

## Farmers At Crop Class

By Allen McMurray  
Extension Agent

Twenty farmers from Mitchell and Yancey counties have attended a class on growing horticultural crops.

The class was funded through Manpower Development Training Act funds-- administered by the Employment Security Commission. This agency in cooperation with Mayland Technical Institute, and the North Carolina Agricultural Extension Service in the two counties set up the class and recruited participants.

Instructor for the course was Yates Deyton. Guest speakers on special subjects included Ray Bryant--Soil Conservation Service; Wm. C. Bledsoe, Yancey County Extension Chairman; George Conrad--Mitchell County Extension Chairman; and County Agents John Blair, Ed Terrell, and Allen McMurray.

The Growers learned techniques of growing trellised tomatoes, pepper, pole beans, squash, apples, strawberries & blueberries as well as information on livestock and pastures, and tobacco.

Each student also received a helpful review of mathematics and language skills as part of their basic education. Two instructors, Mr. C. B. Bennett and Mr. Jim McKinney taught the basic education classes.

The class was conducted at



Mitchell and Yancey County Farmers Attend Class On Growing Horticultural Crops

the Clearmont Elementary School with excellent cooperation from Superintendent Ed Hunter and principal Garrett Anglin.

Each student was enthusiastic in learning all he or she could to grow a better crop of tomatoes or other crops. Each realized the only way to increase their income on the farm was to be better informed about what they are growing.

## Boone Named Manager

Cecil N. Boone has been named manager of the Reynolds Aluminum Supply Co. service center in Birmingham, Alabama, succeeding Joseph G. Hogan.

A native of Burnsville, he has a BBA in Accounting from the University of Georgia. He

served in the U.S. Navy from 1951 to 1955.

He and Mrs. Boone have one daughter, Kelly, 8, and live in Birmingham.

Mr. Boone was formerly manager of the Atlanta service center of the metals and building products supply firm.



C.N. Boone

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No teacher should be approached by any other school teacher, employee, or official for a contribution to any political party.

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## From The Yancey Extension Homemakers food news & cues

By Mrs. Mary Gillespie

It has been said that pioneer women came to this wilderness area with their Bibles and frying pans and that we, their descendants, still cling to both. We would urge you to still cling to your Bible -- and the frying pan has not lost its usefulness--but it might be better for most of us if we used it less often.

Our way of life is greatly changed from pioneer days. We no longer do the kind of physical labor that burns up excessive fats in our diets, and too many fried foods may become a health problem.

Make use of your oven and give your frying pan a rest. One food or whole meals can be cooked at the same time. This is good news to those of you who need to watch their weight or are on low fat diets.

Fish is a very good source of protein and it is low in fat for those who are calorie conscious.

We came across this recipe for baked stuffed fish in Mrs. Mary Margaret Deyton's collection. It is very good as well as attractive when served on a platter and garnished with lemon wedges and sprigs of parsley.

**BAKED STUFFED FISH**  
3 or 4 lbs. fish dressed  
1 1/2 tsp. salt  
4 tblsp. melted butter

Wash and dry fish--rub inside and out with salt. Stuff fish loosely with bread stuffing. Close opening with needle and thread or skewers. Place in well greased baking pan. Brush with butter and bake in 350 degree oven for 40-60 minutes--Baste with melted butter occasionally.

**Bread Stuffing:**  
1/2 cup chopped onion  
1/2 cup celery  
2 tblsp. melted butter  
1 tsp. salt  
1 tsp. Worcestershire sauce  
1/2 tsp. sage  
2 cups bread crumbs

Cook onion and celery in butter about ten minutes. Add bread crumbs and seasonings and mix thoroughly. If a softer stuffing is desired, add a small amount milk. Since we use frozen fish fillets quite

often in this area, we wonder if you might use recipe and put a spoonful of stuffing on the filet and roll and fasten with toothpick and bake. If you try this method let us know the results.

Baked potatoes are a favorite with fish, and from the Extension Service, we have a recipe for--

**OVEN BAKED BROCCOLI**  
Thaw one package broccoli spears until spears can be separated. Place in baking dish. Sprinkle with 1 tsp. salt, dot with 1 tblsp. butter and 2 tblsp. water. Cover tightly and bake in oven until tender. Bake corn bread sticks and you have a delicious oven meal with very little time spent and electricity conserved.

Mrs. Max Fox sent us this very delicious "easy do" cake. For the busy homemaker this one bowl cake is sure to be a hit.

**BANANA-PINEAPPLE CAKE**  
Sift together in large bowl:  
3 cups plain flour  
1 tsp. soda  
1 tsp. salt  
1 tsp. cinnamon  
2 cups sugar  
**ADD:**  
1 1/2 cups cooking oil  
1 (8 oz) can undrained crushed pineapple  
1 1/2 tsp. vanilla  
3 eggs  
2 cups diced bananas

Mix all ingredients well but do not beat. Bake in tube pan for 1 hour and 20 min. at 350 degrees. Cake may be served as is, iced with your favorite icing, or warmed and served with topping.

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