

THE WOMEN'S PAGE

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All Of Interest To The Feminine Folk Of Transylvania County

Poor Diet Is Cutting Span Of Life For Millions

A well-known nutrition expert, Dr. Charles Glen King, of New York, warns that poor diet is cutting the life span of millions of Americans. He adds it is a tragedy that the people of the presumably best-fed nation of the world should be prey to dietary deficiencies that have such serious consequences.

Dr. King—scientific director of the nutrition foundation—blames the trouble in overindulgence in food and drink and underindulgence in foods that supply vitamins, minerals and good quality proteins. As a result, he believes that some twenty million or more Americans are shortening their lives, handicapping their health and running the risk of contracting destructive diseases.

He urges Americans to eat wisely and well, making intelligent use of the good food that is available.

Specialists at Cornell university are of the same opinion, and they think one of the big mistakes made by most Americans is the habit of skipping breakfast. Most folks trying to lose weight either skip breakfast or have a skimpy one—fruit juice, toast and coffee, containing fewer than two hundred calories. They point out you don't

Furniture Serves Dual Role



This inexpensive solution will not only accommodate the extra guest in the summer place, spare room or den, but it also makes a handsome modern sofa that blends with other types of furnishings. The zippered covers strip off in seconds when the couch becomes a bed. The frame is solid ash and birch woods, steam bent to assure the permanence of the shape. Finish is natural.

win, because by the middle of the morning you're probably hungry, and indulge in a calorie laden mid-morning snack.

The Cornell specialists recommend this type of breakfast: fruit juice, an egg, toast with butter and a glass of whole milk. Such a break-

fast contains about four hundred calories. The whole milk and butter and the egg are important, because they contain protein and fat that stave off mid-morning hunger pangs. And—a word to the wise—check with your doctor before you begin a reducing diet.

Crisp Salads In Warm Weather Are Easy On The Cook

When the first warm days arrive, nothing tastes better than cold, cold salads, no matter what the rest of the meal. So make it easy on yourself and plan a sandwich and salad supper with iced tea or lemonade and a fresh fruit dessert. Lots of time for gardening or the last odds and ends of spring cleaning.

Here's a supper salad that's good alone, and better served in tomatoes. You just quarter the tomatoes almost through the base and spread apart, then heap the salad in the center. Serve in a hurry while it's crisp and cold.

Devised Cabbage—Cucumber Salad

3 hard boiled eggs
1 tbs. melted butter or marg.
1 tbs. sugar
1 tsp. dry mustard
2 tps. salt
1/2 tsp. black pepper
3 tbs. vinegar
1/2 cup light cream
4 cups finely shredded cabbage
1 cup pared diced cucumbers
2 sliced green onions
Cut eggs in half. Set aside whites. Mash yolks, blend in butter, seasonings, vinegar and cream. Chill. Shred cabbage, add cucumber and onion. Slice egg whites thin. Add to vegetables, then add dressing. Toss until well mixed. Season to taste. Serve in salad bowl, lettuce cups or tomatoes. Sprinkle top with paprika. Serves 4 to 6.

Another day, another salad. This one's not quite so hearty, but crisp, tart, and fresh tasting. Prepare it early in the day and avoid the last minute rush.

Crisp Vegetable Molds

1 envelope unflavored gelatin
1-4 cup cold water
1 1-4 cups boiling water
1 tsp. salt
1/2 cup sugar
1-4 cup lemon juice
1-4 cup vinegar
1 small onion, grated
1 cup shredded cabbage
2 tbsps chopped green pepper
1-2 cup julienne carrots
1 cup chopped celery
1-4 cup sliced stuffed olives
Soften gelatin in cold water for five minutes. Dissolve in boiling water. Add salt, sugar, lemon juice and vinegar. Stir well. Chill until syrupy. Add remaining ingredients. Ladle into oiled molds or a shallow pan. Chill until set. Serve on crisp greens. Serves 6.

