BY PATRICIA J. FENDER Ass't. Home Ec.Ext.Agent

Now that fall is here and the winter's supply of food will soon be put by, hopefully there will be more time for sewing. Maybe it will be the outfit you have waited all summer to make or it might be a skirt or slacks to match that special jacket you found on sale in July. Whatever your need, Extension would like to help! Becky Gillespie will be presenting a special interest program at "YE OLE FABRIC SHOP" on Co-ordinating Your Colors in Fabrics and Accessories. Becky's interest in this program was stimulated when she purchased a new jacket on sale and did her own coordinating with simple, basic skirt and blouse patterns and the accessories she already had on hand. She

outfits with very little money involved. I feel that any homemaker in the county could benefit from seeing this program that Becky is willing to present. She is also willing to visit with any group of ladies having a desire or interest in fabric coordinating. Please call the Agriculture Extension Office at 682-6186 and give us your name and phone number if you are interested in attending. I need to know the number of ladies interested in order to schedule a time with Becky for this.

LOW BUDGET COOKOUT

Chuck and top round steaks and roasts are a good buy when you want to cook outdoors and are tired of

hamburger--but your budget can't handle top quality cuts such as porterhouse or T-bone

But chuck and top round steaks and roasts will demand special attention. For example, tenderizing them helps. Tenderize mechanically by making the meat into a cube steak. Or, sprinkle on a commercial tenderizing mixture before grilling.

Chuck and top round cuts make good shish kabobs, too. Just cut the meat in chunks and marinate before grilling.

Cook these meats as litle as possible so they'll be more tender. Any overcooked meat is tough, so it's especially important not to overcook

these less tender cuts. Barbecue a top round steak only to medium rare. the grain. When grilling chuck steaks, choose a fairly thick piece. Again, slice

diagonally. So finish off summer with some great outdoor eating with chuck and top round steaks cooked on the grill. They won't blow the food budget.

MENU FOR **OUTDOOR MEALS**

Charchaled Steak Tossed Green Salad Foil Baked Potatoes Foil Baked Buttered French Bread or Rolls Iced Tea

In-Season Melon FOIL BAKED POTATOES Scrub potatoes--butter and salt and brush with barbecue sauce. Add onions and wrap in foil; place on hot coals.

Bake, turning occasionally,

one hour or until done. Unwrap; cut cross on top, insert butter.

[Baked in Cans] Scrub baking potatoes; place in coffee or shortening cans, cover. Bake on grill over hot coals about 1 hour and 20 minutes. Cut cross in top; season.

HOT ROLLS

aluminum foil and place along edge or back of grill. They will burn if placed over the direct heat of the coals. Watch and turn them once in a while. The foil makes a dandy cover if opened carefully at the top and turned back neatly. Just leave the opening at the top big enough to get your hand in to take out a roll. They will keep hot for a long time. MELON

The secret of good melon is to serve it cold, and the secret of serving it cold at the cookout in the middle of the summer is to have it really cold clear through before you start. Wrap in in many layers of newspaper. Close the ends as well as the sides. Keep it in shady spot and it will be refreshing and cool when you serve it. It takes about 12 hours to chill so be sure to put it in the refrigerator the night



When we are cold, a shiver the body's way of producing a muscular action that generates quick heat.

Troop Meeting

Cadette

Cadette Girl Scout Troop #65 will have an organizational meeting on Wednesday afternoon, September 7, at the Burnsville Catholic Church as soon after school as possible. Plans for the Cadette year 1977-78 will be reviewed.

All seventh, eighth and ninth grade girls interested in Wrap rolls or french bread in Cadette Girl Scouting are welcome. Mrs. Georgia Cannon and Mrs. Patti McCall are troop leaders.

Help-we need to help other age girls organize into troops for the fall. Please join other Yancey Neighborhood leaders and enter the world of being' a Girl Scout Leader. There are girls who need you! Contact Mrs. Bunny McIntosh if you are interested in serving as a leader or a committee member. Sponsoring organizations and busi-

nesses are needed too. Cadette Troop #65 received special recognition for its news coverage in the Yancey Journal during the '76-'77 Cadette year. The recognition said, "Your initiative, Burnsville Cadettes, in sharing your Girl Scout story is commendable". We thank The Journal for making this possible and look forward to another year of Burnsville Cadettes in the news.

Coming events include Oconaluftee Indian Village Day September 10, and Grandfather Mountain Day September 17.

