

## Save On Food Dollars With Meat Alternates

Chances are you spend the largest part of your food dollar on meat. Here are some money-saving tips from Inez Foster, Home Economics Extension Agent.

One suggestion is to do some cutting yourself. Buy the meat in large quantities and cut it into meal-size servings. Try cutting meat in semi-frozen state; it's much easier to trim and slice when it's firm.

Don't over buy or prepare more meat than you need. About three ounces of cooked meat per person is adequate. To help you visualize, three ounces of cooked pork, chicken or beef is a piece about three inches long and a half-inch thick. Most people eat more meat or protein than they need for maintaining a healthy body.

When buying meat in meal-size portions, keep in mind that a pound of boneless meat serves three-to-four, a pound of bone-in meat serves two-to-three and a pound of bone-in meat serves one.

If you're buying meat for more than one meal, plan to use the meat in a day or two, or freeze it for later use. The meat you throw out wastes your food dollar.

Learn to cook a variety of meat dishes, and learn to cook less tender cuts. Since there's less demand for less tender cuts, they cost less. But remember—you'll have to cook less tender cuts with moist heat.

Other ways to stretch your meat dollar include adding pasta to meat dishes. Or you might use meat alternatives, such as dry beans or peas, eggs or cheese two or three times a week. As an added bonus, you'll probably cut some fat out of your diet when you substitute meat alternatives. So not only will your grocery bills be lower; you might just lose a few pounds.

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## COHEN TO DIRECT ACTIVITIES OF MEDICAL AUXILIARY



A Medical Auxiliary of Lake Norman Regional Medical Center was organized on September 30. Members of the organization are spouses of the local medical profession. At the organizational meeting a slate of officers was elected and installed as follows: Janice Cohen, right, president; Connie Kurt-Bowen, center, vice president and Caroline Blackburn, secretary. Patricia White is the treasurer but was unable to be present for the picture. Future plans of the organization were discussed at length during the October 12 meeting. The Auxiliary will assist other organizations within the Medical Center and all projects will be beneficial to the Center. Auxiliary meetings will be held the third Monday evening of each month at 7:30 o'clock.

## PARENTS LUNCH WITH STUDENTS AT PARK VIEW



Annually National School Lunch Room Week is observed during the month of October. The Mooresville City Schools are taking part in this observance by inviting parents of the students to have lunch with their child on a designated day. Tuesday at Park View Elementary School was the day for parents of Kindergarten students to participate. Principal Becky Wilson, standing, visits with parents and students of Mrs. Gaynelle Keeling's kindergarten class.

## Genealogical Clinic Planned By Local UDC Chapter

At the regular monthly meeting of the Battle of Bentonville Chapter of the United Daughters of the Confederacy held at the Boardwalk Restaurant on October 6, plans were made for attendance at the North Carolina Division Convention at Holiday Inn in Goldsboro, Mrs. E. R. Westland, president and Mrs. Earl Hunsberger, secretary, were delegates to this annual meeting October 8-10.

Another matter of public interest is a genealogical clinic which will be held Sunday, Nov. 1, from 2:00 until 5:00 p.m. at the War Memorial Building. This is a one-session event sponsored by the local chapter of the United Daughters of the Confederacy in response to interest concerning genealogical research. The clinic will be conducted by Mrs. Patricia Rosenthal of the Rowan County Library and will provide guidance for persons interested in tracing their roots. There is no charge for this public service. Further information may be obtained from Mrs. Westland or from Mrs. John Redden.

An interesting historical program was presented by Mrs. Richard Givens. "Established in 1799, Franklin, Tennessee, is 18 miles and 100 years down the road from the early 1800's Federal troops occupied this area where regional clashes were constant. The Confederates wanted to regain the territory because of the ammunition produced here. General John Bell Hood, after the fall of Atlanta, tried to cut General William T. Sherman's supply line, but even with adequate troops the task was formidable. The ensuing battle lasted five hours, the enemy line was crossed in two places, but no man was taken in return. The carnage caused John McGavock to donate acreage for a burial ground. The name Carnation from the Gaelic word carn, meaning stone monument to a fallen chief, or to mark a memorable event, was an appropriate name for this cemetery.

