

Frozen Vegetables Give High Nutrition

To These Farewell

ELMIRA YOUNG

Elmira Young (Mrs. Fred S. Young), 87, of the Micaville Community died in a Burnsville hospital Saturday afternoon after a long illness. She was the daughter of the late Jess and Becky Presnell Robinson and the widow of Fred S. Young who passed away in 1959.

Surviving are a foster son, Ralph Silver of Micaville, N.C. and several nieces and nephews.

Funeral services were held Monday at 2:30 p.m. in the Pleasant Gap Baptist Church of which she was a member. Rev. Ben Lee Ray officiated and burial was in the Fred Young cemetery.

ERVIN HENSLEY

Ervin Hensley, 75, of the Fox's Creek Community died in an Asheville nursing home Thursday afternoon after a short illness. He was a native of Yancey County, the son of the late Woodfin and Laurie Hensley and a retired farmer.

Surviving are the wife, Lillie Moore Hensley; five sons, Fairdy, Carmon and Avery Hensley of Mars Hill, Route 2, J.D. Hensley of Asheville and Lester Hensley of Fletcher, N.C.; two daughters, Mrs. Harold Chandler of Mars Hill, Route 2, and Mrs. Ray Buchanan of Arden, N.C.; five brothers, Woodrow, Clarence, Horace and James Hensley of Mars Hill, Route 2, and Baxter Hensley of Asheville; a sister, Mrs. Winnie Shelton of Leicester, N.C.; 13 grandchildren.

Funeral services were held Sunday at 2 p.m. in the Fox's Creek Baptist Church. Rev. Gene King officiated and burial was in the family cemetery.

LATT M. HUGHES

Latt M. Hughes, 81, of the Micaville Community died in a Spruce Pine Hospital Sunday afternoon after a short illness. He was a native of Yancey County, the son of the late David and Mary Buchanan Hughes, a retired employee of Feldspar Milling Corporation and a World War I veteran.

Surviving are the wife, Rosa Minear Hughes; three daughters, Mrs. Roy Riddle of Charlotte, Mrs. Horace Tipton of Burnsville, and Mrs. Hiram Ramsey, Jr. of Detroit; a sister, Mrs. Sam Sparks of Marion, N.C.; nine grandchildren and 14 great grandchildren also survive.

Funeral services will be held Wednesday, January 5, at 2 p.m. in the Bowditch Union Church. Rev. Cline Honeycutt and Rev. Francis Radford will officiate and burial will be in the Double Island Church Cemetery.

MINNIE BELLE EDWARDS

Minnie Belle Edwards, 92, of Burnsville, Route 1, died Wednesday afternoon, December 29, in a Blowing Rock nursing home after a long illness. She was the daughter of the late George W. and Finette McCurry Letterman and the widow of Virgil Lusk Edwards who died in 1965. She was a member of the Mine Fork Presbyterian Church.

Surviving are two daughters, Mrs. Jeanette Waldrup of Burnsville and Mrs. R. Maurice Styles of Charlotte, N.C.; two sons, Ellis L. Edwards of Charlotte and James D. Edwards of Columbia Station, Ohio; one sister, Mrs. Lora Letterman of Green

Ideally, to savor the freshest, ripest vegetables, you would boil the water, quickly pick the vegetables from the garden, steam them and serve. Superb!

The next best today are frozen vegetables. Processing plants near the fields receive, prepare, and quick-freeze ripe vegetables within hours after they're harvested. Freezing stabilizes the fresh-picked quality without preservatives, and storage at 0 degrees F. retains it. That's why the nutritive value, taste, color and texture of frozen vegetables are

equivalent to that of fresh.

Frozen vegetables are economical, time-saving and nutritious. Serve them simply or dressed up in infinite variety. Not only are they quick and easy to cook, they provide many of the vitamins and minerals you need each day.

Broccoli, for example, is an excellent source of Vitamin A (for good eyesight, healthy skin, to promote growth and resist infection) and an excellent source of Vitamin C (for healthy gums, teeth and blood vessels, to heal wounds, and

prevent anemia). At only 40 calories per 1/2 cup, broccoli also provides Vitamin B, and a small helping of iron and other minerals such as phosphorus, calcium, magnesium and zinc.

Another nutritious green vegetable, Brussels sprouts, provides 110 percent U.S. RDA of Vitamin C per 1/2 cup serving, and is a source of Vitamin A, as well as thiamin, riboflavin, niacin, calcium and iron, with only 30 calories. The delicate, flavorful bite-size little green cabbages have been a

favorite in Belgium for a few hundred years.

Spinach, with its dark green succulent leaves and tangy flavor, also provides a wide spectrum of nutrients. It's a rich source of Vitamin A and Vitamin C, and it has iron—all this for only 20 calories per 1/2 cup serving. It's good in casseroles, soups, souffles, and crepes, and it gives color to batters, gels and sauces.

A most versatile favorite is cauliflower. The mild-tasting, snowy white flowerettes are delicious crisp and cold too, in

salads, for dips, or just to munch. Those who watch their weight will appreciate the low 20 calories per 1/2 cup serving; yet it provides 80 percent of the U.S. RDA for Vitamin C. Cauliflower contains no fat and is also low in sodium.

Lima beans are high in vegetable protein. They're filling with more nutritive value and less calories than other starchy foods such as rice, egg noodles or potatoes. Fordhooks, which contain Vitamin C and iron, are a hearty bean

with a nutty mild flavor. Baby limas are pale green beans with a crisp texture. A 1/2 cup serving contains vegetable protein, 20 percent of the Vitamin C and 10 percent of the iron needed daily.

Frozen vegetables need proper storage and cooking to preserve nutrients as well as color, taste and texture. It's best to follow package directions carefully and not overcook the vegetables. In turn, they'll please your palate and promote your health.

ingles

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 US CHOICE TOP... **ROUND STEAKS** \$1.49 lb.
 TENDER... **CUBED STEAKS** \$1.59 lb.
 US CHOICE BONELESS... **ROUND ROAST** \$1.49 lb.

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 US CHOICE... **SIRLOIN TIP ROAST** \$1.59 lb.
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SUNNY SOUTH... **BACON** lb. 99¢
 SUNNY SOUTH... **BOLOGNA** 12oz. 69¢
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 BALL PARK... **FRANKS** lb. 99¢

US CHOICE... **SIRLOIN STEAK** **\$1.69** lb.

US CHOICE... FULL CUT... **ROUND STEAK** **\$1.19** lb.

BATH SIZE BARS **DIAL SOAP** 3 \$1.00
SOFT & PRETTY BATH ROOM TISSUE **75¢** 4 ROLL PK.

BLUE BONNET... 6 STICK PKG. **MARGARINE** 49¢
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R.C. COLA **4 \$1.00** 32oz. PLUS DEPOSIT

LARGE FLA. NAVAL ORANGES **10 FOR \$1.00**

LARGE IDAHO BAKING POTATOES **10 FOR \$1.00**

LARGE CALIF... DOZEN... **LEMONS** 89¢

DANJOU... US #1... **PEARS** 10 \$1.00
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