White
Sulphur
Springs

30076.002



Hellooooooo!

We of the White Sulphur Springs Extension Homemakers Club feel that we have been blessed with an especially good year and we invite you to visit with us in the pages of this album.

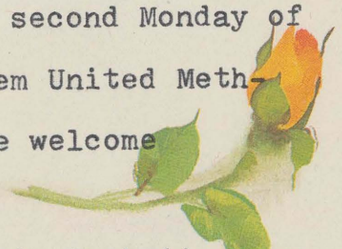
Please inspect the account of our projects and activities within. We are happy to share with you. Welcome.

Some Facts

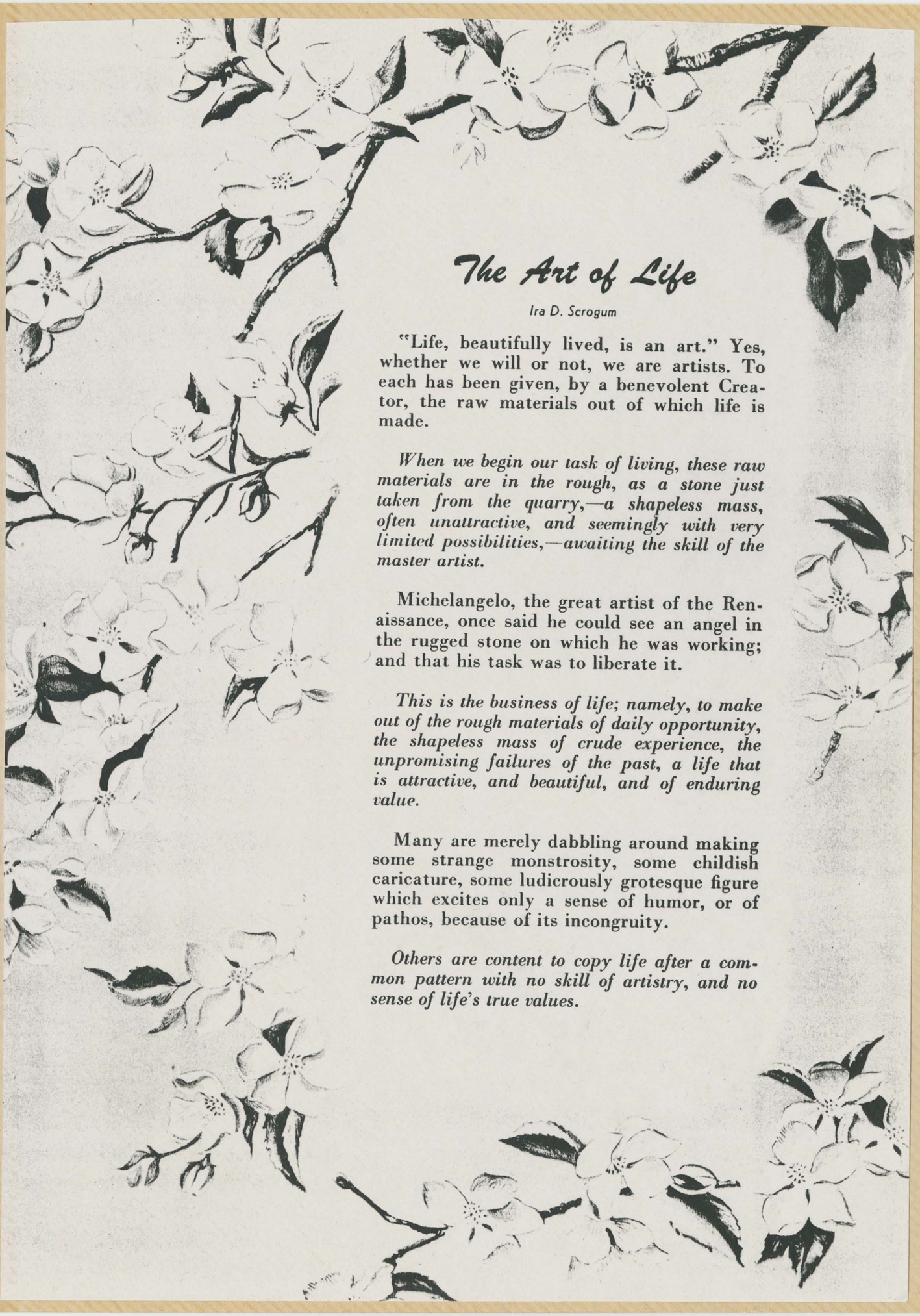
You may be interested to know about our club. Like all Homemaker clubs we are an extension of the Department of Agriculture of the state of North Carolina, and Surry county.

We sponsor any program or activity that improves or educates the home. The home is the one most important element of any society.

This particular club meets the second Monday of each month at 1:00 PM at the Salem United Methodist Church on Ward Gap Road. We welcome guests.



Gloria Puckett, pres.



The Art of Life

Ira D. Scrogum

"Life, beautifully lived, is an art." Yes, whether we will or not, we are artists. To each has been given, by a benevolent Creator, the raw materials out of which life is made.

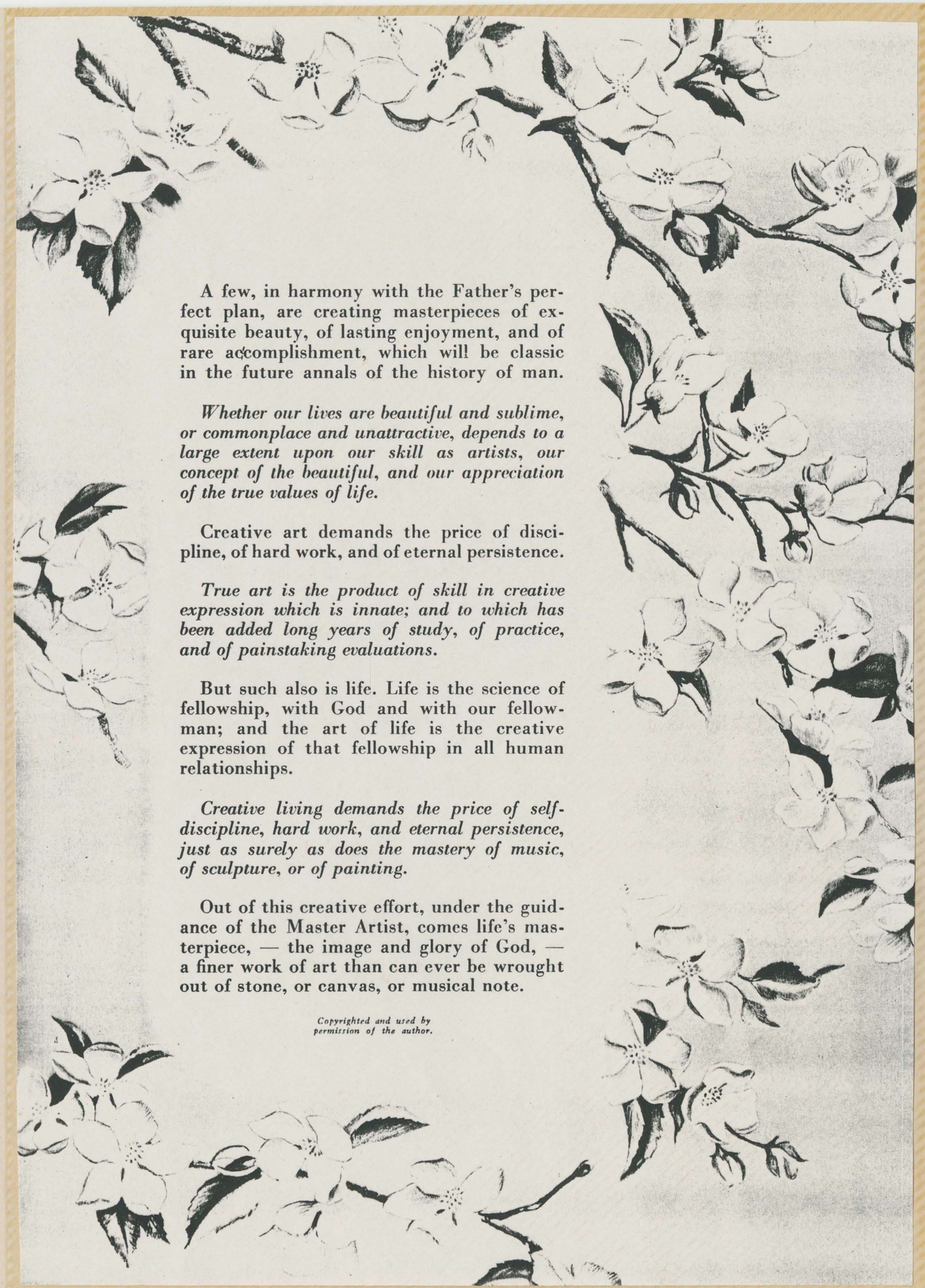
When we begin our task of living, these raw materials are in the rough, as a stone just taken from the quarry,—a shapeless mass, often unattractive, and seemingly with very limited possibilities,—awaiting the skill of the master artist.

Michelangelo, the great artist of the Renaissance, once said he could see an angel in the rugged stone on which he was working; and that his task was to liberate it.

This is the business of life; namely, to make out of the rough materials of daily opportunity, the shapeless mass of crude experience, the unpromising failures of the past, a life that is attractive, and beautiful, and of enduring value.

Many are merely dabbling around making some strange monstrosity, some childish caricature, some ludicrously grotesque figure which excites only a sense of humor, or of pathos, because of its incongruity.

Others are content to copy life after a common pattern with no skill of artistry, and no sense of life's true values.



A few, in harmony with the Father's perfect plan, are creating masterpieces of exquisite beauty, of lasting enjoyment, and of rare accomplishment, which will be classic in the future annals of the history of man.

Whether our lives are beautiful and sublime, or commonplace and unattractive, depends to a large extent upon our skill as artists, our concept of the beautiful, and our appreciation of the true values of life.

Creative art demands the price of discipline, of hard work, and of eternal persistence.

True art is the product of skill in creative expression which is innate; and to which has been added long years of study, of practice, and of painstaking evaluations.

But such also is life. Life is the science of fellowship, with God and with our fellowman; and the art of life is the creative expression of that fellowship in all human relationships.

Creative living demands the price of self-discipline, hard work, and eternal persistence, just as surely as does the mastery of music, of sculpture, or of painting.

Out of this creative effort, under the guidance of the Master Artist, comes life's masterpiece, — the image and glory of God, — a finer work of art than can ever be wrought out of stone, or canvas, or musical note.

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Extension Homemakers Collect

Keep us, oh God, from pettiness; let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretense and meet each other face to face without self-pity and without prejudice.

May we never be hasty in judgement and always generous.

Let us take time for all things; make us grow calm, serene, gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize it is the little things that create differences, that in the big things of life we are at one.

And may we strive to touch and to know the great, common human heart of us all, and, oh Lord God, let us forget not to be kind!

Mary Stewart

Membership List 1992
White Sulphur Springs Homemakers

Era Anderson	786 7634	2826 Riverside Dr.
Hazel Brannock	789 3845	146 Mount View Dr.
Marjorie Brookshire	786 6894	P.O.Box 601 Noonkester
Lillian Carpenter	786 5086	1819 Aims Ave.
Sue Chandler	789 8816	207 William Penn
Ella Haley	786 7489	1515 N. Main St.
Lois Hoover	789 3911	207 W. Oakdale
Nell Hurst	786 6518	3512 Ward Gap Rd.
Thelma McKnight	786 2973	733 Depot St.
Imogene Moore	703 251 5269	Rt.2 Ararat Va. 24053
Gloria Puckett	786 9814	1617 N.Main St.
Cora Shackelford	786 7996	2108 Riverside Dr.
Marie Williams	789 2282	467 Pineview Dr.
Sylvia Wilson	786 6020	219 William Penn





devotions by Ella Haley



Era Anderson, Vice Pres.



Lillian Carpenter, Sec.& Treas.



Nell Hurst, Lillian Carpenter, Marjorie Brookshire and Thelma McKnight



Imogene Moore, Sue Chandler, Sylvia Wilson and Ella Haley.



Cora Shackelford



Hazel Brannock



Marie Williams
Lois Hoover



Glen Puckett and Hazel Brannock share a trip down memory lane during childhood in Mt. Airy. Marie Williams arranged the program.

WHITE SULPHUR SPRINGS CLUB REMEMBERS DAYS OF OLD

The White Sulphur Springs Extension Homemakers Club took a trip down memory lane for its October meeting.

Hazel Brannock and Glen Puckett told about growing up in Surry County.

Miss Brannock came back with her family from Ohio when she was 6 months old. Their home was a three-room house located where *The Mount Airy News* is now. She told many interesting things about her life as a student who loved to play school after her regular school session was over and how she took a 7-year-old to the movies while his father visited outside with friends.

She mentioned that there were no paved roads in those days and when it rained one could imagine the mud. Miss Brannock also recalled various plays that were presented at the old Mount Airy Opera House, and related how her grandfather was a drummer boy in the Civil War.

Mr. Puckett told about living on Mitchell Street and how boys in the neighborhood gathered at Round Rock, a huge rock in Lovills Creek located somewhere near the present site of Proctor-Silex Inc. He remembered farmers bringing produce into town in their covered wagons and added that some of the boys were able to snatch some before being caught. Mr. Puckett said that one driver carried a blacksnake whip and was quite accurate in flexing it on hands that were not too quick.

The speaker went on to say that young people worked for spending money and he used a crosscut saw for 25 cents a day. He worked a full week for $4, which bought him a shirt, pair of shoes and overalls, with 35 cents left.

A question-and-answer period followed.

Club President Gloria Puckett introduced program leaders by reminding the members that all the programs emphasize the family.

Marie Williams distributed an ancestor chart and a family record sheet. She urged each club member to keep records for future relatives and as an example she showed some pictures of beautiful babies without any names or dates to identify them.

In other business at the recent Extension Homemakers meeting, it was announced that a club fair booth added $50 to the treasury. Also, a birthday party at Colonial Rest Home was well-received and the president thanked all who helped.

AGRICULTURAL EXTENSION SERVICE

North Carolina State University
College of Agriculture and Life Sciences

Address reply to:
County Extension Office

P. O. Box 324
Dobson, NC 27017
919/386-9274

October 21, 1991

To: Betty Getgen, Jill Getgen, Gloria Puckett, Myrtle Waugh

From: Christine S. Greene, Home Economics Extension Agent Christine

Re: CVU

You are to commended for taking the time to keep a log of your volunteer activities! It is not an easy job. Congratulations for receiving recognition at the State Extension Homemaker Council meeting at Research Triangle Park on October 14. Keep up the good work! Of (12) recipients from the Northwest District means that you (4) made up 25% of the awards.

I appreciate all you are doing for others and for providing leadership in your clubs, communities, and the county.

