



WHY SUFFER FROM UNWANTED HAIR?

Even a small patch of unwanted hair is unattractive and when the growth is heavy, it can make the life of a sensitive woman so uncomfortable that she gets little pleasure out of living. Sometimes it results in severe mental and emotional upset—all the more tragic because no woman need suffer this embarrassment. Excess hair CAN be removed permanently by Electrolysis. Why not phone me for a FREE consultation?

ELECTROLYSIS CENTER

Of Yancey County On The Burnsville Square Phone 682-6711 or 682-3709

Mrs. Carmela Mandala



FFA Foundation Gets Charter

The North Carolina FFA Foundation has received its charter to begin business, signed by secretary of State Thad Eure in his office in Raleigh on January 22. This means that the youth of this State will now have a new arm of support for their leadership training and other worthwhile programs. Pictured with the Secretary of State, who is seated, were (left to right) Gerald Hayes, attorney of Dunn, who will lend legal assistance to the foundation; Charles L. Keels of Cary, who is executive secretary of the FFA Association; C.V. Tart, chief consultant, agricultural education, Raleigh; W.J. Walls of Raleigh, consultant, who also helps work with the FFA Leadership Camps; Dr. Craig Phillips of Raleigh, State Superintendent of Education; and Oliver O. Manning of Dunn, who will direct the FFA Foundation during its initial stages of growth.

"I know at last what distinguishes men from animals: financial worries."—Jules Renard



To get nearly twice the amount of juice from a lemon, soak it for 10 or 15 minutes in hot water.

| MOUNTAIN HERITAGE BASKETBALL SCHEDULE | |
|---------------------------------------|----------------|
| = Home Games | |
| x = 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 |

Student Receives BA Degree

A Green Mountain student at the University of North Carolina at Asheville has completed degree requirements and will receive his Bachelor of Arts at UNC-A's 1976 Commencement Exercises Friday, May 7. He is Otto Martin Tysland, son of Mr. and Mrs. D.L. Tysland of Route 2, Green Mountain. Otto majored in Biology. He was named to Who's Who Among Students in American Colleges and Universities, was active in National Science Foundation research projects of the Pigeon River and strip mining reclamation in the Spruce Pine area.

Nutrition Project Schedule

The WAMY Title VII Nutrition Project for the Elderly will not be serving any meals on days the public schools are closed due to inclement weather.

HERE AND THERE... In Burnsville
CALL IN ITEMS TO PHONE 682-2120

Philip Thomas returned home last week from Okeechobee Hospital where he has been a patient following a heart attack while on a fishing trip.

Mr. and Mrs. Jim Bingham returned to Jacksonville, Florida on Sunday where they will be staying with relatives. Mrs. Bingham is recuperating from a fall she had at her home 3 months ago.

Mr. and Mrs. Byrd Gillespie are home after spending a month with relatives in Pompano Beach, Florida.

Mrs. Troy Ray arrived home last week after a five-week visit with her daughter, Mrs. Roger Estep and family in Williamsburg, Va. Mrs. Estep accompanied her home for a day or two.

Miss Julie Fouts who attends Appalachian State University at Boone, spent the weekend with her grandparents, Mr. and Mrs. Dover Fouts.

Mrs. Margaret Banks Laughrun is a patient in Memorial Mission Hospital in Asheville.

Mr. and Mrs. James Ray are attending an REA convention in Orange, California this week.

Mrs. Winnie Lou Ray of Burnsville has been visiting in Williamsburg, Va. this past week.

Mr. Bob Caldwell celebrated his birthday January 22nd with a surprise party given to him by his friends at the Hilltop Restaurant.

The WNC Group of Sierra Club has planned a seven mile hike on Saturday, February 7. For information call leader, Mrs. Freeman at 704-692-9403; also a five mile hike is planned for Saturday, February 28. For information call leader: Betty McIlwain 883-2544.

Lester and Jane S. Davidson are researching the

history of McCurry, McCourry, McCowry family. If anyone has information, please send it to them at Box 96, RD 2, Glen Moore, Pennsylvania 19343.



Julie Dawn Fox

Announce Birth

Mr. and Mrs. Roger Fox are proud to announce the birth of a baby girl, Julie Dawn, on January 20, 1976 at Memorial Mission Hospital, Asheville. Julie weighed 7 lbs, 11 oz.

