30076.001

GREETINGS !!

The members of White Sulphur Springs take pleasure in presenting this pictorial acconnt for your viewing pleasure. Please make yourself comfortable and take the time to view the many projects we have undertaken this past year.

CLUB 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 to grown calm, serene, gentle.
Teach us to put into action our better impulses, straight-forward and unafraid.
Grant that we may realize it is the little things that create differences, that in the big things we are as one.
And may we strive to touch and to know the great, common human heart of us all, and, oh God, let us forget not to be kind.



Gloria Puckett, pres and
Era Anderson, vice pres..



Lillian Carpenter, sec.& treas.

DRINKIN' FROM THE SAUCER

I've never made a fortune
And I'll never make one now,
But it really doesn't matter
'Cause I'm happy anyhow

As I go along my journey
I'm reaping better than I've sowed,
I'm drinking from the saucer
'Cause my cup has overflowed.

I don't have a lot of riches
And sometimes the going's tough,
But while I've got my friends to love me
I think I'm rich enough.

I'll just thank God for the blessings
That His mercy has bestowed,
I'm drinking from the saucer
Cause my cup has overflowed.

If He gives me strength and courage
When the way grows steep and rough,
I'll not ask for other blessings
I'm already blessed enough.

May I never be too busy
To help bear another's load,
Then I'll be drinking from the saucer
Cause my cup has overflowed.

Membership List of
White Sulphur Springs
Extension Homemakers

1991-2

Era Anderson	786 7634	2826 Riverside Dr.	
Marjorie Brookshire	786 6894	P O Box 601	Noonkester
Alice Burge	786 2074	318 Jefferies St.	
Lillian Carpenter	786 5086	1819 Aims Ave.	
Sue Chandler	789 8816	207 William Penn	
Ella Haley	786 7489	1515 N. Main	
Lois Hoover	789 3911	207 W. Oakdale	
Nell Hurst	786 6518	3512 Ward Gap Rd.	
Imogene Moore	(703) 251 5269		
Gloria Puckett	786 9814	1617 N.Main St.	
Pauline Sechrist	786 4850	1247 W. Lebanon St.	
Marie Williams	789 2282	467 Pineview Dr.	
Sylvia Wilson	786 6020	219 William Penn	
Thelma Mc Knight	786 2973	733 Depot St.	

Cora Shackelford 786-7996 - 2108 Riverside Drive (M.A.)





Gardens, whether for flowers or vegetables are popular with most Extension Homemakers in summer.





One of our sunflowers really outdid itself It had five good size flower heads plus a tiny undersized flower in each leaf joint. It looked like a tree.





FASHION TRENDS TOPIC FOR WHITE SULPHUR SPRINGS CLUB

The White Sulphur Springs Extension Homemakers enjoyed an update on "Fall and Winter Fashion Trends" presented by Sylvia Wilson.

Pictures of 1916 ladies' hats gave everyone a good laugh, according to Lois Hoover. Also shown were hats of the '40s, skirts and blouses of the '50s which are being worn again this season and are very good styles.

Ms. Wilson emphasized suits with fur trim, pant suits with wide legs, cuffed or without cuffs, also belts and accessories. She went on to say that the waist will be everywhere but in its place with indentation at the waistline for jackets. Colorful sweater knits are also good.

Gloria Puckett, president, announced Achievement Day on Oct. 30 and that tickets will be available until Oct. 15.

The area meeting will be at Holly Springs Ruritan Building on Nov. 6 at 10 a.m. and the program of work for local clubs is Nov. 27. Recyclying Day is scheduled Oct. 20 at Veterans Park.

Members voted to have a table at the Christmas Bazaar which will be Nov. 2.

Mrs. Hoover won the door prize.

10-8-90

SURRY COUNTY

EXTENSION HOMEMAKERS

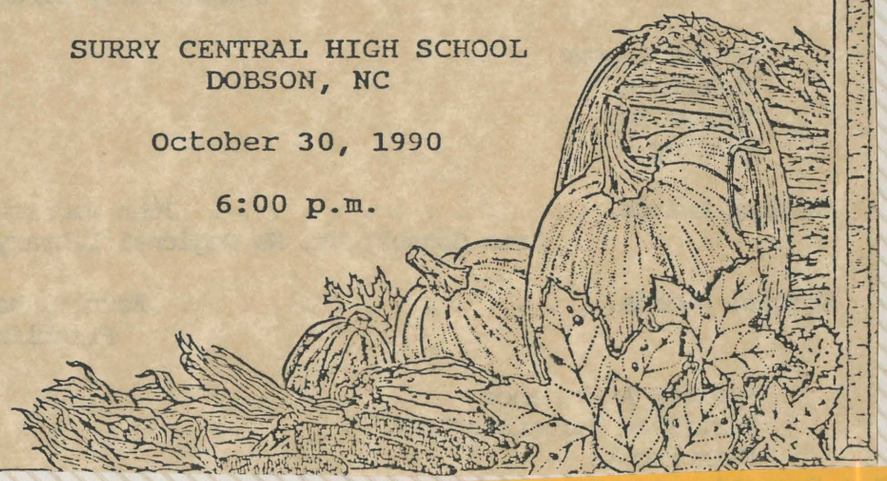
ACHIEVEMENT

PROGRAM

SURRY CENTRAL HIGH SCHOOL
DOBSON, NC

October 30, 1990

6:00 p.m.



1990 READING AWARDS

WHITE SULPHUR SPRINGS

Lillian Carpenter **
Ella Haley ****
Lois Hoover ***
Nellie Hurst ***
Gloria Puckett * ** *** ****
Sylvia Wilson *

1990 PERFECT ATTENDANCE RECORDS

WHITE SULPHUR SPRINGS

Marjorie Brookshire - 18
Ella Haley - 16
Nellie Hurst - 6
Sylvia Wilson - 5
Lillian Carpenter - 3
Lois Hoover - 2
Gloria Puckett - 2
Alice Burge - 1
Sue Chandler - 1
Imogene Moore - 1

WHITE SULPHUR SPRINGS
President - Lois Hoover

14 - Active Members
1 - Associate Member

Projects sponsored in 1989-90:

Members made and sold sonkers at Berry Festival
Members sold drinks at Golden Opportunities Expo
Dressed dolls for the Salvation Army

Program:

Gloria Puckett taught the club members how to decorate t-shirts at the November meeting and the women modeled them at the December. The shirts were beautiful and everyone enjoyed learning how to make them. Our club members also made bunnies and had a bake sale to raise money for our treasury.



