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 nother.

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

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

Mr. William McMahan has been admitted to a hospital in

Black Moun ain where he is undergoing treatment.

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

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

Banks Family Square Shopping Center





Break Loose! Don't Miss These!

8 TRACK TAPES

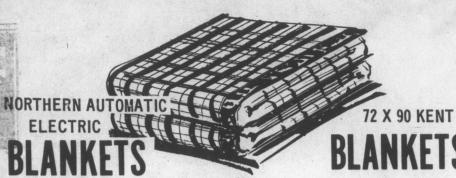


Country Western Country, Rock,



WITH REMOVEABLE TRAY & FOLD AWAY HANDLE

enve!



Reg. \$18.99 2 Year Guarantee

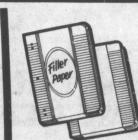
1588

50% Acrylon

50% Polyester 100% Nylon Binding

BARRELL OF SPORT





500 COUNT NOTEBOOK FILER

RUTH BERRY

SELF-STACKING SHOE BOXES





ULTRA SHEER

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



AND THERE

BY MRS. BRUCE WESTALL 682-2252

Mr. and Mrs. Henry Buth and Steve of Maryville, Te have been visiting Mr. Butne's mother, Mrs. L. A. Butner has been on the sick list for veral weeks. Also visiting N Butner over the weekend wer Mr. and Mrs. Warren Banks Maryville, Tenn.

Miss Mary Louise Wray, wl attends Salem College at Wir ston Salem, N.C. spent a lor weekend recuperating from a virus infection.

Be sure to attend the meet ing of the American Legion and Auxiliary at the Commun ty Building on Tuesday, Febru ary 25th at 7:00 p.m. with a covered dish.

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

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

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

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

Miss Debbie Carr, who attends Brevard College, spent the weekend with her parents, Mr. and Mrs. Bill Carr.

Mr. and Mrs. Ralph Shepherd of Statesville, N. C. visited Mrs. Shepherd's parents, Mrs. John Banks, over the weekend.

Capt. and Mrs. J. D. Greene of Duluth, Minn, have opened and are living in their home in Pensacola for the remaining winter months.

Mrs. Jim Anglin entertained with a luncheon at her home on Friday.

Celebrates Birthday

Although the weather was too bad to have some little friends in for a party, Christinia 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.

United In Matrimony

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.



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.

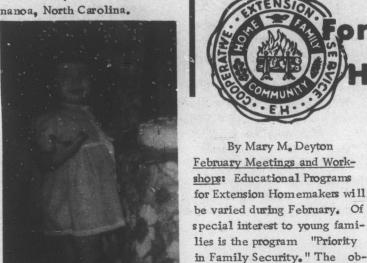
According to the Federal

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

Mrs. Margaret Harris Plemmons 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. Corbitt, Pastor, officiating.

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 Swan-



Christinia Bradford



Patricia Warren



By Mary M. Deyton

jective of this program is for

young families to learn some

strategies for providing finan -

cial security for times of emer-

District Crafts Workshop Planned:

April 2-3 at Montreat Assembly

Inn, Montreat, N.C. Seventeen

Craft Workshop will be held

a complete 60-piece dinner-

ware 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, vege-

table bowl and platter

The 1974 Western Carolina

The wedding is planned for November 23, 1974. Yancey Extension Service

Engagement

Announced

Mr. and Mrs. Clyde W. War-

ren of Route 1, Marion, North

Carolina annunce the engage-

ment of their daughter, Patricia

Belle Warren to Larry Gene Rid-

dle, son of Mr. and Mrs. Carlo

Riddle of Route 4, Burnsville.

ate of East Yancey High School

and attended McDowell Tech-

nical Institute. She is present-

ly employed by the Air-Pre -

The groom-elect is a gra -

Heater Company in Marion.

duate of Cane River High

School and attended Western

Piedmont Community College.

He is presently employed by

the Northwestern Bank, Burns-

The bride-elect is a gradu-

Craft classes are planned. The objectives of the work-

shop 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

The Why of Nutrition Labeling:

There are at least three ways how consumers can use nutri tion 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 a mounts of these nutrients recommended daily.

Second, you need to com pare nutritive values of differ ent 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 com parisons 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.

YOURS FREE.



First-Citizens. The Can Do Bank

FRIDAYS 9 TO 6

BANKING HOURS FOR ALL SERVICES:

MONDAYS, TUESDAYS, THURSDAYS 9 TO 5

SATURDAYS 9 TO 12