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We are continuing this week our suggestions for stretching the food dollar. Your imagination, mixed with carefully chosen items from the food store, can produce tasty attractive and nutritious dishes that the family will like. Our first recipe comes from the Happy Homemakers Club.

BEEF 'N BISCUIT CASSEROLE

- 1 to 1 1/4 lbs. ground beef
- 1/2 cup chopped onion
- 1/4 cup diced green pepper
- 1 can (8 oz) tomato sauce
- 2 tsp. chili powder
- 1/2 tsp. garlic salt
- 1 can (8 oz) refrigerated butter-milk biscuits
- 1 1/2 cups cheddar cheese (shredded)
- 1/2 cup dairy sour cream
- 1 egg, slightly beaten.

Brown beef, onion and peppers in large frying pan; drain. Stir in tomato sauce, chili powder and garlic salt. Simmer while preparing dough. Separate biscuits into 10 biscuits. Pull apart into 2 layers. Press 10 biscuit layers over bottom of ungreased 8 or 9 inch square baking dish. Combine 1/2 cups cheese (reserve remaining cheese for topping) sour cream and egg; mix well. Remove meat mixture from heat; stir in sour cream mixture; spoon over dough. Arrange remaining biscuit layers on top; sprinkle with remaining cheese. Bake at 375 degrees for 25 minutes or until biscuits are a deep golden brown. Makes 5 servings.

Nelle Johnson and Faye Storie, Extension Nutrition Program aides, have many ideas for stretching the food dollar. They have shared with us a recipe for Chicken Pie with Oatmeal topping.

CHICKEN PIE

- 2 1/2 cups chicken stock
- 1 cup sliced carrots
- 1 small onion, chopped
- 1 cup chopped celery
- 3 tablespoons shortening
- 1 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/3 cup cornstarch
- 2 1/2 cups cut-up chicken
- 1/2 cup sifted all-purpose flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup oats, uncooked
- 1 egg, beaten
- 1 tbslp. melted shortening
- 1/2 cup milk

Bring chicken stock, carrots, onion, celery, shortening, salt

and pepper to boil. Cover and simmer 5 minutes. Combine cornstarch and 1/2 cup cold water. Slowly add cornstarch mixture to hot chicken stock, stirring constantly until thickened. Add chicken.

For topping, sift together flour, baking powder and salt. Add oats, egg, oil and milk. Bring chicken base to boil, pour into deep 2 1/2 qt. casserole. Spoon topping over hot chicken base. Bake in preheated oven 425 degrees for 20-25 minutes.

*If self rising flour is used, leave out baking powder & salt. Eggs and Springtime just naturally go together. Eggs are loaded with nutrients and are

easy on the budget. For lunch we suggest:

- SAVORY SWISS EGGS
- 1 cup cheddar cheese, grated
- 2 tbslp. butter
- 1/2 cup cream (or 1/2 cup low-fat evaporated milk)
- 1/4 tsp. salt
- Cayenne pepper
- 1 tsp. prepared mustard
- 6 eggs, slightly beaten

Spread cheese over bottom of shallow, well buttered baking dish. Dot with butter. Combine cream, salt, pepper and mustard and pour half of mixture over cheese. Pour eggs into baking dish. Cover with remaining cream mixture. Bake in 350 degree oven 25-30 min. Serve at once. Yields 5 servings.

From The Yancey Extension Homemakers food news & cues

By Mrs. Mary Gillespie



Yancey Extension Service

For And About Homemakers

By Mary M. Deyton

The life and beauty of good furniture is lengthened by proper care. The best treatment in maintaining furniture's lovely sheen and beauty and in protecting it from smoke, steam, house dust, fingerprints, food, and wax is persistence, pressure and elbow grease, and rubbing always with the grain of the wood. Keep furniture away from open windows and artificial heat. Too much humidity may cause swollen and warped furniture. Dry air may cause cracks and loose joints in furniture.

DAILY CARE: To dust wood furniture a supply of good dust cloths is important. Old cheese

cloths, flannel, wool or chambray are most satisfactory. Dustless cloths can be made by applying cleaning wax until the cloth feels damp. Hang out to air several hours. Store in a jar. Waxed furniture is easily dusted because the surface is hard and dry. Waxed furniture should be dusted often, using soft, unlined cloths. Never use oiled or treated cloths on waxed furniture. Oils soften the wax and make it stick, causing it to catch and hold dust and become dirty.

PERIODICAL CLEANING: Shellacked finishes are sensitive to water, alcohol and heat. Test your finish (inside a leg) with alcohol. If the finish becomes soft or tacky, it is shellacked. Use turpentine or a solvent cleaner to clean. Rub dry with a soft cloth. Rewax. Polish. On other finishes clean by any one of the following methods:

(1) With a cloth wrung out of a mixture of one quart warm water, 3 tablespoons boiled linseed oil, one tablespoon turpentine, rub with grain of wood until clean. Wipe surfaces dry. Polish with dry cloth. Wax with

paste wax. Polish with grain of wood. (Keep warm by setting in warm water.)

(2) Remove dust wax, etc. by applying a generous coat of cleaning wax. Repeat if necessary. Rewax with a paste wax. (Do not use self-polishing wax—it has water as a carrier. This water will ruin wood finishes. Let dry 15 minutes. Polish with the grain.

Note: There are on the market many polishes containing silicone. Polishes that contain silicone should not be used. It causes some finishes to disintegrate and will create a problem in finishing.

WAXING FURNITURE: Remove old wax before applying a new coat. Excess wax will collect soil and show fingerprints. Don't wipe the wax off until the haze is completely dry, or it will streak. Buff with a soft, lint-free cloth.