Remember the meeting, Wednesday afternoon, September 7. If you cannot attend please let Mrs. Cannon know that you are interested in being a Cadette.

THE YANCEY JOURNAL SEPTEMBER 8, 1977 PAGE 7

BURNSVILLE, N.C.

Show Time 6:00 & 8:00 pm

Sponsored by The Burnsville Vol. Fire Dept.

MON., SEPT 19 Carnival Grounds 19E By-Pass

Tickets available from all members Burnsville Fire Department or at:

1. Bantam Chef

2. Hilltop

3. Li'l Smokeys

4. Burnsville Drive-In

5. Guy Phillip's Store, Bee Log6. Byrl Ballew Store, South Toe 7. Maxwell Furniture

8. Burnsville Spur

9. Mt. Mitchell Industries 10. Burnsville Furniture & Hardware

No Reserve Seats -Advance: Ending The Evening Before Show Date

Child Up To Age 14 \$1.50 Circus Day; Child \$2.00

SAVE SAVE SAVE SAVE SAVE SAVE SAVE SAVE

Adult \$2.50

Pay Phone Booths Are Used-And Some Are Abused By Vandals

BY J.P. McLAUGHLIN **Customer Service Manager**

The old, familiar phone booth of the Superman variety is gradually giving way to the 'boothette'' (a sort of halfbooth on a pole), but public pay phones get used and abused the same as always.

Most of us have used a pay phone at one time or another--to tell those waiting for us the car broke down (anc then to call the garage), to report a fire or other emergency, to check in with the office or family when on the road.

Nearly all Western Carolina and Westco Telephone Companies' pay phones are in working order when you need them, and usually you can just walk up, read the instruction card, and make your call. But you've probably heard people say, "Those blankety-blank pay phones--when you really need one, they don't work. The cord's ripped out or the may have experienced those conditions yourself once or

twice. Let me assure you that the phone company is just as frustrated by those conditions as you are. Pay phones are necessary in an emergency. And, quite frankly, they are a source of revenue for us, especially in this tourist and camping area--when they work. So it's to our advantage as well as yours when they're working.

Then why does it seem that so many pay phones are out of order? Some of our less considerate users are responsible for most coin phone damage. A great deal of vandalism is connected with attempts to get into the coin box. While these attempts are not usually successful, considerable damage can be done to the phone in the process. Another problem is the "temper tantrum"--the caller may not like what he's heard or may even have lost his dime because he doesn't read improperly. In any case, he'll vent his anger on the telephone

telephone. Pay phones are often placed in remote, out of the way places, for use in emergencies, which makes it

pay station and be long gone before the damage is noted. But even a pay phone on a busy street corner isn't immune.

There are 23 Western Carolina and Westco Telephone Companies' employees who spend about 500 hours a year on pay stations: cleaning, repairing, and maintaining them, and collecting the coins. Each pay station is checked at least twice per month during the tourist season, but with so many pay phones in scattered locations. we can't always keep up with our less thoughtful neighbors.

If you see or try to use a pay phone that's out of order, or if you notice any other

GREEN WINTER,

CELEBRATIONS OF

OLD AGE

by Elise Maclay. 1977. Pp.135

Thomas Y. Crowell Co., N.Y.

"Let me grow lovely, growing

So many fine things to do;

And silks need not be new;

Old streets a glamor hold;

Grow lovely, Growing old?'

Green Winter, by Elise

Maclay, is a series of

vignettes of real people taken

in the harvest years of their

lives. The author holds a

mirror up to us all and reveals

an image, not of age, but of

life, and the precious mo-

ments that should be preserv-

-K.W. Baker

Why may not I, as well as

And there is healing in old

Laces, and ivory, and gold,

unsatisfactory please report it to us as soon as you can. We'll see that it's fixed or cleaned properly.

When you want to use a pay phone, please read the instruction card first. It's

verville, however, are postpay; you get dial tone as soon as you lift the receiver. That

condition.

located right on the front, under the dial. Reading the card can save you an awful lot of trouble--not all pay phones work the same way. Some are pre-pay, which means that you must put your dime in before you get dial tone. With pre-pay phones, the operator can usually return your money to you right away through the phone. The pay phones in Wea-

ed and shared. The references

walk a little way ahead of all

of us who are not yet old,

saying, "We are you later

In spite of depicting the

problems and infirmities of

old age, the book reveals the

courage and wisdom shining

through in the tenderness and

warmth of the human spirit of

the elderly. They persevere in

their belief that it is better "to

wear out than to rust out."

