

**From The Yancey Extension Homemakers  
food news & cues**  
By Mrs. Mary Gillespie

Have you been looking for new ideas for dishes that are low in calories yet flavorful? If so, you may like this beef vegetable stew. Trim all fat from round steak before it is ground. Use teflon skillet or one sprayed with pam and you have a fat free, yet tasty dish. Add green salad and a fruit for dessert. Don't eat the whole thing. We don't say no calories, just low in calories.

**BEEF VEGETABLE STEW**  
1 pound ground round steak  
1 med. onion, coarsely chopped  
1 qt. coarsely shredded white cabbage  
1 can (12 oz) vegetable juice cocktail  
1/2 tsp. marjoram  
1 tsp. salt  
freshly ground pepper  
1/4 cup minced sweet red pepper  
1/4 cup minced parsley

Heat a large skillet. Add beef and break in small pieces with fork. Add onion, cabbage and vegetable juice. Season with the marjoram, salt and pepper. Bring to boil, cover and simmer 15 to 20 minutes, or until cabbage is tender. Add red pepper and parsley and heat. Makes 4 servings.

About 256 calories, 12 gms. carbohydrate, 25 grams protein, and 12 grams fat per serving.

Hi - Lo  
TEMPERATURE  
OF THE WEEK  
UPPER FORCH  
COUNTRY STORE  
Hi - 62  
Lo - 25°

**To These Farewell**

**HANSEL HENSLEY**

Hansel D. Hensley, 67, of Green Mountain died in a Burnsville hospital Thursday morning after a long illness. He was a Yancey County native and a retired cabinet maker.

Surviving are the wife, Gertrude Daugherty Hensley; two daughters, Mrs. Robert Worley of Pacolet, S.C. and Mrs. Robert Redd of St. Louis, Mo.; one son, Kenneth Hensley of Green Mountain; one sister, Miss Julia Hensley; two half-sisters, Miss Estel Wheeler and Miss Cassie Wheeler of Green Mountain; one brother, Plenie Hensley and a half-brother, Charlie Wheeler of Green Mountain; 8 grandchildren.

Funeral services were held at 11:00 a.m. Saturday in the chapel of Holcombe Brothers Funeral Home, Elder Ronald Boyce and Elder Joseph Dobias officiated and graveside services were held at 3:00 p.m. in White Rose Cemetery at Pacolet Mills, S.C.

**ARTHUR LEWIS**

Arthur Lewis, 64, of the Little Creek Community died in an Asheville hospital Monday night after a long illness.

Surviving are the wife, Martha Edwards Lewis; eight daughters, Mrs. E. H. Ballinger of Fairview, N.C., Mrs. Everett Allen of Erwin, Tenn., Mrs. Terry Ledford of Burnsville, Mrs. Tony Honeycutt of Marion and Misses Jolmie Juanita, Carol, Kimberly and Ramona Lewis, all of the home; five sons, Camel Lewis of Hendersonville, David Lewis of Spartanburg, S.C., Eddie Lewis of Southport, N.C. and Jack and Jeffrey Lewis of the home; two

sisters, Mrs. Bessie Edwards and Mrs. Francis Bradford of Burnsville Rt. 4; 15 grandchildren.

Funeral services were held Thursday at 2:00 p.m. at the home. Rev. DeVon Randolph officiated and burial was in the family cemetery.

**JAY MITCHELL**

Robert James (Jay) Mitchell, 40, of Burnsville died unexpectedly at his home early Friday morning.

He is survived by his mother, Mrs. Emma Mitchell; a sister, Irene Mitchell and three brothers, Johnnie, Roosevelt and Clarence Mitchell, all of Burnsville.

Funeral Services were held at 2:00 p.m. Sunday in the chapel of Holcombe Brothers Funeral Home with Rev. Rex Hughes officiating. Burial was in the McCracken Cemetery.

