

GARDEN TIME

By: M. E. GARDNER

When "instant" foods are mentioned, most people think about preparations to which some liquid is added, such as milk or water, the mixture stirred and it is ready for cooking and serving.

Comparatively few people, however, think of canned or frozen foods as being instant. Yet, what could be more instant than a tree-ripened peach fresh from the can? Or fresh frozen North Carolina strawberries made into a short cake or liberally sprinkled over ice cream?

I have called to your attention the research conducted at N. C. State University which resulted in the development of dehydrated sweet potato flakes, dehydrated pumpkin flakes and dehydrated pumpkin pie mix. As a result of this research, two commercial plants have begun operation in North Carolina and three plants in other states. Now, we have fruit pellets.

In this process the fruit is reduced to a puree, and droplets are injected into a refrigerant. The frozen droplets are then dehydrated by a process called freeze-drying, resulting in the formation of instant pellets. These pellets can be eaten out-of-hand, like popcorn, as they have a very crunchy texture. They can also be used in

a variety of other ways. They may be mixed with cereals, ice cream, cottage cheese or candy to give a fresh fruit flavor. Or they may be incorporated in prepared mixes for cakes, muffins, pancakes and other baked products.

Not all of the research has been focused on the dehydrated forms of foods. Freezing has come in for its share of research, too. One of the most pressing problems in freezing fruits has been the blanching process. The function of blanching is to remove air from the product and at the same time to inactivate certain enzyme systems which may cause spoilage. The important process involves rather large pieces of expensive equipment.

After several years of research, a continuous vacuum system has been developed employing hydrostatic legs. This system is cheaper to install, requires less floor space and gives a more uniform product with higher quality.

Norman Miller, extension specialist in Food Science, tells me that one of the most pressing needs of the canning industry is to reduce the cooking time necessary to sterilize puree products such as mashed sweet potatoes and pumpkin. It is indicated that re-designing the tin can appears to be the answer. Research is continuing.

The next time you select a can, package or pouch of processed foods, you might pause a moment to think about the endless hours of research necessary to make the product instantly available for the housewife.

New Books At Libraries

By: Ashton Chapman

The following books recently added to the collection of the Avery-Mitchell-Yancey Regional Library are available through the public libraries in Bakersville, Burnsville, Newland and Spruce Pine, as well as through the bookmobiles operated in the three counties:

HOW DID IT BEGIN? In this fascinating volume R. Brasch explores the customs, superstitions and habits that influence us today. Many widespread beliefs, from the spilling of salt as an omen of ill luck to the carrying of the bride across the threshold, are traced to their roots and backgrounds are given of various traditions, many of which we take for granted without knowing why we do them.

MESSAGES, ADDRESSES AND PAPERS OF GOVERNOR TERRY SANFORD, 1961-1965, edited by Memory F. Mitchell. This is the latest in the series of governors "letter books" published by the Council of State. The selections range from the highly formalized gubernatorial proclamations to a "folksy" chat with students and to the lively banter of the press conference.

THE WATER CRISIS, edited by George A. NIKOLAIJEFF. This volume includes articles on the dimensions of the crisis, water supplies and their limitations, sources and types of pollution, the battle for more and cleaner water, how standards are set, the flouridation debate etc.

FRANCE UNDER de GAULLE, edited by Irwin Isenberg. What has happened in France during the years of Charles de Gaulle's rule? The articles in this book, including some of de Gaulle's own speeches in translation, attempt to answer this question by discussing various aspects of de Gaulism—what it is, what it means, what it has done.

GREENHOUSE — PLACE OF MAGIC by Charles E. Potter, who has run greenhouses as a business and as a hobby. He knows the commercial considerations and the personal satisfactions, and he covers all the aspects in this comprehensive book designed for anyone interested in starting his own greenhouse.

Local Man Arrested at Black Mtn.

According to Mr. Frank Parker, Jr., Staff Forester of the Toecane Ranger District, a disturbance on Friday night in the Black Mountain Campground on South Toe River, Pisgah National Forest resulted in the arraignment of a local man before the U. S. Commissioner in Marion.

Dan Gurley of Celo was convicted of a disorderly conduct charge, fined \$50.00 and put on a 6 month probation by Friel Vaughn of Marion, N. C.

NOTICE OF SALE IN THE SUPERIOR COURT NORTH CAROLINA YANCEY COUNTY YANCEY COUNTY, Plaintiff vs.

C. A. Branch and wife, Louise Branch and The Northwestern Bank

Under and by virtue of a Judgment of the Superior Court in the above-entitled case appointing and authorizing the undersigned Commissioner to sell the lands of the Defendant (s) hereinafter described to satisfy tax liens due Yancey County for the years 1964, 1965, 1966, 1967 in South Toe Township, the undersigned Commissioner will at 10:00 o'clock A. M. on the 31st day of May, 1967 at the Court-house door in Burnsville, North Carolina, offer for sale for cash to the highest bidder the following described tract or parcel of land in South Toe Township, adjoining the lands of Feldspar Milling Co., and others and described as follows:

FIRST TRACT: BEGINNING at an iron stake, Floyd Gardner and Delzie Gouge Young's corner, and running South 5 degrees East 173 feet to a stake; thence South 84 degrees West 412.5 feet to a stake in Clay Mace's line; thence with said line North 2 degrees and 30 minutes East 263 feet to a stake near the public road; thence South 72 degrees 30 minutes East 202 feet to a Spanish Oak, Floyd Gardner's and Delzie Gouge Young's corner; thence with the Gardner and Young line North 84 degrees East 194 feet to the BEGINNING, containing 1.75 acres, more or less.

SECOND TRACT: BEGINNING on a laurel bush the J. G. Marsh and A. B. Silvers corner and runs S 54-E 5 poles to the old wagon road to an iron stake; thence a North course down and with said road 20 poles to an iron stake; thence a West course crossing Aylers Creek 10 poles to a stake (iron stake); thence S. 25 W. 13 poles to the BEGINNING, containing one acre, more or less.

This May 1, 1967.
Bill Atkins, Commissioner
May 4, 11, 18, 25

NOTICE OF SERVICE OF PROCESS BY PUBLICATION IN THE SUPERIOR COURT NORTH CAROLINA YANCEY COUNTY BESSIE ELAINE ADKINS CALHOUN, BNF MAE STYLES, Plaintiff vs.

CLAYTON ELDRIDGE CALHOUN, Defendant TO CLAYTON ELDRIDGE CALHOUN:

Take notice that a pleading seeking relief against you for a divorce absolute on the ground of one year separation and for the custody of William James Calhoun has been filed in the above entitled action.

You are required to make defense to such pleading not later than the 3rd day of July, 1967, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This 27 day of April, 1967.
Gienna Thomas, Ass't. Clerk of Superior Court.
Bill Atkins, Attorney for Plaintiff
May 4, 11, 18, 25

CLEAN-UP WEEK - MAY 2-15

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