Finally, in a note of triumph of

the human spirit over failing

flesh, these older people

implore God in the following

manner: "Help me to look

difficult, help me cope with it.

If it is painful, help me bear it.

If it is empty, help me fill it.

If it is good, help me enjoy it.

Most of all, help me live it."

only to this day, this hour, this

minute. If the present is

Book Corner

By Mrs. Gladys Coletta

means for a local call you dial the number and put the dime in as soon as your party has answered. For long distance calls you dial O for operator and the operator comes in, takes the details of the call and places it for you, and again, you don't pay until the party you're calling has answered.

When pay phones are "post-pay" the operator cannot return your money except by mail, so you can see how important it is to read the instruction card before you do anything. We don't want you to lose your money, and following instructions on the card ensures that you won't. But if you do lose any money, for whatever reason, let us know within a day or so and we'll refund it to you by mail.

Pay telephones are an important part of the service of Western Carolina and Westco Telephone Companies. Even if you never have to use a pay phone, we went them to be there, in good working order, and we'd like you to be familiar with how they work. Just in case.



of the U.S. was 2,781,000.

Ætna LIFE & CASUALTY ROBERTS Insurance Phone 682-2191

W. Main St., Burnsville, N.C. Phone 704-682-2444

Corner Cupboard's

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Doe River R.R. 19 East at Hampton easy for a vandal to wreck a 704-765-7242

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*Unemployed

*Women

*Handicapped

*Minorities

TRAINING IN: *Carpentry *Bricklaying* Child Care *Secretarial Work *Typing * Business Management

Minimun wage paid to eligible students through Comprehensive **Employment and Training Act.**

Apply at Mayland Technical Institute August 25-Sept 16, 8:30 - 12:30

Mayland Technical Institute is An Equal Opportunity Institution

LAND AUCTION

Sat., Sept. 17-10:30 AM "Estatoe Acres", Estatoe, N.C. (5 Miles From Spruce Pine-9 Miles From Burnsville)

-44 Choice Lots & Small Tracts-This Is One Of The Finest Offerings Of Real Estate Ever In This Area.

** WOODED & OPEN LOTS ** **Beautiful STREAM thru Property VIEWS Unsurpassed**

Property Fronts On Old 19-E Hwy. and Brushy Creek Road [Both Paved]

Be Here Sale Day-You Will Love It & Remember You Set The Price-It All Goes To The Highest Bidder

> Excellent Terms: 25% Down. Balance in 3 annual payments.

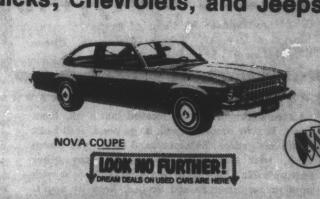
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SAVE SAVE SAVE SAVE SAVE SAVE SAVE

District of Tennessee, Northeastern Division, Sitting in Bankruptcy, in Case No. BK-2-75-358-379-380, and No. BK-2-77-147-148, entered on August 18, 1977, and Amended on August 24, 1977, I the undersigned will as Trustee in Bankruptcy on:

Sat., Sept. 17, 1977 at 10:00 o'clock A.M. At The West Courthouse Door in Burnsville, N.C.

OFFER FOR SALE AND SELL, AT PUBLIC AUCTION, for cash, the following described real estate:

"SITUATE, lying and being in Crabtree Township, Yancey County, North Carolina, and being one [1] tract of land containing 66 acres, more or less, and one [1] tract of land containing 29½ acres, more or less, totaling 95½ acres, more or less and known as the Fawn Knob, or Graybeal Property, and being the same property described in Deed Book 150, at Page 427, and Deed Book 150, at Page 413, and Deed Book 150, at Page 430, and Deed Book 150, at Page 405, and Deed Book 150, at Page 410, and in Book 68 of Mortgage Deeds, at Page 419, of which Deeds of conveyances, are of record in the Register's Office for Yancey County, North Carolina."

The Sale will, in all things, be subject to the confirmation of the Court, and the sale of said property will be free and clear from the claims of creditors, and all Liens and Encumbrances, except the 1977 Taxes, which will be assumed by the Purchaser, but said property shall be sold subject to any documents of record affecting title.

WALTER A. CURTIS, Trustee P.O. Box 1007 Phone 615/542-5133"