## Local BPW Members Attend Area Meeting

The Mountain Area Meeting of Districts I, II and III of North Carolina Federation of Business and Professional Women's Clubs Inc. of the United States of America was held September 26, at the Holiday Inn Piedmont Center in Hickory.

The meeting was hosted by District II local organizations: Gastonia, Granite Falls, Lenoir, Lincoln and Morgan Business and Professional Women's Clubs.

Attending from the Mooresville BPW Club were Linda Turner, Joyce Draper, Phyllis McNeil, Bobbie Cannon, Jane Ward, Patty Kiblinger and Alma Oliphant.

During the day, the women participated in federation focus issues concerning Pay Equity, Supporting Women in the Workplace, The Changing Family, and Involving Women in the Political Process.

Mountain Area Vice-President Janet Sue Aulen presided over the meeting, and Patty Kiblinger of Mooresville, District III Director, made the introductions.

Panel discussions were held on Issues Management, Membership, Officer, Member and Treasurer Responsibilities.

District II Director Leanne Pascoe presided over the luncheon during which State President Betty Hooks brought the keynote address. The day's activities closed with a drama entitled "A Day in the Life of a Well-Planned Meeting."

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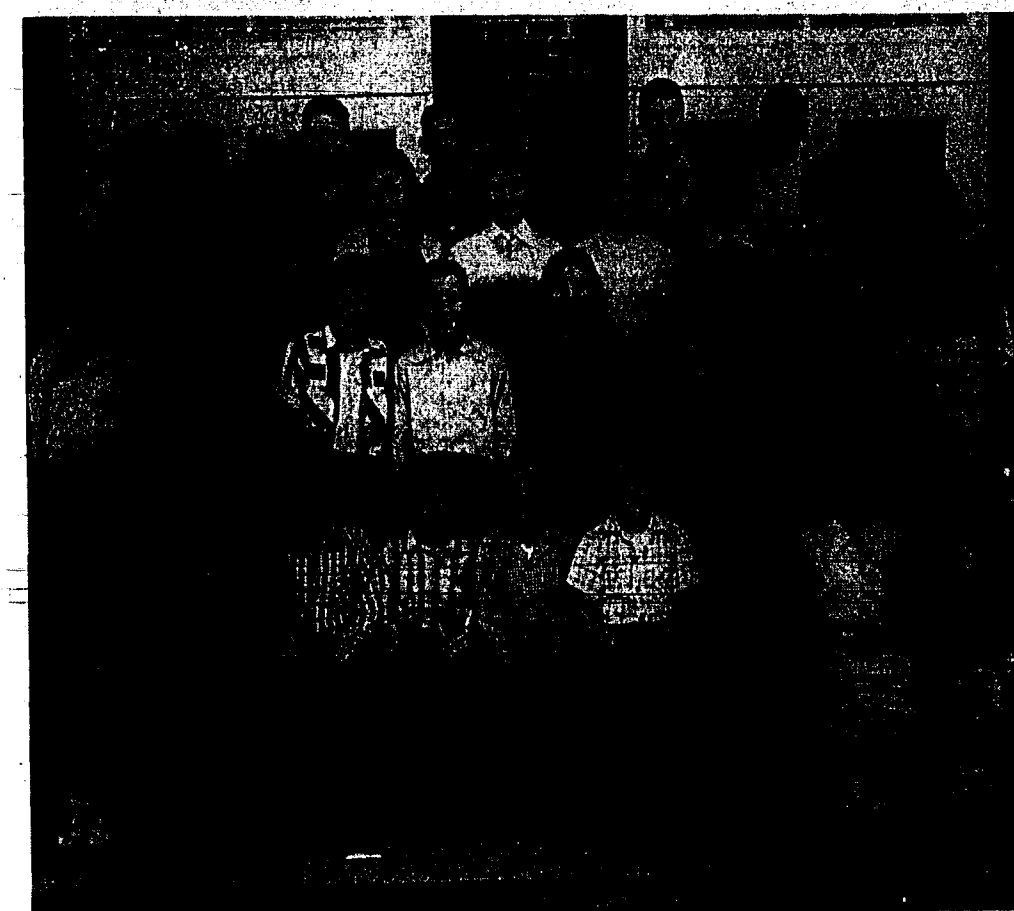
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## A Page From South Iredell's Scrapbook

We welcome your contributions... Submit photos of anything to do with anything around here. They must be at least 25 years old, and the older the better.



