

Dried Arrangements:

For & About Homemakers

Now is the time for gathering our beautiful native or outdoor materials and flowers for beautifying your home which can be dried or preserved. These include:

MATERIALS & FLOWERS
Castor Beans, Lily, Okra, Sumac, Hollyhock, Gourds, Orchard Grass, Crepe Myrtle, Mimosa, Palm Berries, Magnolia, Grasses, Jimson Weed, Ligustrum, Iris, Poppy, Wisteria, Sunflower-Sorghum, Galdious, Milkweed, Crotalaria, Bark, Pine Cones, Okra Pods or any weeds, All types of grain, Sweet Gum Balls, Burs, evergreens.

Cultivated Flowers include Calendula, Rose, Marigold, Chinese Lantern, Hydrangea, MOney Plant, Peony, Princess Feather, Cornflower, Corn tassel, Dusty Miller, Zinnia, Scarlet Sage, Straw Flower, Garlic, Baby's Breath and False Dragonhead.

Wild flowers include Pussy Willow, Dock, Clover, Bear Grass, Foxtail, Cattail, Polk Berry, Rabbit Tobacco, Goldenrod, Tansy, Queen Anne's Lace, Bittersweet, Joe-Pye Weed, Pokeberry, Snow-on-the-Mountain, Chigger Weed or Butterfly Weed.

Foliage includes Iris, Lily-

of-the Valley, Magnolia, Rhododendron, Yucca, Fern, Galax, Snake Plant Dogwood, Maple, Beech, Pittosporum, Oak, Ivy, Forsythia, Aucuba.

DRYING METHODS
The Borax Method--Combine one part borax with six parts of cornmeal or clean sifted sand (some people use more, some use less). Spread this material in a shallow box to a depth of one or two inches.

You may remove the original stem and replace it with wire. Hold the flower upside down and gently sprinkle more of the borax

mixture over it. Keep petals in position and cover with at least an inch of the borax material. Or you may use a grocery carton. Punch holes in the bottom of the box. Put flower stems or wires through the holes so that the blossoms rest on the box. Then cover blossoms with at least 1 inch of the mixture. You will need to cover the table or floor with papers to catch the mixture that comes through or is spilled from the edges of the box.

Put the date on the boxes so you will know when to expect the flowers to be dry. If

the weather has been dry, and you are drying a delicate flower, check it on the third day, otherwise, wait a few more days. You will soon learn about how long each one takes.

When flowers are dry, remove from the borax. Brush with a slightly dampened soft brush. Hang upside down for a day. Store in a pasteboard box until ready to arrange.

The Glycerin Method--Gather branches of fully developed leaves. Remove any defective leaves and wash to remove dirt and dust. Pound the stem with a hammer until the bark is well split. Mix 1/2 part glycerin and 1/2 parts water in a jar. Place branches of leaves in the glycerin mixture. The stems should be submerged in at least five inches of the mixture. Let the branch stay in the glycerin until the leaves have absorbed the glycerin. They will change color and texture. It usually takes two or more weeks for the change to take place. Thin leaves may be wiped with a cloth dampened with the glycerin to delay the drying of the leaves, so that they can absorb more of the glycerin. Wipe off each leaf and store in boxes. Leaves of plants that grow close to the ground, such as ivy or lily-of-the-valley, should be placed in a container and covered with a mixture of 1/2 part water and 1/2 part glycerin. They should stay in the mixture from 5 days to 2 weeks. When the leaves are taken out, each one should be wiped carefully and allowed to stand in a well-ventilated place for a few days.



First Place Winner

Randy Whitson, son of Mr. and Mrs. Sherwood Whitson, won first place in the Second Annual Rod & Custom Show, with his '69 convertible Camaro, on Labor Day weekend, at Lake Junaluska, N.C.



Mrs. Carmela Mandala will be visiting with her parents, Mr. and Mrs. Charles Cascone in Hollywood, Florida this week.

Friends and relatives visiting the Gus Petersons over the Labor Day weekend included Ronald, Carol and Kathryn, the son and family from Gretna, Va.; Reid, Gini and Ron, the son and family from Atlanta; Clarence Bryant, a cousin from St. Petersburg, Fla. and wife, June; Opha Smith and other relatives from Pa.; friends and relatives from Erwin, Tenn., some from Knoxville, Tenn. But our big surprise was A Ren Phil and her family from Owego, N.Y. She's a young person in her early 40's, one daughter, Lori, married with a six weeks old baby and Cindy a 14 year old daughter. They'd come to Atlanta, decided to drive to Burnsville and then were to go to Raleigh to see friends. They liked this section of North Carolina. Said they'd be coming back.

