

WHOA GIRL -- Full-time Army reservist SFC Clarence English calms a new friend as he readies it for a horseshoeing demonstration. English serves as motor sergeant for the 824th Quartermaster Company [Air Drop]. [USAR Photo by SP4 Judy Godwin]

Raeftord Man Farrier

The "farrier" has become an increasingly endangered species ever since the age of the automobile began around 1900. What is a "farrier"?... Well, we located a member of this rare breed and decided to ask him. "A farrier is commonly known as a blacksmith," stated Army Reservist SFC Clarence English of Raeftord, who is a farrier by trade as well as a full-time active duty reservist with the 824th Quartermaster Company at Ft. Bragg.

In uniform he is the motor

sergeant for the 824th, but when he dons his heavy leather apron he steps back in time to be a "smithy." Although blacksmithing is now his hobby, it once was a full-time occupation.

His childhood was spent in Greensboro, N.C., where there were many horse farms. He became interested in the art of forging iron and shoeing horses at the age of 14 and began an apprenticeship. English worked as a farrier for 14 years and practiced his blacksmith skills in Texas and Oklahoma. He also worked as a ranch hand in South Dakota.

English spent 2 years on active Army duty at Ft. Lewis, Wash., where he became involved in amateur rodeo, participating in bareback horseriding and calf roping events. When asked why he gave up this lifestyle to work for the US Army full-time, he stated simply "You can't be a cowboy all of your life."

English and his wife, Margaret, have two children, Keith and Amy.

From Extension Aides

Mrs. Minnie Simmons and Mrs. Dolores Dial, aides with the Extension Expanding Foods and Nutrition Program, wish to share with you two recipes and this helpful information.

Squash Fritters

2 cups grated raw summer squash
1/4 cup finely chopped onion
pepper to taste
2 teaspoons sugar
1/2 teaspoon salt
6 tablespoons flour
2 eggs beaten
2 tablespoons melted margarine
Combine first six ingredients. Stir eggs into squash mixture. Add margarine. Drop fritter batter by tablespoon onto greased griddle or skillet. Cook until delicate brown; turn and brown on other side. Serve immediately.

Country-Style Zucchini

3 medium zucchini
2 tablespoons margarine
1/4 teaspoon pepper
1/4 teaspoon dried basil leaves (optional)
3 tablespoons grated Parmesan cheese or cheddar cheese
Cut zucchini into 1/4 inch slices. Place slices on paper towels. Sprinkle lightly with salt; let stand two minutes. Pat dry. Place margarine in skillet. Melt over medium heat. Saute zucchini, turning occasionally, until edges are golden; about five minutes. Season with pepper and basil; stir in grated cheese. Serve warm.

Having a backache or breaking a bone usually are not serious problems for most people. But they are for a large number of women over age 60.

One woman suffers from a persistent pain in her lower back; another broke her hip months ago, but it still hasn't healed.

Like one-fourth of the American white female population over age 60, they have severe cases of osteoporosis or "thinning of bones".



The "dog days"—the hottest days in the northern hemisphere—are named for Sirius, the "Dog Star", and usually fall between July 3 and August 15.

Nutrition Thoughts

"Part of the natural aging process is that bones become less dense," says Mrs. Marjorie Donnelly, Extension nutrition specialist at North Carolina State University.

"But in osteoporosis, the condition is exaggerated. The bones lose abnormally large quantities of the calcium-containing mineral that makes them strong. As a result, the bones, especially the vertebrae, and hip bone become fragile." As the bones become less dense, they may break under stress that would not break normal bones. "Severe thinning of the bone exists long before symptomatic complaints or outward changes are observed," the specialist adds. Drinking a minimum of two cups of milk a day will be helpful, Mrs. Donnelly points out. It is possible to get calcium from other foods, but it's very difficult to get enough calcium without drinking some milk, the specialist adds. Equal amounts of calcium are provided by skim, whole and 2 percent milk, and buttermilk, cocoa and chocolate milk.