MARBLE: Use a commercial porcelain cleaner. Follow directions on the package. A creamy paste of quicklime and skimmed milk is also an effective cleaner. Scrub marble surface. Flush with clean warm water. Polish with No. 000 steel wool using a circular motion.

FURNITURE HARDWARE: Use a recommended metal polish. Follow the manufacturer's directions. No. 000 steel wool, if used lightly, also will restore the natural finish.

For more information request your copy of "Care of Furniture"

BOOK CORNER

By Mrs. Gladys Coletta



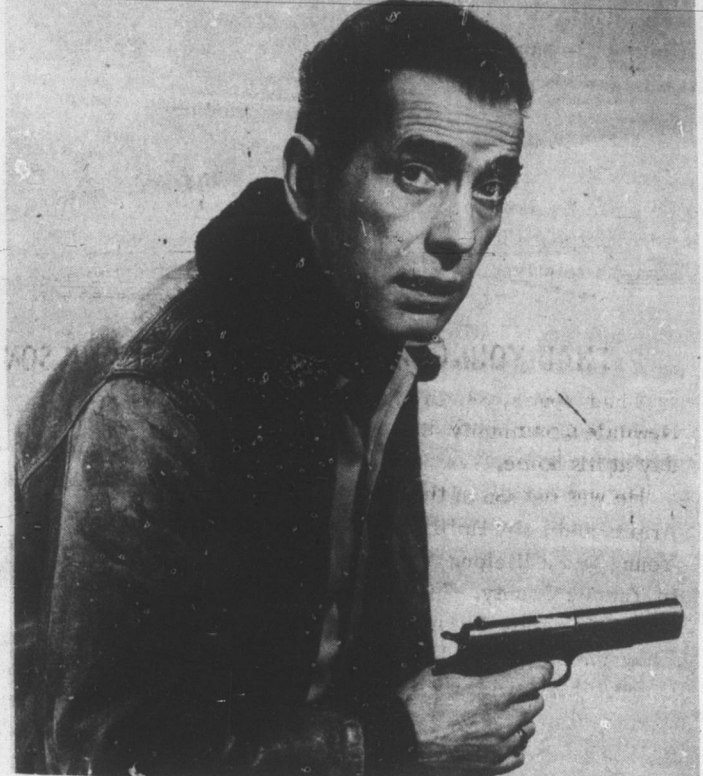
Egypt, by Gordon Waterfield, 1967. Pp. 208. Walker & Co., N.Y.

"Fate has decreed", stated the late President Nasser of Egypt, "that our country should stand at the world's crossroads; we have often been the invaders' passage-way and the target of adventurers." The perils and pleasures, the obstacles and opportunities, the advantages and disadvantages of such a situation are related in such a way by Gordon Waterfield in his book, Egypt, that it sometimes sounds like something out of the Arabian Nights.

For nearly twenty-five centuries foreigners ruled Egypt, except for a short period known as the Restoration, in Pharaonic times. From the Persian conquest in 525 B.C. the rulers had been Persians, Greeks, Turks, Kurds, Mameluke Circassians, Ottoman Turks, and finally the British. Such a hodge-podge of traditions, customs, governments, cultures and religions was bound to breed resentment among the people. Resentment led to uprisings, revolts and bloodshed, followed by more uprisings, revolts and bloodshed. Finally, a leader of most promising qualities emerged to unite

all factions—Camal Abdel Nasser. He planned and led the Revolution of 1952, when King Faruk was exiled and the Republic of Egypt was established. Nasser was elected President in the year 1956.

However, it did not necessarily follow that all would be sweetness and light. President Nasser had his problems, too. In pursuing the Revolution against feudalism and reaction in Egypt, his policy was in line with nineteenth-century Egyptian nationalism. He expanded this policy when he co-operated with other Arab countries to combat Western influence. Naturally, he was looked upon as suspect by the major powers. Yet, Arab Nationalism and radicalism had been developing through many generations, and President Nasser simply brought it to a climax. By developing a policy of neutralism he enabled Egypt to draw benefits from both East and West. Moreover, from the period of the Revolution in 1952 until his untimely death in 1970, President Nasser remained true to his convictions, which were: "We must fight imperialism, monarchy and feudalism, because we are opposed to injustice, oppression and slavery".



Bogart At His Best

Humphrey Bogart truly became a screen legend, perhaps even to a greater extent following his death in 1957. Bogart cults are still avidly watching every film he made, whether they are shown on late night television or in theater revivals. "The Treasure of Sierra Madre" won three Academy Awards, and Life Magazine called it "One of the few movies which truly deserves to be called great!" A rare opportunity to see Bogart in this unforgettable search for Mexican gold will be yours April 15, 16, and 17 at the Yancey Theater in Burnsville.

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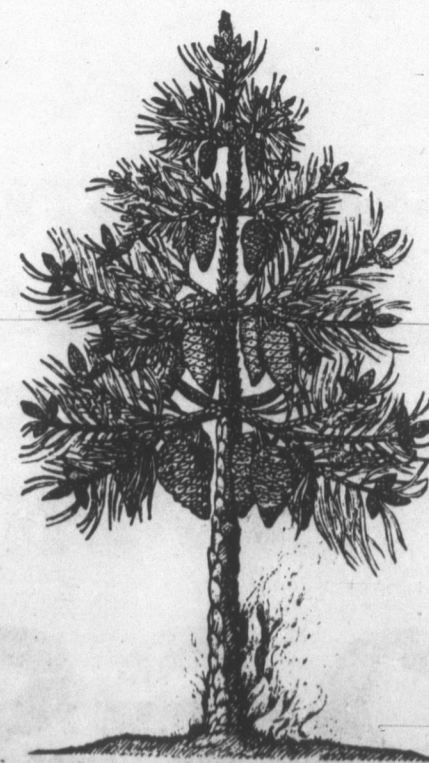
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