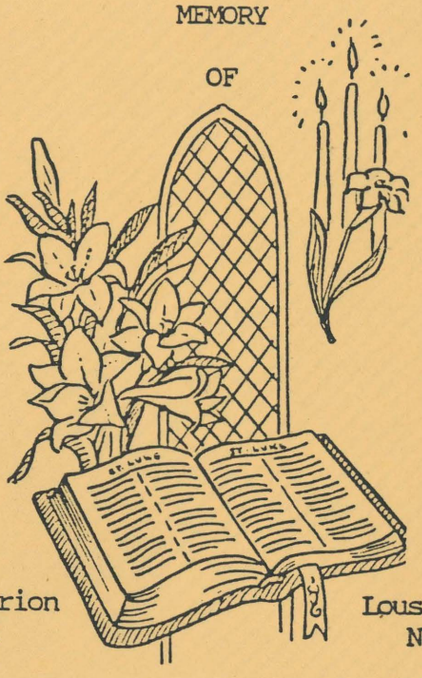
A memorial service was conducted by Pauline Sechrist; Gloria Puckett assisting.

IN

LOVING

MEMORY

OF



Rhoda Marion
Copeland

Lousine Hemric
North Elkin

Pearl Smith
North Elkin

Annie Lee Snow
Rockford

Hettie Blackburn
White Sulphur Springs



Dale Van Horn of Raleigh, who is blind, received a standing ovation following his performance of music and songs. He has written music for Ronnie Milsap, Larry Gatlin and Lee Greenwood.



COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
U. S. Department of Agriculture and State Land-Grant Universities Cooperating

DATE: November 19, 1990

TO: E. H. POW Leaders 1991-92

FROM: Christine S. Greene, Home Economics Extension Agent

WHAT: Club Leader Training (formerly POW)
WHEN: Tuesday, November 27 (7-9 p.m.) - (Disregard comments made at Area Meeting - County leaders decided that we need to go ahead with the date)
WHERE: Agricultural Building - Dobson
WHY: To review committee structure change and look at possible projects/programs for next year

NOTE: Please contact your Club President for carpooling arrangements

db



Everyone helping each other learning to make Christmas items for the bazaar.



ACHIEVEMENT DAY IN STUART VIRGINIA

A friend asked me to attend Achievement Day as her guest in Stuart, virginia, On Saturday morning, Nov 10th it showered aarly that morning, and then turned into a windy, blustery day.

The narrow winding roads we traveled were not busy so we could enjoy the beautiful colors of the trees. When the wind lashed at the branches, leaves went swirling every direction.

Upon our arrival at the Rotary Building, we signed in and my friend placed her food on a long table covered with a bright cheerful covering. We were greeted most cordially and signed our names on the attractive nametags that Andrea had painted. Each club makes their own tags and they are all beautiful works of art.

There was a table loaded with various crafts these ladies had made. Some were for sale and others for showing and sharing. There were old photographs, art work, quilts,bead trees, pillows, needlework, albums and a plastic Santa for next weeks workshop.

Each member brought a dish and three who were unable to attend sent dishes. I have never eaten a more delicious meal. Everyone was so friendly and the E.H.Coordinator spoke so clearly that I could hear and understand perfectly.

After devotions, business, reports of the secretary and the treasurer, each club gave an oral report. Then every member voted by secret ballot for the club they thought should win. There was installation of officers and the Homemaker's Creed.

Peggy Best showed interesting slides on a trip she had made to Russia. A young junior miss sang three or four songs and a doorprize was awarded. My friendŏs club "Red Bank" won the Outstanding Club Award.

To me it was amazing how many volunteer hours these ladies had logged. Quite a lot of these hours were for the volunteer fire department.

They are beginning a bicentennial quilt which will be displayed in the Patrick County Museum in the new Patrick County Library. They are also making costumes of the time period to wear to the bicentennial in May.

With all necessary reports made, tables and chairs were folded up and put away. With many farewells we struggled with baskets and boxes to our cars but the landscape was rich reward for making the trip in itself.

This was a most enjoyable day but for me there were two additional pluses. I treasure my identification pin and I met a lady with a picture album which included the Puckett family. She gave me her address and asked me to get in touch again; this I appreciate. My thanks to Andrea Morrison for inviting me and to all th other Homemakers for being so friendly.

Gloria Puckett
White Sulphur Springs
Extension Homemaker
Mount Airy, N.C.

Nov. 10, 1990



CLUBWOMEN ATTEND AREA MEETING

Members of the White Sulphur Springs Extension Homemakers Club met recently with other area clubs at the Holly Springs Ruritan Building to hear Jacquelyn McClelland explain triglycerides and how they affect the body.

The White Sulphur Springs club held a work session to dress teddy bears for the Salvation Army. These will be given to the children at their Christmas party. Members answered roll call by naming their favorite Thanksgiving dish.

The president announced that the club received first prize for the best decorated table at the annual bazaar. A change in the program of work for next year was announced, and she asked for four people to help serve at the Red Cross open house.

Plans were made for the December meeting and the Thanksgiving baskets that will be given in the Salem community on Wednesday before Thanksgiving.

Each member of the White Sulphur Springs Club made a reindeer from a candy cane and pipe cleaner. Refreshments of pineapple cookies and cold drinks were served.

11-12. 90







HOLLY SPRINGS CLUB HOSTS AREA MEETING

"Triglycerides — What Are They?"

That was the topic under discussion when the November area meeting of extension homemakers was held Tuesday, Nov. 6, at the Holly Springs Ruritan Building.

Dr. Jacquelyn McClelland, extension food and nutrition specialist, was the speaker. She said that triglyceride is simply fat in the blood stream. She reported that some foods high in triglyceride are butter, margarine, mayonnaise, oils and shortenings, bacon, hot dogs, sour cream, nuts and chocolate.

The best way to lower triglyceride levels is through combined changes in diet and lifestyle, the speaker stressed.

About 60 club members from several different clubs attended the meeting.

Red Cross Building Named for Woman



HONOR:



JOURNAL PHOTO BY PAUL COLLINS

Grace Vaughn was with the American Red Cross for 33 years.

