

From The Yancey Extension Homemakers  
**food news & cues**

**BY DONNA McLAIN**  
 Extension Homemaker  
 Planning ahead is the key to ease in meal preparation during the holiday season. We are sharing recipes today that can be made ahead and frozen for a variety of uses.

**CHICKEN STARTER RECIPE**  
 3 stewing chickens  
 4 outer stalks celery  
 4 carrots  
 2 onions

Put all ingredients in large kettle. Cover with boiling water. Cover and cook about 2 hours or until chicken is tender. Remove the chickens from stock and cool. Remove white meat from bones. Place chicken bones and skin in stock and continue cooking 1 hour. Cool, package white

meat, thighs and legs separately and freeze. Separate pieces with double thickness of cellophane for easy removal. Package giblets, meat from necks, backs, and wings and ground skin in separate containers. Freeze. Makes about 4 quarts stock. Package in quart and pint containers for convenient use.

This recipe can be used in the following: Chicken with Dumplings; Chicken Pie; Chicken Breast with Broccoli; Barbecued Chicken Thighs; Chicken Salad; Chicken & Noodles.

**BEEF STARTER RECIPE**  
 6 pounds chuck beef or scrap beef cut in 1-inch cubes  
 1/2 cup melted fat  
 1/2 cup all-purpose flour  
 1 cup sliced onions

Celery tops from 1 bunch celery  
 3 bay leaves  
 2 quarts boiling water.

Dredge beef in flour. Brown beef in fat. Place browned beef and remaining ingredients in deepwell cooker. Cover and cook over low heat about 2 1/2 hours or until meat is tender. Cool thoroughly. Strain beef stock. Divide meat and stock into 5 parts, cover meat with stock. Package each part in moisture-vapor-proof wrappings and freeze. This recipe can be used in the following: Beef Pie; Broiled Beef on Skewers; Beef Stroganoff; Beef Goulash; Soup Stock.

**PUMPKIN PUDDING**  
 (By Mary Lillian Towe)  
 2 cups cooked pumpkin  
 2 cups sugar  
 1/2 tsp. cinnamon  
 1 tsp. vanilla  
 1 stick margarine (melted)  
 1 cup self-rising flour (sifted)  
 3 eggs  
 1/4 tsp. nutmeg  
 2 1/2 cups undiluted evap. milk

Mix pumpkin, sugar and flour-blend until smooth, add eggs and beat. Stir in cinnamon, nutmeg, vanilla and milk. Add melted margarine and mix well. Pour into greased 9 x 13 pan and bake at 450 degrees until lightly brown, about 20 to 25 minutes. This can be baked ahead of time and frozen.

**FROZEN GELATIN SALAD**  
 1 pkg. lime-flavored gelatin  
 1 No. 2 can crushed pineapple, drained  
 1 cup sour cream (or sweet cream may be used)  
 1 cup chopped nuts

Follow directions on pkg. of gelatin but use 1 cup boiling water and 1/2 cup pineapple juice as total liquid requirement. Cool until partially set. Fold in cream, crushed pineapple, and nuts. Pour into molds and chill. May be unmolded before or after freezing. Thaw and serve on lettuce or greens.

**WHITE CHRISTMAS COOKIES**  
 (By Vera Westall)

Cream 1/2 pound butter or margarine with 4 tblsp. powdered sugar. Add 2 cups flour, 1/2 tsp. vanilla, 1 cup finely chopped pecans. Mix well and shape into balls or crescent shapes. Bake slowly at 300 degrees for 30-50 minutes on an ungreased cookie sheet.

# Tar Heel Ski Areas Are 'Thinking Snow!'

The North Carolina mountains had seen three snows by Thanksgiving.

"We are hopeful this is a good sign," offered a spokesman for one of the Tar Heel ski areas.

All of North Carolina's major ski areas are optimistic about skiing for the 1974-75 season. Opening dates vary with each resort, but the general rule is that all are shooting for an opening by December 1-15. The right kind of weather could bring earlier openings.

Optimism is guarded throughout the Tar Heel ski industry, but there is enthusiasm about the upcoming season. There is no secret that last year's warm winter curtailed skiing. But all signs this year by weather prognosticators indicate a winter that will be to the skiers what water is to swimmers.

**ADDED AT APPALACHIAN**  
 Appalachian Ski Mountain at Blowing Rock has added a new "twist" for the upcoming season. A "snow carpet" or artificial slope covering will offer many of the properties of real snow. Appalachian will again feature the French-Swiss Ski College.

**NEW SLOPE AT BEECH**  
 Beech Mountain at Banner Elk has added a new 800-foot intermediate slope, serviced by a pony lift, and a new sledding slope, complete with rental sleds.

Cataloochee Ski Area at Maggie Valley, North Carolina's first ski area, is shooting for a December 15 opening date; High Meadows at Roaring Gap will offer weekend skiing. Should weather permit, night skiing could be offered during the week from 6 to 10 p.m. This, however, is subject to the weather.

Hound Ears, near Boone, will ski mostly members and lodge guests this year. Minor changes have been made in this operation. Sapphire Valley at Sapphire will follow the same operation procedure it had last year and will only open when there is sufficient natural snow.