**Bill Kennedy's Mount Mounre 1954 Seventh Grade**  
Teacher Bill Kennedy poses with his seventh-grade class in this photo shared by Joyce Culbertson Davis of Lexington. In front, from left, are Carolyn Curtis, Jimmy Sparr, David Honeycutt, Ray Donaldson, Bobby Sides, Donald Whitlow, Joyce Culbertson and Barbara Nance. Second row, from left: Joann Walter, Kenney, Randy Shumaker, J.C. Johnson, Deloris Holl, Carol Cashion, Joan Gant and J.C. Curtis. Third row from left: J.C. Goodson, Marie Comer, Linda Freeze, Tommie Ann Mundy, Phyllis Sloos, Annette Martin, Joanne Howard and Dorothy Jordan. Top row from left: Joe Ballard, Welter Helms, Jimmy Pratt, Tommy Brown, Tommy Christie, J.T. Peatrea and Wayne Norris.

## Century-Old Gold Mine Sage Unfolds Again

Did he or didn't he? You are invited to be the judge as the sixth annual "Deadly Saga of the Mad Miner" unfolds again at Reed Gold Mine State Historic Site near Concord. Thursday through Saturday, Oct. 23-25, 7-10 p.m. each night.

Costumed Reed staff members will take visitors on a tour of the mine, and the accused husband was freed to work again in the mine.

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Helping in the mine will be Concord High and Central Cabarrus High School drama students. Mt. Pleasant High School Beta Club and First Baptist Youth of Locust.

For details, call the site at 704-786-8337, or the Historic Site Section at 733-7862 in Raleigh.

Reed Gold Mine State Historic Site, an agency for the Department of Cultural Resources, is located 12 miles south of Concord. Follow Highway 60 south to Highway 200. Turn left onto Highway 200. Turn right onto Reed Mine Road. Site is located two miles down Reed Mine Road on the left.

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**South Carolina Trip Planned By BPW Club**  
Only 70 shopping days until Christmas... and the Foundation Committee of the Mooresville Business and Professional Women's Club have formulated plans for a shopping trip.

**Dr. Brinton At Symposium**  
Dr. Lewis F. Brinton, who has a breast clinic in Mooresville, attended the "Fifth Symposium on Breast Disease" on Oct. 4-6. The meeting was sponsored by the Dept. of Radiology of the Bowman Gray School of Medicine in Winston-Salem. Topics at the symposium included the study of benign and malignant breast diseases, means of detecting breast cancer and various treatments. Most of the faculty agree that best results are obtained from early detection of breast cancer and this is best obtained with low-dose mammography. Dr. Brinton feels it is important to remain informed of the latest developments in treatment of the breast and felt this meeting was of utmost benefit.

## South Carolina Trip Planned By BPW Club

Only 70 shopping days until Christmas... and the Foundation Committee of the Mooresville Business and Professional Women's Club have formulated plans for a shopping trip.

The trip is scheduled South on Saturday, Nov. 7. The bus will leave Mooresville at 6:30 a.m. and head to South Carolina for a full day of shopping. Breakfast will be the first item on the agenda and then on to the new 60,000 square foot Hamrick's at Gaffney. Hamrick's not only has clothes but there is also a cafeteria within the complex. From this area, the group will board the bus and visit Outlet Shops at Spartanburg which includes Waccamaw, children's shops, shoes, sporting goods and much more.

Cost for the trip is \$15 and reservations can be made by calling Sara Haire at 663-177 or Jan Stowe at 663-6699.

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## Cornelius Church Offers Food Sale

The Cornelius Church of God plans two Oct. 17 fund-raising projects to bolster its building fund.