12.9.90



Staff photos by R.J. Berrier

Red Cross In New Building

The Surry County Chapter of the American Red Cross held a dedication and open house Sunday at its new building just off U.S. 52-North at the entrance of Westwood Industrial Park. An overflow crowd (pictured above) toured the new building dedicated to Grace Vaughn (shown to the right). The new building was made possible through a fund-raising drive chaired by John E. Woltz (who is in the photo with Vaughn).

Our club furnished several dozen cookies and assisted with the serving..

On Nov. 2, 1990 we participated in the Christmas Bazaar at Dobson. Selling craft items was the order of the day. It was fun to visit the other tables and see what the different clubs were doing. Of course we bought some things too.

It was announced that our table was most attractive for which we were very pleased. We were given the prize money but no ribbon. Gina Dollyhigh had a table next to ours and she won second. She made this blue ribbon for our table from the paper plate she ate from at suppertime. We had lots of laughs.









WHITE SULPHUR SPRINGS CLUB HAS CHRISTMAS DINNER

The White Sulphur Springs Extension Homemakers held their Christmas dinner recently at Salem United Methodist Church.

Enjoying the food and fellowship were Gloria Puckett, the group's president; Era Anderson, vice president; and Lillian Carpenter, secretary/treasurer. Also present were Sue Chandler, Sylvia Wilson, Pauline Sechrist, Thelma McKnight, Imogene Moore, Ella Haley, Nelle Hurst, Lois Hoover, Alice Burge and Marjorie Brookshire. Invited guests included Cora Shackelford, Mary Etta Cregger, Jessie McBride and Glen Puckett.

After dinner, gifts were exchanged; Mr. Puckett played Santa Claus and passed out gifts.

Mrs. Puckett, the Extension Homemakers' president for the new year, was remembered with a book, "Leaves of Gold," and the outgoing president, Lois Hoover, an engraved pen.

Mrs. Haley gave a meditation titled "A Place for Me," and Lillian Carpenter delivered readings on "Would You Like to Hold the Baby?" and "Keeping Christmas." Pauline Sechrist read "Christmas Reminders" and requested special prayer for a friend, Ruby Sprinkle, who was to have open-heart surgery.

Special announcements were made. The White Sulphur Springs Extension Homemakers will host an area meeting in April. The club's program of work group will now be called issues coordinators. There will be two leaders for each group and they are asked to keep records of all their work.

In other activities, club members have dressed teddy bears and returned them to The Salvation Army. They will be on display in the window of The Salvation Army store until Christmas. There are 24 of the bears, including a wedding party, bridegroom and bridesmaids.



12.10.90








Teddy bears
dressed by the
White Sulphur Springs
Extension Homemakers







Staff photo by Eleanor Powell

Christmas Bears

Members of the White Sulphur Springs Extension Homemakers dressed 24 bears to be distributed to children by the Salvation Army. Sue Chandler, Lois Hoover and Gloria Puckett were among those helping with the project.









WHITE SULPHUR EXTENSION HOMEMAKERS MEET

The White Sulphur Extension Homemakers held their January meeting Monday, Jan. 14, at Salem United Methodist Church. Gloria Puckett, club president, officiated. Each member answered the roll by telling something they plan to accomplish in 1991.

Devotions were given by Ella Haley. She used scripture, a reading from "Home Life," read a poem and closed with a prayer for peace.

The club voted to donate five trees at $10 per tree to Plant a Tree — U.S. Forest Service, Asheville, and also made a donation to the J.E.B. Stuart Birthplace Preservation Trust, Stuart, Va.

Members received 1991 yearbooks and plans were discussed for new projects, such as a bakeless bake sale and Hostess Club for the area meeting in April.

Gloria Puckett showed slides of her Caribbean cruise and trip to Epcot Center in Florida. She was accompanied by her husband, Glen, on the trip. She described the scenery as "beautiful" and food on the trip as "unbelievable."

The meeting closed with the members repeating the Pledge of Allegiance to the U.S. Flag.



Mexican Cruise

Gloria and Glen Puckett have returned from a recent cruise to Cozumel and Cancun, Mexico, and Key West, Fla. They sailed from West Palm Beach, Fla., on the Norwegian Cruise Line Crown Del Mart for the 10-day trip. During that time Mrs. Puckett celebrated her birthday on Sept. 18 and was the winner of a gold bracelet. Her husband was among those from the audience to entertain onstage. They are shown before the Captain's Dinner that highlighted one of the evening meals.



WE THANK YOU

This acknowledges your contribution of $50 to the Plant-A-Tree Program. It will be used as authorized by 16 U.S.C. 498, subject to the following provisions:

1. This is your final receipt. Your contribution cannot be refunded.
2. A portion of this contribution may be applied to general administrative costs involved in the Plant-A-Tree Program.
3. No member of, or Delegate to Congress, or Resident Commissioner shall be admitted to any share or part of this contribution, or to any benefit that may arise therefrom; but this provision shall not be construed to extend to this contribution if made by a corporation for its general benefit.
4. No contribution shall entitle the contributor(s) to any share of interest in National Forest System lands, timber, or improvements.
5. Your contribution qualifies as a charitable deduction under Section 170(c) (1) of the Internal Revenue Service code.

LilliNan M. Carpenter Treas. 1819 Aims Ave.

No. 206

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mount Airy, N.C. 27030 2/9/91

66-7102
2531

Pay to the order of Plamt a Tree/U.S. Forest Service $ 50.00

Fifty and no/100 - - - - - - - DOLLARS

508089532 04-24-91 693 00 0800 5

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

Memo for planting trees Lillian M. Carpenter

⑆253171029⑆ 00130212711" 0206 "000005000"

% Lillian M. Carpenter 1819 Aims Avenue

No. 207

WHITE SULPHUR SPRINGS
EXTENSION HOME ECONOMICS CLUB
Mou nt Airy, N C. 27030 2/9 19 91

66-7102
2531

Pay to the order of Birthplace Preservation Trust $ 50.00

Fifty and no/100 - - - - - DOLLARS

107

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

Memo J.E.B. Stuart Homeplace Lillian M. Carpenter

⑆253171029⑆ 00130212711" 0207 "000005000"









