

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

By Roma McLain
 An easy-to-prepare dinner with oomph!
MOCK CHICKEN FRIED STEAK
 1 beaten egg
 1 cup saltine crackers (coarsely crumbled) 20 crackers
 1/4 cup milk
 2 tblsp. minced onion
 1/4 tsp. salt
 1/4 tsp. worchestershire sauce
 1 tsp. chili powder
 1 lb. lean ground beef
 2 tblsp. cooking oil
 Combine egg, 1/2 cup of cracker crumbs, milk, onions, salt, worchestershire sauce, and chili powder. Add ground beef and mix well. Shape into 6 patties (1/2 inch thick approx.) Coat with remaining cracker crumbs. Cook in hot oil over medium high heat about 3 min. on each side. Serve with warm catsup.

BRIDES SALAD
 1 can pineapple tidbits(draind)
 1 apple peeled and diced
 1/2 cup chopped pecans
 1 pkg. miniature marshmallows
 1/2 pint cream (whipped)
 Mix all and fold in whip cream. Serve on lettuce.

FRUIT COCKTAIL CAKE
 Mix together

2 cups flour
 1 1/2 cups sugar
 2 tsp. soda
 1 med. can fruit cocktail
 2 eggs
 Beat well and pour into a greased pan. Set aside and Mix together:
 1 cup brown sugar
 1 cup coconut
 1 cup chopped pecans
 Pour this over top of first mixture. Bake all together until done at 350 degrees.

TOPPING
 Mix together:
 1 cup sugar
 1 stick butter
 1 small can pet milk.
 Boil for 2 minutes and pour over cake while hot.

GS Director To Retire

Mrs. Paul K. Buff, Executive Director of Pisgah Girl Scout Council for ten years, retired on March 31, 1974. Col. Harry Hewitt will act as Interim Executive Director until a replacement can be found.

Mrs. Buff has been in Girl Scout professional work for twenty-three years, spending time in councils in Wilmington and Hickory as well as Asheville.

"Scouting is a way in which each individual can develop according to her own needs and her own interests", she said. "And it's a living program; its flexible. It changes around the basic values to help the girls meet the challenges of a changing world", she added. Under her direction, Pisgah

Council has increased its troops from one hundred fifty to three hundred and has been the recipient of several grants to test new ways of delivering services to rural areas. The Council just recently was given the amount of \$10,000 from the Colgate-Palmolive Company in order to organize Scouting in Swain County.

Mrs. Buff believes that the very nature of Girl Scouting insures its future success. It encourages the freedom of the soul of the individual and this automatically involves change and flexibility.

In the ten years that Mrs. Buff has been with Pisgah Girl Scout Council, it has grown to hopefully bring to some of its girls and adults that intangible liberation of the soul.



For And About Homemakers

Yancey Extension Service

By Mary M. Deyton
 District E H Meeting Scheduled

"Education for Action-You Can Make the Difference" is the theme for the Annual Meeting of the Western District Extension Homemakers April 30, May 1, Lake Junaluska. A varied educational program is planned with outstanding leaders and speakers in their field including Mrs. Betty Feezar and Miss Brenda Hedgepath of Charlotte. Classes include (1) Dollars and Sense--Coping with Credit, (2) Our Heritage-- A New Look at the Arts, (3) Fascinating Food Facts, (4) Exports and Imports--How They Affect Our Food Prices, (5) What's Under the Hood, (6) Consumer in the Market Place (House Furnishing).

Registration forms are available from the Home Economics Extension Agents, E H Clubs Presidents or from Mrs. Jess Lawhern, 2nd Vice President and a member of the District Planning Committee.

Why Children Misbehave:
 If parents are to be able to move away from the old reward-punishment tradition of child

rearing and learn to apply the principle of logical consequences in disciplining their children, it is necessary that they first find out what factors cause their children to misbehave.

Dr. Rudolf Dreikurs, who advocates the use of logical consequences method of disciplining children has said that all misbehavior is the result of a child's mistaken assumption about the way to find a place and gain status. When the adult is not aware of the meaning of the child's misbehavior, he responds by falling for the child's unconscious scheme and reinforces the child's mistaken goal. On the other hand, if parents can learn to identify the reasons behind misbehavior and understand it, they are in a better position to correct it. To do this the adult must recognize misbehavior patterns and their hidden goals. Dr. Dreikurs has identified four such goals. One of these is discussed below. The other three will be considered in a future article.