'Free Ear Piercing' With The Purchase Of 24k Gold Surgical Earrings

Also Call Sue Today For A Shampoo, Cut, Perm, Or Style

Sue's Beauty Shop

W. Main Street Phone 682-2411

Girl Scout News Roundup

Yancey County Girl Scouts have been busy with past projects and foresee an equally busy future with planned projects and ceremonies.

Junior Cadette Troop 331: Pisgah Girl Scout Council has designated a new program for 6th grade Girl Scouts. Junior Cadette Troop 331 has been selected as one of the experimental testing troops for the Pisgah Council. This new experimental program, the Junior Jumper Program, is designed as a transition stage from Junior Scouting to Cadette Scouting. Girls participating in this program have four areas to work with: Arts, Girl Scout Troop Program, Out-of-Doors and Family and Community. At the completion of one of these four fields, these girls will have earned the rank of 2nd Class which means that they have learned a skill in depth, worked well with others, and have given at least 10 hours of needed services.

dettes are participating in the 2nd Class Fields: Arts: Linda Hess, Brenda Williams, Bee Young, Lisa Grindstaff; Out-Of-Doors: Joy Bennett, Alecia Lee, Jan Blair; Family and Community: Hollie Sides, Leanne McCurry, Angie Wheeler.

The Troop Committee members helping with this Junior Jumper Program are: Mrs. William Hess with the Arts area, Mrs. Kenneth McCurry with the Family and Community, and Mrs. James Lee with the Out-of-Doors.

On January 6, this Junior Cadette Troop had an Investiture Ceremony for their new girls: Lisa Silvers and Cassandra Wilson. Also this troop is participating in a "Link by Letter" Pen Pal Program. These Junior Cadettes were "linked" with a Junior Troop in California and are having loads of fun with their correspondences.

Neighborhood Service Team: On Monday, January 5, at the home of Mrs. R.L. McIntosh, Jr., the Yancey Girl Scout Neighborhood Service Team and the Yancey

Girl Scout Leaders met to recognize with special Girl Scout Appreciation Certificates Mrs. James Anglin, Mrs. Edgar Hunter, Mrs. Garland Wampler, and Mrs. Dorothy McCalliard. These Girl Scout Leaders have been deeply involved in the Yancey Girl Scout Program for many years. Because of their services and dedication, Girl Scouting in Yancey County is still alive and kicking!

Girl Scout Cookie Time: Each year girls throughout the country sell Girl Scout Cookies—which include mint, peanut butter sandwich, butter flavored, vanilla sandwich, and a new addition this year—peanut butter pattie, to raise money for scouting activities.

Each troop in the Pisgah Girl Scout Council will receive seventeen cents for each box sold. The price for each box is \$1.25. Other proceeds from the sale of Girl Scout cookies are used to supplement the funds received from the United Way and other local sources. All monies raised by the Pisgah Council are used to develop programs in camping, arts and crafts, and other character-building activities.

Anyone interested in placing an order for Girl Scout Cookies may contact a Girl Scout or a Girl Scout Leader, but hurry...as cookie orders end on Saturday, February 7.

SCHOOL Lunch Menu

| FEBRUARY 9-13 | |
|------------------|---|
| Monday | Pizza Whole Kernel Corn Carrot Strips Strawberry Shortcake Milk |
| Tuesday | Sloppy Joe on Bun French Fries w/catsup Cole Slaw Peanut Butter Brownie Milk |
| Wednesday | Fish Square w/tartar sauce Macaroni and Cheese Green Beans Orange Juice Cornbread, butter Cookie Milk |
| Thursday | Hoagie Sandwich Mustard, mayonnaise French Fries w/catsup Tomato Slice, Lettuce Leaf Pineapple Upside Down Cake Milk |
| Friday | Country Style Steak w/gravy Rice Peas and Carrots Pear Half Biscuit Milk |

RCA SUPER VALUE DAYS! LIMITED OFFER!

GET A SPALDING BASKETBALL for only **4.99*** (\$13.00 Value)

for coming in for a demonstration of an XL-100! Children must be accompanied by Adult

RCA XL-100 \$679⁹⁵

- RCA XL-100, the reliability of 100% solid state—no chassis tubes to burn out.
- RCA Super AccuColor black matrix picture tube for sparkling bright, dramatically detailed color with warm, pleasing and natural flesh tones.
- Automatic Fine Tuning pinpoint and holds the correct broadcast signal.
- Lighted channel indicators.
- Cabinets are of selected hardwood veneers and solids with molded plastic trim finished to match.