A surprise birthday dinner, gifts and flowers, were given in honor of Mrs. Ed Sparks of Newdale on Sunday, September 11 for her 88th birthday. There were about 60 relatives, friends, grandchildren and great grandchildren attending this happy occasion.

Army Private Calvin Wilson, son of Mr. and Mrs. Walter Wilson, Route 3, Burnsville, N.C. recently was assigned as a forward observer with the 13th Field Artillery at Schofield Barracks, Hawaii. Pvt. Wilson entered the Army in February, 1977.

Panthers Win 1st Game Of Season

East Yancey Panthers opened their season with a tough assignment on Saturday, September 3rd, when they faced last season's champions, the Mars Hill Wildcats. Knowing they were in for a hard physical game, the team practiced for the type of game Mars Hill is famous for, the running game.

Due to the fantastic running of Greg Gouge, the Panthers were able to place six points on the board at halftime. Mars Hill came out for the second half trying to use the passing attack. However this only resulted in East Yancey picking off three of their passes, running one of them into the end-zone for our third touchdown.

East Yancey walloped Mars Hill 24-0.

Outstanding players of the game were Randy Higgins, Jeff Howell, Greg Gouge, Anthony Robinson, Bobby Joe Young, and Charlie Carroway. Randy Higgins was selected defensive player of the week due to the number of times he dropped the Mars Hill runners for a loss of yardage. Greg Gouge was nominated the offensive player of the week due to the outstanding game he played.

EMC's Win Major Victory

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pending a final decision from the federal agency, which could be many months away.

The CP&L rate increase proposal, which went into effect in May, 1976, is the second of three such propositions to be filed with the FPC in the past three years.

An earlier request went into effect in January 1975, raising rates by 97 percent or \$36 million a year. Negotiations between CP&L and N.C. EMC officials have produced a tentative agreement on the price tag in this case and the agreement has been submitted to the FPC for approval. If approved, the settlement would give the EMCs alone refunds totaling \$4 million.

The third rate proposal, calling for an increase of about 8 per cent or \$10.5 million a year, is due to become effective on December 29. That request was filed with the FPC in July, but its effective date was postponed for five months on a petition by the EMCs.

"If Judge Lewnes' decision is upheld by the full commission," Wall said, "it will mean the power company has been collecting excess charges from its co-op and municipal customers for more than a year. In effect, these customers have been forced to lend the company money. Of course, the excess charges would have to be returned with interest," Wall said.

In addition, such a ruling would raise some serious questions about the new rate schedule that's to go into effect in December.

"Those rates are based on an 8 per cent increase over the rates that have just been declared 40 per cent too high, and they also incorporate the 95 per cent ratchet provision."

The 18 EMCs that buy power from CP&L include Haywood, Waynesville; Pitt & Greene, Farmville; Four County, Burgaw; Piedmont, Hillsborough; Halifax, Enfield; Randolph, Asheboro; Harkers Island; Brunswick, Shallotte; Jones-Onslow, Jacksonville; French Broad, Marshall; Wake, Wake Forest; Tri-County, Goldsboro; Lumbee River, Red Springs; South River, Dunn; Carteret-Craven, Morehead City; Central, Sanford; Pee Dee, Wadesboro; and Tideland, Pantego.

Boosters Meeting

The Booster Club met Monday night, September 12 at Mountain Heritage High School with an enthusiastic crowd of 100. Football coach Ed Chersheff introduced the varsity football players and parents; the J.V. football coach, Johnny Westall, introduced the JV players and parents. Mrs. Pat Whitson introduced the JV cheerleaders and parents and Gwen Harris introduced the varsity cheerleaders and parents.

The membership drive was a big success. Officers and committee chairmen will meet the next two consecutive Monday nights at the Presbyterian Church and each member will be contacted to be on a committee. Each member will get a membership card, bumper sticker, and a job!

JV Game Set

Mountain Heritage Freshman "Cougars" open their football season September 15 at East Yancey Stadium against Owen. Kickoff time will be at 5:00. The freshman Cougars have some outstanding backs this year. They are looking forward to a good season and need the support of every Cougar fan.

MOUNTAIN HERITAGE FRESHMAN COUGARS
vs
OWEN FRESHMAN WAR HORSES
Kickoff time 5 p.m.
September 15
East Yancey

