

From The Homemakers food news

BY DONNA McLAIN
 Try a new recipe from "South of the Border" in this tasty casserole.
MEXICAN STYLE BEAN DISH
 2 lb. ground beef
 1 med. onion chopped
 1 can chili beans
 1 can mexican style corn
 1 small can tomato sauce
 1/4 cup catsup
 1/4 cup Barbecue sauce
 1 tbs. brown sugar
 salt to taste
 Fry beef and onion, add rest of ingredients to meat and place in casserole. Cook in medium oven at 300 degrees for 35-45 minutes.

MARSHMALLOW COCONUT CREAM PIE
 1 cup sugar
 1 cup coconut
 5 tbs. flour
 1 1/2 cup milk
 1 tsp. vanilla
 10 large marshmallows
 2 eggs-separated
 dash of salt
 Mix in top of double boiler, the sugar flour and salt. Add egg yolks, beat until smooth, then add milk, coconut and marshmallows. Cook over hot water until thick. Pour into baked pie shell, cover with meringue and bake in slow oven until brown.



Golden Anniversary

Mr. and Mrs. Nembra Ben Styles will celebrate their 50th Wedding Anniversary February 27, 1977 at their home in Burnsville, N.C. Mr. and Mrs. Styles have six children--William Henry Styles of Hickory, N.C., Phillip Burdette Styles and Billy Styles of Burnsville, Leroy Styles of Baltimore, Maryland, Mrs. Bill Whitson of Limestone, Tennessee, and Mrs. Grant Holcombe of Burnsville. They have nine grandchildren and two great grandchildren.

Free Pamphlet:

'Why Risk Heart Attack?'

Until recently there seemed to be little that anyone could do but hope that heart attack would pass by his family. Now there is new hope. As the result of scientific studies there is evidence that the risk of heart attack is greater for people with particular life-styles. So if we avoid those things which contribute greatly to heart attack, the odds against it are much more in our favor.
 What are these risk factors in our lives? The North Carolina Heart Association is sending free of charge to anyone who requests it, a pamphlet called "Why Risk Heart Attack?" In this pamphlet, the risks that can be changed are outlined. These are cholesterol and saturated fat in the diet, being overweight, high blood pressure, smoking, and lack of exercise. More recently, stress has been identified as a strong possible risk factor.
 If people cut down on the number of eggs they eat (high in cholesterol) and on fatty meats, cut out the saturated shortenings and substitute polyunsaturated cooking oil and margarine, they will be reducing their risks. They'll be doing even more for the children in the family. Our eating habits are established in our early years. If the children are started on diets with less fat and less cholesterol, their chances are much better to avoid heart disease.
 The same is true of being overweight. If the parents set the example, and the calories are watched, if foods that are

not as rich and fattening are on the table, the children will tend to grow up within a more normal weight range. Overweight children usually grow up to be overweight adults. People who quit smoking reduce their risk almost to the level of someone who has never smoked. Children of non-smokers tend to be non-smokers.
 High blood pressure is something that in almost every case can be controlled. High blood pressure, or high blood, as it is sometimes called, is one of the biggest risk factors. With proper medicine and following the doctor's orders, it can be brought down and kept under control.
 Lack of exercise is another risk. Your doctor can tell you

what exercise you can take for your age and physical condition. This will help keep your whole body in good muscle tone and especially the heart muscles. Exercise helps keep weight down, too.
 Why don't we follow the advice of the authorities? Why do we risk heart attack when there is something we can do to reduce that risk? Maybe a lot of people haven't heard the news. Maybe they don't believe it. Maybe they think they can't change their

lives. But people can and more people are beginning to do it every day.
 Will this guarantee you that you won't have a heart attack? Well, there's no sure think, but medical scientists agree that you'll stand a lot better chance and your whole family can benefit from a generally healthier life.
 Get the free pamphlet, "Why Risk Heart Attack?" Write to: North Carolina Heart Association, 1 Heart Circle, Chapel Hill, N.C. 27514.

Only the Newspaper

ONLY THE NEWSPAPER goes behind the scenes for the facts behind the events. No other medium can approach this thoroughness. The regular reader of a newspaper not only knows what's going on, but also why.