**Appreciation**

We the family of Hansel Hensley wish to take this opportunity to thank each of you who comforted us in any way during the passing of our loved one. Maybe you brought food, flowers, spoke gently, sat quietly, shed silent tears, or softly breathed a prayer. We are grateful to each of you and may we extend a special thanks to Dr. Wampler and the nurses at Yancey Hospital, Rev. Frank Phillips, the Zion Church members, Elder Ronald Boyce, and David Shultz. And for rendering beautiful music, we thank Melissa Jenton and David Shultz and The McKinney Quartet.  
--The family of H.D. Hensley.

**Yancey Extension Service  
For And About  
Homemakers**

By Mary M. Deyton  
Home Economics Extension Agents have scheduled special interest classes for January and February. The schedule is as follows:

Quilting (decorator pillows) January 23 and 30 from 9:30 to 2:30, Room 3, Courthouse.

Tailoring Men's Wear. January 31 and Feb. 7 and 14, 9:30 to 2:30, Room 3, courthouse.

Beginners Macrame, February 6, 9:30 to 2:30 at Rm. 3, courthouse.

Advance enrollment is required for all classes.

Plans are also being made for a class on Beginners Needlepoint. Details will be announced later.

**IMPORTANT FAMILY PAPERS**

Headaches, wasted time searching for, and loss of family papers can be avoided by organizing and storing important papers properly.

Your family is a small business unit. Therefore, it deserves to be operated just as effectively as any business. These papers are valuable--some more so than others. They should be kept accessible for use when needed, and stored

in a safe place. You might try the following method in organizing, storing and maintaining your family's records in an efficient, business-like manner.

1. Organize paper according to place of storage. Get all family papers together and sort them for storage. How frequently the paper will be used and its value will indicate the best place to store it. Basically three areas of storage are needed. Adapt the following suggestions for storage to your need.

A. Fireproof and theftproof storage--such as a home safe or a safe deposit box--for papers difficult or expensive to replace: Auto title and bill of sale, Income tax returns and receipts, Inventory of personal and household goods, Important contracts, Marriage and birth certificates, Record of insurance policies, Record of military service--discharge and veteran claim number, Wills, Debt or credit papers, Inventory of important family papers, Important cancelled checks and payment receipts, Property re-

records, deeds, bills of sale, Social Security numbers.

B. Storage at Home-Home Business Center; desk, file cabinet or some safe and convenient place--for papers used frequently: Appliance records--guarantees, instruction books, Cancelled checks, bank statements, Education records, Employment records, Family health records, Financial account records--home, farm, business, Instructions pertaining to funeral or burial plot, Insurance policies, Inventory of household goods, List with credit card numbers and lender, Personal and family debt records.

C. On One's Person; wallet or purse--carry personal information papers needed frequently: Auto insurance card, Blood type record, Card identifying person to be notified in case of an emergency, Cards indicating any allergies to medicine or any special health problems, Drivers license, Health and Accident Insurance card, Identification card, Organization membership cards.



**Cane River vs Harris High**

The Cane River J.V. team was defeated 30-38 at the hands of Harris High Tuesday night, Jan. 16. Kenny Jobe led the Rebels with 10 points, followed by Ricky Pate, 8. Cane River girls won 30-26 with Linda Doan high scorer for the Rebelettes. The Cane River boys were defeated 63-58. Stewart Holcombe was high scorer with 19 points. James Paul Young added 17.



**Rebels Host Bowman**

The Cane River Rebels were visited by Bowman High of Bakerville Friday night and walked away with wins in the J.V. and Varsity Boys games. Final tally for the J.V. game was 52-47 with Kenny Jobe netting 16 for Cane River. Bowman won the boys' Varsity game 56-53. Stewart Holcombe was high scorer for the Rebels. The Rebelettes outlasted the Bowman girls by a score of 37-21 with Debbie Garland high scorer. It was the girls' eleventh win against only one defeat--they will try to avenge their one defeat this Friday night as they take on East Yancey.

