

this week In Bakersville

Mr. Claude M. Young has been a patient in Memorial Hospital in Johnson City for the past few days.

Mr. and Mrs. Gary Godwin of Greensboro, N.C., spent the weekend here visiting Mrs. Godwin's parents, Mr. and Mrs. Ed Loven.

Clarissa News

By Eula Y. Foster
A Household Shower was given Saturday night at the home of Mrs. Milton Buchanan in honor of Mrs. Floyd Harrell, the former Miss Sammie Buchanan. The recipient received many lovely gifts.

Mrs. Henry Hoilman was the weekend guest of Mr. and Mrs. Bob Young and Jeffrey Robert. Mrs. Hoilman is the mother of Mrs. Young.

The ladies of the Homemakers Club presented Mrs. Sue Holland with a lovely hand made quilt. It was supposed to be a Christmas gift, but everyone was so busy we didn't get it ready in time. Mrs. Holland is the wife of our pastor, Max Holland. We hope she enjoys the quilt for years to come.

Mr. and Mrs. Raleigh Young were weekend guests of Mr. and Mrs. Dewey Gaddis of Waynesville, N.C.

Clarissa Community Club met Monday night, January 9th, with 14 members present. Everyone enjoyed pictures shown by Ethel Young. They were old and new pictures of groups and individuals projected on a screen.

The Homemakers Club will meet Friday night, January 28th. Everyone is invited to attend. Mrs. Lois Williams will be in charge and plans for the New Year will be made.

Hawk Headlines

By Emma Sparks
Mr. and Mrs. Warren Pitman have been visiting with friends and relatives over the weekend.

Miss Kay Whitson spent the weekend with Mr. and Mrs. Brack Buchanan.

Cottage Prayer Meeting will be held at the home of Mr. and Mrs. Guy Sparks. The public is cordially invited.

Mr. and Mrs. Elden Cook visited with Mrs. Modest Greene and Betty.

Rev. J. A. Buchanan has returned home from his tour in the Holy Lands.

Mr. Billy Himsdale has been visiting with Derwin and Junior Woody.

We would like to extend a Happy Birthday wish to Pamela Sparks, Mrs. Delaney Woody and Mrs. Richard Ward.

Helps Shrink Swelling Of Hemorrhoidal Tissues
caused by inflammation
Doctors have found a medication that in many cases gives prompt, temporary relief from pain and burning itch in hemorrhoidal tissues. Then it actually helps shrink swelling of these tissues caused by inflammation. The answer is Preparation H. No prescription is needed for Preparation H. Ointment or suppositories.

Most of the college students who spent their Christmas holidays visiting here have returned to their respective schools.

Dr. and Mrs. W.G. Morehouse of Columbia, S.C., spent the weekend at their home here.

Mr. and Mrs. Frank Ray of Erwin, Tenn., visited Mrs. Ray's parents, Mr. and Mrs. Will McKinney on Saturday.

Dr. and Mrs. George Kimberly of Mocksville were visiting here during the weekend.

Roger Holder, son of Mr. and Mrs. Cliff Holder, has reported to Ft. Dix, N.J., where he will be for a few days before his new assignment in Germany. Mr. Holder graduated at Western Carolina University last spring.

Rev. and Mrs. N.H. Brittain have returned home after a trip of 10 days to the Holy Land. Rev. Brittain is the past or of Bakersville Baptist Church.

Mr. and Mrs. Burton Wilson of Glen Alpine visited here during the weekend.

Mrs. Bill (Joyce) Pitman is a patient at Baptist Hospital, Winston-Salem, where she expects to receive surgery this week.

News FROM MITCHELL COUNTY EXTENSION OFFICE

By Mrs. Joyce McKinney Extension Aide
I am working with thirty-four program families and six non-program families, visiting them at least once a month. The needs and requests of the homemaker determine what field we work in.

I recognize the lack of a balanced diet as a major problem. I have demonstrated the preparation of meals to several families which provide good nutrition.

In all demonstrations of cooking and other food preparation, I keep in mind limited budgets and also use low cost items.

A casserole made with hamburger and macaroni has proved to be a success. The Agency provides typed recipes for distribution when a demonstration on cooking is given. I find that most of these families are eager to learn new and better ways to feed and clothe their families. These families enjoy the nutrition lessons I give on the four basic foods, and how to stretch their food dollars to feed their families cheaper, although not sacrificing any nutrition.

The ladies that are learning sewing are so proud of their new skill and the garments they have made, that they are now making curtains for their home.

I now have invitations to meet in homes where little interest was shown when our program was started.