RECEIPT Date Feb 1 1991 No. 455277

Received From Gloria Puckett

Address 1617 N. Main St. Mt. Airy, NC 27030

Dollars $15.00

For (3) Heart Healthy Era, Pauline, Gloria

ACCOUNT		HOW PAID	
AMT. OF ACCOUNT	15.00	CASH	15.00
AMT. PAID	15.00	CHECK	/
BALANCE DUE	/	MONEY ORDER	/

By Denise M. Brown

Grayline BUSINESS FORM—PRODUCT OF WILSON JONES ©

CENTENNIAL EDITION

PLANT-A-TREE CERTIFICATE

100th Anniversary of the National Forest System

NATIONAL FORESTS 1891-1991

WISE USE OF YOUR NATURAL RESOURCES

A contribution to the USDA Forest Service Plant-A-Tree Program has been made for:

WHITE SULPHUR SPRINGS HOME EXTENSION CLUB

Contribution made by:

WHITE SULPHUR SPRINGS HOME EXTENSION CLUB

F. Dale Robertson

F. Dale Robertson, *Chief*, Forest Service

United States Department of Agriculture

Forest Service

FOREST SERVICE US DEPARTMENT OF AGRICULTURE

WHITE SULPHUR SRINGS CLUB MEETS

Brenda Rose, who heads the Surry County Agricultural Extension Service, spoke to members of the White Sulphur Springs Extension Homemakers club about the dangers of lead in the air, water supply and environment when they met recently at Salem United Methodist Church.

Mrs. Rose told the group that lead is similar to zinc and iron. It displaces iron in the body and both iron and lead will fit into hemoglobin. With iron, hemoglobin functions, but with lead, it cannot function. There is lead in gasoline, paint, soil and some water pipes, according to the speaker. Mrs. Rose also mentioned that North Carolina is fortunate in that it does not have a lot of lead in the soil. She showed a test kit that detects the element in dishes.

In other club business, Gloria Puckett distributed questionnaires from the Mount Airy Public Library to be filled out and returned. She announced that the club will serve refreshments to residents of Colonial Rest Home for a September birthday party. The group is to host an area meeting in April at the library.

A card of thanks was read from Lillian Carpenter, and Ella Haley gave a devotional reading from Luke, chapter 19.

Refreshments carrying out a St. Patrick's Day theme were served.



N. C. Cooperative Extension Service

NW District
Extension Homemaker
Spring Day

11:30
Performance Place

April 10, 1991

Catawba Valley Arts Center
Hickory, NC

RECEIPT Date March 21 19 91 No. 455361

Received From Gloria Puckett - White Sulphur Springs

Address

Dollars $ 20.00

For (2) Dist Day + Gloria + Lois

ACCOUNT			HOW PAID		
AMT. OF ACCOUNT	20	00	CASH		
AMT. PAID	20	00	CHECK	20	00
BALANCE DUE			MONEY ORDER		

By Lennie W. Brown



WHITE SULPHUR SPRINGS CLUB STUDIES SPRING PLANTING

The White Sulphur Springs Extension Homemakers learned about spring planting, gardening and composting during their April meeting held at Salem United Methodist Church.

Sue Chandler, an environmental issues coordinator, gave helpful directions for making one's own compost. Using an ordinary trash bag, she showed how to combine grass clippings, peelings, potash from ashes in the fireplace and other items to make a good compost.

Mrs. Chandler also distributed leaflets from the Surry County Agricultural Extension Service showing pictures of beautiful houseplants with tips on growing them.

Gloria Puckett, the president of the Homemakers, led the group in the pledge to the flag, with Ella Haley leading the devotional. A bakeless bake sale netted the club $83 for its treasury. The group also planned a display at the library.

A "Spring District Day" was held April 10 and an area meeting on Monday, with "Golden Expo Days" scheduled May 9-10 and a sonker sale at the Piedmont Summer Berry Festival in July. A sonker workshop will be held Tuesday, May 21.

An outing was planned for May 16 to see fabric printing in Pilot Mountain.

4.8.91





Extension Homemakers attended the recent area meeting at the Mount Airy Public Library with Christine Greene presenting a demonstration on microwave cooking. She mentioned the advantages of microwaving — speed, energy saving, nutrition, safety and carefree cooking — and then prepared and served chicken and vegetables, oat and blueberry muffins, fish with mustard and dill and cole slaw (non-mayonnaise).

The host club, White Sulphur Extension Homemakers, served lemonade and punch.

During the business meeting members were reminded of the international dinner April 30 at Surry Central High School at 6 p.m.; May 7, the county council meeting at the Agricultural Building at 7 p.m.; May 10, Golden Opportunity Expo at Surry Community College from 9 a.m. to 2 p.m.; May 21, a meeting at the Agricultural Building at 6 p.m. to learn how to make sonkers for the Berry Festival scheduled in July.

Hostesses for the evening were Betty Patterson and Grace Laughridge.



Our group of homemakers had fun visiting and catching up on the latest news while preparing fruit kabobs for the International smorgasbord.

←

4-15-91



Eleanor Powell/The Mount Airy News

Members of the Surry County Extension Homemakers are observing National Extension Homemakers Week May 5-11. In celebration of the event, several hundred members gathered Tuesday evening at Surry Central High School for an international smorgasbord. Representing various countries are (left to right) Margaret Honbarrier, Fiji Islands; Jill Getgen, president of the Surry County Council, India; Lilo Comer, chairman of county global issues, Germany; Annie Laura McMillion, vice coordinator, China; and Ann Smith, Egypt. See more photos on page 16.

4.30 91

WHITE SULPHUR SPRINGS CLUB MEETS

Gloria Puckett presented a program on "The Ideal Silhouette" to members of the White Sulphur Springs Extension Homemakers when they met recently at the Mount Airy Public Library.

Mrs. Puckett initially showed a video of various styles and features for different figures and said that any clothing that had not been worn in two years should be discarded. Also, clothes should be bought to fit, not in anticipation of adjusting the figure to fit the clothes by either losing or gaining weight.

The program chairman also demonstrated the correct way to measure a person for a perfect fit and used Nellie Hurst as her model. She insisted that two people work together. Mrs. Hurst's measurements will be put through a computer to determine the styles she should wear.

Mrs. Puckett, the Homemakers' president, led the business portion of the meeting, with Ella Haley presenting a devotional, a tribute to "Mother." It was noted that 10 club members attended an International Smorgasbord event for the Extension Homemakers in Dobson.

Announcements included a sonker workshop scheduled in Dobson on May 21 at 6 p.m.

The club also will visit a textile plant in Pilot Mountain on May 16 for a demonstration on cloth printing. The members planned to have two tables for a Golden Expo event at Surry Community College to show some of the work they are doing.