2. Know what you have: Be sure you know what information is contained in your papers. It might be advisable for other family members to understand your business responsibilities--in case of an emergency. Make inventories of the family's papers. Two inventories of the family's important papers are needed: One copy should be kept in fireproof and theftproof storage. Another copy should be kept in a safe place at home. Family members should know where this record is stored. In case of an emergency, quick action is needed in respect to some personal and family business affairs.

For more information, request your free workbook, Record of Family's Important Papers HE-16 from County Extension Office.

**Song Service  
At Covey Rock**

There will be a special song service at the Covey Rock Free Will Baptist Church, Green Mountain, N.C. Sunday night, January 28 at 7:00 p.m., according to pastor Rev. Holt Herrell. Some outstanding singing groups in the South are scheduled to be there. Everyone is invited to attend this service.



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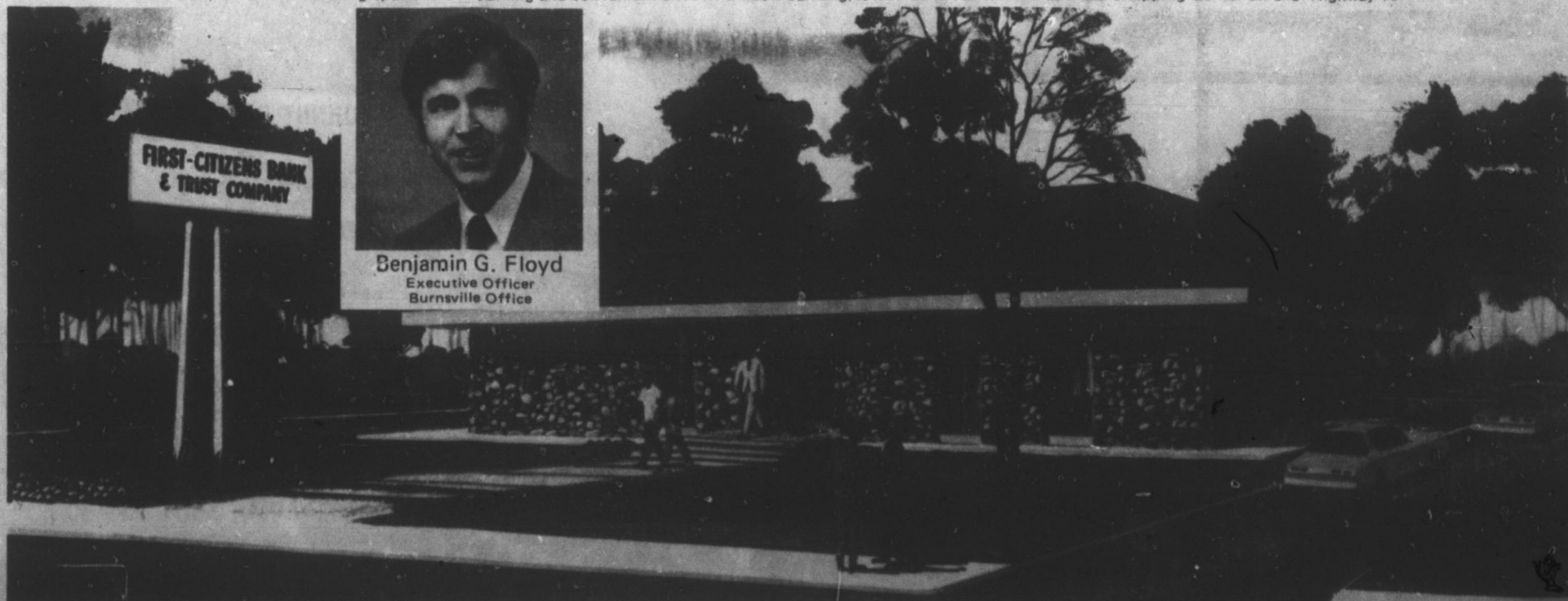
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