By Mrs. Juanita Gouge
I have been working as an Extension Program Aide for two and one half months. I really do enjoy it, because I like to help people. I have met and worked with all my program families and visited several non-program families. I have also added nine new program families. During my work I have had several new experiences, one in particular I would like to tell about. One young mother of five children has impressed me very much. I helped her

Mitchell's Citizen Of The Week

Charles S. Baker was born in Bakersville on December 18, 1915, the son of George M. Baker and Eleanor Teague Baker. There were four children in this family, the other three besides Charles being girls whose married names are now Mrs. Mary Morgan, Mrs. Louise Ferguson and Mrs. Lucille Kirby. Eleanor Teague was not a native of Bakersville, but came here from Chatham County, N.C., in 1911 when her brother, R. T. Teague was principal of Mitchell College Institute.

Mr. Baker started school in Bakersville in the early 1920's. The first year he went to what was then called the "Free School". This building was located on a hill just above White Oak Road. The rooms were divided by curtains. There was a water bucket with a dipper on the table and someone had to go down to the spring every now and then. According to Charles, who has a good memory of his early school years, "We only went to this school one year, as the state bought the Mitchell College Institute the next year and the rest of our schooling was at the high school down where the present buildings are located. A few of our favorite teachers through the years were Mrs. Florence Phillips, Mrs. Mertie Dale, Mrs. Clara Lambert and Miss Ruby Wasson. And of course, when we got to high school we had Miss Helen McBee and Mrs. Cerena P. Yelton."

Charles graduated from



Charles S. Baker

the Appalachian State Teachers College in Boone in the spring of 1942 and entered the Army where he served four years in the Signal Corps. Two of these years were spent in Iceland.

After the War Charles returned home where he has worked ever since. Besides his duties at the Baker Lumber Company, he has a farm and a sizable herd of white face cattle so there is always plenty of work to be done.

One of Charles' hobbies has been working on the family history. Some of it has already been published in "The Rugged Trail" by Elma W. Baker of Dallas, Texas. It is impossible to get the history of one family without getting into the history of a dozen or more families because the old families that settled here around 1800 or before have all married back and forth several times. Especially is this true with the Bakers, Wisemons, Buchanans and Young and McKinnays.

Charles is the great-great grandson of David Baker, the first settler in Bakersville. Since the family has been in Bakersville almost 200 years, a good many old documents and papers have fallen into his possession. He has the first deed for land in Bakersville. A deed for 400 acres made in 1778 and a deed for 100 acres joining it in 1799 and another for 300 acres in 1798. This David Baker owned at least 800 acres in Bakersville. This land was mostly divided between his children in the 1800's before his death.

Most of this land was bought by Robert N. Penland who later gave the land the city for the courthouse and built the Penland House which was later known as Young's Hotel.

Another item of interest which Charles has is an old Ledger Book which came out of an old store or trading post run by David D. Baker in 1830. It contains the names of almost everyone living in the valley at that time. Store accounts were paid by feathers, hides, brandy, corn or most anything a man happened to have.

Another project has been restoring the home of his grandmother in Bakersville. This house was built by John G. Heap, one of the big mica miners who came into town in the early 1870's.

The Mitchell Ledger proudly names Mr. Charles Baker our Citizen of the Week.

Extension Pruning Notes

By David E. Terrell Extension Agent
Now is the time to start improving the quality of apples to be picked in the fall of 1972. One way to do this is by pruning correctly.

Every variety of apple tree requires just a little different pruning practice because of fruiting habits of each variety. Factors that affect pruning are: the amount of fertilizer applied, spraying equipment to be used and the variety to be pruned.

When a tree is heavy with fruit buds pruning can be done on a heavier scale. This practice helps reduce the load of apples on the tree and lets the tree produce fruit buds for the following year and keeps the tree from breaking due to a heavy crop. Since the fruit (apple) trees had a heavy crop this past year a moderate amount of pruning should be done. Keep in mind not to "mule

tail" your limbs but leave a few buds on the limbs back in the tree so it can handle a heavier crop.

In relationship to spraying enough lateral limbs should be removed so that spray materials can penetrate the center of the tree and this practice will be determined by the kind of spraying equipment you are using.

Pruning different varieties requires just a little different practice. Spur red delicious bears fruit on spurs all along the limbs and the tips of these limbs should not be cut until the limbs have come down or bend over.

Standard Golden delicious bears its fruit on twigs and if these are removed you will lose the fruit. For further information to non-commercial orchards contact the County Agents Office for literature and demonstrations.

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