May 6. 91



Guest speakers were Wilber Hernandez of Costa Rica (left) and Guy Lefort of France. Lynn Booth of Nova Scotia, visiting artist at Surry Community College, performed musical selection on the saxaphone.

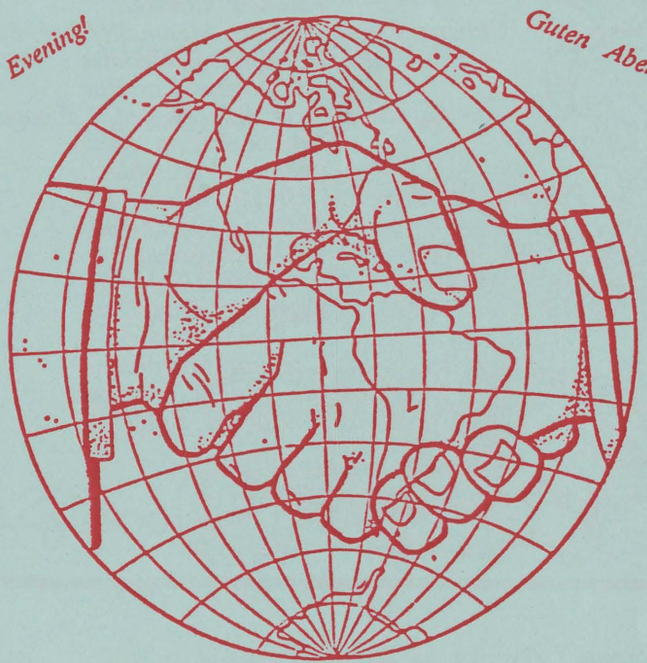


Members from the White Sulphur Springs Club included (left to right) Imogene Moore, Cora Shackelford and Marjorie Brookshire.

INTERNATIONAL SMORGASBORD

Good Evening!

Guten Abend!



Buona Sera!

Buenos Noches!

Bonsoir!

Boa Tarde!

April 30, 1991
Surry Central High School
6:00 p.m.

Surry County Extension Homemakers

FRUIT SONKER

Workshop
5-21-91

About 8 cups sliced fresh fruit*
1/3 cup all purpose flour
2 cups sugar
1 teaspoon ground cinnamon
1 cup water
1/2 cup butter or margarine, melted
1 teaspoon almond extract
pastry

Dredge fruit in flour; add next 5 ingredients and mix well. Set aside.
* Peaches, blackberries, blueberries, strawberries, and cherries.
Note: If using peaches canned in syrup, omit water and mix flour into sugar before adding)

Frances Lawrence
Good Neighbor Extension Club

P A S T R Y
NEVER FAIL PIE CRUST*

3 cups flour
1 teaspoon salt
1 cup shortening
1 whole egg
10 Tablespoons cold water
2 Tablespoons vinegar

Mix flour and salt. Cut in shortening. Add remaining ingredients. Mix lightly. Chill. Roll into pie crusts. Can be refrigerated or frozen until ready to use. Makes 6-8 crusts.

Madge Mills
Lillian Simpson
Good Neighbor Extension Club

*Judged to be the Best Pastry in our sonker class
Note: For sonkers, instead of rolling into pie crusts, roll onto floured surface and cut into strips.

SLICED SWEET POTATO PIE

4 medium sweet potatoes
1 cup white or brown sugar
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1/2 cup butter
1 1/2 cups milk
1 teaspoon lemon extract
pastry

Peel and slice potatoes. Cover with water and simmer 10 minutes. Drain and place in a deep dish lined with pastry. Sprinkle with sugar and spices. Dot with butter. Pour milk over top. Place gashed crust on top. Bake at 325 degrees for 1 hour.

Ruth McDaniel
Pilot Mountain Extension Club

DIRECTIONS

Line bottom of pan with strips of pastry. Bake about 10 minutes at 350 degrees. Do not brown. Remove from oven - pour fruit mixture (above) over crust strips. Cover with small strips, lattice style, crisscrossed or your own design. Sprinkle lightly with sugar and add pats of margarine. Bake at 375 degrees for 30-40 minutes or until top is brown.

(137)

CLUB GLOBAL ISSUES COORDINATORS

Faye Armfield
Virginia Leach
Mary Ellen Graham
Lilo Comer
Cora Mae Stamper
Berneice Cave
Ann Whitaker
Mary Bell
Ann Smith
Kathy Branch
Rachel Wolfe
Lucy Gray
Helen Harding
Marie Snider
Evelyn Holyfield
Betty Getgen
Geneva White
Trudi Holder
Gladys Manning
Ethel Bowman
Frances Nichols
Sylvia Wilson

Beulah
Busy Bees
Copeland
Dobson Early Birds
Franklin
Good Neighbor
Helpful Hands
Holly Springs
Lazy Daisies
Long Hill
Mountain Park
North Elkin
Pilot Mountain
Poplar Springs
Rockford
Rockford Villagers
Salem Fork
Sheltontown
Shoals
Siloam
White Plains
White Sulphur Springs

