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Sugar Content Varies

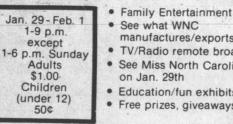
California oranges have more natural sugar in them than do Florida oranges; California's are best for eating and Florida's for squeezing.

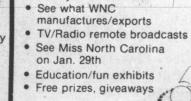
Nome Spun WOOL RETURAL VEGETABLE DUED FROM NEW HAMPSHIRE 4 02 Skein - 2.39 (LOVELY COLDRS- ABOUT 9 SHEW'S FOR A HEAVY SWEATER) YANCEY COUNTRY STORE BURNSULLE , N.C.



Over 100 Exhibit Booths

INDUSTRY ON PARADE 1976 WNC Industrial Trade Fair





at the ASHEVILLE CIVIC CENTER Sponsored by the Asheville Area Chamber of Commerce



Fun With Diploma Future

Beverly McKinney, Timmy Grindstaff, David Street, WAMY Counselor Lynn Woody, Zeb Fox, and Pat Riddle extend a welcome to all adults who have not received a high school diploma to join their class each Friday from 9:00 to 1:00. Classes meet in the Burnsville City Hall on the main floor beneath the jury room. Mayland Technical Institute directs this class which prepares students for a National Test. Students who pass the five part test are awarded a Graduate

can add a little water while

roasting, about 1/4 cup and

partially cover pan so the

meat doesn't dry out too

much. When done, put meat

on platter and cut in serving

pieces. Add a can of mush-

rooms and juice to the gravy

in pan. To thicken gravy, mix

about 1 Tbsp. flour in a little

cold water and stir until all

lumps are gone. Stir into

liquid in pan and stir until

smooth. Pour gravy and

mushrooms over meat on

SOUTHERN FRIED APPLES

1 tsp. ground nutmeg

1/2 tsp. ground cinnamon

platter.

¹/₃ cup sugar

1/8 tsp. salt

Equivalency Diploma from the N.C. Board of Education. Many senior citizens have earned their diplomas and others are encouraged to try this individualized approach. Class subjects covered are art, English, science, math, and social studies. Films, slides, tapes, and field trips make each subject more enjoyable. Come and see what we do. We hope you will like what you see and learn with us. You may call the teacher, Brian Westveer, at 765-7242 or Wayne Phillips at Mayland Technical Institute for more information.



BY DONNA McLAIN Extension Homemaker We have below a variety of

recipes to try in this new year. Pork Tenderloin with Southern Fried Apples will make a delicious dinner for family or company. And have pudding for dinner with Macaroni and

Cheese.

PORK TENDERLOIN **Carol Ingram**

11/2 whole pork tenderloin, split down the middle and flattened; brown in butter in roasting pan. Fry about 3 or 4 slices of onion in butter until a little soft, but not brown. Cover meat with onions, salt and pepper and bake $1\frac{1}{2}$ hours in a 325 degree oven. ou

5 T. butter

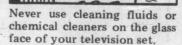
and continue cooking until apples are almost transparent. Serve hot. Yield: 6 servings.

21/2 cups macaroni 1/4 cup butter 1/4 cup flour 21/4 cups milk 1 tsp. salt

dash pepper 2 cups cheddar cheese

Cook 21/2 cups macaroni according to package directions until tender and drain thoroughly. Meanwhile melt 1/4 cup butter in pan, stir in 1/4 cup flour, little by little, then add 21/4 cups milk and cook until the sauce bubbles. Add 1 tsp. salt and a dash of pepper. Arrange alternate layers of macaroni and 13/4 cups grated cheddar cheese in a medium sized baking dish. When finished, pour hot sauce over the dish, sprinkle 1/4 cup grated cheese over the sauce and dot with bits of butter. Bake in a preheated hot (400 degree) oven for 35 minutes or until top is a golden brown. Serves 4-6.





or And About Homemakers

4. Design a Calendar for

Recycling. Using the ideas

gathered with the family

members, develop a schedule

that identifies: item and

recycling plan, family mem-

ber responsible, date for

finishing, and the new use for

the recycled items for family

or as gifts to someone else.

value of recycled items. If an

item is not worth your

recycling it pass it to someone

who can get some value from

profits (savings) from your

SUGGESTIONS FOR

RECYCLING USE

Post" or a "Pass-Along

System" in community or

among friends and neighbors.

