



Yancey Extension Service
For And About
Homemakers

By Mary M. Deyton
HOW TO FREEZE STRAWBERRIES

1. Select fresh, red-ripe, firm strawberries of a good freezing variety.
2. Wash a few at a time gently in very cold water.
3. Place in colander to drain as you cap the berries carefully.
4. Slice, chop, or puree berries quickly, or add sugar and then cut.
5. Add one pound of sugar to 4 or 5 pounds of strawberries by weight or about 3/4 cup sugar to a quart of prepared berries. Mix the fruit and sugar gently but well.
6. Put into a good frozen food container.
7. Leave space at the top of container to allow for some expansion.
8. Close container.
9. Label--product, variety, and date.
10. Place in coldest part of refrigerator as you finish each container.
11. Put containers in freezer as soon as you finish. Leave space between each package for air circulation and do not place against frozen food. When frozen stack in frozen storage.

If you prefer whole berries, pack clean, cold, capped berries into a container and cover with cold sugar syrup (2 cups sugar to 3 cups water. Put sugar and cool water in quart fruit jar. Cap jar. Invert jar at intervals to mix. Leave space for expansion.

For more information on

berries, request Home Ec. Publication No. 173, "Berries For Eating Year Round" and "Jams, Jellies, & Preserves" H.E. No. 111.

THERE'S A NEW LOOK COMING
[In Bacon]

If you've looked at a package of bacon lately, you may have noticed the new style "window" on the package. You can actually see the bacon inside.

Consumers have long complained to USDA about being unable to tell the lean-to-fat ratio of a slice of bacon in a package. Now, as a result of recently enacted regulations you can see-through the "new" style window and select the leanest-or not-as you like it.

Windowed packages of the sliced bacon must show at least 70% of the length of a representative strip of bacon, and the window must be at least 1 1/2 inches wide--the better to see through--according to USDA. The old style packages frequently allowed only those lead edges to be seen through the cellophane "window".

HOMEMAKERS ASK

Q. When I allow 3 inches for ease as patterns direct I find the garment too big in the bust. Can I allow 1 inch instead?

A. What the pattern directions mean is that they have already allowed 3 inches of ease for the sake of comfort. Buy the pattern according to your actual bust measurement, say 36, and the fit will be just right--39!



Homemaker Workshop Held

An old trunk can be a wonderful treasure, whether it is a family heirloom or a purchased antique. The restored trunk can serve as a conversation piece, but it can also serve many useful purposes. Extension Homemakers are shown at a workshop which was conducted by Edith McGlamery, House Furnishings Specialist, N.C. State University, on Wednesday, May 29. (Left to right) Jo Ann Chatman, Lydia Deyton and Dorothy McKinney. Others attending in the workshop included Matoka Rhinehart, Gladys Garland, Alice McIntosh, Katie Martin and Mary M. Deyton, Home Economics Extension Agent who assisted.



From The Yancey Extension Homemakers

food news & cues

By Mrs. Mary Gillespie

By Donna McLain

Sometime between 1598 and 1683 Isaac Walton said about the strawberry, "Doubtless God could have made a better berry, but doubtless God never did." Even now with all of the other luscious berries in the world, many people agree with Mr. Walton.

STRAWBERRY REFRIGERATOR CAKE

- 6 ladyfingers or 1 small sponge cake
- 3 Tblsp. sugar
- 1 1/4 cups crushed strawberries
- 1/2 cup heavy cream
- 1/4 tsp. vanilla extract
- 1 Tbsp chopped nuts.

Line springform pan with split ladyfingers or sliced sponge cake. Add sugar to strawberries. Whip cream with vanilla. Cover cake with berries, then a layer of whipped cream. Repeat in layers until all material is used; saving part of cream for top of cake. Sprinkle with nuts and chill for 8 hours.

FRESH STRAWBERRY CAKE

- (3 8-in. layer pans)
- 1 stick butter
- 1/2 cup shortening
- 1 1/4 cup sugar
- 1/2 cup sliced fresh strawberries
- 1 6 oz. pkg. strawberry gelatin
- 2 1/2 cups plain flour
- 3 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups milk
- 1 tsp. vanilla
- 4 egg whites

Cream butter, shortening, and sugar until fluffy. Add berries and gelatin; beat well. Sift together dry ingredients and add alternately with milk. Add vanilla and beat well. Fold in egg whites. Turn into 3 lightly greased and floured 8-in. cake pans. Bake at 350 for 35 min. Frost with Strawberry Frosting.

STRAWBERRY FROSTING

- 1 box powdered sugar
 - 1/4 stick butter
 - 1/2 cup fresh strawberries (chop)
- Beat ingredients thoroughly. Spread between layers and on top of the 3 8-in. layers.

STRAWBERRY SQUARES

- 1 cup sifted all-purpose flour
- 1/4 cup brown sugar
- 1/2 cup chopped walnuts
- 1/2 cup butter or marg., melted

- 2 egg whites
- 1 cup granulated sugar
- 2 cups sliced fresh strawberries
- 2 Tblsp. lemon juice
- 1 cup whipping cream, whipped

Stir together first 4 ingredients; spread evenly in shallow baking pan. Bake at 350 for 20 min, stirring occasionally. Then sprinkle 3/4 of the crumbs in 13x9x2 inch baking pan. Combine egg whites, sugar, berries, and lemon juice in large bowl; with electric mixer beat at high speed to stiff peaks, about 10 min. Fold in whipped cream. Spoon over crumbs; top with remaining crumbs. Freeze 6 hours or overnight. Cut in squares. Trim with some whole strawberries. Serves 10-12.