The amount of calcium in a half cup of milk also is provided by a one-inch cube of cheddar cheese, a half cup baked custard, a half cup creamy rice pudding, a half cup yogurt, three-fourths cup tomato soup made with milk, three-fourths cup ice cream or ice milk, or one cup cottage cheese. Calcium tablets are available, but food is the best source of calcium for the body. Milk provides the nutrients such as Vitamin D and phosphorus which help the body absorb calcium more efficiently, the specialist explains. Fluoride is another nutrient that seems to help calcium retention; a reason why fluoridation of public water supplies may be a good idea.

Another way to increase the efficiency of calcium absorption is by eating calcium-rich foods several

times during the day rather than all at one sitting. Some studies indicate there is greater calcium leaving the body when individuals are on high protein diets, Mrs. Donnelly cautions. Dieters may want to take this into consideration when making plans for weight loss.

"Although total prevention is not possible, there can be no harm in including two cups milk or its equivalent daily in meals and snacks," Mrs. Donnelly points out. "And it may well save much pain, suffering and expense in the years to come."

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Puppy Creek Philosopher

Dear editor:

Right now there's more oil and gasoline available than's needed and it's partly due to the OPEC leaders' ignorance of human nature.

For a while those 13 countries had a good thing going. Discovering they had something the world had to have, they all got together and doubled and then tripled the price of oil, and the world paid through the nose.

"All we have to do is stick together," the OPEC leaders said, "and we've got the world by the tail with a downhill pull." (That's a ranching phrase and originally referred to pulling a stubborn calf by the tail, but I suppose it'd apply just as well to a camel.)

But later on additional oil was discovered elsewhere in the world, people began using less, and OPEC's seller's market turned into a buyer's market. Competition set in and the price began to drop.

OPEC leaders met and agreed to cut down on production and thus hold the line on prices. They all shook hands on it and went home.

That's when human nature surfaced. One leader, probably wanting to replace his fleet of Rolls-Royces and having a son who'd just run up a million-dollar hotel bill in Los Angeles, decided to open a valve and produce a little more oil. Then another leader, probably needing some extra money because his wife was unhappy about a neighbor's having bigger diamonds than hers, opened a valve and ooched his production up.

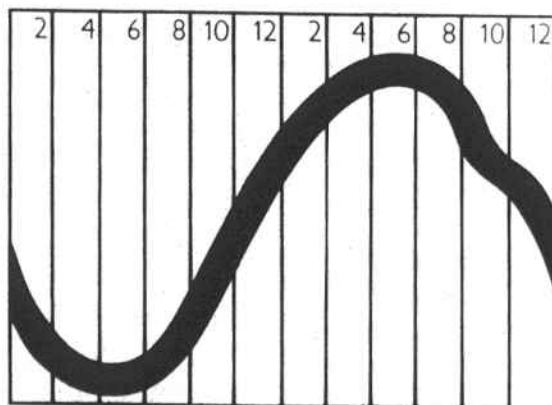
Before long their ironclad pact was busted and oil buyers found it paid to shop around.

OPEC leaders should have studied us farmers. If all the farmers in the U.S. got together and decided to cut production by 30 percent to increase prices, what percentage of us do you reckon would go home and double his production.

Human nature is pretty much the same the world over and so far nobody has invented a remedy.

Yours faithfully,
J.A.

BEAT THE PEAK.



10 A.M. TO 10 P.M. IS THE PEAK TO BEAT DURING THIS TIME OF YEAR

During each day there are times when the most people want to use the most electricity.

Heating, cooling, cooking, laundry. Everybody wants more electricity all at once.

It's called the Peak Load.

And our future electric

rates are affected by how high these peaks get.

But we can beat the peak, if we'd all use less electricity during peak periods. And more at other times.

It's not easy changing when we use electricity. But if we do, the peak wouldn't go up quite so fast. And neither would the cost of electricity.

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