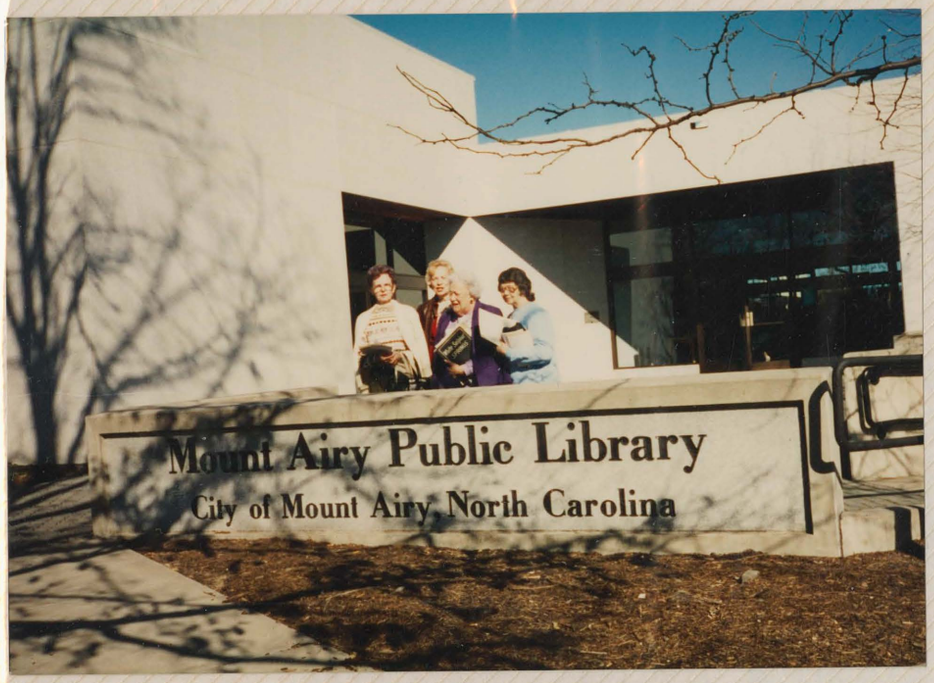
COUNTY GLOBAL ISSUES COORDINATOR

Lilo Comer — *Dobson Early Birds*

Surry County Extension Homemakers

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

North Carolina Cooperative Extension Service
Surry County Office



The week before the area meeting (4-15) we prepared a craft display in the library. It was a pleasant surprise to have access to these cabinets and let the public have a close up of some of the things we do.

We borrowed micro ovens from Lowes and Christine conducted the cooking of foods. Later we all sampled the various meats, fish, vegetables and popcorn.

Carl Anderson and Glen Puckett assisted us in setting up and returning the room to its' original appearance. Then we literally ran to the High School to help with program of the Mount Airy News cooking school.





, Examining sorkers, our club 1





Tasting sorkers at the workshop

Three of our members helped at the cooking school which was sponsored by the Mount Airy News and was held at the high school on April 15.

We enjoyed watching the food preparation. Mostly our part was to deliver the many prizes to the winners of the drawing. It was a capacity crowd and we were kept busy.



For many years we have smoothed out yards of cloth on our dining room tables and cut out clothing for our families. Sometimes a person could wonder how these beautiful designs and patterns were applied to the cloth.

On May 2nd a small group from our club drove to Quality Prints in Pilot Mountain and watched this process in action. We were enlightened and pleased as everyone was so friendly.

Such a hot day! We stopped for frozen yogurt. Mmm good.

GOLDEN OPPORTUNITIES EXPOSITION

(A showcase of resources and volunteer opportunities available to older adults and their caregivers)

May 10, 1991

Surry Community College Gym Dobson, NC



Many people commented on our craft display at the Golden Expo. We had three tables full and for lack of space carried some items back home.

We patronized the many booth displays and helped to register and give directions to the many people who attended.

Sponsored by the:

Surry Coalition on Aging - A coordinating organization through which concerns, interests, programs, and services regarding older adults can be addressed with greater emphasis and impact. The Coalition meets bi-monthly at 10:00 am on the second Thursday.

Chairman - Kathy Tilley, Surry Friends of Seniors/SCHD
Secretary - Christine Greene, Agricultural Extension Service

The Golden Opportunities Expo is coordinated by the North Carolina Agricultural Extension Service, Surry County Office, and the Surry County Extension Homemakers Association.

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

386-9274 or 366-4424
P O Box 324
Dobson, NC 27017









← doll over 100 yrs. old a sheepish family

modern dolls ↓ Paper iris at top. We love crafts





BODY PROPORTION CHART
NOTE: MEASURE TO NEAREST 1/8 INCH

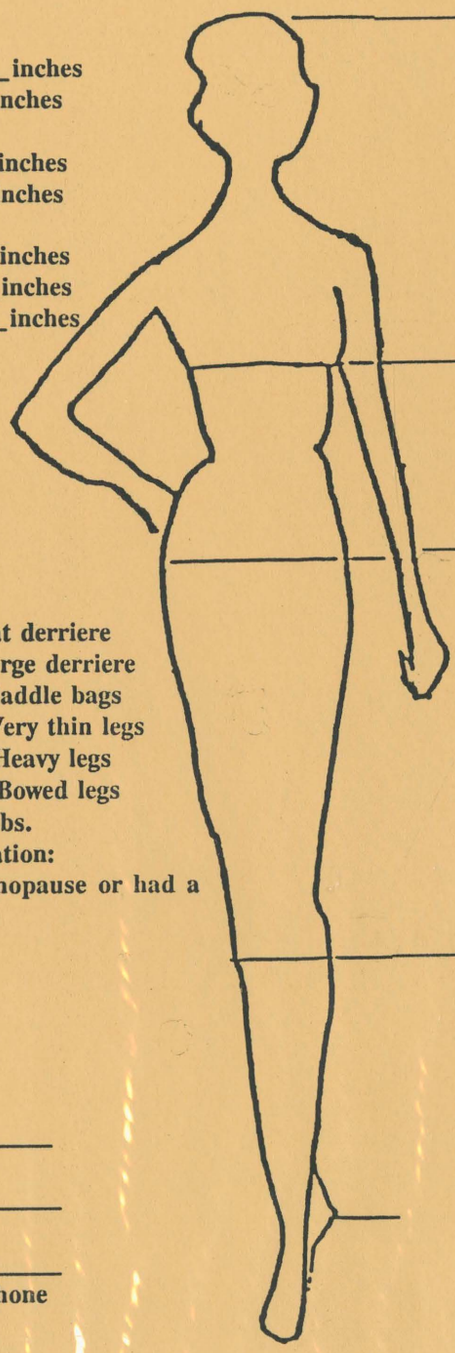
Convert Fractions to Decimals.

1/8 = .125	5/8 = .625
1/4 = .25	3/4 = .75
3/8 = .375	7/8 = .875
1/2 = .5	

1. Bust
   a. High (chest)_____inches
   b. Full_____inches
2. Waist_____inches
3. Hip_____inches
4. Bone Structure:
   a. Wrist_____inches
   b. Ankle_____inches
5. Neck length_____inches
6. Neck circumference (circle one)
   a. Very thin
   b. Regular
   c. Double chin (thick)
7. Shoulders (circle one)
   1. Broad Square
   2. Broad Tapered (sloping)
   3. Medium (Narrow)
8. Prominent Features (circle one)

0. None	6. Flat derriere
1. Rounded Shoulders	7. Large derriere
2. Very thin arms	8. Saddle bags
3. Heavy muscular arms	9. Very thin legs
4. Sway back	10. Heavy legs
5. Protruding abdomen	11. Bowed legs

9. Weight_____lbs.
   Please answer for weight calculation:
   a. Have you gone through menopause or had a hysterectomy?
      YES_____ NO_____
   b. Age group (circle one)
      1. 29 and under
      2. 30-59
      3. 60 and over



10._____inches: Top of Head to Floor

11._____inches: Full Bust to Floor

12._____inches: Full hip to Floor

13._____inches: Middle of Knee to Floor

This method of measuring was later computerized to find what was best for each individual.

