

THE

# WOMEN'S PAGE

★ FEATURES ★ NEWS ★ HOUSEHOLD HINTS

All Of Interest To The Feminine Folk Of Transylvania County

## COOKS' CORNER

—BY—

ADELAIDE VAN WEY



Hello from me to all of you. It is good to be back home. It's better than that, it's wonderful! I'm a born mountaineer, proud of it and glad to be back in my mountains. Oh, I get the wanderlust and may jaunt hither and about but here is home and here I mean to stay.

I even have my red rocking chair all ready. You'll be hearing a lot about that red rocker, too. It could never fit into the hurried life of New York. It's perfect for thinking, relaxing and dreaming and planning. My red rocker shall sit in my kitchen and in it I'll remember favorite recipes and special foods and pass them on to you.

But enough of this. I'm home and it's a real pleasure to be part of my very favorite newspaper.

There are times when every one feels rushed, overworked, overworked and at the proverbial "rope's end." But one has to eat and most of us have to fix the "eats" ourselves. That's the time for quick and easy doings. I won't say I'm lazy exactly, (and don't you agree with me, please!), but I'm all out for the quick and easy preparation of food. And the quick and easy way can be just as appetizing and eye-appealing as the "hours over the hot stove" school of cooking.

You might as well get used to my harping on the fast, quick and easy way of cooking. It's the only way of cooking I believe in. There are special occasions when we all want to take extra pains with our food, but those times need not involve long, difficult methods. It's

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fun to cook; it's creative and rewarding. Cooking is an accomplishment to be proud of, to revel in. But cooking that is drudgery, and consumes hours we ill can afford to spare, becomes a horror and a task to hurry through. It's no pleasure to be working in the kitchen while family or friends are enjoying conversation or games or just lolling. So again I stress the quick and easy way. It is nothing to brag about when one boasts, "I can't even boil water." Pooh, and double pooh! Everyone can cook and cook well if interested enough to learn, to try, to take pride in the fine art of preparing food, and to follow a recipe exactly as it is written. One doesn't have to be fancy to be a fine cook either. The approach to cooking is what's wrong. Look on the preparing of food as an art, a joy and not as a time-consuming, unpleasant duty.

First of all learn to make double quantities of the foods that can show up in various guises. Potatoes should rate a gold star for versatility. Boil potatoes, plenty of them. One day use some of them mashed, save some of the mashed ones to star as potato pancakes another day. Then the very same boiled potatoes, unmashed, can be made into a fine potato salad for luncheon if you like. Don't forget the boiled potatoes can be sliced, put into an oven-proof casserole with canned mushroom soup, poured over all and topped with cheese. That dish is a favorite with most folks. Of course you all know "home fried" potatoes — good, too, if gently done and not like bullets. This sounds like I have a one track mind, potato consciousness, you might say. But there are still more ways of dressing up those same boiled potatoes (that is, if you boil plenty to start with). Slice the cold boiled potatoes, after peeling, of course, and add thin onion rings, layer by layer, in a well greased baking dish. Pour over all a thin white sauce well seasoned; top with buttered crumbs. It's good! Now don't get bored—one more potato idea and I'll stop raving about the famous root. Baked potatoes are super good eating when scooped out, mashed and added to well drained and flaked tuna fish and

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### Sandwiches Are Good When Served With Vegetables

Sandwiches, for their ease of preparation and good nutrition, have long since graduated from picnic fare to summer and winter mainstays for the whole family. Luncheon, in many homes, is a sandwich meal fortified with hot soup and crunchy raw vegetables in winter and a crisp salad in summer. And if you check your nutrition chart, you'll find it's as complete a meal as a steak dinner.

Of course the accompanying crisp vegetables add vitamins and minerals, as well as color and zest to the meal. You know it's much easier for the children to polish off a stack of carrot sticks than the same vegetable carefully cooked and sauced.

Celery stuffed with cheese is tasty and donates extra calcium and milk proteins to the meal. Sliced onions are a must with many sandwiches, and tender green onions are not to be overlooked. Or did you ever serve thin wedges of raw cabbage to be eaten finger style with salt? Try it with scrambled egg sandwiches or with ham and cheese.

Rings of bright green pepper are another idea for sandwich "go-withs." They can be hollowed out and stuffed too, you know, with a cheese mixture, chilled thoroughly and sliced. Pretty and tasty, too.

In many sandwiches, tomatoes are an essential ingredient. With others they make a colorful addition to the plate when cut in wedges or stuffed with anything from cottage cheese to coleslaw. Speaking of coleslaw, did you ever put the coleslaw right in the sandwich? Good with frankfurters, barbecues or liver sausage. Better use a bun since bread sometimes collapses.

### Bridal Colors And Flowers For Spring In Variety

Color schemes for wedding dresses and the types of flowers that will look pretty with them were the subjects of much discussion recently among designers.

Many spring brides are now deciding what colors and flowers will be most suitable when they make that trip to the altar in the spring or summer.