CSG:db

AGRICULTURAL EXTENSION SERVICE

North Carolina State University
College of Agriculture and Life Sciences

Address reply to:
County Extension Office

P. O. Box 324
Dobson, NC 27017
919/386-9274

October 21, 1991

To: Coleen Dollyhigh, Fern Evans, Jill Getgen, Helen Johnson, Gloria Puckett

From: Christine S. Greene, Home Economics Extension Agent Christine

Re: Golden Key

Congratulations to you for receiving Golden Key Awards from the North Carolina Extension Homemaker Association. You make Surry County proud! Only (4) other homemakers in the Northwest District received recognition. That means you received 55 1/2% of the awards in the Northwest District.

CSG:db

North Carolina Extension Homemakers Association

HONOR CLUB

THIS CERTIFIES THAT THE

White Sulphur Springs Club

HAS MET THE REQUIREMENTS OF THE SURRY COUNTY COUNCIL OF EXTENSION HOMEMAKERS CLUBS

AND IS NOW ENTITLED TO THIS CERTIFICATE OF DISTINCTION.

October 22, 1991

Christine Greene

Home Economics Extension Agent

North Carolina Extension Homemakers Association

This Certifies That

Members

of the White Sulphur Springs Club Surry County,

compiled a Scrapbook for 1991 and it was chosen as "Honorable Mention."

October 22, 1991

Christine Greene

Home Economics Extension Agent

North Carolina Extension Homemakers Association

This Certifies That

Members

of the White Sulphur Springs Club Surry County,

erected an educational booth at the Surry County Fair.

October 22, 1991

Christine Greene

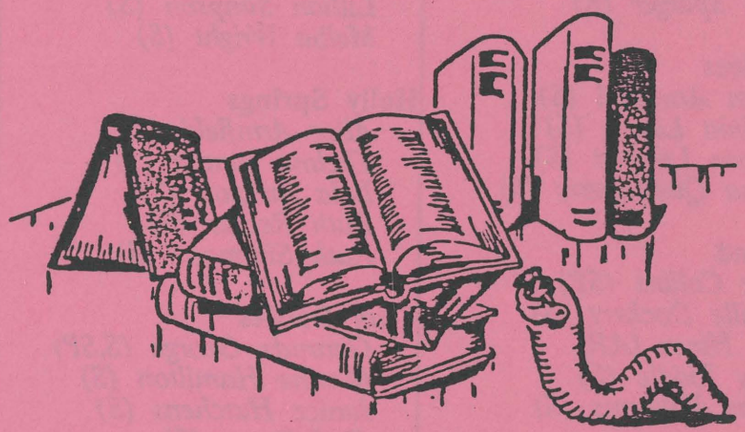
Home Economics Extension Agent

1991

AWARDS

FOR

READING



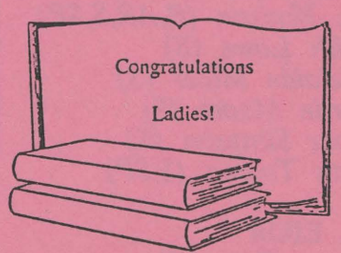
Surry County Extension Homemakers

October 22, 1991

R = READING CERTIFICATE	S = SEAL
AR = ADVANCED READING	SP = SPECIAL

White Sulphur Springs

Era Anderson (S)
Lillian Carpenter (AR)
Sue Chandler (SP)
Ella Haley (S)
Lois Hoover (S)
Nellie Hurst (SP)
Imogene Moore(R,AR,S,SP)
Gloria Puckett (R,AR,S,SP)
Sylvia Wilson (S)



SENIOR CITIZENS ARE THE BIGGEST..... CARRIERS OF AIDS.

HEARING AIDS ... BANDAIDS
ROLL AIDS ... WALKING AIDS
MEDIC-AID ... GOVERNMENT AID



Laughter is good medicine



Lois Hoover, Marie Williams, Lillian Carpenter and Gloria Puckett share a table at the Achievement Day dinner.

1991

PERFECT ATTENDANCE

Surry County Extension Homemakers

October 22, 1991

White Sulphur Springs

Era Anderson - 22
Marjorie Brookshire - 19
Ella Haley - 17
Nellie Hurst - 7
Sylvia Wilson - 6
Lillian Carpenter - 4
Lois Hoover - 3
Gloria Puckett - 3
Sue Chandler - 2
Imogene Moore - 2
Alice Burge - 1
Marie Williams - 1

SUMMARY OF CLUB ACTIVITIES

Surry County Extension Homemakers

October 22, 1991

WHITE SULPHUR SPRINGS

15 (Active)
1 (Associate)

Members spent hours dressing dolls and bears for children of needy families or serving parties at a nursing home because it gives members great pleasure to know they have been able to bring even a small measure of happiness to someone else. The club also donated trees to be planted in a national forest in North Carolina and in honor of Jeb Stuart birthplace preservation trust. One member states, "when we donate trees for a historical birthplace we are still striving to bring happiness. This will not only be for today, but extend into the future for those to enjoy who come after us. While it is true that all projects are work, they are at the same time pleasure and happiness." Other projects involved furnishing cookies and assisting at the Red Cross Open House; delivering food packages at Thanksgiving; decorating tables and selling articles at the Christmas Bazaar; assisting with Mt. Airy Cooking School; preparing displays at the Mt. Airy Library; and participation in both the Golden Opportunities Expo and the Berry Festival.

Extension Homemakers Honored



Goldie Sparger and Fern Holder of the Beulah Club and Melinda Cornett of the Good Neighbor Club admire table decorations designed by Annie Laura McMillion.



Jeanette O'Connell received two awards for the Beulah Extension Homemakers.



Jill Getgen (left), council president, names Patti Miller "Outstanding Leader of the Year."



Extension Agent Christine Greene (left) congratulates Jean Ingram, recipient of the winning leader lesson.

At Achievement Day Program



Emma Bunker, a 50-year member, was among those present.



Callie Smith (left) receives the Second Wind Award from last year's recipient, Ann Smith.



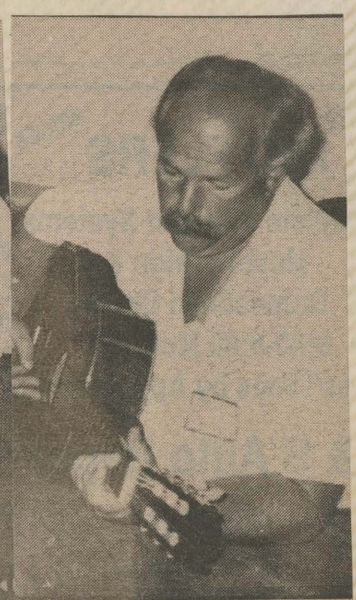
Frances Clifton portrayed Minnie Pearl during the evening.

About 150 members of the Surry County Extension Homemakers gathered at Surry Central High School in Dobson for their annual Achievement Day Program. Jill Getgen, president of the Surry County Extension Council and president of the Rockford Club, presided. Susan Johnson was song leader with Ivylyn Martin as pianist. Greetings were extended by Melvin Jackson, vice chairman of the Surry County Commissioners. The meal was catered by the Surry County 4-H Program.

r Powell/The Mount Airy N



Carole Lowe played the dulcimer.



Mike Lowe played the guitar.

CERTIFICATE OF RECOGNITION

THE
NATIONAL EXTENSION HOMEMAKER COUNCIL
AND
THE NORTH CAROLINA
EXTENSION HOMEMAKERS ASSOCIATION, INC.
Award For
VOLUNTEER SERVICE
Presented To

Gloria Puckett

For faithful and devoted service to others and in recognition of the importance of volunteer service in our democracy, the National Extension Homemaker Council and the North Carolina Extension Homemakers State Executive Board hereby awards 50 Certified Volunteer Units.

Date Oct 14, 1991

State President Genelle Dail

Certified Volunteer Unit State Chairman Judy Clawson

NATIONAL EXTENSION HOMEMAKERS COUNCIL

The Surry County Council
of
Extension Homemakers Clubs

PRESENTS THIS CERTIFICATE TO

Gloria Puckett

IN RECOGNITION OF THE OUTSTANDING LEADERSHIP

SHE HAS PROVIDED TO THE

White Sulphur Springs

October 22, 1991

Jill Letzer
PRESIDENT, E. H. COUNCIL

Christine Greene
EXTENSION AGENT

Certificate of Appreciation

presented to

Gloria Puckett

in recognition of

outstanding leadership / White Sulphur Springs

North Carolina Agricultural Extension Service

Signed

October 22, 1991
Date



Surry County Extension Homemakers attending the annual state council meeting were (left to right) Fern Evans, Alison Lewis, local extension agent Christine Greene, Helen Johnson, Coleen Dollyhigh and Jill Getgen, council president.

SURRY HOMEMAKERS ATTEND STATE COUNCIL MEETING

Five members of the Surry County Extension Homemakers Association attended the annual State Council Meeting of the North Carolina Extension Homemakers Association recently at Research Triangle Park.

Among the 430 participants were, from Surry, Jill Getgen, council president; Alison Lewis, first vice president; Helen Johnson, adviser; and Fern Evans and Coleen Dollyhigh, and their liaison agent, Christine Greene. Meeting at the Sheraton Imperial Hotel and Convention Center, the group represented more than 19,500 members statewide.

The theme of the event was "Family Reaching Odyssey." A&P Leadership Awards were presented to 13 members from each of eight extension districts. Golden Key Club members were recognized for special efforts in membership recruitment.

Local members receiving recognition were Mrs. Dollyhigh and Mrs. Evans, members of the Franklin Extension Homemakers chapter; Mrs. Getgen of the Rockford club; Mrs. Johnson of the Beulah chapter; and Gloria Puckett, the White Sulphur Springs club.

Receiving awards for keeping volunteer records — called CVUs (Certified Volunteer Units) — were Mrs. Getgen and Mrs. Puckett, along with Betty Getgen of the Rockford Villagers and Myrtle Waugh of the White Plains club.

The Extension Homemakers Association is dedicated to continuing adult education through programs in citizenship and community outreach; cultural arts; family living; family resource management; foods, nutrition and health; housing, energy and environment; international affairs; public relations; and safety.

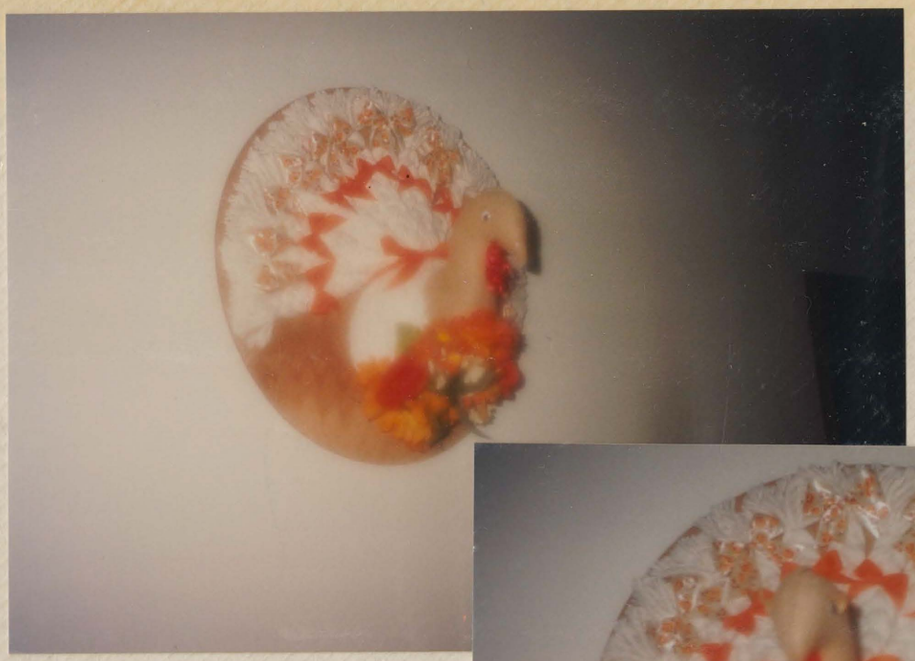
White Sulphur Springs







In Oct. and Nov. our club prepared items for showing in the display case at Dobson. These are examples of the handiwork of our club members. Every member had some article on display and some had several crafts.





This glamorous turkey was made from a map mounted on a circle 18 in across. Then she is decorated with silk flowers and ribbon. Along with the note below she greeted the public from the window at Hinkles store in Mt Airy

GP

Happy Thanksgiving
from
White Sulphur Springs
Extension Homemakers.





During Farm-City week the Food Lion stores in Mt. Airy allowed us to set up displays. The message was composting and generally telling the public the purpose of Extension Homemakers. The store that our club visited was on South 52.

The Store manager had a large area cleared for our table. He was most congenial and gave us a friendly welcome. In return we dressed our table and chairs attractively and kept our assigned area neat and friendly. We added a doll and teddy bear to attract and to show what some of our current projects were. Several helped, shown are Era Anderson, Cora Shackelford, and Imogene Moore.



WHITE SULPHUR SPRINGS CLUB STUDIES BEEF

Cora Shackelford presented helpful and interesting tips during her recent program on "Beefing It Up" to members of White Sulphur Springs Extension Homemakers Club. She emphasized the importance of protein in the diet and said that beef is a good source. A 3-ounce serving is recommended for a heart-healthy diet.

Mrs. Shackelford distributed charts showing different cuts of beef and ways to cook them for best results. She also said there is a movement being promoted urging people to raise their own beef and grain to eliminate Western grain-fed beef.

Gloria Puckett, the president of the homemakers group, was welcomed after a stay in the hospital. She had a bad fall resulting from an inner-ear infection.

Each person present told what Thanksgiving means to them. The group also was informed about a library membership drive and urged to join.

The December meeting of the homemakers will feature a covered-dish meal at Salem United Methodist Church.



It was agreed at the October meeting that our club members would help on Wednesday mornings beginning in November up until December rush was over. We wrapped four large tables of gifts and made several dozen cupcakes for the scout parties. Salvation Army.



TimPreston/The Mount Airy News

White Sulphur Springs Extension Homemakers shared favorite foods and recipes at their December luncheon meeting at Salem United Methodist Church. Among those present for the occasion were (left to right) Gloria Puckett, Thelma McKnight, Sylvia Wilson, Sue Chandler and Era Anderson.

Something's Cooking In The Kitchens Of These Homemakers

Members of the White Sulphur Springs Extension Homemakers shared their cooking expertise during a recent holiday luncheon held at Salem United Methodist Church. The women brought an array of wonderful foods and placed them on a long banquet table decorated in the Christmas spirit.

The women were delighted that Glenn Puckett and Carl Anderson came early to help set up the tables and chairs. "Their help was gratefully appreciated," said Gloria Puckett, club president.

Enjoying the occasion also were Era Anderson, Marjorie Brookshire, Lillian Carpenter, Sue Chandler, Ella Haley, Nell Hurst, Imogene Moore, Cora Shackelford, Marie Williams, Sylvia Wilson and Thelma McKnight. Hazel Brannock and Lois Hoover were unable to attend.

Following are recipes that they share with our readers. Let's begin with the Moravian Chicken Pie brought by Marie Williams.

