

Extension To Hold Camps

The County Extension Staff will conduct day camps on June 27, 28 for 125 boys and girls enrolled in the Expanded Nutrition Youth Program. The camp will be held Tuesday at South Toe School and on Wednesday at Cane River School.

Classes and Activities are scheduled in Fun with Food, Crafts, Nature Study and Recreation.

Extension Expanded Nutrition Youth Program is designed to provide opportunities for low income youth to (a) learn in-depth new and practical

knowledge and skills, (b) develop a positive, healthy self image and (c) to learn to relate successfully to his environment. Day Camps are one of many activities used to provide new learning experiences.

Extension Program Aides Nell Johnson and Faye Storie work regularly with 75 families enrolled in the Expanded Nutrition Program in developing and maintaining good food habits, in learning why good nutrition is so necessary to good health, and in developing skills in food preparation.

Mrs. Mary M. Deyton, Home Economics Extension Agent, is Supervisor for the program and training is provided by Myra Miller, Area H.E. Agent. Other staff members include Carol Pyle, Assistant Home Economics Agent, and Pat Guyer, Agricultural Extension Agent.

Volunteers from Extension Homemakers Clubs and 4-H Youth will also assist.

FRIDAY, JUNE 23 AT 7 O'CLOCK
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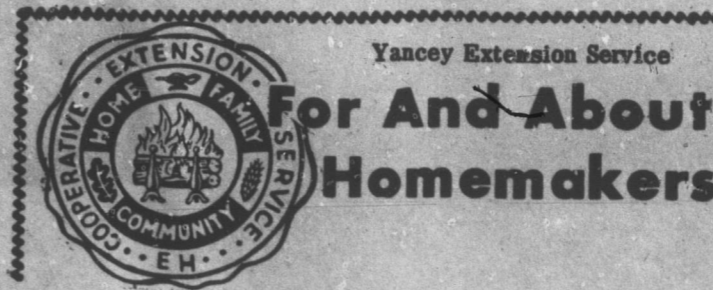
40.00 WIGS

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This offer may not be repeated this season.

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Gayle Hensley, Stylist-Color Specialist



Yancey Extension Service

For And About Homemakers

Before your summer entertaining gets into full swing it's a good idea to check the shape of your outdoor furniture. A quick clean-up and repair routine will help you maintain the original appearance of the furniture. A general rule is that wood or plastic furniture can be scrubbed with a mild detergent solution and a stiff brush. Aluminum furniture which is badly pitted may require rubbing with fine steel wool. This will remove the imbedded dirt.

While you are scrubbing and cleaning check the pieces to be sure that they are sturdy-- if they are not, tighten those bolts or screws that are loose. If you need to replace any

washers, bolts or screws use aluminum ones made of a similar corrosion-resistant metal. The pivoting joints on folding furniture may require some special attention if they seem to be a little stiff. This can be remedied by applying a light coating of oil or silicone spray to these moveable places. Always remove cake-on dirt or grime before doing this. Specific care instruction for different types of outdoor furniture are listed below.

Aluminum: Aluminum furniture should be washed occasionally with soap and water. To maintain its lustre and make it easier to clean you can wax aluminum furniture once a season with paste wax. Before

rubbing the wax on, clean the metal by rubbing with fine steel wool and wiping with a clean cloth which has been saturated in a solvent-type cleaner. To keep aluminum furniture bright, you can spray it with a clear lacquer.

Rattan and Wicker: These pieces should be sheltered from the weather unless specially finished. Routine dusting and once a year washing is necessary. This type of furniture may be polished with a liquid wax or repainted with enamel or marine varnish.

If a strand of the rattan or wicker unravels, soak the loose strand in water, then rewind.

Redwood: If left unfinished, redwood darkens with age. To maintain its original color and help preserve the wood, redwood may be given a coat of penetrating sealer. The sealer helps the wood shed water and keeps food and other stains from soaking in. You should only use these sealers after the wood surfaces have been scrubbed clean and sanded. To keep wooden legs from soaking up moisture from the ground, protect them by applying several coats of the sealer. At least once or twice a year. Periodic sanding of wood furniture will keep it clean all summer.

Foam Cushions: Plastic covers should be wiped clean with a soapy sponge at regular intervals. If excessively soiled, a little chlorine bleach may be added to the water. (do not use abrasives) and do a test spot first. Cushions should be brought inside during rainy weather.



Mark Riddle

To Attend Conference

Mark Riddle of the Pensa-cola 4-H Club will attend the 4-H Natural Resource Conference to be held at Schaub 4-H Camp near Waynesville, June 26 through July 1.

The program of the Natural Resource Conference this year will include such topics as plant ecology, animal ecology, water quality, hunter safety, aquatic biology, entomology, archery and forest management.

The 4-H Natural Resource Conference is conducted by the Wildlife and Forestry Departments at N.C. State Univ.



The CHILDREN'S HOUR featured working with clay during its regular Monday program. The children made objects from their own imagination. Everything from turtles to totem poles were produced by the youngsters.

The story, Pancakes, Pancakes by Eric Carle was enjoyed by those who attended.

The following children attended CHILDREN'S HOUR at the Yancey County Public Library this past Monday: Kevin Mercer, Kim Mercer, Tammy Mercer, Chris Fender, Royce Chrisawn, Lisa Street, Shannan Warren, Jeff Warren, Angie Warren, Angie Riddle, Chris McPeters, John Kegley, Lou Ann Robinson, Steve Robinson, Lisa McIntosh, Curtis Hughes and Norma McCurry.

