

### Seven Mile Ridge News

Mr. and Mrs. Gordon Cates have been in Miami, Florida the past week or so visiting their sons down there. Also Mr. Cate's mother.

week while on their jobs. Blevins was admitted to Memorial Mission Hospital in Asheville while Buchanan remained in Spruce Pine Community Hospital.

Rev. Edward Blevins and his brother-in-law Charles Buchanan were badly injured last

Mr. William McMahan has been admitted to a hospital in

Black Mountain where he is undergoing treatment.

Mr. Lloyd Autrey and son, Ray have been in Durham, N. C. this week on business.

Mrs. Rosa Bailey is back home now, after being away for some time.

## HERE AND THERE in Burnsville

BY MRS. BRUCE WESTALL  
682-2252

Mr. and Mrs. Henry Butler and Steve of Maryville, Tenn. have been visiting Mr. Butler's mother, Mrs. L. A. Butler who has been on the sick list for several weeks. Also visiting Mrs. Butler over the weekend were Mr. and Mrs. Warren Banks of Maryville, Tenn.

Miss Mary Louise Wray, who attends Salem College at Winston Salem, N. C. spent a long weekend recuperating from a virus infection.

Be sure to attend the meeting of the American Legion and Auxiliary at the Community Building on Tuesday, February 25th at 7:00 p.m. with a covered dish.

Jim Anglin, Cecil Edwards, Phillip Thomas, and Vincen McMahon spent last week at Lake Okeechobee, Florida. Bob Pollard of Pompano Beach joined them there to do some fishing.

Six women enjoyed a dinner and canasta party at the home of Mrs. T. McClellan last Wednesday night.

Tommy Carr, son of Mr. and Mrs. Bill Carr and a sophomore at East Yancey, left Monday for Nedellen, Colombia where he will be an exchange student for three months. He will reside with a local family, Dr. and Senora Santiago Gutierrez, while there.

Mrs. W. A. Y. Sargent entertained her Canasta Club on Thursday afternoon.

### United In Matrimony

Mrs. Margaret Harris Flemmons and Mr. James Byron Zuver were married at 6:00 p.m. Friday in the Grove Stone Baptist Church in Black Mountain, North Carolina with Rev. John C. Corbett, Pastor, officiating.

The bride is the daughter of Mrs. J. H. Harris of Marion and the late Mr. Harris. The bridegroom is the son of Mr. and Mrs. M. P. Zuver of Burnsville.

Mrs. Zuver attended Blanton's Business College and is employed at the Juvenile Evaluation Center.

Mr. Zuver received his B.S. degree from N.C. State University and is presently attending Western Carolina University working toward a Master's Degree. He is employed at the Juvenile Evaluation Center.

The couple will live in Swannanoa, North Carolina.



Patricia Warren

### Engagement Announced

Mr. and Mrs. Clyde W. Warren of Route 1, Marion, North Carolina announce the engagement of their daughter, Patricia Belle Warren to Larry Gene Riddle, son of Mr. and Mrs. Carlo Riddle of Route 4, Burnsville.

The bride-elect is a graduate of East Yancey High School and attended McDowell Technical Institute. She is presently employed by the Air-Pre Heater Company in Marion.

The groom-elect is a graduate of Cane River High School and attended Western Piedmont Community College. He is presently employed by the Northwestern Bank, Burnsville.

The wedding is planned for November 23, 1974.



Early Greek dolls had giraffe necks and small legs.

### Yancey Extension Service

## For And About Homemakers

By Mary M. Deyton  
**February Meetings and Workshops:** Educational Programs for Extension Homemakers will be varied during February. Of special interest to young families is the program "Priority in Family Security." The objective of this program is for young families to learn some strategies for providing financial security for times of emergency.

**District Crafts Workshop Planned:**  
The 1974 Western Carolina Craft Workshop will be held April 2-3 at Montreat Assembly Inn, Montreat, N.C. Seventeen

Craft classes are planned. The objectives of the workshop are: For individuals to discover their hidden ability for creativity and to stimulate a desire to develop and use this innate ability; to improve the standards of crafts produced in the county; and to motivate leaders to support and promote a county Craft program.

The two-day workshop offers an opportunity for leaders to receive some training in a particular craft. Additional information is available at the Extension Office, County Courthouse (682-2113) or from any Extension Homemakers Crafts Leader.

**The "Why" of Nutrition Labeling:**  
There are at least three ways how consumers can use nutrition information on labels. As in everything, unless you use what you've got--having it is of no value. First, you must become aware of some of the nutrients required for growth and health. Foods vary in the kinds and amounts of nutrients they contain and a variety of foods is required to supply the amounts of these nutrients recommended daily.