MORAVIAN CHICKEN PIE

2 cups sifted all-purpose flour
1/2 teaspoon salt
2/3 cup Crisco (approximately)
1/3 cup cold water (approximately)
1 large fryer, cooked until tender
Salt, pepper and flour
Butter

Add salt to flour; cut in Crisco. Add cold water (enough to make stiff dough.) Chill dough then roll half of dough out and line a greased pie pan.

Fill crust with finely diced meat of fryer, cooked until tender and with all fat, skin and bones removed. Sprinkle with salt, pepper and flour; dot with small pieces of butter. Pour chicken broth over chicken. Roll out remaining dough to make top crust; slit top to allow steam to escape. Place over chicken and crimp edges together. Brush top with milk. Bake at 400 degrees for 40 minutes or until done.

An all-time favorite for luncheons is this recipe for Hot Chicken Salad that comes from Gloria Puckett.

Dissolve sugar and yeast in warm water. Mix with buttermilk. Mix flour, sugar, salt, baking powder. Mix in Crisco. Work in buttermilk mixture. Place in tightly-covered bowl and refrigerate overnight. Remove as needed from the refrigerator. Work in as little flour as possible. Roll out and cut biscuits. Let rise slightly. Bake in 40 degree oven until done, about 10 minutes.

Desserts were a favorite. They included Era Anderson's Chocolate Dream Dessert.

CHOCOLATE DREAM DESSERT

1 cup flour
1 stick margarine
1 cup pecans
1 cup confectioners sugar
2 pkgs. (8 oz.) cream cheese
1 carton Cool Whip
1 large pkg. (5.9) instant chocolate pudding
2 cups milk

Mix together flour, melted margarine, and chopped pecans. Press in 9x13-inch pan and bake at 325 degrees for 25 minutes. Cool completely. Mix together confectioners sugar, cream cheese and 1 cup Cool Whip and spread on crust. Mix until thick the pudding and milk and spread on cream cheese layer. Top with remainder of large carton of Cool Whip.

Sue Chandler's Apple-Cinnamon Deep Dish scored a big hit with the group.

1991-92
LOCAL CLUBS/PRESIDENTS

Beulah . . . . . Goldie Sparger
Busy Bees. . . . . .Retha Quesinberry
Copeland . . . . . Jane Collins
Dobson Early Birds . . .Annie Laura McMillion
Franklin . . . . . Pauline Rawley
Good Neighbor. . . . . .Glenda Hunter
Helpful Hands. . . . . Michelle Beverly
Holly Springs. . . . . Ruth Simmons
Lazy Daisies . . . . . .Maxine Hamilton
Long Hill. . . . . Ruth Tolbert
Mountain Park. . . . . Alison Lewis
North Elkin. . . . . Agnes Gray
Pilot Mountain . . . . . Ruth Smith
Poplar Springs . . . . . .Lois Goodwill
Rockford . . . . . .Jill Getgen
Rockford Villager. . . . . Betty Getgen
Salem Fork . . . . . Jean Hardy
Sheltontown. . . . . Linda Romano
Shoals . . . . . .Maxine Fulp
Siloam . . . . . Carole Simpson
White Plains . . . . . Eugenia Pash
White Sulphur Springs. . . . . Gloria Puckett

PRESIDENTS & VICE PRESIDENTS
Training

Surry County Extension Homemakers Association

1991-1992

December 6, 1990
7:00 PM
Agricultural Building
Dobson

north carolina
AGRICULTURAL
EXTENSION
SERVICE
Helping people put knowledge to work.

We showed the teddybears to hospital daycare before taking them to the Salvation Army.





This dear lady held onto the bears tightly. She told us repeatedly how nice they were.





At first the people in hospital daycare quietly watched us display the bears but shortly they were admiring andholding them close. Before we left the ladies were patting our hands and telling us they were pleased that we would take the time to do this for children! It was truly an enjoyable visit to to Northern Hospital of Surry County.

These ladies let us know that they were pleased to see what we have been doing for the children of this community. In the past some of them have dressed dolls and it brought back old memories for them. We left them with warm feelings and happy hearts.

HOT CHICKEN SALAD

3 cups cooked chicken, cubed
4 hard-boiled eggs, chopped
1 small can water chestnuts, sliced
1/2 cup chopped celery
1 can cream of chicken or mushroom soup
1 small can mushroom, chopped
1/2 cup mayonnaise
1/2 cup milk
Salt and pepper to taste

Combine all ingredients in shallow baking dish. Cover with bread crumbs. Bake 30 to 40 minutes at 350 degrees.

Imogene Moore brought Sweet and Sour Meatballs.

SWEET AND SOUR MEATBALLS

1 pound ground beef
1/2 cup bread crumbs, or more
1 teaspoon salt
Dash of pepper

Roll in bite-size balls. Fry in 2 tablespoons of oil.

Sauce:
1 green pepper, sliced thin
1 medium onion, sliced thin
1 teaspoon parsley flakes
1 egg, slightly beaten
1/4 cup milk

Fry about two minutes.

1/2 cup sugar
1/4 cup vinegar
3 tablespoons cornstarch
1/4 cup ketchup
2 tablespoons soy sauce
1 1/2 cups water

Add sugar, vinegar, ketchup, soy sauce. Heat to boiling. Mix water and cornstarch until smooth. Slowly add to boiling mix. Stir until thick. Then add meat balls. Let simmer and keep warm until served.

Cora Shackelford makes a delightful Cranberry Salad that is excellent during the holidays.

CRANBERRY SALAD

1 pkg. cranberries
1 large can crushed pineapple
2 (3-ounce) pkgs. lemon jello
1/2 cup water
1 cup sugar

Chop or grind cranberries. Add water and sugar. Cook until tender. Drain pineapple. Save juice and add enough water to make 2 cups. Bring this to a boil and pour over jello. Add cranberries that have been cooked. Mix well and add crushed pineapple and chopped pecans. Chill until firm.

This makes a large salad. Use an 8x12-inch pyrex dish.

ANGEL BISCUITS

1 pkg. yeast
2 to 3 tablespoons warm water
3 to 5 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt
1 teapsoon soda
5 cups flour
1 cup Crisco
2 cups buttermilk

APPLE-CINNAMON DEEP DISH

2 1/4 cup self-rising flour
3/4 cup Crisco
1/2 cup cold water

Mix well. Roll into 9x13-inch rectangle. Chop 4 tart apples. Spread on top of dough. Sprinkle with cinnamon and raisins. Roll up (jelly roll style). Cut in 1-inch sections and place in 9x13 baking dish.

Bring to a boil: 1 cup water, 1 cup apple cider, 1/2 to 3/4 cup sugar and 1 stick margarine. Pour immediately over rolls and bake in preheated oven 30 to 40 minutes or until brown.

Gloria Puckett brought her delicious Chocolate Turtles. She makes these in a mold. "This requires more time, but it's worth the effort," she added.

CHOCOLATE TURTLES

28 caramels
2 tablespoons cream
1 1/2 cups pecans
1 pkg. chocolate chips

Melt caramels in double boiler. Add cream and pecans. Drop by spoon onto waxed paper. Melt chocolate chips and spoon over caramel mixture. (You may substitute Pet milk for cream.)

And although Red Velvet Cake has been around for a long time, it still remains among the favorite holiday cakes. Ella Haley shares her recipe.

RED VELVET CAKE

1 cup margarine or buter
2 cups sugar
3 eggs
1 tablespoon vinegar
1 tablespoon cocoa
2 1/2 cup cake flour
1/2 teapoon soda
1/2 teaspoon salt
1 cup buttermilk
20 oz. red food coloring
1 teaspoon vanilla flavoring
1/4 teaspoon baking powder

Cream sugar and butter or (margarine.) Blend in eggs and beat well. Make a paste of the vinegar and cocoa. Add to the creamed mixture. Sift together dry ingrtedients and add alternately with buttermilk. Mix in the vanilla and red food coloring. Bake in three greased and floured 9-inch layered layer pans at 350 degrees for 20-30 minutes or until done.

Filling
1 cup milk
1 tablespoon flour
2 sticks margarine
1 cup sugar
1 cup flaked coconut
1 cup chopped pecans
1 teaspoon vanilla

Cook milk and flour together until it thickens. Place in the refrigerator to cool. Beat sugar and margarine until creamy and stir in cooled custard mixture. Beat on high speed until the consistency of whipped cream. Add coconut, nuts and vanilla. Spread between layers and on top and sides of cake.

Sue Chandler loves making this easy jello dessert. She says lemon jello and fruit cocktail are favorites with her husband, Wade. You may also vary this with coconut and nuts or add red cherries on top for a festive dessert.

EASY JELLO DESSERT

Mix: 1 (3-oz) pkg. jello (any flavor)
8 oz. carton cottage cheese
Add: 1 (8-oz.) carton Cool Whip
1 (15-oz) can crushed pineapple, well drained

Combine ingredients and refrigerate.

— Eleanor Powell





ELEANOR POWELL

caring for those who are less fortunate.

It's also a time to entertain the kids, take them shopping, talk with Santa and hope he'll show up with all of the wonderful gifts they request. It's also a time for merriment with friends and co-workers. And it definitely is time to complete the Christmas shopping, baking, gift wrapping and getting the Christmas greeting cards in the mail.

Last week was a busy but enjoyable time as members of the White Sulphur Springs Homemakers gathered for a luncheon at Salem United Methodist Church, the Senior Citizens ate lunch at the Mount Airy Friends Church, members of the Newcomers Club held a Cookie Exchange, bridge club members enjoyed various activities and the Mount Airy Arts and Crafts Guild met at Bruce Malmo's home for a delightful luncheon.



The White Sulphur Springs Extension Homemakers Club held its Christmas party recently. Attending were (left to right) Glen Puckett, Gloria Puckett, president, Imogene Moore, Ella Haley, Nell Hurst, Marjorie Brookshire, Cora Shackelford, Eva Anderson and Carl Anderson.



The neighbors have watched us coming and going for several weeks now with arms full of teddybears. They probably think we have a craving for bears in our second childhood. After all the sewing is done we prepared refreshments and invited the neighbors to come see our handiwork. There were many favorable remarks and we all enjoenjoyed visiting.





Lt. Judy Vincent and her helpers hug teddy bears

ACKNOWLEDGEMENTS

JOHN HAMILTON, Chairman of our Christmas Program

THANKS TO OUR FRIENDS

The Salvation Army is deeply appreciative to The Advisory Board membership, the many unnamed volunteers, The United Fund, Salvation Army Corps members, Churches, Civic Clubs, Businesses, Schools, and others who allowed The Salvation Army to be an ''Ambassador of Goodwill'' to the less fortunate during the Christmas Season and throughout the year with food, clothing, gift items, financial assistance, toys, dolls, publicity, screening of applicants, volunteer bell ringers, camp examinations, etc.

Spencer's
Tharrington Elementary School
Centel, Inc. of Elkin
Flat Rock Elementary School
Mount Airy News
Department of Social Services
Hamilton Beach/Proctor-Silex Corporation
Duke Power Company
Lazy Daisy Home Extension Club
Centel of Mt. Airy
Wal-Mart of Elkin
Brendle's of Elkin
K-Mart of Elkin
Morton's Bakery
Kiwanis Club of Mount Airy
The Winston-Salem Journal
Radio Station WPAQ
Laurie Holland
Dwayne Holland
North Carolina Foam Ind.
Boy Scouts of America
Wal-Mart of Mt. Airy
Calvary Baptist Church
Blue Ridge Life Underwriters of Elkin
Lions Club of Elkin
Blue Ridge Life Underwriters of Mt. Airy
Kathy Edmonds
Pine State Knitwear
The Elks Lodge
Altrusa Club
Mount Airy Police Department
Mayberry Mall Merchants Assoc.

Downtown Merchants' Association
David Long
White Sulphur Springs Home Ext.
Mount Airy Ministerial Assoc.
Retired Senior Volunteers
Sheltontown Senior Citizens
WSYD Radio
Frank Marquette
First Baptist Church
Ross Francisco S.S. Class
Neighbors, Inc.
Kentucky Derby Hosiery
Cindy Hiatt
Mount Airy High School
North Surry High School
Mount Airy Junior High School
Surry Shrine Club
First Methodist Youth Group
Gamma Delta
Central Methodist Pacesetters
Pilot Mtn. Civic Club
J. Sam Gentry Middle School
Veterans of Foreign Wars #2019
Ladies Auxiliary VFW #2019
Sr. Friends-Grace Moravian Church
Disabled American Veterans
Mount Airy Senior Citizens
American Legion Post 123
Grace Moravian John Walker S.S. Class
K-Mart of Mayberry Mall
Dept. of Social Services-S.W.A.P. Program
Salvation Army Corps Volunteers

American Legion Auxiliary #123
Lions Club of Mount Airy
Rotary Club of Mount Airy
H & W Trucking
Foothills Lions Club
Roses
Mrs. Wanda McAlexander & Volunteers
Mr. & Mrs. Glenn Puckett
Whitaker's Chapel
Woman's Club
Milt & Charlotte Bradshaw
Doris Shinault
Members of The Salvation Army Advisory Board
Board of Realtors
Julie Booker
Ernie Frasier
Cleaner World
Workmen's Federal
Quincy's
Picture This Frame Shop
Tultex Corp.
Brown Wooten Mills
Bonus Bingo
Patterson Buick
Antioch Baptist Church
Central Methodist Church
Adams-Millis
Girls Scouts of America
Northern Surry Hospital
Mt. Airy Rescue Squad
Hispanic PTO Board


THE SALVATION ARMY
THE SALVATION ARMY
Wishes to thank
White Sulphur Springs
Home Extension Club
for unselfish efforts in helping others
during the Christmas season
1991
Lt. Michael W. Vincent
"SHARING IS CARING"

North Carolina
Cooperative Extension Service
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry County Center - 210 N. Main St., P. O. Box 324 - Dobson, NC 27017 - 386-9274 or 366-4424(Elkin)

January 10, 1992

Meetings { Jan 29
Feb 26

To: Extension Homemaker Golden Expo Committee
Gloria Puckett
Ruth Smith
Betty Getgen

COA Golden Expo Committee
Gail Jacobs
Kathy Tiiley
Mary Alice Cutter
Marilyn Gardner
Pat Parker

From: Christine S. Greene, Home Economics Extension Agent

Please mark your calendar for Wednesday, January 29 at 10:00 a.m. - Extension Office to meet to discuss the Golden Expo. At their meeting on January 9 it seemed that several of the COA members feel the project is not cost-effective relative to the man-hours they have put in with the attendance no higher. Some feel that the majority attending already know about the resources so we are not reaching those needing to be reached. Representatives from the Health Department stated they would not go back to the gym in Dobson. Lack of publicity has also been a problem.

It seemed to be the consensus to meet where there's already a captive audience such as the mall. Dr. Dale Simmons, Director of the Surry County Health Department suggested doing the Golden Expo every other year and making a display of resources which could be rotated around to the various senior citizens groups and other places where senior citizens are on the other year.

As you see, there is much to be discussed! Please plan to attend on Wednesday, January 29 at 10:00 a.m. at the Extension Center in Dobson.

