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Mayland Technical Institute
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From The Yancey Extension Homemakers

food news & cues

BY DONNA McLAIN
 Extension Homemaker
 Something verrry different: Chinese Hash with a pie for dessert.

CHINESE HASH
 1 lb. ground beef
 2 tblsp. salad oil
 2 medium onions
 1 cup celery
 1/4 can chow mein noodles
 1 can cream of Mushroom soup
 1 can cream of Chicken soup
 1 1/2 cup uncooked rice
 1/4 cup soy sauce
 1/4 tsp. pepper

Brown meat in hot oil. Add onions, celery and soups. Rinse soup cans with warm water, add to mixture. Stir in soy sauce and pepper. Turn into lightly greased casserole- cover and bake 350 degrees for 30 minutes. Remove cover and continue baking for 30 minutes longer. Cover mixture with noodles and bake 15 min. longer.

KEY LIME PIE
 1 (14 oz) can sweetened condensed milk
 3 egg yolks
 1/2 cup lime juice

1 baked 9 in. pie shell
 Meringue or whipped cream
 Beat first 3 ingredients together until the lime juice has thickened the egg yolks. Pour mixture in baked pie shell and top with meringue or whipped cream as desired. (1 9-inch pie)

Crafts Display Event

Ceramic tableware, glassware, wood and cornhusk flowers, baskets and wrought iron napkin rings, all created by working American craftsmen, were used to set tables at a White House luncheon given by First Lady Rosalynn Carter on May 16. The luncheon is a traditional event to which wives of all U.S. Senators were invited.

The crafts were chosen by Mrs. Carter in recognition of a growing trend toward use of functional art in everyday American life. The National Endowment for the Arts provides guidance in choosing craftsmen throughout the country who are engaged in full-time production of their work.

Each potter and glassblower has loaned up to twelve settings of tableware and stemware to set twelve round luncheon tables, placed in the State Dining Room of the Whitehouse. Among the craftsmen who were chosen to have their crafts exhibited at the event was William Bernstein of Burnsville, N.C., a glassblower.



Photos by John Morgan

BURNSVILLE OPTOMETRIC CENTER
Is Now Open

Dr. H.B. Hahn **Dr. R.H. Dickey**
 Banks Family Square
 Burnsville, N.C. 28714
 704-682-6417
 HOURS: 9-5 Tues.-Thurs.-Sat.
 APPOINTMENTS SUGGESTED

CY JORDAN REALTY REALTOR

Cy Jordan Realty-Realtors welcomes Peggy McDonald as an associate broker with the firm.

Peggy is a native of Alabama. She and her family moved to Burnsville the first of the year from Asheville where they had lived for 5 1/2 years. She received her Real Estate education certificate from Asheville-Buncombe Technical Institute in Asheville. She also attended the University of North Carolina in Asheville.

Peggy is the wife of Toney McDonald who is employed at Roberts Chevrolet. They are parents of two daughters Dawn and Dana.

Peggy is looking forward to meeting and working with the people of this area.

OVERWEIGHT?
 As advertised in the April 1976 issue of McCALL's Magazine Best Diet & Exercise.

Oulet Diet Revolution Has Reached Burnsville Area...

PRODUCT COMES IN A 30 DAY SUPPLY AND WILL SOON BE AVAILABLE IN A 10 DAY SUPPLY.

In 4 short weeks Mrs. Walter Davis of Shelby, N.C. lost 23 lbs., Mrs. Robert Wolfe, Charlotte, N.C. 5 lbs. in just 1 week, Mr. Charles Davis, Morganton, N.C., 8 lbs. in 2 weeks, Dorothy Howze of Kings Mountain, N.C. lost 6 lbs., 1 week.

In two short months hundreds of area residents have been introduced to NATURSLIM, which unlike so many around, requires no meetings to attend, no exercise, no drugs or shorts, and best of all, no hunger pangs. According to Mr. Tom Marshall, representative for the product in North Carolina, the key to the program is a powder used twice a day to make a variety of milk shakes. These provide two high protein meals and allow the user to eat anything he or she wants for dinner. Also provided are vitamins necessary to maintain the required daily needs. The one pound can supplies two meals a day for a Month. The milk shakes are made with one tablespoon of powder called NATURSLIM, combined with eight ounces of low fat milk or unsweetened fruit juice, extracts, honey or artificial sweeteners are also added, according to taste.

Mr. Marshall states that the reason the program has so much appeal is that there is no weighing in, no weekly meetings, no criticism from an instructor, and no fees or penalties. No wild promises of overnight miracles, just steady, believable results without starving yourself. Further, the diet is tasteful, easy to take, and the main meal is no different from the non-dieters. It is the first time the food manufactured in California has been available here in North Carolina. NATURSLIM has been sold in California, Chicago and New York for over 8 years. As it is introduced throughout the U.S. users in each community number in the thousands.

NaturSlim
 is Available At:
Banks Drugs **Pollard's Drug Store**
 Banks Family Square Main Street

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 682-2670
 After 5 pm
 Or Write Box 202
 Burnsville, N.C. 28714



Reading Loft At South Toe

South Toe School has a new reading loft this year, thanks to P.T.A. efforts. The idea was first created two years ago by reading teacher, Mrs. Judy Byrd, when crowded conditions didn't allow for adequate space for her reading classes. In spite of having fewer students in the school this year, it was decided to go ahead with the loft project. "Carpenters" John Thomas, Paul Cope, Locke Wilson and two former South Toe students, Tasha Harvey and Linda Johnson, built the loft in one corner of the library. In exchange for the donated labor, they used the gym for soccer and basketball work-outs during the many frozen weekends of the past Winter.