_____
NAME (Please Print)

_____
Street/Route/Box # (ADDRESS)

_____
City/State/Zip Phone







RECEIPT Date June 18 1991 No. 454654

Received From Gloria Puckett

Address 1617 N. Main St. Mt. Airy, NC 27030

Dollars $ 3.00

For Herb Tour

ACCOUNT		HOW PAID	
AMT. OF ACCOUNT	3.00	CASH	3.00
AMT. PAID	3.00	CHECK	—
BALANCE DUE	—	MONEY ORDER	—

By Denise W. Brown

GreenLine BUSINESS FORM—PRODUCT OF WILSON JONES ©

Several People Learn About Herbs During Tour



Several area residents recently learned how to grow herbs, how to use them in cooking and how to use them to enhance their homes during a special herb tour and lunch sponsored by the Surry County Cooperative Extension Service. The tour included stops at Jill Getgen's home herb garden, the old Rockford Methodist Church and Wall's Greenhouse and Nursery.



6-18-91

This page and the 3 following pages were all a part of the herb tour.

Extension Homemakers Enjoy Tour Of Home Herb Garden



Jill Getgen (second from left) discusses herbs with)l-r) Sylvia Wilson, Marjorie Brookshire, Sue Chandler and Gloria Puckett.



Surry Extension Homemakers recently enjoyed a most interesting visit to the home of Jill Getgen in Rockford, where they toured her famous home herb garden.

The group met at 9 a.m. at the Surry County Agricultural Building in Dobson prior to embarking for historic Rockford and the tour of Jill's herb garden.

Jill has just completed two years of study in the horticultural program at Surry Community College. She has had an interest in herbs for a number of years and, several months ago, was featured as a Sunday cook in *The Mount Airy News*. She is county president of the Surry County Extension Homemakers Council.

The group had lunch at Rockford United Methodist Church — herbs were featured, of course — and books and other resources on herbs were on display. A short video tape on growing and cooking with herbs added to the participants' general knowledge of the subject.

After lunch, the group traveled to Wall's Greenhouse and Nursery in the Salem Fork community, where they enjoyed seeing numerous other herbs growing.













← It's time to work on our fair booth for the county fair.

Eva Anderson cuts out letters.





Marjorie Brookshire puts the finishing touch on the feet of the eggs. →

Homemakers Hear Retired Worker With Salvation Army

Mrs. Carl Talley was featured speaker when the White Sulphur Springs Extension Homemakers met June 10 at Salem United Methodist Church. Thirteen members and 8 visitors were present.

Mrs. Talley recently retired from the Salvation Army after 50 years of service. She told many interesting facts about both her life and work with the Salvation Army, especially emphasizing the spirit of giving and doing for others.

She gave a reading on "Love" which had been given to her years ago by Mrs. Alice Horton.

The speaker commented that the Salvation Army was begun by a Methodist. In connection with the Salvation Army, she said that one could go in with many needs and come out with self-confidence.

Gloria Puckett, president of the extension homemakers, told the group that two days they should not worry about are yesterday and tomorrow; to think only of today.

Mrs. Puckett called the meeting to order with a reading, "God said No." Marjorie Brookshire, program leader, introduced Debby Cochan of Radio Station WSYD who spoke briefly and then sang a selection.

Plans were made for the club to participate in the Dobson Berry Festival July 19 and 20.

The theme of the month concerned "Stress." Mrs. Brookshire displayed a number of pamphlets on the topic and how to best manage it.

Following the pledge to the flag, refreshments of sandwiches, cookies and lime sherbet were served.





6-10-91

White Sulphur Springs Club Hears Helpful Household Hints





Homemakers in the need of helpful household hints — and who doesn't fit that category? — should have attended a recent meeting of the White Sulphur Springs Extension Homemakers. They would have enjoyed a multitude of suggestions.

Era Anderson was the leader for the July program of the extension homemakers. Earlier, she had asked each member to come to the meeting prepared to give a household hint, recipe, craft or something else learned in extension work throughout the years.

The suggestions were wide-ranging. Foe example:

—There is a spot remover that has been a household item for years, It's called "Clear Magic;"

—Use hair spray to remove ink stains;

—There is a pie crust mix to be used for sonkers at the Dobson Berry Festival that has been in use by one clubwoman for 45 years;

—Did you know that to preserve cut flowers and make them last longer add 1 tablespoon of sugar and 1/4 cup Clorox to the water?

—To whiten and restore the bathtub surface, usde a paste of cream of tartar and peroxide. Spread it on and leave for 45 minutes; then rinse thoroughly;

—Sprinkle Borax to stop ants from potted plants;

—Sugar will remove the odor of onions from the hands;

—Pour carbonated drinks into a glass and then add ice to prevent the contents from foaming over the rim;

—Paraffin wax will make doors and windows glide smoothly.

—White vinegar will remove creases in hems.

Gloria Puckett, president, welcomed the homemakers and Ella Haley gave the devotional. The pledge to the flag was given and roll call was answered with a reply to "What are you most thanklful for as an Ameriocan citizen?" The emphasis was, of course, on freedom.

Sympathy was expressed to Sue Chandler on the death of her mother. A memorial was made to the Lottie Moon Circle.

The White Sulphur Springs Extension Homemakers will sell sonkers at the Dobson Berry Festival Friday morning.

Era served home-made strawberry shortcake and the meeting was adjourned with the group repeating the club collec

7.8.91



← The entire booth was papered and a neat border applied around the top and sides.

It was terribly hot but we had made a promise and the work went on. Props were made at home.

→ Marie, Marjorie and Era were good working partners. There was something for everyone to help with.

Every guideline was given careful thought so as to abide by the rules.





↙ This being a farm oriented show we tried to emphasize getting that fresh, clean, uncracked egg into the fridge quickly as possible

White represented cleanliness with color added for interest

We finished last but everyone cannot be first and we are very proud of our entry.