The Ladies Auxiliary will offer hot dogs and hamburgers in the church basement hall on Saturday from 1 a.m. until 6 p.m. The same day, the Men's Fellowship will have a yard sale at the home of Vernon Nantz a mile west of Cornelius on N.C. 73.

The church is on Hickory Street, just off N.C. 115.

## Mrs. Rankin Passes; Rites Wednesday

Mrs. Mary Winecoff Rankin, 88-year-old resident of Perth Church Road, Troutman, route 1, died at 9 p.m. Monday at the Davis Community Hospital in Statesville.

A native of Iredell County, Mrs. Rankin was born on June 3, 1899, a daughter of the late Thomas E. and Ola Murdock Winecoff.

A graduate of Troutman High School, Mrs. Rankin was a member of New Perth Associate Reformed Presbyterian Church in Troutman.

Mrs. Rankin's husband, Edgar H. Rankin, preceded her in death on April 27, 1962.

Surviving are: one daughter, Mrs. Harold H. (Vivian) Collins of Troutman, route 1; two brothers, Floyd W. Winecoff of St. Louis, Mo., and Barrett A. Winecoff of China Grove; and two sisters, Mrs. Bertha W. Mills and Mrs. Lelia W. Loftin, both of Troutman. Two grandchildren and four great-grandchildren also survive.

Funeral services for Mrs. Rankin will be conducted at 4 p.m. today (Wednesday) at New Perth Associate Reformed Presbyterian Church, with the pastor, the Rev. Robert E. Shearer, officiating. Burial will be in the church cemetery.

Serving as pallbearers will be: Edward Orrin Winecoff, Glen Langston, Halbert Rimmer, Lewis Winecoff, Vernon Hedrick and Allen Collins.

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## Play Scheduled At Davidson

"The Water Engine," a 20th-century play by American playwright David Mamet, will have its regional premiere this fall at Davidson College. Guest Director Steve Umberger and students of the theater and speech department will present the play Oct. 30-31 and Nov. 5-7 in Hodson Hall.

"The Water Engine" was originally written as a radio play and had its stage debut in Chicago in 1977. It is set in a radio station during the 1929 Chicago World's Fair and explores the benefits and the harshness of technology and corporate America.

In the play, the principal character, Charles Lang, tries to patent a water engine he invents—only to be "ripped off," says Umberger.

"The play is about how and why that happened, and what could have been done to prevent it."

Setting the action in a radio station is intended to make the audience realize the importance of mass communication is also a threat, he says. The play is distinguished by its sparse dialogue, forcing the audience to read between the lines to reach an unavoidable conclusion.

Umberger says "The Water Engine" is a "different kind of play for Davidson. It breaks the pattern of tradition here. Mamet is sparse with language. There are no long sentences, no monologues—the lines leave a lot to the imagination so that the audience has to gather that which is being implied."

"They have to realize that the radio as a form of communication is important to us. In 1929 every household had a radio—it was the only way to the outside world. Yet it also symbolizes a threat to our individuality. Realizing this irony might startle people," says Umberger.

The Chicago-born Mamet began his career as a radio and actor before beginning to write plays in 1978. His first Off-Broadway play, "Duck Variations," generated rave reviews. Mamet was the recipient of the 1979 Chicago World's Fair and American Buffalo and "Sexual Pervert in Chicago." He is known for his realistic depiction of life and his raw, yet poetic expression of dialect.

One of the principal founders of the Charlotte Repertory Theater, Umberger earned his bachelor of creative arts degree from the University of North Carolina in 1976. He has acted with the New York Riverside Shakespeare Company, the North Carolina Shakespeare Festival, and since 1978 has directed plays for the Children's Theater of Charlotte. Umberger writes freelance articles regularly for Playbill and Southern Theater magazines.

Performances are scheduled for 7:30 p.m. Nov. 5 and 8 p.m. on all other nights. Tickets are \$5 general admission and \$3 for students. The box office will be open from 2-5 p.m. beginning Oct. 26, and tickets can be reserved by calling 892-1696. Hodson Hall is located in the Cunningham Fine Arts Building. For information before Oct. 26, call the theater department, 892-2000, ext. 361.

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