Attention Getting
 Mother was working in the kitchen when Jimmy, age 3, ran in sobbing, "He hit me, he hit me." Warily, mother went to investigate followed by Jimmy who was still crying. Bobby, age 5, was in his room coloring. "Did you hit Jimmy?" mother asked exasperatedly. "Mother he took my crayons and I told him he couldn't play with my crayons." Mother declared that no excuse for hitting Jimmy and made Bobby stay in his room for an hour. Jimmy was triumphant while Bobby began to cry. Ten minutes later they were fighting again.

By her intervention into the fight, mother reinforced her sons' desires for attention. Unless there is danger of injury or damage, mother's wisest course is to allow children to settle their own disagreements. When they discover that mother will not intervene in a fight it usually stops.

The examples of attention-getting behavior in children which is cited here is only one of many manifestations of negative, attention getting behavior. A child may be always "getting into things," failing to do his chores, fighting with his brothers and sisters. He may be a dawdler, unable to dress or occupy himself. But what is important for parents to understand is the desire underlying these acts to get adults to pay attention to him and to serve him. When parents recognize this, they can avoid being drawn into such behavior and can help the child to find appropriate behavior for receiving the attention he needs.

LIBERTY CASH & CARRY

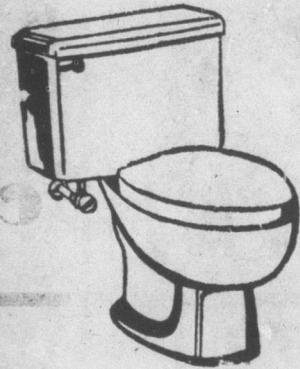
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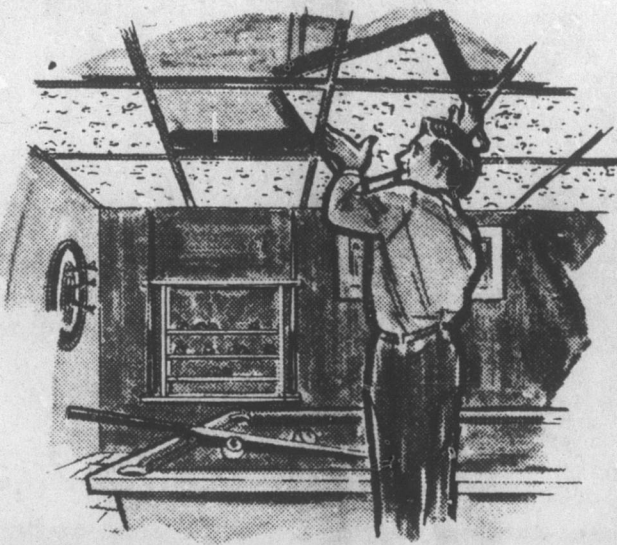
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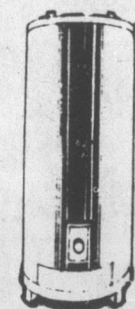
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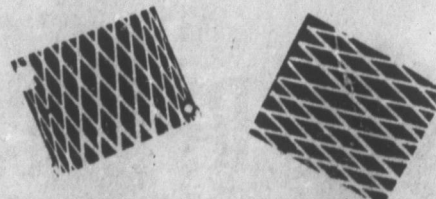


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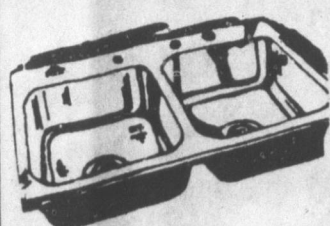
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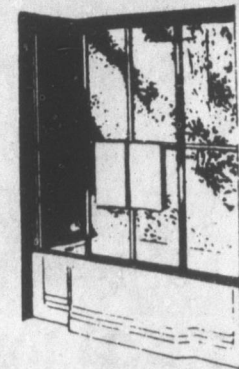
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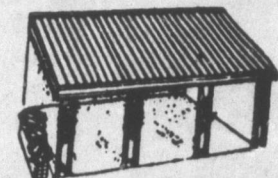


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Night's Nice, a film for children based on the book by Barbara and Ed Emberly, was shown to 21 "little people" this past Monday and Tuesday at the CHILDREN'S HOUR programs held in the Yancey County Public Library. Following this film, the children were read *Pepito's Story* written and illustrated by Eugene Fern. The program concluded with dance activity, "Touch Your Toes."

Those children attending CHILDREN'S HOUR were: Randy and Ricky Allen, Darrell Mitchell, Darrell Rathburn, Randy Ray, Royce Chrisawn, Greg Moore, Eric Williamson, Cathy Shepherd, Christie Hughes, Jeff Sheehan, Jerry Rose, Freddie Bean, Sonya Shade, Audrey Gillespie, Brandy Kaye Hemphill, Robbie Boyer, Tracy Chandler, Heather McIntosh, Cary Turman, Alison Floyd.