



Yancey County Agricultural Extension Service Advisory Board

Extension Service Plans Ahead; Advisory Board Officers Elected

The Agricultural Extension Service Advisory Board met Thursday night in the First Baptist Church with Charlie Rice presiding. Mr. Rice opened the meeting by outlining the purposes of the Extension Advisory Board and the duties of the members.

New board members were introduced and retiring members presented certificates of appreciation. Officers of the board were elected as follows:

Chairman--Mrs. Lillie Crowder, Vice Chairman--Mr. John Martin, Secretary--Miss Janet Treadway. Mrs. Genie McQuade was appointed to board of directors to serve with Bruce Bailey and the officers.

After watching 'Overview' of Yancey County the board divided into study groups to discuss progress on Impact '76 and plans for a new 6-year Extension Plan of Work. Points discussed were: additional needs for farm planning, potential for Horticultural crops, Recreation and leisure education needs of adults and youth, greater parent involvement in 4-H, special needs of adults in

latter years, and crafts programs. The need for industrial expansion and environmental awareness were mentioned.

South Toe PTA vs. South Toe Fire Dept.

The South Toe School PTA will play the South Toe Volunteer Fire Department in a basketball game this Friday night, February 6 in the South Toe School gym. The doors will open at 7:00 p.m. Admission price is \$1.00 for adults and \$.50 for students through 8th grade. Popcorn, drinks and home-baked refreshments will be sold. There will be cake walks at the half-time.

Don't miss this big game

of the season! Proceeds will go for indoor physical education equipment for the school and for needed equipment for the Fire Department.

storytelling Photography
BRIAN WESTVEER
765-7242
BOX 444 - 28777

Yancey Health Dept.

- Feb. 2, Monday, Immunization Clinic 8:00-11:30
- Feb. 2, Monday, Nurse Screening 1:00- 3:00
- Feb. 3, Tuesday, Maternal Health, Ms. Kingham 12:30- 3:30
- Feb. 4, Wednesday, Eye Clinic, App't. Only 8:00-12:00
- Feb. 5, Thursday, Maternal Health, Ms. Kingham 8:00-11:00
- Feb. 9, Monday, Immunization Clinic 8:00-11:30
- Feb. 9, Monday, Nurse Screening 1:00- 3:00
- Feb. 10, Tuesday, Child Health, Dr. Cort 9:00- 1:00
- Feb. 11, Wednesday, Pap Smear Clinic, Ms Lance 12:30- 3:30
- Feb. 12, Thursday, Family Planning, Dr. McGeahey 8:00-11:00
- Feb. 13, Friday, Child Health, Dr. Pope 9:00- 1:00
- Feb. 16, Monday, Immunization Clinic 8:00-11:30
- Feb. 16, Monday, Nurse Screening 1:00- 3:00
- Feb. 17, Tuesday, Maternal Health, Dr. Hemphill 8:00-11:00
- Feb. 19, Thursday, Maternal Health, Ms. Kingham 4:00- 6:00
- Feb. 20, Friday, Eye Clinic, App't Only 8:00-12:00
- Feb. 21, Saturday, Maternal Health, Ms. Kingham 8:00-11:00
- Feb. 23, Monday, Immunization Clinic 8:00-11:30
- Feb. 23, Monday, Nurse Screening 1:00- 3:00
- Feb. 24, Tuesday, Child Health, Dr. Cort 9:00- 1:00
- Feb. 25, Wednesday, Orthopedic Clinic 8:00-12:00
- Register before 11:00
- Feb. 26, Thursday, Family Planning, Dr. McGeahey 8:00-11:00
- Feb. 27, Friday, Child Health, Dr. Pope 9:00- 1:00

MOUNTAIN HERITAGE JV GIRLS BASKETBALL

Mitchell--December 31	Home
North Buncombe--January 5	Home
Sylvia-Webster--January 12	Home
Enka--January 15	Home
Madison--January 19	Home
Sylvia-Webster--January 28	There
Tuscola--February 4	Home
Mitchell--February 11	There
Tuscola--February 18	There

From The Yancey Extension Homemakers food news & cues

BY DONNA McLAIN
Extension Homemaker

Here's something different in the way of dinner and dessert. Start out with Beef Stroganoff and top off with Fruit Cocktail Pie.

BEEF STROGANOFF
2 lbs round steak (cut in 1/2 to 2 inch strips)
1/2 cup flour
1/2 cup chopped onions
1/6 tblsp. butter
1 1/2 tsp. salt
1/8 tsp. pepper
1/2 cup water
1 can cream of mushroom soup
1 (4 oz) can mushrooms
1 cup sour cream

Dredge steak in flour--brown with onions in butter, and add seasoning and water. Cover and simmer gently until almost tender (about 45 min. to 1 hour). Stir occasionally--then add the soup and mushrooms and stir to mix. Cook gently until beef is tender (about 30 minutes). At serving time, heat mixture piping hot. Turn off heat and stir in sour cream. Serve over noodles or rice.

FRUIT COCKTAIL PIE
1 can Fruit Cocktail,
1 can Sweetened Condensed Milk
3/4 cup lemon juice
1 baked 9 inch pie shell
1/2 pint whipping cream
2 tblsp. sugar

Combine first 3 ingredients. Pour into baked pie shell. Whip cream with sugar and spread on top of pie filling. Let stand in refrigerator until serving time.

OATMEAL MUFFINS
Cindy McLain

1 cup rolled oats
1 cup buttermilk
1 cup all-purpose flour
1/2 tsp. salt
1/2 tsp. baking soda
1 1/2 tsp. baking powder
1/2 cup melted shortening or salad oil
1 egg, room temp. & beaten
1/2 cup brown sugar, firmly packed

Preheat oven 350 degrees. In large bowl combine oats and buttermilk. Allow the oats to soak for 30 minutes or longer (Sometimes I will let them go overnight.) On a length of wax paper, sift flour, salt, baking soda and baking powder. Stir in shortening and beaten egg into oatmeal mixture. Blend in dry ingredients and mix only enough to moisten. Drop in brown sugar. Stir but don't beat. Ideally the brown sugar should remain suspended in the batter in small pea-size chunks. Spoon batter into muffin tins. Bake in 350 degree oven for 25 min. (until brown). Remove bread from oven. Turn from muffin tins and serve while they are hot.

The English drink five cups of tea to every cup of coffee, but Americans drink 24 cups of coffee to every cup of tea.

NEWS OF FASHION

SPOTLIGHT ON STONES

If you're like most fashion-conscious women, you like your jewelry to combine elegance and delightful understatement. And this season, to emphasize the classic look, the spotlight will be on stones.

The news around Paris is touches of gold and amethyst nestled in modern gold settings. And Avon's new Plaza IV Collection combines the precious look of amethyst with the sculptured look of gold. Matching pendant necklace, ring, bracelet, and earrings complete the collection.

The result: a more elegant you, highlighted by the gleam of twinkling stones.

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