CSG:db

cc: Jill Getgen
Alison Lewis

Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age or handicap.
North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

PLEASURES and TREASURES

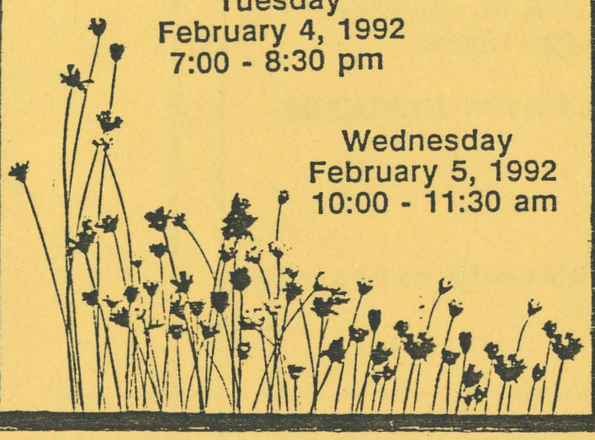
Classes planned and coordinated by:

Surry County
Extension Homemaker Crafts Committee

WONDERFUL WEEDS
(cards & more)

Tuesday
February 4, 1992
7:00 - 8:30 pm

Wednesday
February 5, 1992
10:00 - 11:30 am



Instructor: Gloria Puckett, Surry County Extension Homemaker

Description: Dried pressed weeds arranged in artistic designs and preserved forever.

Cost: $4.00 Class limit: 20

Supplies to bring: Scissors and tweezers

Registration Deadline: January 31, 1992



WHITE SULPHUR SPRINGS CLUB HAS LESSON ON DRIVING

Members of the White Sulphur Springs Homemakers held their January meeting at the Mount Airy Public Library.

President Gloria Puckett showed a video on driving on country roads. The narrator of the presentation noted that best advice for all occasions is "to slow down." He compared driving on city streets and on rural roads and showed some of the hazards, such as farm vehicles on the road, narrow wooden bridges and others.

He mentioned there were 4,700 deaths on rural roads last year and cautioned always to buckle up even for just a few miles, pay attention to road conditions and stay alert and stay alive.

Ella Haley gave the devotion and Cleo Hamrick was welcomed as a visitor.

Memorials were made for two members who had lost family members in death.

New year books were distributed. During announcements it was noted that the Southern Spring Show will be held in Charlotte and a bus will be going down Feb. 27 from Dobson.

Plans were made to do some quilting as a mean of raising money for the club.

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MRS. HELEN DOSIER
Sparta
MRS. MARCELLE FRANKLIN
Sparta
JOHN MILLER
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ASHE
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Laurel Springs
MRS. RUTH DIXON
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JIM TAYLOR
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MRS. EDNA SHELL, Chm.
Vilas
MRS. FERN EVANS, V-Chm.

NORTHWEST NORTH CAROLINA DEVELOPMENT ASSOCIATION, INC.

(919) 727-2236
P. O. BOX 7525
WINSTON-SALEM, N. C. 27109

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CHARLES MYERS
Vice President
Lenoir
W. B. AUSTIN, JR.
Secretary-Treasurer
Winston-Salem

February 28, 1992

TO: COMMUNITIES AND ORGANIZATIONS
RECEIVING AWARDS AND RECOGNITION
DURING NWNCDA ANNUAL AWARDS BANQUET

Your Community/organization will receive an award of recognition during the

NORTHWEST NORTH CAROLINA DEVELOPMENT ASSOCIATION
ANNUAL AWARDS BANQUET
THURSDAY, MARCH 26, 1992 - 6:30 PM
EDUCATION BUILDING
DIXIE CLASSIC FAIR
WINSTON-SALEM, N. C.

Sincerely yours,

Bill

W. B. AUSTIN, JR., Secretary

Enclosure - Form & Envelope



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Plans were made to do some quilting as a mean of raising money for the club.

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February 28, 1992

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EDUCATION BUILDING
DIXIE CLASSIC FAIR
WINSTON-SALEM, N. C.

Sincerely yours,

Bill

W. B. AUSTIN, JR., Secretary

Enclosure - Form & Envelope

SURRY COUNTY SCHOOLS
OFFICE OF THE SUPERINTENDENT
POST OFFICE BOX 364
DOBSON, NORTH CAROLINA 27017

GLENN E. COOK
SUPERINTENDENT

MARSHA E. BLEDSOE
ASSISTANT SUPERINTENDENT

February 18, 1992

BOARD OF EDUCATION
CHARLES C. GRAHAM
CHAIRMAN
PENNY P. SIMMONS
VICE CHAIRMAN
MARVIN E. BEASLEY
CALLIE H. SMITH
SUE W. STONE

Dear Home Extension Club Members:

Plans are underway for our third annual graduation party for the seniors in the Surry County School System. Building on the tremendous success of the previous years, we expect this year's party to be even bigger and better. Our Seniors have worked hard, and they deserve **PROJECT GRADUATION**-a celebration that is both fun and safe!

PROJECT GRADUATION is a tradition in many high schools across the country, and it's a new tradition in Surry County. Basically, **PROJECT GRADUATION** is all night, chemical (alcohol/drug)-free party that is organized by the schools with help from parents, school personnel, civic clubs and business people in the community. The party is well-chaperoned. It is our hope that the event reduces the chance of any of our students being involved in alcohol-related car accidents.

To make **PROJECT GRADUATION '92** the biggest and best party ever, we need your help. Would your club please make a donation for this celebration?

Sincerely,

Linda Davis

Linda Davis
Project Graduation Coordinator

LD/md
Enclosure

The Surry County Schools

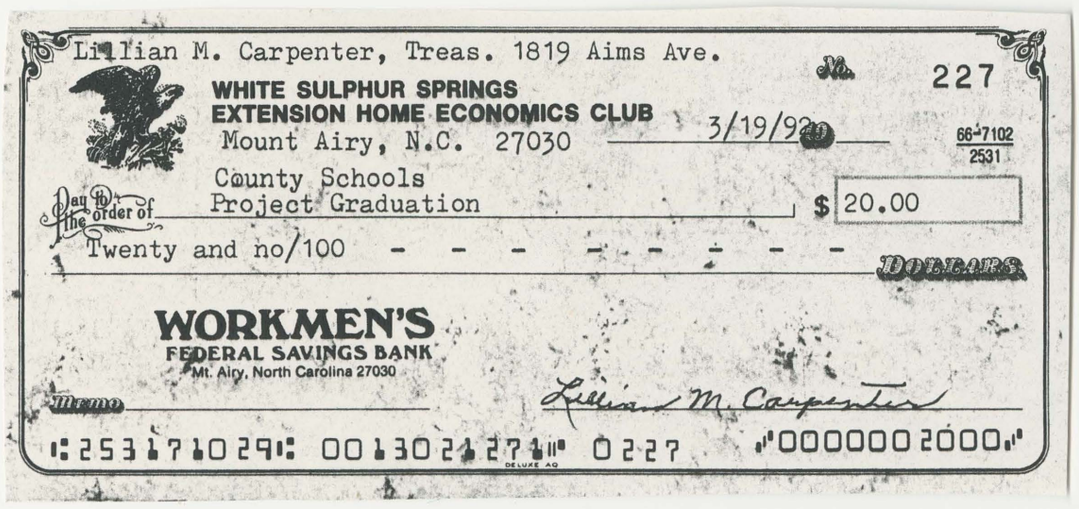
and

The Steering Committee

of

PROJECT GRADUATION '92

greatly appreciate your generous support



Lillian M. Carpenter, Treas. 1819 Aims Ave.

No. 227

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C. 27030

3/19/92

66-7102
2531

Pay to the order of: County Schools
Project Graduation

$ 20.00

Twenty and no/100 - - - - - - - - - - DOLLARS

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Memo

Lillian M. Carpenter

⑆253171029⑆ 00130212711 0227 "000002000"

North Carolina
Cooperative Extension Service
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry County Center * 210 N. Main St. * P. O. Box 324 * Dobson, NC 27017 * 919/386-9274 or 366-4424

February 25, 1992

Mrs. Gloria Puckett.
White Sulphur Springs Ext. Homemaker Club
1617 Old Highway 52 South
Mt. Airy, NC 27030

Dear Gloria:

Congratulations, you have been awarded a Superior rating on your Blue Chip application. Certificates of this achievement will be given at the Northwest North Carolina Development Association's annual awards banquet.

The Superior rating puts you in the running for the gold chip award. The gold chip is chosen from among all the applications rated superior.

I hope you and other representatives will be able to attend the banquet. The date is March 26. The awards program is a dinner meeting scheduled at 6:30 pm at the Dixie Classic Fairgrounds' new Educational Building. Tickets are $8.00. Checks should be made payable to Surry Cooperative Extension Fund.

Tickets are available from the Extension Center in Dobson. Please let me know of your plans.

Again congratulations on your award. Your group is to be commended for the many projects they undertake that benefit the community.

Sincerely,

Brenda M. Rose

Brenda M. Rose
County Extension Director

BMR:lpk

Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age or handicap.
North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Mount Airy Newspapers, Inc.

The Mount Airy News *Surry Scene*

319 N. Renfro Street P.O. Box 808 Mount Airy, N.C. 27030 Phone (919) 786-4141
Fax (919) 789-2816

TO: EXTENSION HOMEMAKERS CLUBS
FROM: DALE GARDNER, GENERAL MANAGER
DATE: MARCH 12, 1992
SUBJECT: COOKING SCHOOL

As you will soon read in articles and advertisements appearing in the news, The Mount Airy News is sponsoring a homemakers' school April 5 at 6:30 p.m. at the Mount Airy High School.

PLEASE COME! We want to take this opportunity to extend a special invitation to the members of your club. And even though we've asked the general public to limit themselves to four tickets, if your club would like to reserve a larger block of seats, please do. You're welcome to call us and reserve the block of tickets, and to pick them up at your convenience before April 5.

If you've attended similar events we've sponsored in the past, you know how much fun they can be. Not only does everyone attending receive a gift bag, but dozens of valuable prizes donated by merchants will be given away as door prizes during the event.

In addition to this attraction, Kay Anderson, a home economist with Homemakers Schools Inc., promises to demonstrate a number of cooking ideas and home-management tips in keeping with the theme of this year's show, "Lifestyles." Then, to top it off, we'll give away the food as door prizes as well!

Displays by a number of merchants who'll be participating in the event, plus other entertainment, will make this a great evening of fun.

AND IT'S ALL FREE. All you need is a ticket, which you can get at our office at 319 Renfro Street or at Belk of Mayberry Mall and Lowe's Hardware at 1218 State Street; both firms are co-sponsors.

We hope to see you there!

P.S. A number of you volunteered to help with ushering and giving gifts away. If you're interested, please contact me or Brenda Carpenter.

North Carolina
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COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry County Center - 210 N. Main St., P. O. Box 324 - Dobson, NC 27017 - 386-9274 or 366-4424

March 31, 1992

White Sulphur Springs Extension Homemakers
c/o Gloria Puckett, President
1617 N. Main St.
Mt. Airy, NC 27030

Dear Homemakers:

Congratulations on winning the Gold Chip award in the Family Living Division of the NWDA! You did an outstanding job with your report as is evidenced by your receiving the only check (enclosed) in that division.

Your plaque is at the office. Remind me when you are here on the 14th at Leader Training to get it for you.

You are an inspiration. Keep up the good work! Our county is a better place because of you.

Sincerely,

Christine

Christine S. Greene
Home Economics Extension Agent

GREENE IS STATE PRESIDENT OF EXTENSION FRATERNITY



Christine Greene

Christine Greene, home economics agent, Surry County Center, N.C. Cooperative Extension Service, has begun her term this month as state president of the XI (N.C.) Chapter of Epsilon Sigma Phi, the National Honorary Extension Fraternity for Extension professionals and retirees, which has more than 600 members across North Carolina.

She and four other delegates from Epsilon Sigma Phi will attend the Southern Region Officers Workshop in Mobile, Ala., in February along with six other extension professionals from the Agricultural Association, the 4-H Agents Association, and the Association of Extension Home Economists. Other area Extension staff serving on the Epsilon Sigma Board include John Brasfield, Stokes County Extension Director as co-analyst for 1992 and Bill Fowler, Wilkes County Extension Director as a vice-director of the northwest district unit.

ace, color, national origin, sex, age or handicap.
partment of Agriculture, and local governments cooperating.



WHITE SULPHUR SPRINGS CLUB STUDIES DIET AND CANCER

Marjorie Brookshire presented an eductional program on "Your Diet and Cancer" to members of the White Sulphur Springs Extension Homemakers during their February meeting.

Mrs. Brookshire told the group that cancer is the second leading cause of death in North Carolina and in the United States. She explained that exposure, body changes and cell growth contribute to cancer. Many questions concerning dietary relationship and cancer remain unanswered but studies have shown definite links between certain cancers and the foods people consume.

She added, "Knowing this, we should cut down on fats and eat more whole grains, fruits and vegetables. Doing this will also allow us to maintain a healthy weight which is helpful."

Gloria Puckett, president, welcomed the group and led the pledge to the flag. Ella Hayley had devotions and prayer.

It was verified by calling McDonald's that they do accept the little tabs from all pop-top soft drink cans. These tabs can be turned in to the local store and eventually go to assist with cost of kidney machines and the Ronald McDonald Houses.

All homemakers are encouraged to attend the county council meeting March 3 at 9:30 a.m. at the Agriculture Building in Dobson. Members are asked to bring an article they have made for entering the cultural arts contest.

Lois Hoover and Ella Haley served red velvet cake and fruit punch to Mrs. Puckett, Mrs. Brookshire, Lillian Carpenter, Sue Chandler, Sylvia Wilson, Thelma McKnight, Nell Hurst, Imogene Moore, Marie Williams, Mrs. Brookshire and Mrs. Puckett.





Midnight won a blue ribbon at the Surry Arts Council

Surry Groups Win Awards

3-26-92

From Staff Reports

Surry County organizations brought home four awards Thursday from the 38th annnual community awards banquet at Dixie Classic Fairgrounds in Winston-Salem.

The top honor received from the association, which promotes community development in an 11-county region including Surry, was the Natural Resources Award.

"That's a big award," said Christine Greene of the Surry County Cooperative Extension Service, which helped coordinate activities that resulted in the county receiving the Natural Resources Award. It was given in response to Surry County's work in conservation and other programs, according to Brenda Rose, the chairman of the local extension service.

Ellis Hardison received the award on behalf of the county.

Also Thursday night, three other groups were honored with "blue-chip" awards for activities among six categories for which honors were given.

The White Sulphur Springs Extension Homemakers won a blue chip award in the Family Living category, with Gloria Puckett receiving the honor on behalf of the group.

The local Survivors of Suicide (SOS) group also received a blue-chip award, which was accepted by the Rev. David Lindler, who provides ministerial support to the group that offers services to help survivors of suicide victims deal with their loss.

The Sandy Level Community Action Council of Mount Airy received blue-chip honors in the Community Development category, Greene said. The group is trying to build a community center. Helen Taylor reportedly received the honor on behalf of that organization.