Second, you need to compare nutritive values of different foods. Specifically, to compare amounts of calories, carbohydrate, and fat (and possibly fatty acids and cholesterol) in a serving of different foods; to learn which foods are worthwhile sources of protein, vitamins, and minerals; and to compare nutritive values of commercially prepared foods with those that they might replace in the diet.

The most meaningful comparisons for the food shopper will be those made among foods that might be substituted for each other in meals. Values for fresh whole milk might be compared with those for chocolate drink, cream cheese with American cheese, canned tuna with peanut butter, or orange juice with tomato juice. If you compare values of a food of one type with those of another -- milk with green vegetables, for example--it is not helpful.

Third, to plan food for a day that will provide recommended amounts of nutrients. Many foods that the consumer uses will not be labeled--this is a voluntary problem of nutritional labeling and all products will not be included. Therefore, the consumer will need certain information other than that on labels to plan food for a day. However, as nutrient labeling gets underway more tools for helping consumers to total nutrients for a day's food and to evaluate these tools will probably become available.

Two resources available upon request from the Extension Service include: **Nutrition-- Food at Work for You and Conserving the Nutritive Value in Foods.**

### Celebrates Birthday

Although the weather was too bad to have some little friends in for a party, Christina Faye Bradford had her cake with two candles and pictures were made. She is the daughter of Mr. and Mrs. John E. Bradford, Jr. of Route 3, Burnsville, N.C.



Christina Bradford

### SWITCH TO COLD WATER LAUNDERING

The Federal Energy Office is asking homemakers who are not already regular users of the modern cold water detergents to switch to cold water laundering with cold water detergents as a major energy-saving measure in the home.

Energy Office, cold water detergent laundering can save up to 40 gallons of hot-water per load. Cold water laundering, it is stressed, not only saves the cost of fuel, but also makes more fuel available of the essential needs of our country's economy.

# YOURS FREE.

UP TO TWO 4-PIECE PLACE SETTINGS OF ELEGANT, IMPORTED STAFFORDSHIRE BOUQUET DINNERWARE

Just deposit \$50 or more to a new or existing First-Citizens savings account. And you receive absolutely FREE this elegant 4-piece place setting of Royal Staffordshire Bouquet dinnerware. This exquisite pattern captures all the exciting, colorful beauty of the flowers of England. Each time thereafter you add \$50 or more to your savings you may acquire an additional 4-piece setting for only \$3.65 plus tax--a substantial savings. When you have acquired seven place settings, your eighth setting is also FREE with a savings deposit of \$50 or more.

Royal Staffordshire Bouquet is chip-resistant Ironstone ware. It's hand-decorated under the glaze. Nothing can mar its beauty--not detergents, dishwashers, or hard everyday usage.

Additional accessory units are also available. See all the beauty of Staffordshire Bouquet dinnerware at your nearby First-Citizens office.

Start collecting your lovely Bouquet dinnerware now--and at the same time earn the highest savings interest permitted by law.



Royal Staffordshire dinnerware created by Johnson Brothers, by appointment to Her Majesty, the Queen of England.



### 60-PIECE SERVICE FOR EIGHT

Total Savings Deposit	Your Cost (plus sales tax)
\$850.00	\$57.75

For those who wish to pick up a complete 60-piece dinnerware setting with just one visit to the bank. Eight 4-piece place settings, sugar and creamer, 8 soup bowls, 8 salad plates, 8 bread and butter plates, vegetable bowl and platter.

**First-Citizens. The Can Do Bank.**

**BANKING HOURS FOR ALL SERVICES:**

MONDAYS, TUESDAYS, THURSDAYS 9 TO 5
FRIDAYS 9 TO 6      SATURDAYS 9 TO 12

## BEN FRANKLIN

**Banks Family Square Shopping Center**

**SCHAFFTS VALENTINE HEARTS**

how sweet it is... **CANDY** for your Valentine

**3<sup>95</sup>** UP

Break Loose! Don't Miss These!

**8 TRACK TAPES**

**2<sup>99</sup>**

**100% ORLON ACRYLON SWEATERS**

**6<sup>99</sup>**

Sale

**SEWING CHEST WITH REMOVEABLE TRAY & FOLD AWAY HANDLE**

**3<sup>99</sup>**

Save!

**NORTHERN AUTOMATIC ELECTRIC BLANKETS**

2 Year Guarantee

**15<sup>88</sup>**

**72 X 90 KENT BLANKETS**

50% Acrylon 50% Polyester  
100% Nylon Binding

**4<sup>99</sup>**

**BARRELL OF SPORT YARN**

100% Acrylic  
8 oz. 3 ply. REG. \$1.99

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**SELF-STACKING SHOE BOXES**

3 FOR

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**RUTH BERRY PANTY HOSE**

ULTRA SHEER

**99c**

OPEN: 9:00-9:00 P.M. SUN 1:00-6:00 P.M.