*Or use one 10 oz pkg. frozen strawberries, partially thawed; reduce the granulated sugar in-

meringue to 1/2 cup.

STRAWBERRY-PINEAPPLE JAM

- 2 cups mashed strawberries
- 2 cups canned crushed pineapple
- 4 cups sugar
- 1 Tblsp. lemon juice

Combine strawberries and pineapple with sugar. Cook rapidly until thick--about 20 min. Add lemon juice a few minutes before cooking is complete. Follow general directions for jam.

STRAWBERRY PRESERVES

- 2 pounds berries
- 2 pounds sugar

1 1/2 cups berry juice or water

Wash, cap and stem strawberries. Make a syrup of the sugar and juice or water. Add berries. Cook until the berries are clear and the syrup is thick. Pack into jars and proceed as in general directions. NOTE: If the berries are translucent before the syrup is thick enough, remove fruit to platter or pan and continue cooking syrup.



Golden Anniversary

Mr. and Mrs. Bruce Anglin celebrated their 50th Wedding Anniversary Sunday, June 2, in their home on Indian Trail. They were married June 1, 1924 and have lived the past 50 years in Burnsville. A reception was

given by their three children, Mrs. George Black (Wilma) of Canton, N.C., Edd of Burnsville and Paul of Waynesville. There are 6 grandchildren and 2 great grandchildren. Approximately 60 guests attended.

Students On Deans List

Ben F. Geouge, son of Mr. and Mrs. Ben F. Geouge has been named by Dean Jerry M. Godard to the Dean's List at Warren Wilson College in Swannanoa, North Carolina.

The Dean's List signifies that a student has achieved a 3.50 quality-point average for the semester in at least 12 academic credit hours' work.



Mrs. Ernestine Maxwell of Cookeville, Tennessee made the winter term honor list at Tennessee Tech. She is majoring in music (piano) and elementary teaching. She is the daughter of Mr. and Mrs. Ernest Wilson of Dearborn, Michigan, formerly of Yancey County.



Two students from Yancey County have been named to the Chancellor's List for the spring semester at the University of North Carolina at Charlotte.

They are Sheree Lisa Banks, Box 235, Burnsville; and Mitzi

Anita Presnell, Route 2, Burnsville.

To qualify for the Chancellor's List a student must achieve an overall "B" average with no grade lower than a "C".

Receives BA Degree

Joe Lee Howell was among 185 graduates of Berea College who received degrees Saturday at commencement exercises in Berea, Kentucky.

Joe, the son of Nat Howell of Burnsville, received a B.A. degree in Chemistry.

Honorary degrees went to Dr. Walter G. Muelder, retired dean and professor of social ethics at Boston University's School of Theology, who served as visiting professor of religion at Berea in 1972-73; and to Normand Lockwood, internationally known composer.

Home Ec. Students Honored

Home Economics students at Cane River and East Yancey High Schools who have done outstanding work in sewing have been recognized by their teachers. These students have received gift certificates from Ye Olde Fabric Shoppe, Burnsville. First year students each received a \$2 gift certificate, second year students, a \$3 certificate, and third year students a \$5 certificate.

First year students recognized at Cane River are Connie Mathis and Maude Ledford. Second year--Keitha Edwards and Mary Altimus; third year--Liz Edwards and Rita Ayers.

Home Economics teachers at Cane River are Mrs. Pauline Hensley and Mrs. Pat Whitson. First year students recognized at East Yancey are Tammy Williams and Debbie Buchanan. Second year students--Jane Wilson and Teresa Silver. Third year are Karen Huskins and Karen Wilson.

East Yancey's Home Economics teachers are Mrs. Louise Hughes and Mrs. Dorothy Ray.

Receives Nursing Degree

Miss Peggy A. Wells of Burnsville received the bachelor of science degree in nursing May 12 from Incarnate word College in San Antonio, Texas.

Graduation ceremonies for the 257 members of the class of 1974 began with the traditional baccalaureate at noon, followed that evening by commencement and Dr. Donald Goodall of the University of Texas at Austin delivered the commencement address.



CY JORDAN REALTY
REALTOR



Cy Jordan Realty, Realtor, is pleased to announce that Everett L. Dillingham, Real Estate Broker, is now associated with the firm. Twenty-five years of experience as Chairman of Yancey County Extension Service, will bring to the Cy Jordan staff a broad knowledge of farming and agriculturally related facts which will be of great value to clientele, both seeking to buy or sell agricultural lands.

Mr. Dillingham is a graduate of N.C. State University; is presently County Chairman of the Alumni Association of N.C. State University; has served the public 15 years as a teacher and is an active participant in church, community, and service club affairs; is a former member of the Yancey-Mitchell County Board of Health; presently is Secretary of the Lion's Club and previously has held all Lion's Club officership; is active in the Burnsville Men's Club. He has received awards as Master Teacher of the State of North Carolina as Agricultural Teacher, and Distinguished Service Award in Extension Service.

Cy Jordan Realty, Realtor is proud to include Everett L. Dillingham with Wanda Proffitt, Broker and Office Manager, George Downing, Capt. U.S.C.G. Ret., Mgtg. Broker and Sales Associate, Michael Mann, Broker, and Cy Jordan, Realtor and Owner.

Everett would like to hear from any of his friends and invites them to drop in at the office on Main Street or the temporary office on the Bank's Family Square Shopping Center.

CY JORDAN REALTY-REALTOR

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