COOKS' CORNER

—BY—
ADELAIDE VAN WEY



There are certain foods that we all remember nostalgically. Maybe it's the doughnuts your grandmother made, or the pork chops cooked a certain, special way by your mother that remain in your memory. Old fashioned taffy and the fun associated with "taffy pulls" may haunt you and make your mouth water. Corn on the cob sticks in my memory and tingles my taste buds at the mere thought. No, not just any corn on the cob, but a super-special kind, Golden Bantam is the name and there is no better eating. Corn must be cooked just right to taste as it should. A plunge into boiling water, to which a couple of tablespoons of sugar has been added, and boiled for around ten minutes makes the corn food of high order. Don't over-cook and do serve it with plenty of butter. And, sissy though it may sound, the little spear holders for corn on cob save sensitive fingers and prevent spotted clothes. Frozen corn is good too, but nothing quite equals fresh young Golden Bantam.

Comes a time when we all long for something different in the food line. Why not try a delicious rabbit? Louise G. DeLong sent me a wonderful rabbit recipe given her by Mrs. M. C. Bigelow and I want to pass it on to you.

1 frying domestic rabbit
2 medium onions
6 strips sliced bacon
Place three slices cut up bacon on bottom of Dutch oven or chicken fryer. Cut rabbit into pieces as for frying. Dip pieces in cold water and while good and wet place on top of bacon. Add salt and pepper to taste. Place three slices of bacon cut into medium pieces over rabbit. Next cover with onions cut into small pieces. Keep covered tightly and cook slowly for an hour. Test for doneness; cook longer if necessary. This makes a different and tasty dish. I heartily recommend it.

I have another recipe I want to pass on to you. This recipe comes from that well-known painter, Robert Roche. I heard Robert give a most interesting lecture while I was in New York. This artist is a great portrayer of Americana and his lectures on the importance of art in everyday living are fascinating. Robert Roche's hobby is cooking and with Cooks' Corner in mind I asked him for one of his specialties for this column.

Spaghetti Sauce

1 cup tomato juice
2 cans tomatoes
2 cans tomato paste
2 large onions chopped fine
2 tbs. curry powder
2 tbs. horse-radish
2 lbs. ground beef
4 tbs. olive oil
1 bell pepper chopped fine
1 tsp. oregano

In deep pot cook onions in olive oil until transparent. Add ground beef and stir until meat is well browned. Add all other ingredients and keep stirring until all are blended. Keep heat low and let simmer for two hours. Add more tomato juice if mixture becomes too thick. Serve spaghetti, noodles or rice. That's mighty good eating, Robert. I gave him my recipe for a pungent sauce in return.

There is no such thing as an all-purpose bought salad dressing unless the buyer is prepared to blend other things with it to match the meal. Smart cooks take a prepared dressing, enhance or modify it with herbs, wine or plain cider vinegar, mustard, sweet basil, tarragon and other odds and ends and produce noteworthy salads. For example, add a little sugar to basic French dressing when used over tomatoes; add crumbled blue cheese for an all-green salad, minced chives, chopped pickles, mashed garlic, crumbled bacon. Those ought to spark your imagination. Do try new combinations for your salads, too; orange slices and thin sweet onion rings are a

Popular Fabrics Are Ones Which Need No Ironing

Textile and clothing specialists say that every day more new and fashion-wise fabrics are appearing in blends, combinations and one hundred per cent fabrics of the various fibers. The newer man-made fibers still are in short supply, but they're proving very popular and the demand for them is great.

The top favorites seem to be the new fabrics that need little or no ironing. What work and time savers they are for the homemaker when she is taking care of the family's clothing. Such materials are worth looking forward to, especially during the hot summer months.

These fabrics are big favorites in the field of sleeping and lingerie garments for all ages. Cotton plisse or similar crinkled textures are most commonly used. However, the non-iron garments for the small fry include not only slips and sleeping garments but dresses and play clothes as well.