Seven Devils at Boone will offer skiing this year, but only on weekends. This area has five slopes.

**NEW LOOK AT SUGAR MOUNTAIN**  
 Sugar Mountain at Banner Elk, which has the top vertical drop of all the areas will have

minor new looks this season. New snow fences have been installed in previously unguarded areas, and a new run called "Sugar Slalom" is being put into full service.

Wolf Laurel, at Mars Hill, has added a new reservoir which will assist in snow making.

**SKIING CROSSROADS**  
 The Tar Heel State has earned the reputation as the

skiing crossroads of the east. It is the southernmost state where skiing on an extensive basis is available. Last year was a warm time for the skiing industry, but things are expected to be rather cold this time around—that is, if one puts stock in woolly worms and other folklore about cold winters.

At any rate, the Tar Heel ski industry is thinking snow!

## tips for consumers from your BETTER BUSINESS BUREAU

For several months in the fall of 1971 and the spring of 1972 a trade school, Key-punch Academy, operated in Asheville. They closed the school without notice. Many students allegedly paid for instruction they did not receive.

Under a recent agreement with the Federal Trade Commission, Career Enterprises, Inc. former owner of Key-punch Academy agrees to refund to students any monies they are entitled to for service paid for but not received. The Better Business Bureau obtained refunds for many of the students after the school closed but there may be other students in Western North Carolina who did not come to the Bureau for help at that time.

Any student who paid this school money but did not get to complete the course and did not get a refund, may bring their receipts to the

Better Business Bureau now and they will be told how to apply for reimbursement under this agreement. In a letter to the Council of Better Business Bureaus, an attorney for the Federal Trade Commission thanks both the Council and individual Bureaus for assistance given to the Commission that made the refunds of this money possible.

In another consent order issued by the Federal Trade Commission, the Weaver Airline Personnel School, Inc. of Kansas City, Mo. has agreed to make pro-rata restitution to eligible students who have failed to get a job in the field within 6 months.

The Bureau believes several WNC residents have signed up for training with this school. Any who qualify for refund under the above agreement should call the Bureau.

## To These Farewell

**CHARLES H. WATSON**

Charles H. Watson, 55, of 88 Murdock Avenue in Asheville died Wednesday, December 4 in an Asheville Hospital after an extended illness.

He was a native of Yancey County, the son of Mrs. Willie Dale Watson and the late Mr. John A. Watson, and had been living in Asheville for the past several years where he was employed in the trucking industry.

Surviving in addition to the mother are a daughter, Mrs. James N. Mills of Front Royal, Va.; two sisters, Miss Louise Watson of Asheville and Mrs. Welzie Riddle Jr. of Burnsville; and a brother, Frank Watson of Spruce Pine, and two grandchildren.

Funeral services were held Friday, December 6 in the chapel of Holcombe Brothers Funeral Home. Rev. Richard Muri and Rev. Don Sides officiated and burial was in the Academy Cemetery in Burnsville.

**WARREN G. SILVER**

Warren G. Silver, 54, of Higgins Nursing Home in Burnsville died Saturday evening in an Asheville Hospital. He was the son of the late Baird Silvers and Ronnie Huskins Silver.

Surviving are three brothers, Royce Silver of Asheville, Harold Silver of Richmond, Va. and Wade Silver of Wheaton, Md.

Funeral services were held at 2:00 p.m. Tuesday in the Chapel of Holcombe Brothers Funeral Home. Rev. Jack Silver officiated and burial was in the Rebels Creek Cemetery.

## Big Buyers

American farmers are big buyers as well as big sellers of products. Take rubber for example. Farmers buy around 360 million pounds of rubber a year. This would be enough to put tires on 7 million automobiles.

**WALTER FRANCIS BURNS**

On November 28, 1974, Walter Francis Burns, Jr. died, after a prolonged illness. He was the son of the late Walter Francis Burns Sr. and Ursula Catlin Burns of New York City.

Mr. Burns, a graduate of the U.S. Naval Academy class of 1923, was prominent in the financial and estate planning fields. He was the great grandson of Captain Otway Burns, a famous privateer in the War of 1812 for whom two United States Navy Destroyers were named; and the grandson of Captain Owen Burns who fought in the Civil War.

He is survived by his wife, Evangeline Chiquita Williams Burns; his son, Lieutenant Walter Francis Burns III and his daughter, Mrs. Walter Thomas Mahany of Kansas City, Mo.

## Navy Man Visits France

Navy Airman Recruit Floyd T. Wheeler, son of Mr. and Mrs. Lloyd Wheeler of Route 1, Burnsville, N.C. visited Cannes, France, as a crewmember of the aircraft carrier USS Independence.

Since his deployment to the Mediterranean began in July, Wheeler has also visited ports in Spain and participated in training exercises as part of the U.S. Sixth Fleet force.

He is also scheduled to visit Naples, Italy, and Rota, Spain, before returning to his home port of Norfolk, Va. in January.

A graduate of Cane River High School, he joined the Navy in June, 1974.

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