RCA XL-100 \$669⁹⁵

RCA XL-100 \$679⁹⁵

See and price our other RCA Super Values! But hurry... event ends January 25!

True Value HARDWARE STORE'S Banks Family Square



CHICKEN CURRY, CHINESE-STYLE

Chinese Chicken Curry is a little different from those usually seen on a restaurant menu. It can be prepared with regular kitchen utensils using ingredients found in your local supermarket—no special equipment or exotic foods necessary. The recipe uses Planters Peanut Oil which is the favorite choice in this country for Chinese-style cookery. As the most subtle of the polyunsaturated cooking oils it wakes up the flavor of other ingredients without imparting a taste of its own.

- Chinese Chicken Curry**
- 4 tablespoons Planters Peanut Oil
 - 4 cloves garlic, crushed
 - 3 medium onions, sliced lengthwise
 - 2 large chicken breasts, boned and cut into 2-inch pieces
 - 1 tablespoon curry powder
 - 1 tablespoon sugar
 - 2 teaspoons salt
 - 2 tablespoons soy sauce
 - 1/2 cup water
 - 3 medium potatoes, cut into 1-1/2-inch roll cuts
 - 1 tablespoon cornstarch
 - 1 tablespoon water
 - Hot cooked rice

Heat 2 tablespoons peanut oil in Dutch oven over high heat. Add garlic; fry until brown. Add onions; stir-fry 3 minutes. Remove onions; set aside.

Heat remaining 2 tablespoons peanut oil in Dutch oven. Add chicken and curry powder; stir-fry 3 minutes. Add sugar, salt, soy sauce and 1/2 cup water. Mix in potatoes. Bring mixture to a boil. Reduce heat; cover and simmer 20 minutes. Mix in onions. Cover and simmer 10 minutes longer. Blend cornstarch and remaining 1 tablespoon water. Stir into chicken mixture. Boil 1 minute, or until thickened. Makes 4 to 6 servings.



COOKS IN THE ORIGINAL COLONIES HAD BEEN PREPARING MEALS FOR ABOUT 150 YEARS BEFORE WILLIAM PARKS OF WILLIAMSBURG, VA., PUBLISHED A COOKBOOK FOR COLONISTS IN 1762.

BOOK CORNER BY Mrs. Gladys Coletta

BREAD OF THE OPPRESSED by Frances Berkeley Floore. Pp.292. 1975. Exposition Press, Hicksville, N.Y.

"Let the children be fed!" is the battle-cry of the thought-provoking book, *Bread Of The Oppressed*, by Frances Berkeley Floore, who devoted the years of 1944-49 to helping save the children in the war-disrupted countries of Greece and the Middle East. Time was of the essence as Miss Floore, an American dietician, left her post as Director of Dietetics for Eastman Kodak, to cut reams of political tape to rush food to the emaciated children. She overcame physical hardships, shortages of transportation and food, and greed of power-hungry politicians, and still managed to feed over a million children a day. One glimpse of the children of Greece with their stunted growth, sunken cheeks, spongy gums, decaying teeth, and mental lassitude was enough to haunt her, with the realization that they were truly the innocent victims of a situation imposed upon them by people who called themselves Christians but acted

like barbarians. In the end it was the great fortitude of the Greeks that staunchly impressed the author. She stood in awe of these people who had acquired such inner serenity, obliterating the web of panic brought on by all that had happened to them. Their helplessness to do anything about their plight must have been the hardest thing to bear. Oppressed by a trail of hunger, fire, disease, death and isolation, they never capitulated to the enemy, as did Belgium, Holland, Hungary, France and Norway. The actual war had been over for a year, but the War of Recovery (the fight against starvation) went on and on. It is the poet Shelley who describes the awesome effects of power (or the power-mad) on the helpless victims of war, such as the Greeks: "Power, like a desolating pestilence, Pollutes whatever it touches; and obedience, Bane of all genius, virtue, freedom, truth, Makes slaves of men, and of the human frame. A mechanized automa-

Canvas sneakers can be washed and dried in your washer and dryer, and then sprayed with a thin film of starch to keep clean.