Also at the awards event in Winston-Salem, an Elkin man was one of three individuals receiving a newly created award honoring efforts in natural resources protection.

Steve Cox of Elkin, a timber buyer for Weyerhauser Co., was recognized for "best management practices" in his work that preserve soil and water quality.

Other categories in which awards were presented included agiculture, economic development, resources and youth projects.



At Spring District meeting Midnight was pleased to win another blue ribbon.



WHITE SULPHUR SPRINGS EXTENSION HOMEMAKERS MEET

"Choosing Our Cookware" was the topic for discussion at the March meeting of the White Sulphur Springs Extension Homemakers. Ella Haley led the program with several members taking part.

Many of the group mentioned that health problems can result by using aluminum cookware. Stainless steel is used more than any other product. Also, cast iron has been used for more than 3,000 years and is still a favorite of many cooks.

The best cookware depends on who you ask, according to the program leader. Directions were given for cleaning different cookware and members were advised not to try to dry foods in the microwave oven.

Era Anderson presided in the absence of President Gloria Puckett who is on a tour of the Holy Land. Roll call was answered with a household hint.

Club members made a donation to the high school graduation party. The quilt which members had quilted was displayed and pictures were made.



North Carolina
Cooperative Extension Ser
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENC

Surry County Center - 210 N. Main St., P. O. Box 324 - Dobson, NC

March 19, 1992

To: Winners of County Extension Homemakers Cultural Arts Contest
Karen Caison (Mountain Park)
Annie Laura McMillion (Dobson Early Birds)
Susan Johnson (Good Neighbor)
Gladys Neal (Lazy Daisies)
Alison Lewis (Mountain Park)
Lucy Gray (North Elkin)
Gloria Puckett (White Sulphur Springs)
Frances Lawrence (Good Neighbor)

From: Christine S. Greene, Home Economics Extension Agent Christine

Congratulations for winning first place in your category at the Cultural Arts Contest on March 3. The County Council has provided $100.00 to be given to White Plains Elementary School Library in your honor. Your names will be listed in the books they purchase.

I do hope you are planning to go to the District level in the contest to be held at the Forsyth Extension Center on April 29 at Spring District Day. Surry County will be well represented if you can all attend!

Let me know if I can assist you.

Something's Cooking In Sue Chandler's Kitchen



Sue Chandler reads cookbooks just as some folks read novels. Her first love is cooking. Sue says she likes to search for new and different recipes and then alter them to her liking.

When she isn't in the kitchen, you'll find her fishing with her husband, working in the garden or creating small crafts.

She is an active member of the White Sulphur Springs Extension Homemakers and has a special interest in supporting Hospice and the Salvation Army. Sue was active in Cub Scouting for 13 years.

Born in Sanford, she graduated from Glade Valley Presbyterian School (where her interest in cooking began) then graduated from Martin Memorial School of Nursing. She worked on the staff for 16 years followed by four years of private duty nursing, before retiring due to surgery on her leg.

Sue is married to Wade Lewis Chandler, a member of the Don Chandler Construction Co., a family company started by their father, Louis Chandler.

Her son, Jimmy Dale "Snookie" McBride, lives in Orlando, Fla., with his wife, Trina. They have two granddaughters, Meredith and Courtney. He is associated with IBM.

Sue says she has changed some of her recipes using low-calorie items and sugar-free jello. For the Dreamsicle Cake you may use sugar-free jello and instant pudding, light Dream Whip and Light Orange Cake Mix. It is a delicious summertime cake and very light.

Here are some of the favorites that you'll enjoy.

BRANDIED FRUIT

2/3 cup diced maraschino cherries
2/3 cup diced canned pineapple
2/3 cup canned peaches
3 cups sugar
1 pkg. yeast

In a jar that will hold at least 4 cups, place above ingredients. Mix well until sugar is dissolved. Stir at least once a week with a wooden spoon. At the end of two weeks add 1 cup of above fruit and 1 cup sugar. (Rotate type of fruit every two weeks.) Stir until sugar is dissolved after each addition.

This mixture can be split any time after you have four cups. Keep in warm place. Do not cover tightly. This fruit is excellent for apple sauce, most all breads and topping for ice cream.

CHEESE-NUT FUDGE

1 (3-ounce) pkg. cream cheese, softened
2 1/2 cups powdered sugar
1/4 teaspoon almond extract
1/2 cup chopped almonds, walnuts, pecans or flaked coconut

In a small bowl, with mixer at medium, beat cheese, sugar and extract until smooth. Stir in nuts. Press into buttered 9x5-inch loaf pan. Refrigerate until firm. Cut into squares.

If you're on a diet, Sue suggests this low-calorie Chicken Delight.

8 slices bacon
Small jar dried beef
1 can of soup, cream of mushroom, celery or chicken
1 small carton sour cream

Line 9x13-inch baking dish with dried beef. Wrap each 1/2 chicken breast with slice of bacon. Place on top of dried beef. Mix and beat soup and sour cream in microwave until hot. Pour over chiicken. Sprinkle with paprika. Cover with foil. Bake for 1 hour at 400 degrees. Remove foil and continue to bake until brown. Makes its own gravy. Serve with creamed potatoes.

BAR-B-QUED WEINERS

1 cup chopped onion
3 tablespoons oil or bacon grease
1 tablespoon sugar
1 tablespoon dry mustard
1/4 cup vinegar
1/2 cup catsup
1/2 cup water
1 tablespoon paprike
1 tablespoon Worcestershire sauce
Salt and pepper to taste
Split weiners

Mix above ingredients. Simmer 15 minutes. Pour over split weiners in shallow dish. Bake 30 minutes at 375 degrees.

HOT FRUIT CASSEROLE

1 (No. 2) can peach halves
1 (No. 2) can pineapple chunks
1 (No. 2) can pear halves
1 (14-ounce) jar spiced apple rings
2 tablespoons cornstarch
1/2 cup brown sugar
1/2 cup sherry (optional)
1/2 stick margarine

Drain fruit. Save 2 cups from peaches, pineapple and apple rings. Add cornstarch, sugar, sherry and butter to juice. Cook until thickened. Arrange fruit attractively in long casserole dish. Pour sauce over fruit. Bake 30 minutes at 350 degrees. Serves 8. Good with chicken or ham.

Sue says the Dreamsicle Cake is Wade's favorite. It is a very light, delicious cake and resembles a large Dreamsicle.



Ruth Davis, hostess, encouraged our Homemakers to use her basement to quiltin. The first quilt was pieced by Lois Hoover and quilted by White Sulphur Springs Extension Homemakers. Mrs. Hoover was HAPPY.



Ruth Davis says it looks beautiful from up here. Her dog was friendly too.



Gloria Puckett helps.

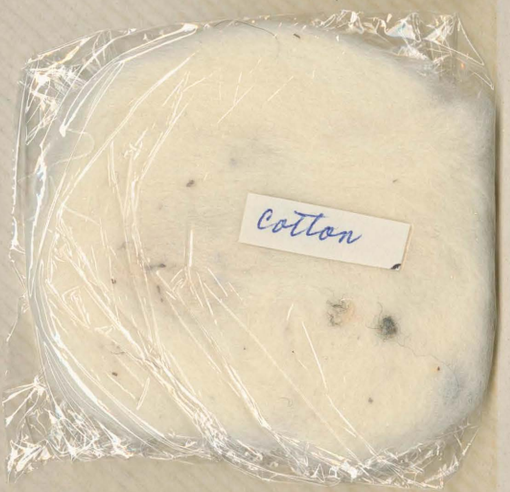


Lois Hoover and Thelma McKnight share in the needlework while visiting.



Ella Haley enjoys working.





Most sheets are a combination of cotton and polyester. ↑

The trip to Kannapolis was most interesting. We followed the route of the cotton bale from the time it entered the plant until it was made into bed sheets.

It went thru several cleaning processes then to be made into threads that were wound on huge spools. These spools were then arranged on a very large rack which fed them into a weaving machine.

Now I appreciate my sheets all the more knowing the processing of all materials. Gp.

Cannon Village
FACTORY OUTLET STORES
and SPECIALTY SHOPS
Kannapolis, North Carolina

PLEASE PRESENT COUPON
PRIOR TO PURCHASE

W

We were each issued these coupon books

North Carolina
Cooperative Extension Service
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry County Center * 210 N. Main St. * P. O. Box 324 * Dobson, NC 27017 * 919/386-9274 or 366-4424

March 23, 1992

TO: Participants of the "Textiles in North Carolina" TOUR

FROM: Brenda M. Rose, County Extension Director Brenda M. Rose

The North Carolina Cooperative Extension Service and the Surry County Extension Homemakers Association are pleased that you will be joining us for the "Textiles in North Carolina" tour scheduled for Thursday, April 2nd.

You will depart from the Extension Center parking lot in Dobson at 8:00 am for a trip to the Fieldcrest/Cannon Village and plant in Kannapolis, NC. Your hostess will be Mrs. Melinda Cornett of the Good Neighbor Extension Homemaker Club. The bus will arrive at the Visitors Center at approximately 9:45 am. Our tour guide will board the bus and will travel two blocks to the plant to begin the tour at 10:15 am. (Anyone who does not wish to tour through the plant may remain at the Visitors Center and visit the textile museum or Village Shops). Those wishing to participate in the plant tour should wear comfortable shoes. The tour is described as a "brisk walk" with 42 steps and there will not be anywhere to sit or wait until the tour is completed. Anyone under 16 years old are not allowed on the plant tour. The plant tour will be approximately 45 minutes. You will see the entire manufacturing process -- from breaking open the cotton, carding, and spinning to the final weaving of cotton/polyester sheeting fabric. After the tour, you will return by bus to the visitor Center and will be free for lunch and shopping on your own. There is a K & W Cafeteria and several other restaurants. Over 40 outlet and specialty shops are located in the Cannon Village. The bus will depart for the return trip to Dobson at 3:30 pm and arrive in Dobson around 5:30 pm.

If you have not remitted your transportation fee of $12.00, please do so NO LATER THAN 5:00 pm - Friday, March 27. If you know of others who would like to join you on this tour, please share this information with them and ask them to contact us as soon as possible (we have a few seats left). Registration and transportation fee must be received by March 27. Melinda will be contacting the Fieldcrest/Cannon Plant on Monday morning to confirm our number.

I will not be able to join you on the 2nd, but I know each of you will enjoy this very educational and enjoyable tour.

BMR:lpk

pc: Mrs. Melinda Cornett

RECEIPT NUMBER 156408

DATE 3-17-92

RECEIVED FROM Gloria Puckett

Address

Twenty-four and 00/100 DOLLARS $ 24.00

FOR 2 tickets - Textile Tour
(Marie Wilkins)

ACCOUNT			HOW PAID		
BEGINNING BALANCE			CASH		
AMOUNT PAID			CHECK	24 00	
BALANCE DUE			MONEY ORDER		

BY

WilsonJones • S1654 N Duplicate • S1657 N Triplicate • MADE IN U.S.A.
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rating.

WHITE SULPHUR SPRINGS EXTENSION HOMEMAKERS MEET

The White Sulphur Springs Extension Homemakers met at Salem United Methodist Church for the April meeting.

Gloria Puckett, president, opened the meeting with the pledge to the flag. She held the business session, announced coming events and mentioned the bake sale which was held Saturday before Easter.

Mrs. Puckett presented each member a beautiful book mark with flowers from the Holy Land.

Sue Chandler brought the group up to date on recycling. She showed different types of plastic and told about grouping types together.

Sylvia Wilson displayed another quilt members of the club had quilted for her. Plans were also made to show quilts to the adult day care patients at Northern Hospital of Surry County.

Ella Haley gave the devotional reading the Easter story from the Bible.



SURRY EXTENSION HOMEMAKERS COUNTY COUNCIL MEETS

The Surry County Extension Homemakers held a quarterly County Council meeting recently at the Agriculture Building in Dobson. Jill Getgen, council president and a member of the Rockford Extension Homemakers Club, presided.

The council voted to print a revised edition of its original red cookbook and sell it for $8. The book should be available in June.

A donation of $100 to Project Graduation, a drug- and alcohol-free party for graduating high school seniors in the county, and the observation of ''Day Care Appreciation Week,'' April 13-17, also were approved by the council.

Alison Lewis of the Mountain Park homemakers group, who chairs a council craft committee, shared a new "Pleasures and Treasures" craft brochure with the group. Those present were encouraged to register for craft classes and tours listed in the brochure and inform others of new craft efforts.

At the conclusion of a council business session, Lilo Comer, county global issues coordinator and a member of the Dobson Early Birds homemakers group, announced the winners of a cultural arts contest:

Painting — Karen Caison, first place; Mary Bowman, second; and Nancy Thacker, third.

Sculpture — Annie Laura McMillion, first place, and Margaret Hardy, second.

Fiber Arts — Susan Johnson, first place; Karen Caison, second; and Lilo Comer, third.

Handstitchery — Gladys Neal, first place; Frances Lawrence, second; and Goldie Sparger, third.

Heritage Skills — Alison Lewis, first place, and Ethel Bowman, second.

Handcrafted Toy — Gloria Puckett, first place, and Dorene Foster, second.

Quilts — Lucy Gray, first place; Agnes Gray, second; and Myrtle Waugh, third.

Miscellaneous Creations — Frances Lawrence, first place; Frances Nichols, second; and Nancy Thacker, third.

Betty Wright and Joyce Treadway were judges for the contest.

All first-place winners are eligible to compete in the Northwestern District Cultural Arts Contest April 29 in Winston-Salem.



Lilo Comer, global issues coordinator for the Surry County Extension Homemakers, presents a check for $100 to Ben Bolick, the principal of White Plains Elementary School, to buy books in honor of recent winners in a cultural arts contest.

4-14-92



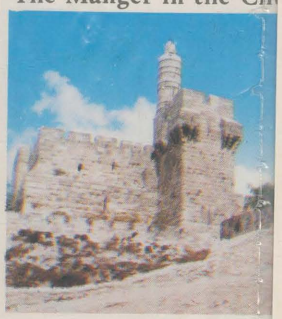
Mount Zion



Shepherd Field Churc



The Manger in the Ch



Herod's Citadel



Mount Airy Newspapers, Inc.

The Mount Airy News ... *Scene*

319 N. Renfro Street P. (786-4141
789-2816

Thank you, Extension Homemakers Club Volunteers.. for helping greet the crowd, pass out gift bags, give away door prizes and more.

Busy Bees
Retha Quesinberry
Melva Speight
Virginia Leach

Franklin Club
Fern Evans
Coleen Dollyhigh
Lavon Thompson

White Sulphur Springs Club
Gloria Puckett
Era Anderson
Sue Chandler

April 3, 1992

Ms. Gloria Puckett
1716 Main St.
Mount Airy, NC 27030

Dear Ms. Puckett:

I am writing this as a reminder that our Cooking School will be Monday, April 6 at the Mount Airy High School auditorium.