Carpeted and furnished with some bean bag chairs, the loft provides a comfortable, cozy spot which has lots of appeal to children for reading and studying. All classes have enjoyed the loft, but it has been especially helpful for breaking up into smaller reading groups. While the teacher works with one group in the classroom, another group can go to the loft with one of the volunteer aids. The students can receive more individual help this way.

The parent volunteer program has been another successful endeavor on the part of the P.T.A. this year. Many mothers graciously gave time every week to aid teachers in many capacities. The teachers unanimously stated that "just listening to a child read" could be a tremendous help, so this job was filled by several parents. Others could be found gathered at a library table sorting out educational materials and putting them into simple, interest-catching forms for the Social Studies study center. Others filled in with music and art wherever there was a need. The luxury of an empty classroom was put to good use for these various projects, the volunteers helping to organize resource materials, art supplies, donated magazines, etc. on neat shelves so the materials could be easily located and readily available.

There is a "family" atmosphere about South Toe School due to parents, children, and teachers working together and having a lot of fun doing it!



The gardenia was named not for where it grows but after a botanist called Alexander Garden.

North Carolina FARM BUREAU Insurance

Carlie Rice, Mary Sue Bailey, and Dan Wilson
DIVIDENDS PAID

For the 11th consecutive year, Farm Bureau Insurance is paying a cash dividend on Fire, Homeowners, Farmowners, Inland Marine, Tobacco Floater, and Special Multi-Peril insurance policies. The 20% Dividends were mailed April 15.

Farm Bureau Insurance also deviates 10% below state rates in these Fire lines and 15% below state rates on Auto Physical Damage coverage.

Carlie R. Rice, Agent
 Rt. 6, Burnsville, N.C.
 Bus. 682-2077 Res. 682-2913

Mary Sue Bailey, Agent
 P.O. Box 784, Burnsville
 Bus. 682-2077 Res. 682-2834

Dan Wilson, Agent
 Rt. 1, Burnsville
 Bus. 682-2077 Res. 682-6501

Call us for a quotation.

Folk-Ways and Folk-Speech

In addition to weather stories and saying, hunting yarns have figured prominently in our mail recently. Many of them have been variations of the shakey-gun tale. This week's offering from a Watuga County reader is a mite different; called it either a bent gun or tilled bullet story.

IT PAYS TO GET MAD
 Old Man Liehue said he went over to Turkey Nob deer hunting the other day. Hadn't been there long till a big 10-point 'buck deer come a-lopin around the side of the nob.

He took aim at the deer with his gun, but the gun didn't fire. About 20 minutes later the deer come around agin smack dab in shootin range. Up with the gun but it still wouldn't fire.

At this Old Man Liehue got so mad that he busted the side of a white oak with the gun and it went off with a bang. When he picked it up the barrel was bent like a new moon.

About this time here come the deer agin with a humin sound close behind. This went on until they had circled the nob a half dozen times. By this time the deer was so pooped that its tongue was run out of its mouth and it was shakin its head. Now he could see the bullet right behind with a drop of sweat the size of a goober pea on its nose. An hour went by but no more sign of deer or bullet so Old Man Liehue took off around the nob in search of them. As he came around the bend he seen the deer hung by its horns on a locust tree already skinned, gutted and cleaned.

On its tongue was a message--"yore meat salted and preserved till summer. I'm a little thirsty so have gone on back to the house." Signed: Your bullet.

Friend Guy Owen, North Carolina novelist, poet, writer of short stories and occasional teacher of folklore, sends us a sampling of humorous folk sayings compiled by members of one of his classes and asks for additional contributions from Folk-Ways readers.

He offers a price of \$10.00 for the best list of expressions not already found in the Frank C. Brown Collection. Readers may send such expressions in care of Folk-Ways or mail them directly to Dr. Guy Owen, Department of English, N.C. State University, Raleigh, N.C. 27607.

Following are examples of the types sought:
 --So stingy he'd skin a flea for his hide and sell the tallow
 --His mouth tasted like buzzards had roosted in it
 --So ugly he looks like he's been hit in the face with a bag of nickels
 --She's so ugly she'd turn a train down a dirt road
 --Grinning like a possum eating bumble bees
 --He lies so bad he has to hire somebody to call his dogs
 --So skinny if she stuck her tongue out she'd look like a zipper
 --Cuter than a bump on a pickle
 --If brains were dynamite, he couldn't have enough to blow his nose
 --He looked like death warmed over
 --As lively as a spring lizard in a henhouse
 --Grinning like a catfish with his nose up to the dam
 --As cautious as a monkey on a barbwire fence
 --So ugly the tide wouldn't take her out
 --As tight as the skin on a dry lemon
 --As pleased as a dog with two tails

Readers are invited to send folk material to Folk-Ways and Folk-Speech, Box 376, Appalachian State University, Boone, North Carolina 28608.

Read The Ads