SULPHUR SPRINGS HOMEMAKERS MEET FOR LUNCH

Members of the White Sulphur Springs Extension Homemakers met at Quincy's for lunch on the restaurant's opening day. A table was prepared for the group in an area of the dining room.

Attending were Marjorie Brookshire, Lillian Carpenter, Era Anderson, Sue Chandler, Ella Haley, Imogene Moore, Hazel Brannock, Lois Hoover, Cora Shackelford, Gloria Puckett, Thelma McKnight, Sylvia Wilson, Alice Burge and Marie Williams.

Short devotions and prayer were led by Ella Haley. The group was reminded that rating reports and scrapbooks are due Sept. 30.

A title for the fair booth was decided on and several members agreed to work on the booth after lunch Sept. 13. Those helping with the flowers on the opening day of the fair should attend the workshop at 10 a.m. Sept. 13 at the fairgrounds.

The next meeting of the County Council was announced for Sept. 3 at 9:30 a.m. in the Surry County Agricultural Building in Dobson. The next regular meeting of the club will be Sept. 9 at Salem United Methodist Church.













WHITE SULPHUR SPRINGS CLUB STUDIES RECYCYCLING

The White Sulphur Springs Extension Homemakers heard John Hammer and his wife Dottie tell about recycling during the club's September meeting. The 13 members met at the N. Main Street Church of Christ.

The Hammers used items which are usually thrown away in the garbage to show how much is re-cycleable. He explained that knowing how to separate things is very important. If not separated correctly they wind up in landfills anyway. The paper, for instance, must be newsprint. Glossy magazine type and cardboard-flattened boxes do not mix.

There are codes for recyling the different types of plastic. Even the lids are recycled. Cans of different kinds too can be recycled. Aluminum is the most valuable recycleable.

A question and answer period was helpful.

During the business meeting announcements were made as follows: members will serve residents of Colonial Rest Home for their birthday party on Sept. 25; work on the scrapbook will be held at Salem United Methodist Church Sept. 11 (bring all reports); and National Forest Week Oct. 6-12.

Club members will have a display case at the Agricultural Building in Dobson beginning Oct. 1. The area meeting is Nov. 11.

Members voted to send $25 for 4-H Club work. The club women will dress 24 Teddy Bears for the Salvation Army's childrens' party. Achievement Day will be Oct. 22 with a dinner meeting at 6 p.m.

Era Anderson, Gloria Puckett and Marjorie Brookshire served refreshments.

9.9.91



Time to finish the scrapbook. All members have been collecting items for the book.





Nell Hurst has done the lions share of work and we are thankful for her willing hand.

Thanks a lot, Nell, for all your time.

Gloria



← Today is the first day of the Berry Festival in Dobson!

→ We arrive early with plenty of donker and dips. The heath dept. demanded we put up a sneeze bar.





← All servers are behind the sneeze bar. Lillian who was our cashier sat on the outside to better serve the customers.



← Just look at those beautiful sonkers! Even tho we were here right after breakfast people were eating sonker.

→ We try to be extra neat and clean in handling foods. Scrubbed hands wore plastic gloves.





← Another club shared the tent with us. Their sonkers were beautiful too.

← This is Victoria Rose. She was made at the Doll Factory in Mount Airy. I made her clothing like one of my baby's dresses.

She won a red ribbon at the fair.

Gloria Puckett

→ Miss Bunny also went to the fair where she won a blue ribbon.

She thinks blue goes well with pink. She is a proud bunny

GP



← The other Club, Rockford Villagers has a brief rest while awaiting the next customer



→ A customer looks over the many choices. It is not easy to decide when they are all good!



← This was one busy display. There was also a demonstration on two taking place too.

Sept. 19 1991

Friend:

Today was senior citizen day at the Surry County fair. Now the day is drawing to a close and leaves a pleasant memory.

Early in the afternoon it rained oh so hard but by time to leave home for the fairgrounds it was quite nice. However the weather did make for a small crowd.

The bird show was excellent and refreshments were good. Those who modeled hats all did beautiful. Several prizes were given and those all wearing smiles. It was a friendly happy crowd and an enjoyable day.

Tired but happy
a home maker

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Address reply to:
County Extension Office

P. O. Box 324
Dobson, NC 27017
919/386-9274
September 23, 1991

TO: White Sulphur Springs Extension Homemaker Club

Gloria Puckett Marie Williams

FROM: Brenda M. Rose, County Extension Director

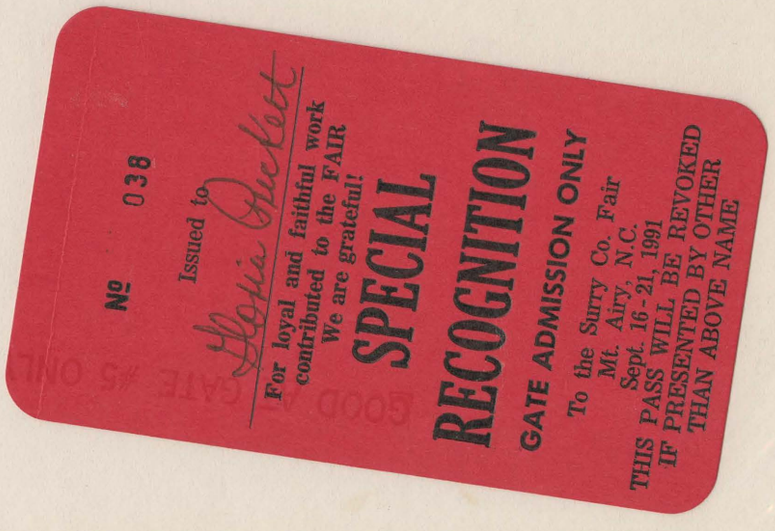
Brenda M Rose

This year's fair was a little unusual. IT WAS VERY HOT! Thanks so much for coming out and enduring the heat to take in entries in the adult and youth Permanent Flowers categories. We really appreciate each of you sharing your time and talents with us in our efforts to successfully complete another fair for the citizens of Surry County.

We couldn't do it without you! Thanks again for all you do.

BMR:lpk

Also helping were Marjorie Broadshire and Era Anderson
GP.





We hope you liked our book. Indeed we do thank you very much for taking the time to look it over.

Much time has been applied to the preparation but if you've enjoyed it then we are pleased.

RUST CRAFT

AT1174-8

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White Sulphur Springs Club

&p