

# A Real Bargain / There's No Substitute For Milk's Taste And Nutrition

As the price of milk goes up, some mothers and fathers are saying they can't afford to buy it for their children anymore. Some are switching to pre-sweetened and sweeten-it-yourself mixed fruit drinks and others are offering their

children soft drinks or tomato juice.

None of them can substitute for milk, however, says Marge Donnelly, foods and nutrition specialist with the North Carolina Agricultural Extension Service.

Milk is a bargain, nutrition-wise, she adds.

Nothing else can beat it for supplying protein, calcium, B vitamins and the vitamins A and D which are added to most milk products.

There's nothing wrong with giving children tomato juice; it's a good source of vitamins A and C. However, it should complement milk rather than substitute for it, the specialist points out.

Fruit and flavored drink mixes are mostly sugar and little else, though some have vitamin C added. They may taste good, but do little to help a child's body grow strong and healthy.

It is particularly difficult to get calcium from sources other than milk and milk products, says Mrs. Donnelly. In addition to helping form bones and teeth, it is needed for the clotting of blood, muscle contraction, the transmission of nerve impulses and to help the body fight infection, among other things.

Though dried milk has increased in cost along with fresh milk, it is still as cheap

as soft drinks and can be used to stretch the budget.

It can be used in cooking popular North Carolina milk gravy, in breads, custards and puddings.

It can also be used to stretch the milk supply by mixing half and half with fresh milk.

Children under 9 need two to three cups of milk daily, those 9 to 12 need three or more. Teenagers need four or more

cups and adults need two or more.

This strawberry milkshake recipe uses fresh and instant nonfat dried milk in combination to please children of all ages.

**STRAWBERRY MILKSHAKE**  
Strawberries, frozen (one 10 oz. package)  
Milk, 1 quart  
Instant nonfat dry milk, 1 cup

Strawberry ice cream, slightly softened, 1 quart

Thaw strawberries until soft but still very cold; crush. Add milk and nonfat dry milk to strawberries and blend thoroughly. Add softened ice cream and beat or shake just enough to blend ingredients. Pour into tall glasses and serve immediately. Calories per serving: about 275. Makes eight servings, one cup each.



MRS. ROY DWIGHT McPETERS  
...the former Teresa Marie Bishop

## Miss Bishop Weds Roy Dwight McPeters

Teresa Marie Bishop of Alexander and Roy Dwight McPeters of Marshall were married at 7:30 p.m. Aug. 18 in French Broad Baptist Church in Alexander. The Rev. Howard Self officiated.

The bride is the daughter of Mr. and Mrs. Ulus Bishop of Alexander.

The bridegroom is the son of the Rev. and Mrs. Alvin McPeters of Route 6, Marshall.

The maid of honor was Vivian Malone of Weaverville, sister of the bride. Sandra Haney of Alexander and Deborah Payne of Asheville were bridesmaids.

Ronnie Malone of Weaverville, brother-in-law of the bride, was best man. Ushers were Arvil McGaillard of Alexander, brother-in-law of the bridegroom, and Daniel Brooks of Milwaukee, Wisc. A reception at the church followed the ceremony.

The bride is a graduate of North Buncombe High School

and Asheville-Buncombe Technical Institute. She is employed as a nurse by the WNC Dermatological Association.

The bridegroom is a graduate of Madison High School and is presently serving in the U.S. Marine Corps at Camp Lejeune.

## Vickie Hunter Graduates With Honors

Vickie Merrill Hunter of Morehead City graduated Aug. 17 with honors from Carteret Technical College as a medical assistant. Vickie is the daughter of Mr. and Mrs. Hardie Merrill of Mars Hill. She is married to Marine Cpl. J. Sidney Hunter.

## Adams, Norton Engaged

Janice Marie Adams of Walnut and Lester Dale Norton of Mars Hill announce their engagement to be married.

Miss Adams is the daughter of Robena Adams of Walnut and the late Buddy Adams of

Walnut. Norton is the son of Mr. and Mrs. Buck Norton of Mars Hill.

The wedding is planned for late fall.

Miss Adams is a graduate of Madison High School and is studying drafting at Asheville-Buncombe Technical Institute. Norton works with his father in building construction.

## Ted Sprinkle Graduates

Ted M. Sprinkle, son of Mr. and Mrs. Ted Sprinkle of Mars Hill, graduated from Gardner-Webb College in Boiling Springs on Aug. 11. Degrees were conferred on Sprinkle, and 37 other graduates, by Dr. Craven Williams, president of the college.

## Graham, Clark Engaged

Mr. and Mrs. William H. Burnette of Alexander announce the engagement of her daughter, Guelda Kaylynne Graham, to Jackie Leonard Clark, son of Mr. and Mrs. Ted A. Clark of 400 Stratford Road, Asheville. Miss Graham is also the daughter of Joseph E. Graham of Woodfin.

The bride-elect is a junior at Erwin High School.

The future bridegroom is employed by American Enka in the textile research department. He is a 1979 graduate of Erwin High School.

A June wedding is planned.