Gospel Sing

A benefit gospel singing will be held Friday, June 23, 8:00 p.m. at the Monte Vista Campgrounds on Murphy Hill Road near Weaverville.

The host group will be The Bob Ramsey Singers. Others participating will be The Tomesmen, The Changing Times Singers, The Gospel Singing Jubilee, and The Emanuel Singers.

From The Yancey Extension Homemakers food news & cues

By Mrs. Mary Gillespie

Miss Gayle Krogstad of Ada, Minnesota, the Dairy Princess of 1971, has published this favorite family recipe. It is a crumble topped cake; made with sour cream and butter.

Two of our cooking queens from Yancey County, Mrs. Mary Margaret Deyton and Carol Pyle tried this recipe. They say it is a coffee type cake and very good. Mary Margaret says she prefers cinnamon to nutmeg so she believes she would substitute there. Carol thinks it is just a mite too sweet so says she believes she

will omit 1/4 cup of sugar on top. Perhaps you will enjoy trying it and offer suggestions. It keeps well in the refrigerator and is just as good warmed over.

DAIRY ROYAL

RHUBARB CAKE..
2 1/3 cups all-purpose flour
1 tsp. salt
1 tsp. baking soda
1 1/2 cups firmly packed light brown sugar
1/4 cup (1/2 stick) butter
1 cup dairy sour cream
1 egg, beaten
1 tsp. vanilla
4 cups fresh rhubarb
3/4 cups sugar
1/2 tsp. nutmeg

In a large mixing bowl stir together flour, salt, and soda. Add brown sugar, butter, sour cream, egg and vanilla. Beat until well blended. Fold in rhubarb. Turn into 9x13x2 inch buttered pan. Combine sugar and nutmeg and sprinkle over top. Bake at 350 degrees for 50-55 minutes or until cake tests done. Serve warm with sweetened whipped or sour cream.

Here is a salad that will be a hearty mid-day meal if you are working or playing hard. This is from the Boating Enthusiasts collection and is called:

CAPTAINS CREAMY BEAN SALAD
1 pkg. (1 lb) dried white northern beans cooked. I'll bet you are going to substitute canned ones.
1 cup oil and vinegar dressing
1 cup dairy sour cream
1 tsp. salt
1/4 tsp. garlic powder

1 cup diced cooked ham
1/2 cup chopped onion
1/2 cup chopped green pepper
1/4 cup chopped dill pickle
Lettuce
Ham cut in julienne strips
Swiss cheese cut in julienne strips

Drain beans, marinate in dressing overnight, stirring occasionally to coat all beans well; drain. In a large bowl combine sour cream, salt and garlic powder; add ham, onion, green pepper, pimento, dill pickle and beans; toss lightly; Cover and chill to blend flavors. Line a salad bowl with lettuce, fill with bean mixture and top with ham and cheese strips. This makes 8 cups.

Music In The Mountains

Music in the Mountains is pleased to announce the establishment of an Introduction to Music program for children between the ages of 7 and 13.

The classes include singing, playing on rhythm and melody instruments, moving to different rhythms, and many interesting things acquainting children with music and how it is made.

One of the highlights of the program will be demonstration of orchestral instruments by the faculty of Music in the Mountains. The program will be taught by Charles Boone under the supervision of Mrs. Fergus Pope, Mrs. Ruth Brown and Mrs. Joan Reeve.

Music in the Mountains feel

it should offer its services to the community not only through the concert series and workshops at Mars Hill College, but also to the children. These classes will fill an important gap in their education since at present there is no music program in the public schools.

Beginning on June 26, the program will last for 1 month. The classes will be held from 9:00 to 10:00 every Monday and Thursday in the First Baptist Church Fellowship Hall. The fee for this course is only \$10 and for each additional child in the family who enrolls, the cost is \$2.00.

Application should be made to Mrs. Joan Reeve, Burnsville. Phone 682-2578.

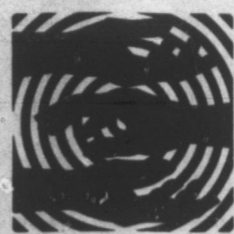
Notice

Dr. Garland Wampler will be out of his office June 19 through July 5.

Dr. Melvin W. Webb, M.D. will be out of town July 1 through July 16, 1972. Office will be closed.

Marine News

Marine Lance Corporal Johnny R. Banks, son of Mr. and Mrs. Ray T. Banks of Route 2, Georges Fork Road, Burnsville, N.C., was promoted to his present rank while serving with the Third Marine Division at Okinawa.



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SATURDAY, JUNE 24th

10:30 A.M. 10:30 A.M.

J. F. ROBINSON PROPERTY, located five miles West of Burnsville N.C. at intersection of Prices Creek Road and U.S. 19, consisting of two store buildings and one of the best homes in Yancey County, also a few choice building lots with excellent views.

Store buildings are of block and masonry construction in excellent condition. This is one of the best business sites in Western North Carolina. One building with 12,000 feet of floor space, now used for Furniture Store and Barber Shop. Another building with 11,000 feet used for General Merchandise and Gas Station. These are multiple purpose buildings, suitable for most any kind of business, with plenty of parking area. One of the best houses in Yancey County, with three bedrooms, large living room, with fireplace, dining room, kitchen and den, utility room, plenty of closets and storage space, two full baths, fully carpeted, two car garage with patio in rear of house; yard beautifully landscaped with excellent views. Within walking distance of Cane River High School.

This is one of the best pieces of property that we have had the privilege to offer for sale in this section.

Property sold on easy terms 1/3 cash, balance 1-2-3 years at 7% interest.

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