Exchange items (surplus food

--fresh or conserved, clothing

and accessories, equipment

and furnishings, tools, educa-

tional and recreational ma-

date fashions or use creative

patches over holes or worn

areas of garments (might start

a fad). Save the sound

portions of holey garments for

trims, patches or for making

accessories (belts, scarves,

organizations surplus or use-

able items not needed by

family. Items that can't be

used as is may provide parts

(antique jewelry, equipment,

products e.g. use colorful

papers and cards or small

utensils and tools as decora-

tions for packages or novelty

gifts; roll newspapers into

logs for the fireplace for

Create uses for household

Contribute to charitable

hand or tote bags).

etc.)

Recycle garments to up-to-

terials, toys, etc.)

Establish an "Exchange

recycling efforts.

6. Periodically tally your

5. Estimate the dollar

1976 promises no relief in our cost of living, but your family can exercise thrift by getting maximum value from what's on hand. This requires a conscientious effort to recycle every idle item in and around the home into use for the family or for someone else.

RECYCLE FOR THRIFTY USE

How many people deliberately retire money into idleness or toss it away? That's exactly what is done when items are stashed away or discarded. Those items represent a financial investment (small or large) from someone. Many of them also represent a potential service for someone. Intending to use later or lack of time for recycling are reasons used to justify retiring into storage or discarding items. These reasons seem legitimate at the moment, but remember intentions succeed only when backed by need and determination, and that time is money whether wasted or used to advantage.

Why not initiate a Recycle For Thrifty Use Campaign At Your House. It's a family affair that can be fun, educational, and inspirational as well as economical. A simple procedure recommended for success is:

1. Begin by recycling attitudes of family members. As a family group, examine and reshape beliefs on consumer actions for thrift.

2. Take inventory of idle or surplus items on hand. Involve all family members in taking inventory to build interest in and support for the recycling campaign. Check for all types of inactive items.

personal use or gift giving. 3. Gather ideas for re-For gift giving, create cycling the items. Set up an novelty gifts from items on idea box and encourage hand (surplus foods, fabric members of the family to bits, plants). contribute ideas.



Cassette Ministry Tape Minister Aids Shut-Ins

Many churches have start- in Greensboro. In an article in the ed a cassette tape ministry,

his church's lay leadership to make it a reality.



4 large cooking apples

Mix together sugar, nutmeg, cinnamon and salt. Wash, core and slice apples in 1/2 inch slices. Heat butter in heavy frying pan. Add apple rings and 1/2 the sugar mixture. Cook about 3 minutes. Turn; sprinkle with remainder of sugar mixture

MACARONI & CHEESE PUDDING

making it possible for those Greensboro Daily News, the who are unable to attend church's pastor, Charles Page services to have the privilege who wrote a doctoral thesis on of hearing them. One of the the subject, said that he spent most successful churches three years studying this type doing this is Lawndale Church of service before organizing



He set up an organization with the chairman who would preside over 10 committees and tape technicians. The overall committee has 19 members and each committee member is known as a "tape minister".

Mrs. Janice Green, the daughter of Mr. and Mrs. Isaac Ray of Route 2, Burnsville, is one of Lawndale Church's tape ministers.

The tape ministry includes not only shut-ins in homes, hospitals and nursing homes, but plans are being made to put request forms in jails and prisons so services can be afforded inmates requesting them. Interested people may also check out tapes from the church in the same manner as securing a library book. Tapes will also be mailed 'to those requesting them, and, if desired, may be purchased.

Pictured with this article is Mrs. Janice Green on a personal visit to a shut-in. Mrs. Ada Keasler, left, a resident of a rest home in Greensboro, looks forward to her weekly visits from Mrs. Green with the tape ministry.

Hi-Vi...a healthy improvement in milk.

Milk is the one food you wouldn't let your thriving family go without.

Now Flav-O-Rich introduces New Hi-Vi. The better milk buy for Hi-Vitality families. Hi-Vi tastes delicious. And, glass for glass, it has more of the vitality-building qualities that you buy milk for.

More protein, vitamins and minerals. Less milkfat.

FR 67 HV1

But food values and food budgets are too, important these days to spend your time with a lot of claims. So, instead we simply invite you to try our new Hi-Vitality milk. And once your family tastes Hi-Vi, we know you'll come back for more.

Hi-Vi . . . a healthy improvement in milk, from





Main St. Burnsville