

Down Main Street

Mr. and Mrs. John English and daughter of Asheville, are visiting relatives here.

Mrs. George Anglin, Mrs. Lacy Johnson and Emerson Banks returned home last week after visiting relatives in Miami, Fla.

David Covington, a student of the University of South Carolina in Columbia, visited his parents, Mr. and Mrs. D. H. Covington, this week.

The Woman's Club will meet at the Community House Thursday, February 10 at 8 p. m.

PVT. REECE SILVERS

Fort Benning, Ga. — Pvt. Reece Silvers, 21, whose wife, Alene, and father, Sheridan Silvers, live in Cane River, N. C., is participating in "Exercise Follow Me" at Fort Benning, Ga.

The exercise, a simulated atomic warfare maneuver, will last approximately three months.

Private Silvers is regularly stationed at Fort Knox, Ky., as a tank crewman in Tank Company of the 11th Armored Cavalry Regiment.

BUSICK NEWS

Pvt. Stuart Autrey is re-enlisting in the army and will be leaving this week.

Mrs. Mattie Murphy will spend a few weeks with her daughter and relatives in Morganton.

Mr. and Mrs. Alvord Rector spent Sunday with his father and mother, Mr. and Mrs. B. M. Rector.

Mr. and Mrs. James Willis of Marion visited Mr. and Mrs. John Chrisawn Sunday.

Mr. and Mrs. Albert Curby of Clinchfield visited relatives here Sunday.

PRESBYTERIAN SERVICES

February 6th, 1955

Newdale Presbyterian Church, 10:00 a. m.; Estatoa Presbyterian Church, Celo, 11:00 a. m.; Micaville Presbyterian Church, Micaville, 7:00 p. m.

Minister: Hershey J. Longenecker.

Before entering the Army in April 1954, he was a farmer.



"EASY DOES IT"
BY... HELEN HALE

BAKING success depends on several things, so check this list for know-how on improving the quality of foods that come out of your oven.

Cookies, cakes and pastries should have a preheated oven. Start the oven before you start the mixing and it will be at the correct temperature when you're ready to pop in these foods.

In baking cakes, the size of the pan is important so cake will rise and bake properly. If you do not

RECIPE OF THE WEEK
Peach Sour Cream Pie
(Makes 1 9-inch pie)
2 1/2 cups canned cling peach slices
1 cup thick soured cream
3/4 cup brown sugar (packed)
1/2 teaspoon salt
2 egg yolks
2 tablespoons flour
Pastry for single 9-inch crust

Drain peaches. Blend together sour cream, sugar and salt; stir in well-beaten egg yolks. Sprinkle 1 tablespoon flour in bottom of pastry lined pie pan. Arrange peaches on flour; sprinkle with remaining flour. Pour sour cream mixture over peaches. Bake in a hot (425° F.) oven 10 minutes; reduce heat and bake in a moderate (350° F.) oven 40 minutes longer. Cool before cutting.

Butter, shortening and other fats, as well as eggs and liquid used in cakes and cookies will blend together more readily if they are allowed to stand at room temperature for thirty minutes to an hour before you start mixing. Egg whites for cakes with or without shortening should be beaten stiff but not dry.

Wives' Corner

With Yancey Homemakers
by Louise Tones

A confection that supplies real food value as well as satisfying children's (or grown-ups') sweet tooth can be easily made by mixing thoroughly 1-2 cup peanut butter; 1-2 cup honey; 3-4 to 1 cup powdered skim milk.

Turn out on greased wax paper and press to thickness of 3-4 inch. Cut into cubes. That's all there is to it. No cooking. As long as you don't let on that it's good for them, the youngsters will enjoy it as much as any candy.

Now that powdered skim milk is readily available, more and more housewives we know are keeping it on hand and using it in almost every meal. In case the family cow feels insulted when she hears you are buying powdered skim milk, you might explain that it is being used not as a substitute for fresh whole milk but in addition to it, or in recipes like the candy above where liquid milk could not be used.

Modern nutritionists point out that skim milk contains important nutrients in which people are so commonly deficient: protein, calcium, and riboflavin. Cream supplies only calories and a small amount of vitamin A (no offense intended to the Jersey cow).

In powdered form, skim milk can be added in making breads, biscuits, cookies, cakes, and other baked foods by sifting it with the other dry ingredients. In puddings, custards, gravies, cream sauces, and cream soups it can either be mixed with the dry ingredients or beaten into the liquid milk or water—before the liquid is hot. You might even fortify the fresh milk for drinking by beating in powdered milk, but the quantity would have to be very small at first, increasing the powdered milk gradually so that the difference in flavor would not be too pronounced. In these ways members of the family who don't like to drink their daily quota of milk can get the most important nutrients of milk in other foods, and even those who already drink plenty of milk will benefit. This is one of the

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JOHN ROBINSON
STUDIO

cheapest ways imaginable of adding nutrients.

The value of milk for children has long been shouted from the housetops, but only recently has it been widely recognized as important for oldsters too. Considering the scientific evidence that a calcium deficiency may sometimes weaken mental powers, is it fantastic to believe that we may be helping Grandpa hang on to his memory by fortifying his diet with powdered skim milk in the ways suggested above?

A few precautions in using powdered skim milk: Keep it tightly covered, in a moisture-proof container, so that it will not take up moisture and develop lumps and off flavors. If too much is added to hot foods which are allowed to boil, the protein will toughen and separate, giving a curdly appearance.



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Allen's Jewelry Shop

FUTURE CITIZENS OF YANCEY COUNTY



Top row, left to right: Lela Ruth, 4, daughter of Dr. and Mrs. C. M. Whisnant of Burnsville; Gayla, 19 mo., daughter of Mr. and Mrs. Charles Cooper of Burnsville; Judy, 6, daughter of Mr. and Mrs. Clarence Williams of Cane River. Bottom row: Jimmy, 10 mo., son of Mr. and Mrs. Earl Tolley of Green Mountain; Danny, 2, son of Mr. and Mrs. E. E. Smith of Burnsville; and Suzette, 6, daughter of Mr. and Mrs. Ivan Peterson of Burnsville.



WHAT'S IN A NEW NAME? Rosie Stewart, Farm Bureau Insurance employee of Columbus, Ohio, shows off the new name which her companies, fourth largest auto insurer in the country, will adopt September 1, 1955. Selection of the name Nationwide fits in with plans of the Farm Bureau companies to expand nationally from the 13 eastern states in which they now do business.

Local representative of the Nationwide Insurance Company is Mrs. Mildred L. Roberts whose office is in the Roberts Auto Sales Store.



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Mrs. Mildred L. Roberts, Agent

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