We appreciate you volunte
volunteers to come at 5:00 to l

Again, thank you and we look

Sincerely,

Brenda Carp

Brenda Carpenter
Advertising Clerk
THE MOUNT AIRY NE

The Mount Airy News
SPONSORS
Lifestyle Homemakers School
Monday, April 6 — 6:30 p.m.
Mount Airy Senior High Auditorium
Ticket holders are requested to be seated by 6:15 p.m.
Doors will open to the general public at 6:20 p.m.



your thoughtfulness meant so much!

Thanks for all your help in the cooking school!

Dale Gardner

Certificate of Appreciation

presented to

Gloria Puckett

in recognition of VOLUNTEER SERVICE

to the

SURRY COUNTY PROGRAM

of the

North Carolina Cooperative Extension Service

April 27, 1992

Brenda M. Rose

Brenda M. Rose
County Extension Director

Christine S. Greene

Christine S. Greene
Home Economics Extension Agent

Showing quilts at Total Life Center of Northern Hospital of Surry County.











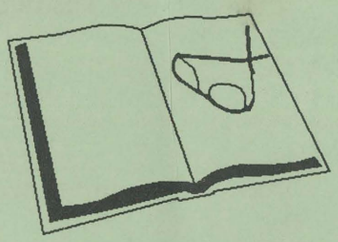


NORTHWEST DISTRICT

EXTENSION HOMEMAKER

SPRING

DAY



April 29, 1992
Agricultural Building
Winston-Salem, NC



"THE POTTER'S HOUSE"

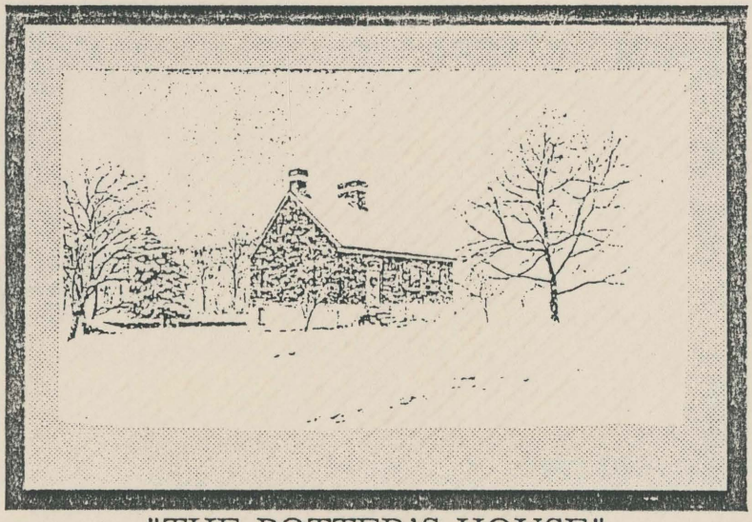
A Raffle by the Northwest District Extension Homemakers

"The Potter's House" is a signed and numbered limited edition print by David E. Doss. It is part of the "Christmas in Bethabara" collection and depicts the 1781 home of the village's potter. The scene shows the house dusted in fresh falling snow, reminiscent of our northwest North Carolina countryside during winter.

David Doss, a self-taught watercolorist, strives to capture the nostalgia of antique treasures by reflecting a love of times forever past, evoking images of yesteryear. Doss is a native of Winston-Salem and now lives in Pfafftown in rural Forsyth County. His work is represented around this country and abroad in private and corporate collections. He has numerous sold-out reproductions and more are soon expected to achieve this status.

"The Potter's House" was released in 1990 at $95 per print. It's current market value is $180, unframed. The print is matted with an off-white faux marble outer mat and a blue inner mat. The framed print measures 24" x 36".

The drawing for the print will be held on April 29, 1992 at the EH Spring District Day in Winston-Salem. Please bring all money collected, ticket stubs, and unused tickets to the registration table that day.



"THE POTTER'S HOUSE"

Sylvia Wilson of White Sulphur Springs Club held the winning ticket. She was surprised but pleased!!!

North Carolina
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COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry County Center - 210 N. Main St., P. O. Box 324 - Dobson, NC 27017 - 386-9274 or 366-4424

May 5, 1992

To: Karen Caison
Alison Lewis
Gloria Puckett
Annie Laura McMillion

Christine

From: Christine S. Greene, Home Economics Extension Agent

Re: Extension Homemaker Cultural Arts Contest

Congratulations - District Winners! We in Surry are proud of you.

I hope you first place winners will plan to go (or send your items) to the State level in October in Rocky Mount. As soon as I get details on that meeting, I will forward it. I understand each county can have five (5) delegates.

Again, congratulations.

CSG:db

May 1
11:30

To: Golden Expo Committee

Christine

From: Christine S. Greene, Home Economics Extension Agent

May is fast approaching which means that the Golden Expo is just around the corner. Please be prepared for your committee to give a report on Friday, May 1. Let's meet for lunch at 11:30 a.m. at the Derby Cafeteria in Mt. Airy. They will reserve a long table for us near the meeting room area.

CSG:db

Employment and program opportunities are offered to all people regardless of race, color, national origin, sex, age or handicap.
North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

CIVIC/CLUB NOT

ES



Extension Chairman Brenda Rose sents Frank Sprinkle with the Friend Extension Award.



Mrs. Rose honors John Hammer w plaque in recognition of his efforts i recycling program.



Dr. James West, assistant director of county operations, NCCES, was keynote speaker.

EXTENSION SERVICE RECOGNIZES VOLUNTEERS

Members of the Surry County Extension Service held their second Extension Volunteer banquet Monday night at the Dobson Community Building. About 100 persons were on hand for the event with Brenda M. Rose, county extension chairman, delivering the welcoming address.

She told the group, "Volunteer by definition is a noble act. As you well know volunteerism is without monetary reward, but we hope you think it has other rewards. Much gratification can be achieved when you know you have helped someone to better the quality of their lives. In Extension work this may be through implementation of a practice to show the benefits, or it may be in teaching someone a new skill."

Dr. James West, assistant director of county operations, North Carolina Cooperative Extension Service, was the keynote speaker. During his address he noted that recognition is respect made visible.

Greetings were extended from Melvin Jackson, vice chairman of the Surry County Board of Commissioners, and Dr. Russell King, district Extension director, Northwest District.

Special recognitions went to outstanding volunteers. Mrs. Rose presented the Friends of Extension Award to Frank Sprinkle and praised him for his unerring dedication to the Extension Service in Surry County and at the state level. Sprinkle served eight years on the state advisory council and serves on the local Advisory Council. He has served on the 4-H and youth finance committee and this year is cooperating with an on-farm demonstration.

Carolyn B. Johnson, extension agent, 4-H and Youth, recognized Kester Sink as an important financial supporter of the 4-H program. She said, "His support has been in the form of linking the 4-H program to businesses interested in financially supporting youth programs.

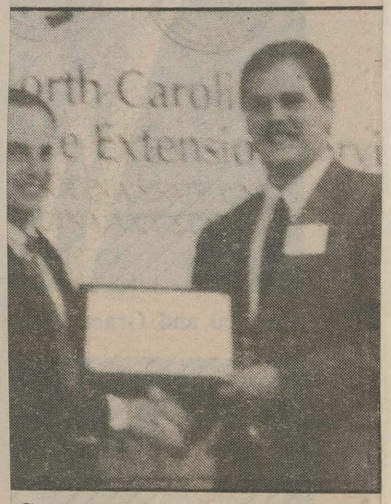
Bryan Cave, associate agricultural extension agent, announced David Haynes as the recipient of the agricultural and natural resources award. Haynes donated not only land, labor, equipment and time, but was a participant in the National Lay Leaders Conference in Washington representing the Northwest District of the North Carolina Cooperative Extension Service. On the local level, he serves as 2nd vice chairman of the Surry County Extension Advisory Council, and is an integral part of the Agricultural Program Committee in Surry.

Jill Getgen, president of the Extension Homemakers County Council, was honored as a volunteer in home economics. The presentation was made by Christine S. Greene, home economics extension agent. Mrs. Getgen, who lives in the Rockford community, has been president of the council for two years and also serves as president of the Rockford Extension Homemakers. She is a volunteer information provider for SHIIP (Senior Health Insurance Information Provider) and a master volunteer who teaches teens to improve their image. A culinary artist, Mrs. Getgen has presented programs on tofu, as well as cooking with herbs and leading herb garden tours.

John Hammer of Mount Airy was presented an award for his work in community and rural development. Mrs. Rose, in making the presentation, said Hammer had spent many, many hours working on recycling collection days and had presented a number of recycling programs to groups in the area. "He has been willing to put forth whatever time and effort necessary to make sure these projects were carried out," she added.



on Agent Christine Greene (right) s the home economics award to Jill



Cave (right), associated agricul- tension agent, presents a plaque to Haynes.



Dr. Russell King, district Extension director, Northwest District, welcomed the group.

With the most welcome assistance of Tra Anderson and Mrs. Folger we showed these two groups of children how to make book markers





P.O. Box 248
Dobson, NC 27017
May 11, 1992

TIGERS

Dear Mrs. Puckett
We enjoyed your flowers. I speak for the whole fifth grade when I say we would love for you to come back to our school. We thank you for coming.

Sincerely,
Fifth grade
Emily Nixon

DOBSON ELEMENTA

WHITE SULPHUR SPRINGS EXTENSION CLUB MEETS



Lois Hoover presented a program on "Mold and Mildew" to members of the White Sulphur Springs Extension Homemakers when they met recently at Salem United Methodist Church.

Mrs. Hoover stressed covering pots and pans when cooking to cut down on moisture and installing vent fans, vented to the outside, in the kitchen and bathrooms. She also suggested covering basement floors with polyethelyne and burning lights in closets to cut down on moisture. Shoes should be cleaned and clothing should be thoroughly dry before putting away. Use of humidifiers was recommended, also.

Gloria Puckett presided over the meeting and reported on the Cultural Arts meeting she had attended. Mrs. Puckett won the prize in this district for a dog she had entered in the hand-crafted toys display.

Members answered the roll call with an interesting experience in gardening.

Mrs. Puckett said the club is proud of Sylvia Wilson and her winning painting, "The Potters House."

Members voted to hold the name of the club and not change it.

"AMERICA THE BEAUTIFUL"



O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

O beautiful for patriot dream,
That sees, beyond the years,
Thine alabaster cities gleam,
Undimmed by human tears!
America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

"GOD BLESS AMERICA"

God Bless America land that I love
St nd beside her and guide her
ru the night with a light from above.
m the mountains to the prairies
the oceans white with foam
d Bless America my home sweet home,
d Bless America my home sweet home.

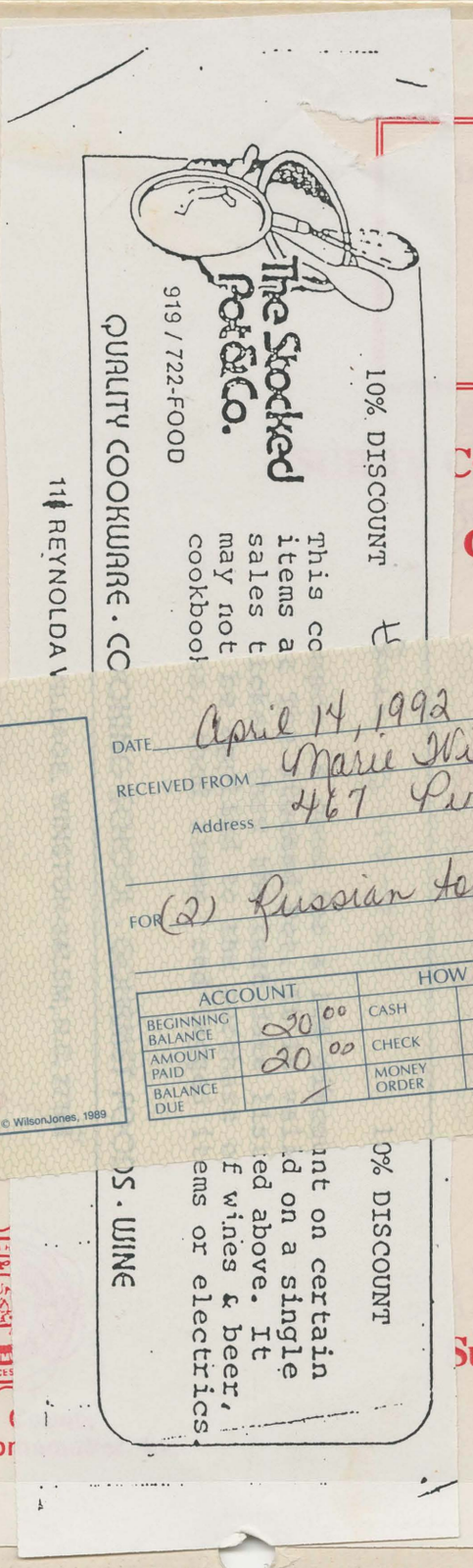


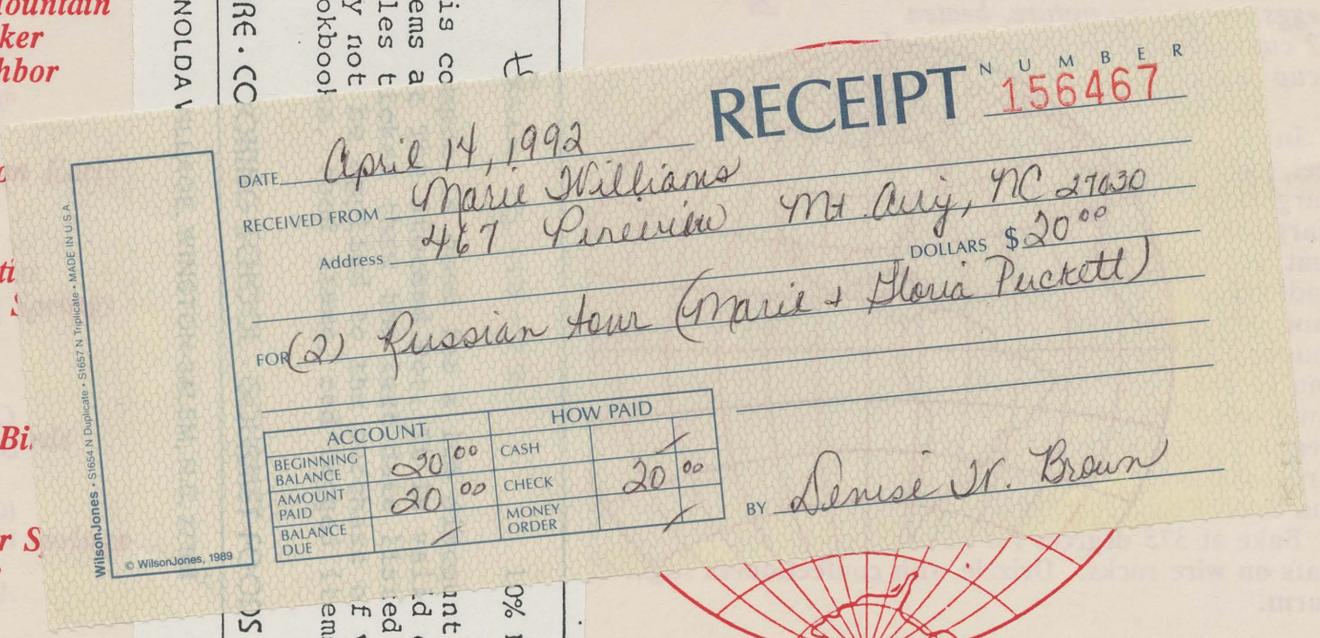
PARTICIPANTS

Ethel Bowman - *Siloam*
Bernice Cave - *Good Neighbor*
Carolyn Comer
Lilo Comer - *Dobson Early Birds*
Vonda Comer
Camilla Cook - *Dobson Early Birds*
Frances Darnell - *North Elkin*
Lucille Folger
Irene Goins - *Lazy Daisies*
Maxine Hamilton - *Lazy Daisies*
Margaret Hardy - *Good Neighbor*
Barbara Hohenberger - *Pilot Mountain*
Mary Margaret Hothem - *Speaker*
Frances Lawrence - *Good Neighbor*
Alison Lewis - *Mountain Park*
Edith Maines - *North Elkin*
Annie Laura McMillion - *Dobso*
Gladys Neal - *Lazy Daisies*
Ruth Overcash - *North Elkin*
Gena Poovey - *SCC Visiting Arti*
* Gloria Puckett - *White Sulphur S*
Marge Ray - *Member-at-large*
Annie B. Smith - *Lazy Daisies*
Edith Snow
Edna Stockton - *Dobson Early Bi*
Juanita Tucker - *Lazy Daisies*
Dot Watson - *Lazy Daisies*
* Marie Williams - *White Sulphur S*
Melba Wright - *Good Neighbor*