## Senior Citizens Enjoy Hot Springs Picnic

The participants of Greater Ivy's Nutrition Meals Program were guests at a picnic last Thursday at the Rocky Bluff Recreation Park near Hot Springs.

On the way to the park the group visited the nutrition center for the Hot Springs Meals Program and was given a special guided tour through the beautiful new Hot Springs Day Care Center building.

A delicious meal, which was prepared by the staff of Mrs. Green of the Greater Ivy Center under the direction of Maria Cox, Madison County Nutrition Meals Program supervisor, was thoroughly enjoyed by the senior citizens who made the trip.

On the way home the group stopped in Marshall to view the art exhibits in the window of the Madison County Library which have been painted by Nell and Dr. Grover L. Angel, Greater Ivy residents.

The outing, one of a series made during the year, was under the supervision of Mae Gillis, Greater Ivy's site manager.

## Tina Lorraine Phillips Weds Michael H. Murphy

Tina Lorraine Phillips became the bride of Michael Murphy of Minneola, Fla., at 4 p.m. Aug. 19 in the Anderson Amphitheatre on the Mars Hill College campus. Dr. Earl Leininger of the Mars Hill College faculty performed the double-ring ceremony.

The bride is the daughter of Mr. and Mrs. Charles F. Phillips of Mars Hill. Murphy is the son of Mr. and Mrs. William J. Murphy of Minneola.

The bride was given in marriage by her father. Nancy Pender of Groveland, Fla., sister of the bridegroom, was matron of honor. The maid of

honor was Mirlie Sizemore of Mars Hill. Bridesmaids were Laura Edwards of Spruce Pine, Marilyn Holtkamp of Mars Hill and Kay Mullis of Lakeland, Fla. Melissa Leininger of Mars Hill was flower girl.

Anthony Morehouse of Clermont, Fla., was best man. Ushers were Paul Allen and Donald Haddock, both of Clermont, and Alan Rice Mars Hill and Tony Phillips of Mars Hill, brother of the bride.

Wedding music was provided by Sandra Jarrell of Mars Hill at the piano and Elizabeth Carter of Asheville, vocalist.

## Miss Runnion Plans September Wedding

Mr. and Mrs. Ted Runnion of Marshall announce the engagement of their daughter, Sharon Denece, to Jimmy Antonio Webb, son of Mr. and Mrs. Jimmie J. Webb of Marshall.

The bride-elect attended Western Carolina University and is a graduate of Asheville-Buncombe Technical Institute with an associate of applied science degree in dental hygiene. She is employed as a dental hygienist by Dr. Reese A. Steen in Mars Hill.

The future bridegroom

received an associate of applied science degree in forest management from Wayne Community College in Golsboro and an associate of applied science degree in forest products from Haywood Technical Institute in Clyde. He is employed by the N.C. Forest Service as the Madison County forest ranger.

The wedding is planned for Sept. 1, at 7 p.m. in the Marshall Baptist Church. All friends and relatives are invited to attend.

## Marie Cullins Weds Zeno H. Ponder

Marie Kinlaw Cullins of Raleigh and Zeno H. Ponder of Marshall spoke their marriage vows on Aug. 19 at the Ponder farm.

The wedding was held during the Ponder-Ramsey family reunion.

The bride is a graduate of Meredith College and a retired employee of North Carolina State University.

Her husband is a graduate of North Carolina State University and dairy farmer who has long been active in Madison County politics. He now serves on the state

Agricultural Stabilization and Conservation Committee.

The couple will reside at the Ponder farm.

## 'Heidi' Returns

The movie "Heidi" will be shown at the Greater Ivy Community House (Old Beech Glen School) on Aug. 24 and Aug. 25 at 8 p.m. Admission will be 50 cents per person. The public is cordially invited to attend.

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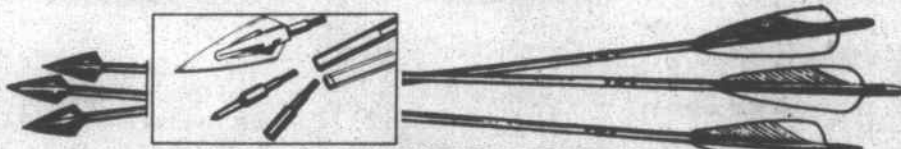


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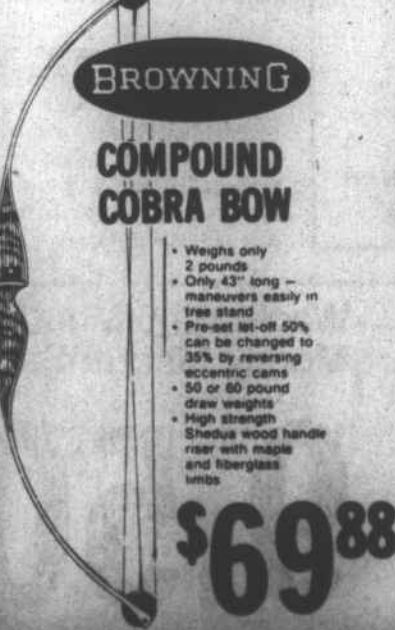
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