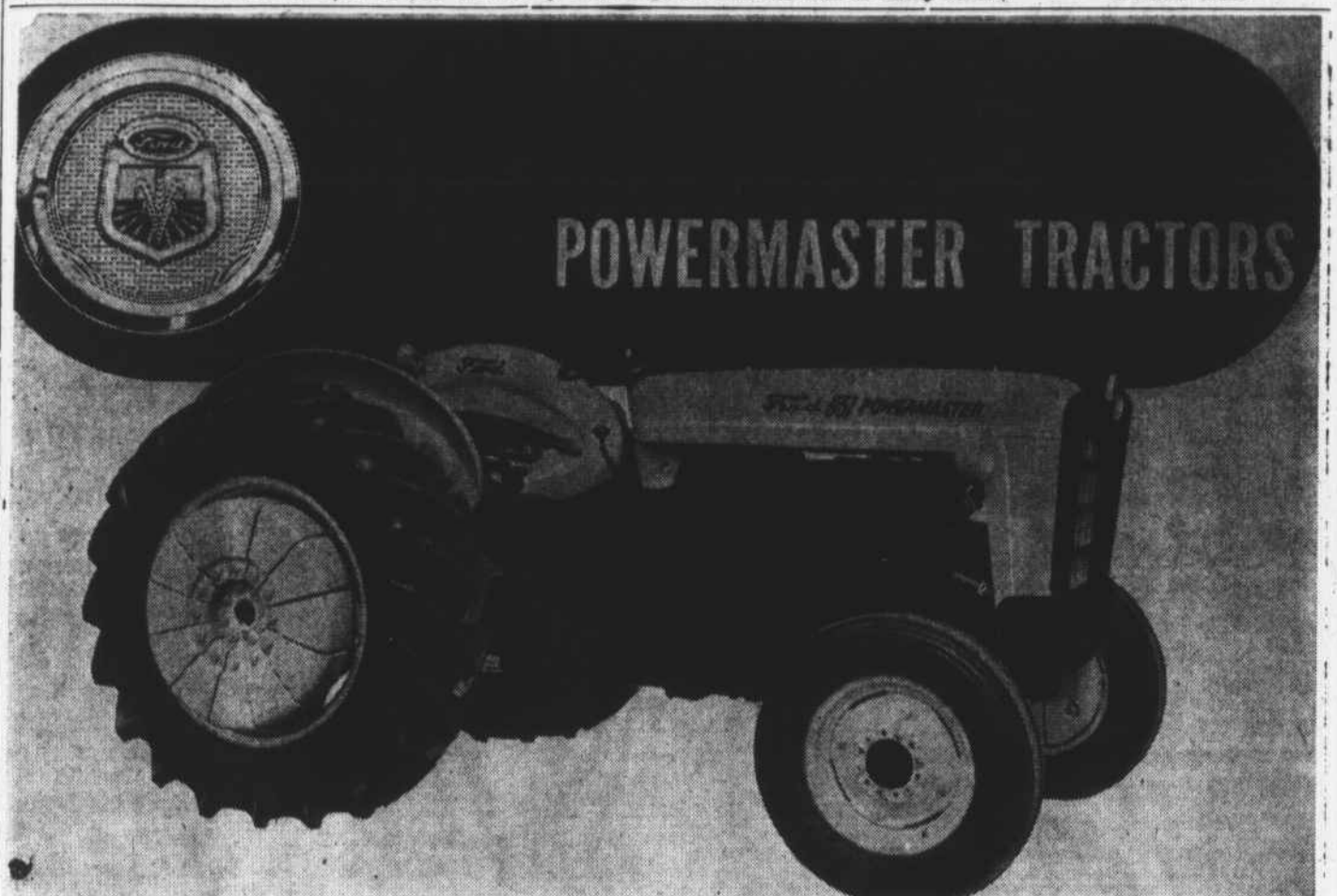
1. Fruits and vegetables—one green leafy vegetable, one yellow and one other. One serving of cooked fruit and one raw fruit.
2. Dairy products — this includes milk, cheese and butter.

Carpenter Resigns Little League Post

Robert C. (Bob) Carpenter has announced his resignation as president of the Little League here.

He explained business and other civic commitments forced him to make the decision to step down.

Sam Higdon is vice-president of the organization and will serve as acting president until the league acts on filling Mr. Carpenter's vacancy.



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