Elderly Protected

[Cont'd from page 1]
 874,000 adults in North Carolina could be considered our state's population at risk.
 North Carolina's Reporting Law for Abused, Neglected or Exploited Adults became effective on January 1, 1976. Ward indicated that with the need for a consistent reporting mechanism not required in the law it is difficult to project how many reports are being made to the county social services departments across the state. Informal surveys indicate, however, that approximately 1,000 per month are currently being made.
 The report should be made to the county director of social services either orally or in writing and anyone who makes such a report shall be immune from any civil or criminal liability unless they acted in bad faith or with a malicious purpose.
 According to the law, a disabled adult is any person 18 years of age or over who is physically or mentally incapacitated due to mental retardation, cerebral palsy, epilepsy, organic brain damage or other physical degeneration caused by advanced age, or due to conditions incurred at any age which are the result of accident, organic brain damage, mental or physical illness, or continued consumption or absorption of drugs or alcohol.
 Neglect according to the law refers to situations where a disabled adult is either living alone and not able to provide for himself the services which are necessary to maintain his mental and physical health or is not receiving the services from his caretaker.
 Abuse is the willful infliction of physical pain, injury or mental anguish, unreasonable confinement, or the willful deprivation by a

caretaker of services which are necessary to maintain mental and physical health.
 Exploitation according to the law means the illegal or improper use of a disabled adult or his resources for another's profit or advantage.
 If the county director of social services determines that a disabled adult is in need of protective services, he is required to immediately provide or arrange for such services, provided that the disabled adult consents. If the disabled adult lacks the capacity to consent, the director may petition the district court for an order authorizing the provision of protective services.
 According to the law, if the person is financially able, he is required to pay for the services. If it is determined that he is not financially capable of paying for such essential services, they shall be provided at no cost.

Only the Newspaper

ONLY THE NEWSPAPER lets you go your own way, waiting for your leisure. Whether you read for edification or entertainment, you'll read the newspaper.

Happy Homemaker Meeting

The Happy Homemakers Burnsville Club met February 16th with Mrs. Ralph Shepard in her new home on Bolen's Creek, with eleven members present and one guest, Mrs. L. H. Turner.
 Plans were made for the coming year and new officers were appointed.
 Some of the plans made were for the annual multiphasic screening clinic and a trip to visit Old Salem.

Open Gate Club Met At Library

The Open Gate Homemakers met for their February meeting in the conference room of the Yancey County Library.
 Mrs. John Ramsay presided over the meeting. The devotion was given by Mrs. Mary Jane Ballew. Mrs. Grace Simmons read the minutes from the last meeting and gave the treasury report.
 Mrs. Donna Mae Wilson from Spruce Pine gave a very interesting program about the work she is doing as a home-parent trainer, assigned to the Mental Health Centers in Mitchell and Yancey Counties.
 After the meeting the members visited Burnsville's three rest homes.



Alechia Whitson

Celebrates 1st Birthday

Alechia Jane Whitson celebrated her first birthday February 23rd. Alechia is the daughter of Mr. and Mrs. Mike Whitson of Burnsville.



Darren Higgins

Celebrates First Birthday

Michael Darren Higgins will celebrate his first birthday on February 23. Darren is the son of Mr. and Mrs. Mike Higgins. Grandparents are Mr. and Mrs. Nat Howell and Mr. and Mrs. Ray Higgins.

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Sale Ends March 1st All Sales Final

Close to Home

Presenting a Presentable Bathroom

If there's one room in the house that could qualify for Federal disaster aid money before breakfast, it's the bathroom. You can't hide it from your friends; they won't remember your new living room furniture after finding hair strands around your bathtub drain.
Don't Put It Off—Cleaning this room, as with all others, is a matter of initiative. The best time is right after everyone is through showering. You can clean the steaming tile, glass, and mirror with the sweep of a cloth.
 Special clean-up problems require innovative responses. Grout, which forms around faucets and tubs, can be rooted out by using a toothbrush dipped in bleach. Pencil erasers are good for more than paper; you can use them to remove rust spots from formica and ceramic tile. Rubber bath mats should be scrubbed with a damp steel wool pad and washed in a washing machine on a delicate cycle. Did you ever try boiling a shower head clean in a pan of vinegar? Chalk it up as a new way of handling a gritty problem.
 A dirty toilet bowl is an eyesore, unhealthy, and not generally a good conversation piece. Use a liquid or granular bowl cleaner and wipe clean with a nylon bowl brush.
Small Touches—If you wash your hair in the shower, place a piece of steel wool over the drain. Afterwards, it's just a simple matter of collecting the strands and disposing of them.
 Keep a wash towel close at hand to clean the soap dish before the guests arrive. And you might think about replacing the smudged drinking cup with disposable paper cups.
Decor—Transfer some plants into the bathroom; they'll add a lift, and thrive in the moister atmosphere. Buy towels that match the color of your wallpaper or paint. Your guests will be so impressed that they won't want to use the towels for fear of getting them dirty.
Water Quality Helps—Hard water can form streaks or spotting on glass shower doors. It can also cause a white ceramic bathtub to turn gray. The Lindsay Division of Eco-dyne Corporation reminds you that you don't have to use harsh, abrasive cleaners to get sinks, showers, and tubs clean when you wash with soft water. All you do is rinse and wipe clean with a sponge.

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