North Carolina
Cooperative Extension Service
NORTH CAROLINA STATE UNIVERSITY
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Surry C
Extension Hor





RUSSIA

COUNTY EXTENSION HOMEMAKERS

GLOBAL ISSUES PROGRAM

May 7, 1992
9:00 a.m.
Surry Extension Center - Dobson



Wayne and Mary Margaret Hothem



Christine Greene & Wayne Hothem

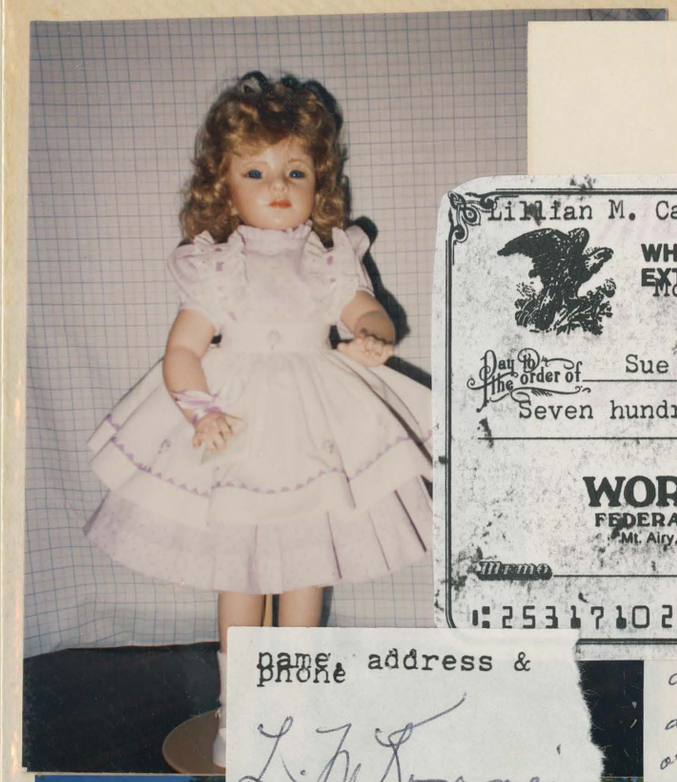


Lilo Corner, Gena Poovey & Mary Margaret Hothem



Chef Don McMillian & assistants

"Martina"



Lillian M. Carpenter 1819 Aims Ave. 68240258 229
Mount Airy, N.C. 27030 5/20/92 66-7102 2531

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB

Pay To The Order of Sue Chandler $ 757,50

Seven hundred fifty-seven and 50/100 - - - - DOLLARS

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Memo 0195273 5-26-92#066 Lillian M. Carpenter

⑆253171029⑆ 00130212711 0229 "0000075750"

name, address & phone

L. McKinney
786-5921

doll wears an orchid dress and embroidered orchid trim on white pina fore. The winner was Lorraine McKinney. She was totally surprised and very pleased with "Martina".





Proceeds from bake sale and doll are presented to a member who had knee replacement. We sincerely thank all who helped in any way on this project.





We spent a day of fun and feasting to celebrate learning of our charter birth on Oct. 22, 1938.

















Enjoying the lawn party at the White Sulphur Spring.











Major General J. E. B. Stuart.

the war is over quietly spend out the rest of my days there." Fate would not allow Stuart this chance. He would be dead at the age of 31 in May of 1864, killed by one of George Custer's men at the battle of Yellow Tavern.

Stuart was born at his parent's home, Laurel Hill, on Feb. 6, 1833. He was the seventh of 11 children and the youngest son, which by tradition meant he would take the military as a career.

His family had a rich history in that line of work. William Letcher, his maternal great-grandfather was killed during the American Revolution and is buried near the birthplace of his famous offspring in Ararat, Va. Stuart's paternal great-grandfather was an officer at the Battle of Guilford Court House and his father served in the War of 1812.

As a young man, James E. B. Stuart would almost always close his letters with: "Write me as soon as you can at Mount Airy, North Carolina." The Stuart family picked up their mail at the Blue Ridge Hotel, where First Financial Savings and Loan is today on Main Street. They attended services at the forerunner of what is

counties.

In 1859, he was involved in the capture of John Brown at Harper's Ferry with Robert E. Lee. That same year, he accompanied President James Buchanan to commencement exercises at the University of North Carolina in Chapel Hill.

Stuart resigned in 1861 to offer his sword to Virginia and quickly rose to the rank of brigadier general after the First Battle of Manassas. He was known for his vibrant personality and fine singing voice.

In 1862, he was promoted to major general after his famous ride around McClellan. He served as the chief of cavalry for Lee for the next two years and was invaluable in providing intelligence for the Army and leading the mounted arm. In May 1863, he took the place of the famous "Stonewall" Jackson when the latter was wounded at Chancellorsville. He fought in the largest cavalry battle in the history of the Western Hemisphere at Brandy Station in June of that year. Stuart's absence during the first two days of Gettysburg was the sole blight on an otherwise brilliant career. ❑

Gen. James Ewel Brown Stuart
(1833-1864) C.S.A.

Stuart, Commonly known as "Jeb", was a Confederate cavalry general. He was very well remembered for his part in the first battle of Bull Run. He fought with "Stonewall" Jackson at Chancellorsville. He also fought in several successful engagements in the Wilderness Campaign of 1864. Stuart was killed in 1864 at Yellow Tavern in the campaign to take Richmond.

THANK YOU VERY MUCH FOR YOUR GENEROUS CONTRIBUTION TO THE J.E.B. STUART BIRTHPLACE PRESERVATION TRUST, INC.

MIKE HAYES
SECRETARY

1832 E. ARLINGTON, SPRINGFIELD, MO 65803

19 USA

Post Card

WHITE SPRINGS EXT. HOMEMAKERS

1819 AIMS AVENUE

Lillian M. Carpenter, Treas. 1819 Aims Ave. 232

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB

66-7102
2531

6/15/92

Pay to the order of J.E.B. Stuart Homeplace/Preservation Trust $ 50.00

Fifty and no/100 ---------- Dollars

WORKMEN'S
FEDERAL SAVINGS BANK
Mt. Airy, North Carolina 27030

Memo

⑈253171029⑈ 00130212271⑈ 0232

"000000 5000"

J.E.B. Stuart and His North Carolina Connections

By Tom Perry
Special to The Surry Times

The commanding general of the Army of Northern Virginia's Cavalry, James Ewell Brown Stuart — known to most as "Jeb" — had many connections to the Old North State and Mount Airy specifically. In one of the last known letters he wrote to his wife in the spring of 1864, when the war was not going well for the South: "North Carolina has done nobly in this army. Never allow her troops to be abused in your presence."

Stuart often thought of his boyhood outside Mount Airy in Patrick County. In late 1863, he told his older brother, William, that he would "give anything to make a pilgrimage to the old place and when today Trinity Episcopal Church on Lebanon Hill. Their family physician was James Hollingsworth of Mount Airy, and it was he, along with Robert Galloway, who bought the Stuart property in 1859.

Young James attended Emory and Henry College from 1848 to 1850 where he became a Methodist. A religious man, Stuart was later confirmed in the Episcopal faith of his mother. He promised his mother at age 12 that he would not drink and, by all accounts, kept that promise.

He was appointed to the United States Military Academy at West Point in 1850 and graduated from there in 1854. When on leave from West Point in 1852 and 1854, Stuart made extensive travels, visiting Forsyth, Davie, Stokes and Yadkin



Plan ahead for those "golden" years —

GOLDEN EXPO



(25-30 Exhibits on eldercare resources)

Wednesday, May 27
9:00 a.m. - 3:00 p.m.
Mayberry Mall, Mt. Airy

Health Screenings (all free except cholesterol)
Cholesterol - $5.00

Exercise Demonstrations

Door Prizes every hour

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North Carolina Cooperative Extension Service
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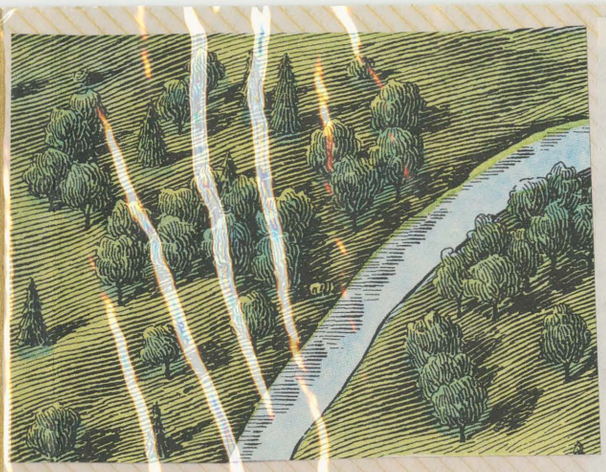
Imogene Moore and Gloria Puckett Take a turn in the Extension Homemaker booth at the Golden Expo that was held at the mall in Mount Airy in May.



She is interested in the craft while he wants to know more general information concerning the entire setup. It was interesting meeting the public and explaining as best we could the purpose of the Expo and the interests of Extension Homemakers



Imogene Moore answers some of the many inquiries concerning the boy and his dog. This is just an example of some of the crafts done by Homemakers.



Most of us plant trees to grace our homes and to beautify the neighborhood...to have that special sense of pleasure that comes from living among trees.

The trees we plant have practical benefits, whether or not they are the primary reason for planting them. They provide cooling shade and shelter from cold winds, and they increase the value of our property. Also, trees build topsoil, take carbon dioxide out of the air, and give us oxygen to breathe.

All the while providing food and shelter for wildlife. We often think of this when we see colorful songbirds eating berries from dogwoods or hawthorns or watch a squirrel bury his cache of acorns.

But trees also provide important food for the large animals that inhabit our



Lillian M. Carpenter, Treas. 1819 Aims Ave.

No. 231

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Mount Airy, N.C. 27030

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Memo

Lillian M. Carpenter

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DELUXE AG

1180

Day, J. Sterling Morton wrote that, "unlike other holidays that repose upon the past, Arbor Day proposes for the future." It's exciting to think about honoring the future of our world as much as we've honored its past. Celebration of Arbor Day gives us a good chance to do just that – to get excited about the well-being of our planet and focus on taking care of it for future generations. A tree planted on Arbor Day becomes a symbol of concern, a monument to wise stewardship, and a message of respect to those who follow us. There has never been a time when preserving and replenishing the earth's good gifts has been so important. Plant a tree as a token of thanks and a talisman of good example.

I hope that everyone will make an effort to observe Arbor Day this year. If you have a chance, take part in a public ceremony or go to a school and share the enthusiasm of children. Take the opportunity to remind your friends just how important every individual is in caring for our environment. Plant a tree and think about all the good you're doing for yourself and others.







Worldwatch Institute said, "In the battle to save the planet, tree planters are on the front lines. The act of planting trees, as thoroughly detailed in this book, has broad societal effects that go far beyond forest boundaries and city limits. Against the backdrop of the many developments contributing to the environmental degradation of the planet--shrinking forest cover, cropland degradation, growing population, accumulation of greenhouse gases, and a thinning stratospheric ozone layer--no single action can turn the tide. Yet, planting trees and nuturing them to maturity is one thing an individual can do to put society on the track to a sustainable future...

Thank A Bee

When you watch the little honey bees going about their business on the spring blossoms, take a moment to think of what our world would be like if these tiny creatures suddenly vanished. Approximately one-third of the total human diet depends on insect-pollinated fruits, legumes and vegetables, and 80 percent of this pollination is done by honey bees. Their honey alone is worth well over $100 million annually, but the value of their work as pollinators totals some $9.7 billion!

Apples, pears, almonds, plums and cherries are among the fruit trees that benefit from approximately one million colonies of bees rented to orchardists each year. In many orchards, the trees are self-sterile varieties which means that they will not bear fruit unless pollinated by another variety of the same species. Bees faithfully do the job, transferring pollen from the anther of one flower to the stigma of another on a different tree, a seemingly simple act but one that keeps us well fed and highly competitive in the world food markets.

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CENTENNIAL EDITION

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100th Anniversary of the National Forest System

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June 18, 1992

Mrs. Lillian M. Carpenter, Treasurer
White Sulphur Springs Extension Homemakers Club
1819 Aims Avenue
Mt. Airy, NC 27030

Dear Mr. Carpenter:

Just a note to thank the Extension Club members for the recent donation of $50.00. This is a very generous donation and we really do appreciate it. We have had to turn to the community quite a bit lately for sponsorship of various activities and we have received good response from Extension Homemakers.

We count you as valuable "Friends of 4-H" and hope that you can continue to support the things we are trying to do here in Surry County.

