

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.

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Over 100 Exhibit Booths

INDUSTRY ON PARADE 1976 WNC Industrial Trade Fair

Jan. 29 - Feb. 1
1-9 p.m.
except
1-6 p.m. Sunday
Adults
\$1.00
Children
(under 12)
50¢

- Family Entertainment
- See what WNC manufactures/exports
- TV/Radio remote broadcasts
- See Miss North Carolina on Jan. 29th
- Education/fun exhibits
- Free prizes, giveaways

at the ASHEVILLE CIVIC CENTER

Sponsored by the Asheville Area Chamber of Commerce



Storytelling Photo By Brian Westveer

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

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.



From The Yancey Extension Homemakers

food news & cues

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

1½ 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 1½ hours in a 325 degree oven. ou

can add a little water while roasting, about ¼ 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 mushrooms 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 platter.

SOUTHERN FRIED APPLES
½ cup sugar
1 tsp. ground nutmeg
½ tsp. ground cinnamon
1/8 tsp. salt

4 large cooking apples

5 T. butter

Mix together sugar, nutmeg, cinnamon and salt. Wash, core and slice apples in ½ inch slices. Heat butter in heavy frying pan. Add apple rings and ½ the sugar mixture. Cook about 3 minutes. Turn; sprinkle with remainder of sugar mixture and continue cooking until apples are almost transparent. Serve hot. Yield: 6 servings.

MACARONI & CHEESE PUDDING

2½ cups macaroni
¼ cup butter
¼ cup flour
2¼ cups milk
1 tsp. salt

dash pepper

2 cups cheddar cheese

Cook 2½ cups macaroni according to package directions until tender and drain thoroughly. Meanwhile melt ¼ cup butter in pan, stir in ¼ cup flour, little by little, then add 2¼ cups milk and cook until the sauce bubbles. Add 1 tsp. salt and a dash of pepper. Arrange alternate layers of macaroni and 1¼ cups grated cheddar cheese in a medium sized baking dish. When finished, pour hot sauce over the dish, sprinkle ¼ 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.

Never use cleaning fluids or chemical cleaners on the glass face of your television set.

Cassette Ministry

Tape Minister Aids Shut-Ins

Many churches have started a cassette tape ministry, making it possible for those who are unable to attend services to have the privilege of hearing them. One of the most successful churches doing this is Lawndale Church

in Greensboro.

In an article in the Greensboro Daily News, the church's pastor, Charles Page who wrote a doctoral thesis on the subject, said that he spent three years studying this type of service before organizing

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

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.



Mrs. Ada Keasler, Janice Green (R)

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