PAGE 8 THE YANCEY JOURNAL JUNE 27, 1974







NOISE -- AS RELATED TO

HEARING LOSS

a major problem. Four and one

half million persons are esti-

mated to have hearing loss in

the United States. It appears

that over 80 percent are over the

age of 45, while 55 percent (over

half) are 65 or older, although

that age group makes up only

about 10 percent of the total

population.

The loss of hearing in man is

Miss Susan Ann Ouakenbush and Edgar Anglin were united in marriage at 11:00 a.m. Saturday at Emma United Methodist Church. The ceremony was conducted by the Rev. Holt Madison.

The bride is the daughter of Mr. and Mrs. John W. Quakenbush of Asheville. The bridegroom is the son of Maude Riddle of Burnsville.

The bride's gown of white eyelet over white dacron was designed by Miss Teresa

For And About Homemakers

Yancey Extention Service

that of physiological degeneration with aging, and another cause is that of a lifetime exposure to noises. Loud and continued noise

such as that from power lawn mowers, factory noises, discothque music may be at a level and for a duration that would be damaging. Noise causes a change in chemistry of hair or nerve cell of the ear. This is compared to extreme fatigue in a muscle which requires time to recuperate. A stock car driver may not be able to hear for days after the race. A person should wear ear

plugs when using power lawn mower and solid ear plugs when hunting. Homemakers should shop for the most suction power in a vacuum cleaner. The loudest cleaner is often associated with the most power--this may not be true. Sometimes the most powerful cleaner is quiet.

Conservation of hearing in young years may result in keener hearing in older years. Clear, distinct correct speech will also help the hearing end of the communication. (Reference: The Gerontolo-

gist, Vol. No.2, Part I.) **CONVENIENCE FOODS**

Today's busy homemaker is concerned with saving time, money and energy. For quite some time we've been looking to convenience foods to save time and energy. In fact, the first convenient canned, frozen, and dried foods offered advantages to being economical and whole-Now there is a new breed of

convenience foods and these conjure up thoughts of high

costs and additives. First, we should note that additives have been used to a certain extent for long than anyone can remember. They are important to the health and nutrition of all populations.

The questions being raised now are in relation to how many additives and how much can we safely consume. The answer is we really don't know; there is a great deal of confusing and conflicting evidence. We do think it is wise to restrict the consumption of foods with chemical additives and consumers are urged to read labels and be cautious of using too many chemically rich foods.

The concerned homemaker can produce conveniences at home. Cook double batches and freeze for easy heat and serve meals. Single portion leftovers can be combined into individual, homemade TV dinners. Freeze meatballs, cabbage rolls, cookies and many other items on cookie sheets. When frozen hard, store in plastic freezer bags for your own pour and save convenience. Gravies and sauces can be stored this way too. Freeze as cubes in ice cube trays, then separate and bag. Defrost as needed.

Master Mix recipes for pie crusts, cornstarch puddings, and biscuits can be prepared ahead to save money now and time later. It can be stored on your pantry shelf and as a commercial mix to prepare biscuits, muffins, waffles, pancakes, and other bake products. Master Mix recipes are available from the Extension Service Office 682-2113.

Gosnell, Dale Are United In Marriage

Doyle Edward Dale were married at 7 p.m. Saturday in the Grapevine Baptist Church in Marshall, N.C.

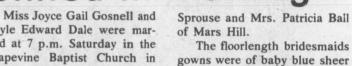
The Rev. E. W. Jenkins officiated at the marriage service. Rev. James H. Durham gave a recital prior to the wedding service and was pianoist for the wedding. The soloist was Mrs. Barbara Ogle and she was accompanied by Miss Norma Robinson.

The bride's formal wedding gown was of white organza. Imported Peau d'ange chantilly lace accented the A-line skirt and matching lace covered the high neckline and bishop sleeves. The chapel length mantilla was edged in matching lace. She carried a white Bible, topped with an orchid bouquet.

The bridegroom is the son of Mrs. Georgie Dale and the late Mr. Ed Dale of Burnsville. He is presently employed with the Exxon Oil Company in Burnsville.



Mrs. Doyle Edward Dale



gowns were of baby blue sheer plucked polyester and they were trimmed in white lace. The bridesmaids carried a long stem red rose.

Johnny Hall of Burnsville was best man. Ushers were Larry Edwards and Charles Harding, both of Burnsville, and Alan Gosnell of Asheville.

A reception was held at the church

The bride is the daughter of Mr. and Mrs. Arvil Glen Gosnell of Marshall, N.C. She is a graduate of Mars Hill College. This fall she will be employed with the Yancey County School System.



OF TRAVEL THE QUESTION OF YOUR VACATION

Q. In the interests of the national economy, should I

cancel my 1974 vacation? A. Not at all. It could actually hurt the economy to curtail your travel plans now. The \$61 billion travel industry is a vital branch of American business and if tourism is cut off, the repercussions could effect employment all across the

plicated travel world where circumstances can vary from week to week and place to place. He handles information about an armful of travel-connected items, too-hotels, airport conditions. climate, sightseeing, ground transportation, fuel availability, even theater tickets.

Your ASTA travel agent can help you to a terrific trip that won't hurt the economy.

TIME FOR A TUNE-UP

Your Homeowners policy, like your automobile, needs a periodic check-up to avoid breakdown. A breakdown of your insurance protection at time of disaster can be cata-strophic. But this can happen if your policy is not kept up-to-date. Call us.



Mountain Workshop Home Building - Remodling Stone Work -Plumbing **Landscaping - Electric** Site Planning and Design 682-6617 Richard Kennedy Burnsville, N. C.