A bride in white marquisette might choose to carry white tulips and white sweet peas. She could dress her attendants in pink marquisette and have them carry bouquets of pink and lavender sweet peas.

A pretty ensemble would be a bride in white mousseline de soi over pale lavender with a bouquet of white roses and white lilies. Her attendants could wear white mousseline de soi over deeper lavender, and carry pink roses and purple lilies.

For another, a bride in white eyelet embroidered organdy over pale blue taffeta could select bridesmaids' gowns of white eyelet embroidered organdy over aqua taffeta. The bride could carry white iris and white roses, and her attendants could carry colonial bouquets of sweetheart rosebuds.

A bride in white marquisette might carry white gladioli with lilies of the valley. Her attendants, dressed in yellow and lime green marquisette might carry bouquets of yellow gladioli and wear headbands of yellow gladioli flowers.

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### Maid On Tour



Radiant ALICE CORR, 19-year-old Selma, Ala., beauty, who was named Maid of Cotton, is now on her fabulous six-month 65,000 mile tour. This goodwill fashion emissary will visit all parts of the United States, then to Europe, Canada and South America. Her entire wardrobe is of cotton and was designed by leading American fashion designers.

### Selection Of Child's Clothes Takes Patience

Mothers who go shopping with their children are not always pleased with the clothing the youngsters want to select for themselves. For instance, the color may not seem attractive on them or it may clash with something else they are wearing.

But people with a knowledge of the field make this suggestion—try as far as possible to let the children have what they like. You may argue that this rule would work with some youngsters, but that yours appear to be completely lacking in taste and would look like little scarecrows if left on their own. But here is reassurance from clothing experts — children learn quite young to distinguish between colors and they can become very interested in choosing good combinations.

They need experience, of course, but they won't get it if somebody else always selects their clothes. Clothing advisers also point out that it may be more practical to give the youngsters some voice in the matter because they tend to be more careful of suits and dresses that they like.

Here is another suggestion to heed—don't overlook the child's size in choosing certain materials. For instance, a plaid or a large floral print that might look very well on a grownup may be unbecoming to a child. Why? Because the design is out of all proportion to the child's size. A small design would be much better.

The same rule holds good for color. Dark shades may be attractive on some adults, but children in general tend to prefer gay colors and look better in them.

Clothing experts also advise parents to consider other factors. For instance, suppose you live in a house where open fireplaces are in occasional use. These can present a hazard to children who venture too near them while dressed in materials that are inflammable.

### New Trends In Fabrics, Colors Befuddle Shopper

French designers are showing the same colors for spring—lots of black and white, gray, a light and dark beige, soft fur or mushroom browns, green, blue, red and rose. However, there's more variety than one would think, because each designer has her own pet shades of these colors.

Flowers as nature made them bloom decorate evening fabrics. The carnation is top favorite, although some designers give first place to the flower of England, the rose, in honor of coronation year.

No wonder, with all these new trends and new fabric developments being featured, many a shopper is befuddled. That's why it's important to shop carefully for your spring and summer wardrobe.

The experts suggest that you first ask yourself, "How much money can I spend? What can I salvage from last year? What are the gaps and what are my needs?" And they remind you that the sensible thing to do, of course, is to buy your "needs" before your "wants."

Here, in a nutshell, are reminders from the Bureau of Industrial Service of four good shopping practices: Buy with a basic color scheme in mind. Shop with one eye on the upkeep angle. Read the label as your best source of information. And remember, you don't always need the best. It's a smart shopper who knows that when she buys an

Little Items Of Lively Interest About Folks And

## Flower GARDENING

By Mrs. S. R. Harrington

This morning, very early I heard a blue bird sing, A happy, "wake-up" kind of song, I thought it must be spring, And then right after breakfast Beside the kitchen door I found a crocus blooming That wasn't there before. It made me feel like dancing It made me want to sing, I felt all "happy-like" inside, That's how I know it's spring! —Kennedy

How wonderful that all these things are free for us to enjoy! Birds singing, flowers blooming, the wonders of nature awakening at spring's approach. And let me tell you, gardeners, by careful observation there are endless lessons to be learned from Mother Nature. So, look, listen and learn! For several weeks now (until we

occasional outfit it won't have to be as durable as her basic, service-giving garments.

turn our attention to planting flowers), let's think of planting shrubs and trees. If your ground needs landscaping, get pencil and paper and start sketching. Believe me, it's easier to move shrubs and trees on paper, than after they're out.

Most important thing to remember is that shrubs and trees should focus attention on the house, improve its appearance, and yes, minimize its shortcomings.

Because every house is different, few hard and fast rules can be made. However, if you'll exercise common sense and remember a few basic principles, your grounds should be eye-arrestingly attractive.

For instance, plant all the way around the house, not just across the front. Keep the lawn areas large, open, and easy to mow, not spotted with flowerbeds, etc., on front lawn. Always screen with shrubbery that part of your property where you want privacy, such

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