

# Tasty from Checkerboard Kitchens



**PERK UP MID-MORNING COFFEE BREAKS**

Serve Orange Date Bread with mid-morning coffee or for afternoon tea. Its pleasing flavor is a delicious blend of orange, dates and whole wheat. The unusual ingredient is bite-size crispy wheat squares. A moist bread, this tasty loaf is at its best if allowed to stand overnight before serving.

**ORANGE DATE BREAD**

2 cups sifted all-purpose flour  
 3/4 cup sugar  
 2 teaspoons baking powder  
 1/4 teaspoon salt  
 1/2 cup nuts, chopped  
 1/2 cup dates, chopped  
 1 egg, beaten  
 3 tablespoons vegetable oil  
 1 cup orange juice  
 1 1/2 tablespoons grated orange peel  
 1 cup Wheat Chex cereal (bite-size crispy wheat squares) crushed to 1/2 cup

Preheat oven to 350°. Grease an 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Sift together flour, sugar, baking powder and salt. Stir in nuts and dates. Combine egg, vegetable oil, orange juice and orange peel. Stir in Chex. Add all at once to dry ingredients. Stir just until moistened. Turn into pan. Bake 55-60 minutes or until tester inserted in center comes out clean. Let cool 15 minutes before removing from pan. Best if allowed to stand overnight before serving. Makes 1 loaf.

## Sponsors Sewing Class

Mayland Technical Institute is presently sponsoring a Sewing class at Cane River High School on Thursday nights from 6:30 until 9:30. The class is designed to help people learn basic sewing, to help students develop better sewing techniques and to help the student who has mastered basic sewing complete an advanced project. The classes will continue each Thursday night through February 12. A \$3.00 registration fee is charged for the class.

For additional information call Pat Fender after 5 p.m. at 682-3229 or come to a class on Thursday evening at 6:30.

## Women's Guild Meeting

The Mayland Catholic Women's Guild held their first meeting of the year at the home of Vera Lanza in Spruce Pine. The new officers for 1976 through 1978 were installed, being: Terry Beauvais, President; Jennifer Welsch, Vice President; Vera Lanza, Secretary; Betty Branigan, Treasurer; Christiane Buchanan, Altar Chairman; Helene Moore, Chairman Sacred Heart Church; and Barbara Timberman, Chairman St. Patricia's Church.

A report was given on the successful completion of the Thanksgiving and Christmas projects on helping several needy families in Mitchell and Yancey Counties.

The February meeting will be held at the home of Bill Tappan on February 11 at 7:30 p.m.

## HERE AND THERE.... In Burnsville

Whitson of Green Mountain over the past weekend.

Bobby Burke, nephew of Mrs. George Downing, and friend Walter Willcox, from Old Forge, N.Y., Mrs. Downing's home town in the Adirondack Mountains, spent several days with the Downings en-route to Florida. Temperatures at Old Forge, in case you think it has been cold here--was 38 below zero on January 19, and per the National TV News--45 below on the 22nd in the coldest spot in the nation.

Admitted to Yancey Hospital during the past week were Howard Beam, Irene Hughes, Cora Arrowood, Wilbur Howard, Ada Robinson, Gwendolyn Woody, Teresa Ray, Pearl Higgins, Hugh Banks, Lester McFalls, Josephine Blevins, Shelia Gre-

gory, Mary Silvers, Nora Hughes, George Snyder, Anna Romansky, Clifton Hoover, Roxie Fox, and John Wilson.

Dr. John Joy, Director of the 1976 season of the Parkway Playhouse; Dr. David Batcheller, Mr. James Reynolds, and John Lee Jellicorse, Head of the Dept. of Drama and Speech at the University of North Carolina at Greensboro, were in Burnsville last weekend and attended the production of the Burnsville Little Theatre on Saturday night, *The Fantastics*.

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## 'Betsi' Is Making Rounds

'Betsi' is making the rounds in Yancey County. Following a successful appearance to the staff at Yancey Hospital on December 12, she traveled to East Yancey and Cane River High Schools to female students in home economics and health career classes.

Who is Betsi and why is she so popular? She's an anatomical model used to teach breast self-examination. Along with a film and discussion session, the Betsi model is being used in programs sponsored by the Yancey Unit of the American Cancer Society. If your club or company would like to meet Betsi, get in touch with Mrs. Nancy Shaw at either high school.

Mr. and Mrs. Bill Norris of Burnsville, North Carolina, announce the engagement of their daughter, Sandra Ann to Lyn William Carrell. He is the son of Mr. and Mrs. Eugene Carrell of Kannapolis, N.C.

Miss Norris is a junior at Appalachian State University in Boone. Mr. Carrell is a senior there.

A May wedding is planned.

## Assumes Dentistry Practice In Hickory

Dr. E. Dean Powell Jr., a native of Mt. Holly, has assumed the general dentistry practice of Dr. William D. Yelton in Hickory.

Powell, 30, has been practicing in Morganton for six months. He is the grandson of Rev. and Mrs. R.E. Powell; Rev. Powell is a former pastor of the First Baptist Church of Burnsville. Dr. Powell is also the grandson of Mrs. Joanna Banks and the late L.P. Banks of Burnsville.

He received his undergraduate degree from the University of North Carolina, Chapel Hill in 1972 and his doctor of dental surgery degree from the UNC-Chapel Hill School of Dentistry last year.

Powell and his wife, Margaret Ware Powell, have two children, Anthony 5, and Catherine, 2 1/2.

## Covered Dish Supper Set

The Newdale Community Club will have a Covered Dish Supper on Saturday, January 31, at 5:00 p.m. A meeting will follow the supper.

MOUNTAIN HERITAGE BASKETBALL SCHEDULE	
= Home Games	
= Conference Games	
Jan. 23	North Buncombe
Jan. 27	Rosman
Jan. 30 x	Madison
Feb. 3 x*	Hendersonville
Feb. 6 x	Mitchell
Feb. 10 x*	East Henderson
Feb. 13 x	Owen
Feb. 17 x	West Henderson
Feb. 20 x*	Sylva Webster

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