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A Special Pitch To Procrastinators

We'd like to make a special pitch to those of you who tend to procrastinate, or to put things off. When your doctor writes out a prescription order, don't put it aside to be filled later. Have it dispensed that day!

No therapeutic value whatever can be gained from a prescription order which is left laying around the house or in a pocketbook. It must be taken to your pharmacist. Only he is qualified to transform your order into a life-saving or disease-relieving medication. And then only you can put that medication to work by using exactly as prescribed.

So, get the maximum benefit and attach a "sense of urgency" to having your prescription filled promptly. We try to give you the best prescription service at the lowest possible price. Always feel free to call us.



Folk-Ways and Folk-Speech

OF SOUTHERN APPALACHIA
 with Rogers Whitener

Modern woman, who often feels imprisoned and otherwise put upon in a man's world, would do well to look backwards occasionally and see that indeed she has come a long way.

Household chores alone, according to Mrs. Jean Triplett, of Banner Elk, North Carolina, were enough to keep her busy from dawn till dusk, much of the time being spent in the preparation of food. Mrs. Triplett describes some of the pioneer homemaker's responsibilities in the following paragraphs:

"In the 1800s until the late 1930s, being a housewife in the region of Appalachia was certainly a full-time job. A woman had to be all things to her family—wife, mother, nurse, gardener, laborer, and, of course, cook. Her day began before sun-up, and often continued until after sun down. She was the prime example of womankind producing above and beyond the expected and doing it all with a spirit of love, kindness and thankfulness.

SHE CHOPPED WOOD
 "The crude log cabins,

built with sweat, toil and love by her husband and neighbors, were transformed from crude cabin to lovely home by her perseverance. The fireplace was a necessity for warmth. It also provided a means of preparing meals. If she were fortunate enough to own a wood-burning cook stove, it was the center of all the activity in her kitchen, and her pride and joy. The task of keeping enough wood to burn often fell to her hands, at least until the 'youngins' were old enough to chop and carry wood.

SHE FETCHED WATER

"Water was usually within a short walk from the cabin door. In the early morning the mountain housewife could usually be seen with a bucket in each hand, going to the spring to fetch enough water to start the morning meal.

MILKED THE COW

"The preliminary tasks of starting the fire, carrying the water, and perhaps milking the cow taken care of, the mountain woman would be ready to start the morning meal. Grits were poured into boiling salted water. While they were cooking, coffee would be ground and put onto to boil, then the lard, buttermilk and flour stirred together for biscuits.

Fatback provided a bit of meat, and the grease left from frying it was the basis for a big pan of gravy. The addition of a ball of home churned butter, some molasses or honey, and tall glasses of cold milk made a delicious and nutritious breakfast. The odors from the kitchen drifting through the cabin were enough to rouse even the soundest sleeper.

"The noon meal was usually the largest meal of the day. Men and children had been working hard since breakfast. Plowing fields, caring for cattle, the constant building and repairing of fences and clearing land required lots of good food for the workers.

CONSTANT COOKING

"The housewife started preparing dinner almost as soon as the breakfast meal was over. Leather britches had to be soaked for hours.

The quantity of food to be cooked and the slow cooking process of most of the foods required many hours of preparation. Some of the most popular foods for the noon meal were: leather britches or other beans flavored with fat back, potatoes, spoon bread, wild greens such as poke or branch lettuce and pies or cakes made with fruit.

"In preparing meals, the mountain woman used foods that were readily available, and bought a minimum of products. A trip to the store meant stocking up on salt, sugar, spices, soda and coffee. Matches were one of the few other necessities that had to be purchased.

"The ways good cooks measured ingredients was often a way to tell a good cook from a mediocre one. A good cook could tell at a glance if a handful of flour was sufficient for her meals. A mediocre cook would measure by the cupfuls.

LIFE WAS HARD

"If one compares the life of the mountain woman to that of the modern housewife, the conclusion would soon be reached that today's woman has a much easier life. She pushes a button to turn on the heat, instead of building a fire in the kitchen stove. She turns a dial to regulate the oven temperature, instead of having her hands conditioned to tell the temperature by holding them near the opened oven door.

"The modern housewife goes to the grocery store and buys her canned goods as she needs them, instead of spending most of the fall months preserving food as the mountain woman had to do. She goes to her freezer for pre-packaged meats, instead of to the smokehouse for a country cured ham.

"Modern technology has certainly made improvements for the housewife, but there are times that many women would like to return to the 'good old days' if only for a needed link to the past."

Please send all materials to: Rogers Whitener, Folk-Ways and Folk-Speech, Box 376, Univ. Station, Boone, N.C. 28608.



Benefit Christmas Sale In Celo

Toe River Craftsmen are currently sponsoring a special benefit Christmas Sale at their newly opened shop. Along with the usual pottery, weaving, glass, photographs and other handcrafted items by local Celo and Penland craftsmen are baked goods, dolls made by children, crocheted mittens, hats, Christmas trees, ornaments, etc. The shop is located 7 miles south of Micanville on Rt. 80S. in Celo Community and will be open from 1 to 6 p.m. through Sunday, December 22. Partial profits will be donated to a new and needy local nursery school.

Children Need Immunization

[Cont'd from page 1]

age groups, particularly from auto accident injuries that could have been prevented by a simple booster dose of tetanus toxoid every five years.

Numerous deaths and birth defects are still being reported from measles and Rubella that could have been prevented by proper immunization.

Polio myelitis could easily become prevalent again if booster vaccines are not taken.

"I have seen two cases of diphtheria in the past five

years in children that have never been immunized," Dr. Webb said. "With modern world travel no one knows when they will be exposed to the common preventable diseases discussed above. It therefore becomes evident that immunization is still necessary and maintenance of immunization is even more important," he added.

Extension Moves Office

The Agricultural Extension Service has moved office facilities to the first floor of the courthouse. W. C. Bledsoe, County Extension Chairman, says "This will offer a greater convenience to the public, especially those handicapped either physically or aging."

It's a matter of life and breath! Give more to Christmas Seals

Mt. Wilderness Civil Air Patrol will meet every Monday night at 7:30 p.m. at the Mountain Wilderness Office, Pensacola, N.C. Anyone interested in joining this group will be welcome to attend any Monday night meeting. All visitors are welcome.

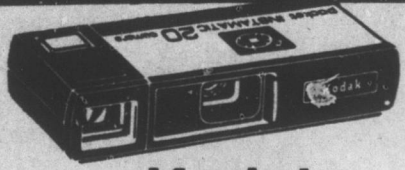
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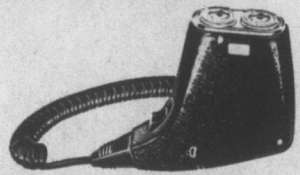
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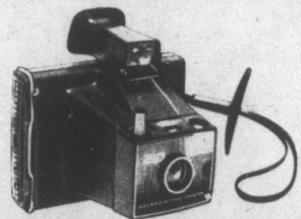
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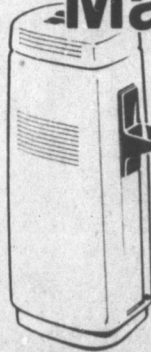
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 All Size's

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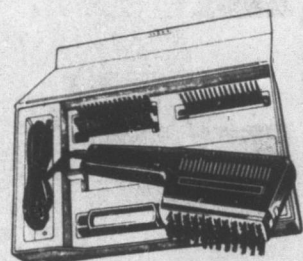


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