food news & cues

From The Yancey Extension Homemakers

- BY DONNA McLAIN**
Extension Homemaker
- Here are several different recipes for all parts of your dinner. Try them to add "spice" to your regular menus.
- OKRA SALAD**
1 qt. fresh okra
1 small onion
1 tbsp. salad oil
2 tbsp. vinegar
salt and pepper to taste.
- Cook okra just tender after removing caps. Drain and add other ingredients and toss lightly while still hot. Chill before serving.
- BEAN RELISH SALAD**
1 can lima or garbonza beans (dried)
1 can wax beans (drained)
1 can green beans (drained)
1 can kidney beans (Drained)
1 onion sliced thin
5 stalks celery cut in slivers
1 green pepper cut thin
1 cup vinegar
1/2 cup sugar
- Allow to stand a day or two until well seasoned.
- ECONOMY TUNA LOAF**
(six servings)
2 cups milk
1 (13 oz) can tuna, drained and flaked
- 2 eggs, beaten
1 tbsp. minced parsley
1 tsp. paprika
1/2 tsp. salt
1/8 tsp. pepper
- Combine all ingredients; mix well. Pour mixture into well greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Bake in 350 degree oven for 1 hour and 15 min. or until loaf is set. Serve with mushroom soup or tomato sauce, heated, if desired.
- PEACH PRALINE PIE**
(Serves 6 to 8)
1 (9 inch) pie crust
4 or 5 cups ripe peaches
1/2 cup sugar
2 tbsp. quick cooking tapioca
1 tsp. lemon juice
- 1/2 cup sifted flour
1/4 cup brown sugar (firmly packed)
1/2 cup chopped pecans
1/4 cup butter
- Combine peaches, sugar, tapioca and lemon juice in large bowl. Let stand 15 minutes. Combine flour, brown sugar and butter in bowl and work gently with finger tips until crumbly. Add pecans and work in well. Sprinkle 1/2 of pecan mixture over bottom of uncooked pie shell; cover with peach mixture and sprinkle remainder of pecan mixture over peaches. Cook for 10 min. at 450 degrees. Lower heat to 350 and cook 1 hour or more.

Screen Printing Class

Registration for a Screen Printing Class, offered by Mayland Technical Institute, will be held on Thursday, September 15, at the Newdale Community Center. The course has been divided into separate classes. The first class will be held from 3:30 p.m. to 7:00 p.m. and the second class will be held from 6:30 p.m. to 9:00 p.m.

The instructor, artist Jim Southerland, will provide a basic introduction to screen printing and will teach simple techniques which can easily be used for individual application.

Persons desiring to enroll in one of these classes should come by the Newdale Community Center at 3:30 p.m. or 6:30 p.m. For more information call the Yancey Learning Center at 682-7315.

ARMY STORES FALL VALUE DAYS

<p>CLEARANCE STATLER MEN'S DRESS PANTS</p> <p>Machine washable Sizes 29 - 42 Kakhi - Blue - Brown</p> <p>\$8⁸⁸</p>	<p>SPECIAL GROUP MEN'S WESTERN SHIRTS -Asst. Prints - DENIM OR CHAMBRAY</p> <p>Values \$12.95 \$7⁸⁸ Each 2 For \$15.00</p>	<p>CLOSE - OUT 5 x 7 MOUNTAIN TENT</p> <p>Flame retardant Sewn in floor Reg. \$29.95</p> <p>\$19⁸⁸</p>
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<p>WRANGLER 100% Prewashed Cotton HI-STYLE DENIM JEANS</p> <p>Reg. \$14.97 Style 784</p> <p>\$12⁸⁸ Each</p>	<p>CLEARANCE MEN'S SHORT SLEEVE SHIRTS</p> <p>Values \$12.95 \$3⁹⁹ Each 3 FOR \$10⁰⁰</p>	<p>REMINGTON .22 LONG RIFLE SHELLS</p> <p>Box of 100 \$1⁹⁹ Limit 4</p> <p>PRESTONE ANTI-FREEZE \$3⁵⁹ Gal.</p>
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<p>72 x 90 BLANKETS</p> <p>3 FOR \$10⁰⁰</p> <p>AM AND FM CLOCK RADIO</p> <p>Reg. \$24.95 \$18⁸⁸</p>	<p>MENS CAP OR PLAIN TOE COMBAT BOOTS</p> <p>\$18⁸⁸ All Leather</p>	<p>CONVERSE ALL-STAR Chuck - Taylor</p> <p>\$12⁸⁸</p> <p>TUBE SOCKS 99¢</p>
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<p>BOYS DENIM AND PREWASH LEISURE JACKETS</p> <p>Sizes 8 to 18 Values \$14.95</p> <p>\$7⁸⁸ Each</p>	<p>SPECIAL GROUP MENS BRUSHED DENIM WRANGLERS</p> <p>Style 401 \$8⁸⁸ Sizes 29 - 42</p>	<p>MEN'S CAMOFLAGE HUNTING SUITS</p> <p>\$12⁸⁸</p> <p>LARGE SELECTION BEAR & BROWNING ARCHERY EQUIPMENT</p>
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ARMY STORES BURNSVILLE PLAZA, BURNSVILLE
SPRUCE PINE PLAZA, SPRUCE PINE