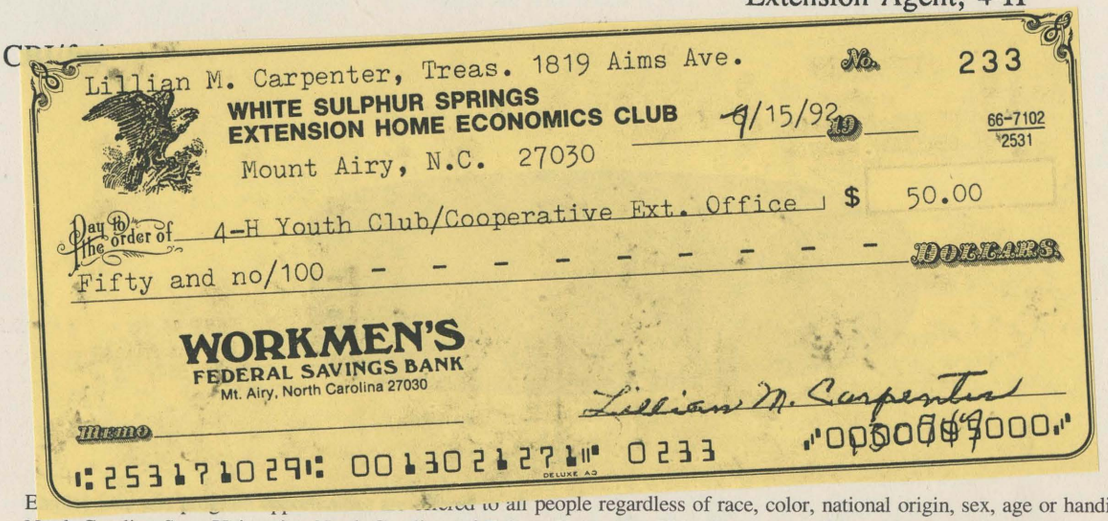
Again, thank you for the donation.

Sincerely,

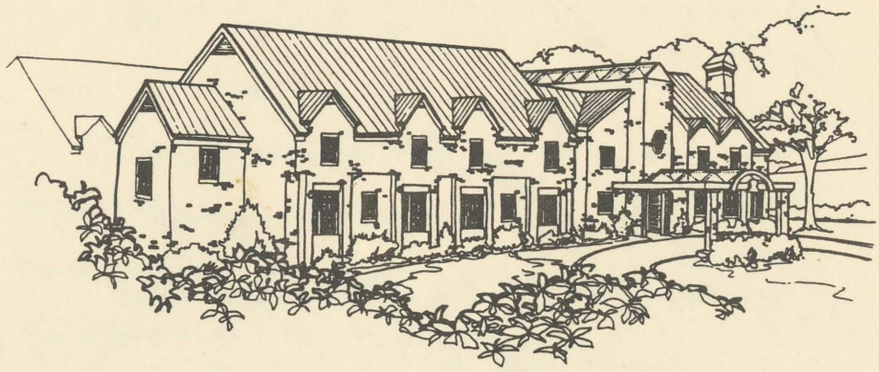
Carolyn

Carolyn B. Johnson
Extension Agent, 4-H

C



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WHITE SULPHUR SPRINGS
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Florence Crittenton Services

Memo

Lillian M. Carpenter

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WHITE SULPHUR SPRINGS CLUB STUDIES NUTRITION

Gloria Puckett, president of the White Sulphur Springs Extension Homemakers Club, was program chairman for the June meeting which was held at Salem United Methodist Church. Mrs. Puckett, using "Label Fables" as her topic, explained about reading labels for food nutrients. She said, "We really don't know what we are eating unless we know the content of salt, sugar and fats that we read on the labels.

"Most Americans tend to be heavy-handed with the salt shaker," she added. "Those on a heart diet need less than 300 milligrams of salt daily and those who need low-fat should strive for less than 30 percent of total calories from fats.

"Sugars and fiber should also be clearly listed on packaged foods that we may know how to plan our daily menus," she noted.

Mrs. Puckett said that new laws go into effect in 1993 that require all food processors to use uniform measures such as 1/2 cup instead of ounces and also list plainly and clearly in easy to read print the package content.

The group voted to make contributions to youth groups, the Forest Service and JEB Stuart Trust.



NUTRITION LABELS

How to Read Nutrition Labels

Nutrition information is given on a per serving basis. The label tells the size of a serving (for example: one cup, or 2 ounces, or 1 tablespoon), the number of servings in the container, the number of calories per serving, and the amounts of protein, carbohydrate, fat and sodium per serving.

Protein is listed twice on the label: in grams and as a percentage of the U.S. Recommended Daily Allowance.

The seven vitamins and minerals which must be shown, are in a specific order. The listing of 12 other vitamins and minerals, and of cholesterol, and fatty acid is optional.

SHREDDED WHEAT

NUTRITION INFORMATION (PER SERVING)

SERVING SIZE: 1 Biscuit (5/6 ounce: 23.6 g)
SERVINGS PER BOX: 12

	NABISCO Shredded Wheat	
	1 Biscuit	with ½ cup whole milk
Calories	90	170
Protein	2 g	7 g
Carbohydrate	19 g	25 g
Fat	1 g	5 g
Sodium	**	60 mg

**Not more than 10 mg/100 g
Not more than 10 mg/1 biscuit serving

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

	NABISCO Shredded Wheat	
	1 Biscuit	with ½ cup whole milk
Protein	4	10
Vitamin A	*	2
Vitamin C	*	*
Thiamine	4	6
Riboflavin	*	10
Niacin	6	6
Calcium	*	15
Iron	4	4
Phosphorus	8	20
Magnesium	8	10
Zinc	2	6
Copper	4	6

*Contains less than 2% of the U.S. RDA of these nutrients.

INGREDIENTS: 100% natural whole wheat. To help preserve the natural wheat flavor, BHT is added to the packaging material.

What U.S. RDA Means

The U.S. Recommended Daily Allowances are the approximate amounts of protein, vitamins, and minerals that an adult should eat every day to keep healthy. Nutrition labels list the vitamin and mineral content as percentages of the U.S. RDA. For example, the label may state that one serving of the food contains 35 percent of the Recommended Daily Allowance of vitamin A and 25 percent of the Recommended Daily Allowance of iron. An individual needs to eat foods which supply approximately the U.S. Recommended Daily Allowance of essential nutrients.



WHITE SULPHUR SPRINGS CLUB MEETS

The White Sulphur Springs Extension Homemakers held their regular meeting at Salem United Methodist Church with 10 members and one visitor present.

Era Anderson, vice president, presided with Ella Haley giving the devotions.

Sylvia Wilson presented the program on "Barley" and its many uses in the diet such as cereal and fiber. Barley is often used in lowering cholesterol.

The speaker then served a dish which she had prepared called "Heavenly Barley Salad."

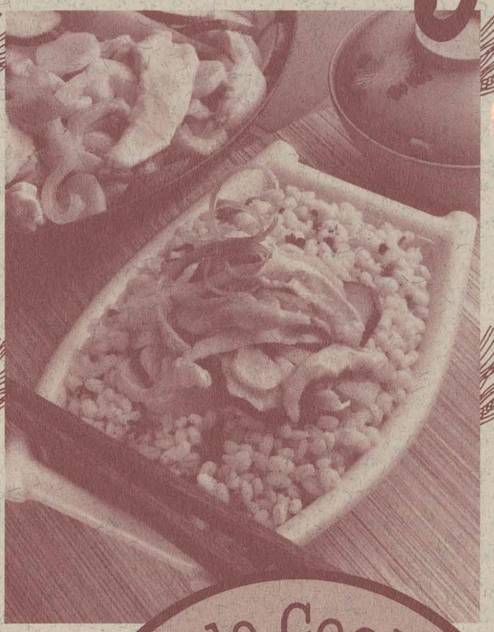
Gloria Puckett appointed Mrs. Wilson, Marjorie Brookshire and Mrs. Haley to serve on a committee to appoint officers for the upcoming year.

Plans were made to meet at Quincy's for their August picnic.

Members sent get-well wishes to Lois Hoover.



Barley



Home-Style Cooking with Regional Flair



WHITE SULPHUR SPRINGS CLUB FETED AT LUNCHEON

The White Sulphur Springs Extension Homemakers decided that instead of having a picnic luncheon in the sweltering heat, they would go to Quincy's Restaurant for their August picnic.

Gloria Puckett, president, was back from a vacation in Texas and Indiana. The group also welcomed Gloria's daughters, Karren and Brenda, and granddaughters, Allison and Courtney, who were visitors.

Others present were Sylvia Wilson, Marie Williams, Thelma McKnight, Era Anderson, Imogene Moore, Lillian Carpenter, Sue Chandler, Lois Hoover, Hazel Brannock and Cora Shackelford.

Sue brought door prizes which were won by Hazel, Thelma and Allison.

Ella Haley, who was unable to attend, was remembered with a get-well greeting card signed by each member.

WHITE SULPHUR SPRINGS CLUB HAS BUSY MONTH

September has been a busy month for the White Sulphur Springs Extension Homemakers. They collected 44 cans of food and a cash offering for victims of Hurricane Hugo, held a bake sale and market and prepared end of the year reports.

The group is also busy making preparations for the Christmas bazaar at the Agricultural Building in Dobson on Nov. 6. Many gift items, crafts, accessories and homemade goodies are in the making.

Most items for the county fair Sept. 21-26 have already been completed, but baked items and produce will be prepared later. Seniors Day is Sept. 24 from 4 to 6 p.m. Those working at the fair on Monday are encouraged to attend the breakfast at 8:30 a.m. and receive instructions.

Several members will be helping serve a birthday party Sept. 23 for residents of Colonial Care Home on Snowhill Drive. Those assisting are reminded to be there at 2 p.m.

An election of officers for the coming two years was held. Elected were: Gloria Puckett, president; Era Anderson, vice president; Lillian Carpenter, treasurer; Thelma McKnight, secretary; and Sue Chandler, reporter.

The club chose to honor Lois Hoover because of her faithful years in the activities of the club and encouragement to fellow members. Since this was her birth month, she was showered with many cards. Each member presented the honoree with a long-stemmed pink carnation surrounded with babies'-breath. Then they were deposited in a large silver container with a pink satin bow for the table centerpiece.

Refreshments, prepared by Sylvia Wilson and Marie Williams, were then served.

Singing "Happy Birthday" to Mrs. Hoover were Marjorie Brookshire, Mrs. Carpenter, Imogene Moore, Mrs. Anderson, Ella Haley, Sylvia Wilson, Nell Hurst, Marie Williams, Mrs. McKnight and Mrs. Puckett.



The White Sulpur Springs Extension Club honored Lois Hoover (seated) with a birthday celebration. Among the club members present were (standing, left to right) Ella Haley, Marie Williams, Imogene Moore and Gloria Puckett.





Nell Hurst and Sylvia Wilson joined other members of the White Sulphur Springs Extension Club in gathering food for the victims of Hurricane Andrew.



Lillian M. Carpenter 1819 Aims Ave. Mt. Airy, N.C.

No. 236

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Memo Hurricane Andrew Relief Lillian M. Carpenter

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DELUXE AQ



Monday morning found us working at the fair



Our club accepted permanent flowers for adults and youth.



It was a cool day for our yard and bake sale so we all wrapped up in sweaters.





There were a lot of sales in town this weekend but we were pleased with the results of our labors.



We served a birthday party for the residents of Colonial Rest Home.

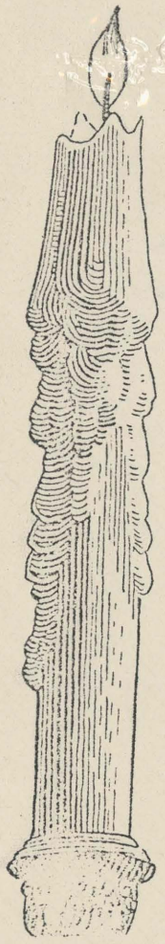












AS YOU GO THROUGH LIFE

Don't look for the flaws as you go through life;
And even when you find them
It is wise and kind to be somewhat blind
And look for the virtue behind them,
For the cloudiest night has a hint of light
Somewhere in its shadows hiding,
It is better by far to hunt for a star
Than the spots on the sun abiding.

The current of life runs ever away
To the bosom of God's great ocean.
Don't set your force 'gainst the river's course
And think to alter its motion.
Don't waste a curse on the universe –
Remember it lived before you.
Don't butt at the storm with your puny form
But bend and let it go o'er you.

This world will never adjust itself
To suit your whims to the letter;
Some things must go wrong your whole life long,
And the sooner you know it the better.
It is folly to fight with the Infinite,
And go under at last in the wrestle,
The wiser man shapes into God's plan
As the water shapes into a vessel.

Ella Wheeler Wilcox

THANK YOU

for sharing our activities in picture form. We tackled many projects and are thankful that we were able to complete them all. It gives us a feeling of pride and pleasure to know that we are an asset to home and community. Again, thank you for your attention.

members of White Sulphur Springs E. H.

Lawn Party Highlights Happenings In Mount Airy

■ Members of the White Sulphur Springs Extension Homemakers gathered at the picturesque setting of the old White Sulphur Springs Hotel recently for a lawn party. They women wore long skirts and wide-brimmed hats.

Gloria Puckett noted that planning a lawn party during this treacherous weather was not for the faint of heart. "We were well into summer, so we were ready for a picnic."

She mentioned that someone in the club had put their club's charter away for safe keeping but could not find it. "We searched back issues of *The Mount Airy News* and cherished old clippings in scrapbooks and discovered that the club came into being on Oct. 22, 1938.

"So, what better way to celebrate than with a picnic at the springs?" she asked. Dr. Ivan and Marion Richard, who own the property, most graciously allowed the club members to use their grounds. "It was freshly mowed, but muddy at the spring so we were designated a choice spot at what was once the hotel entrance," Gloria said. "The view was fantastic."

Tables and chairs were unfolded and covered with bright tablecloths and in minutes lunch was spread uner a huge tree. Two baskets of flowers added to the festive air.

Prizes went to Era Anderson, Imogene Moore and Carl Anderson. Others present were Lillian Carpenter, Sue Chandler, Sylvia Wilson, Nell Hurst, Tonya Genell, Thelma McKnight, Cora Shackelford, Marie Williams, Glen Puckett and Dr. and Mrs. Richard. A very special guest was Addie Poore, a charter member of the club.

One basket of flowers was presented to Mrs. Richard and the other was later taken to Lois Hoover, who had just been released from the hospital and was unable to attend.

Gloria added they were blessed with a beautiful day. "Everyone was surprised when six helicopters flew over. We claimed this as a salute to the White Sulphur Springs."



Imogene Moore (left) presents Gloria Puckett, president, with a cake from the club members.



Addie Poore, a charter member of the White Sulphur Springs Extension Homemakers, was a special guest.



Sylvia Wilson (left) and Sue Chandler enjoy the lawn party on the grounds of the old White Sulphur Springs Hotel.



Era and Carl Anderson were among those present.



Thelma McKnight wore an old-fashioned bonnet.



Beautiful weather and delicious food made a perfect picnic for Tonya Genell, Nell Hurst, Lillian Carpenter and Marion Richard.

White Sulphur Springs Club Shows Off Quilts







Carrie Golding inspects a quilt held by Marjorie Brookshire and Sue Chandler.



Thelma McKnight (left) and Marie Williams show some of their handiwork.

Members of the White Sulphur Springs Extension Homemakers visited day care participants at the Total Life Center of Northern Hospital of Surry County during the center's fifth anniversary. Club members displayed quilts for the group to view. In the top left photo are (left to right) Marjorie Brookshire, Marie Williams, Thelma McKnight, Sue Chandler and Gloria Puckett. Donna Johnson (above photo), activity director, shows a quilt block that Mrs. Puckett had made.

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