We cannot talk about easily cared for fabrics without including the nylon fabrics, of course—especially nylon tricot. We are accustomed to the nylon tricot slips and sleeping garments. And now more nylon tricot houses are appearing on the market. Blouses of many of the other new fibers, such as dacron and orlon, may also cut down on the time spent in laundering.

real treat. Pickled sliced beets bedded in greenery topped with grated egg taste fine. Don't despise the humble cooked green bean salad, for properly "dressed" it can be a real star. Try your lowly green beans with crumbled, cooked bacon and a simple French dressing. I've used it hot as well as cold and most folks asked for seconds.

Thought for Food From My Red Rocker: This is to remind you that salt should be on your mind and in whatever you are making. Don't forget that all sweet dishes need salt, and no chocolate creation is worth its salt if the salt is left out. Let's dine—not just eat—Good appetite!

CAKE ICING

For a new—and delicious—filling to put between layers of devil's food cake, try combining finely chopped raisins and walnuts mixed with thick sour cream. It's so rich and good no frosting is needed.

SAY—I SAW IT IN THE TIMES

NOTICE County Privilege LICENSE TAX

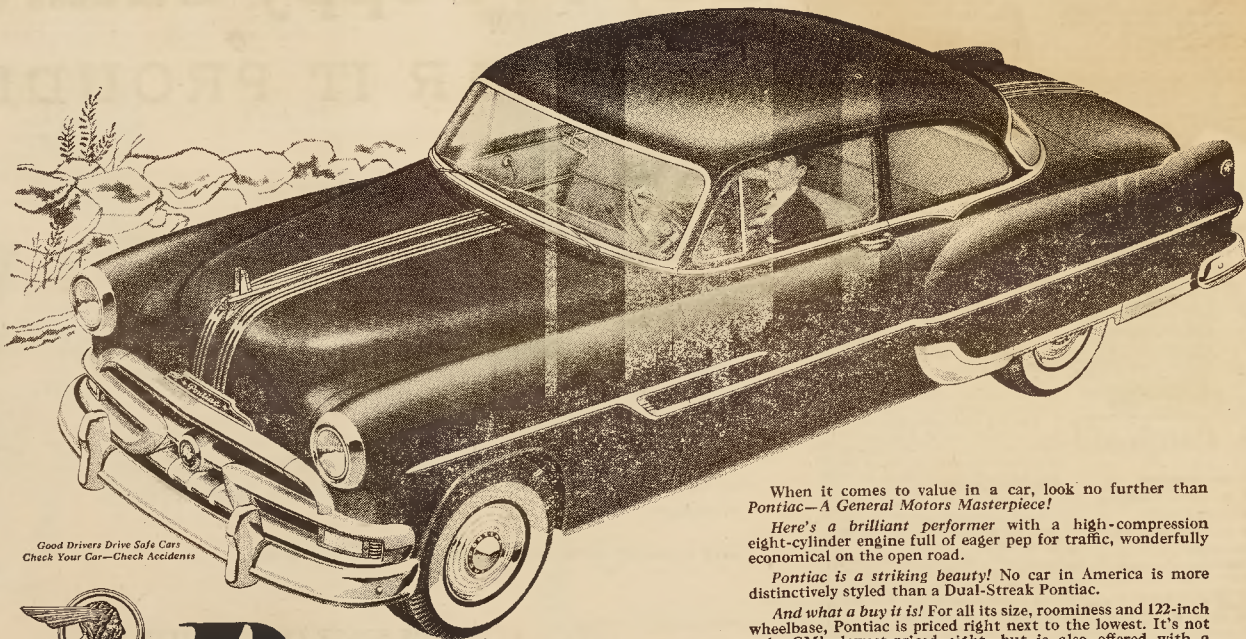
Following is a partial list of businesses, services, or sales which are taxable under the State Revenue Act by the County of Transylvania and are required to have Privilege License or Schedule "B" Permit before operating such business. Taxable year on these are from June 1 to May 31.

All other businesses or services, not listed below, but which are allowed to be taxed under the State Revenue Act are subject to the tax so allowed. Amount due on specific business or operation will be given by the Tax Collector upon request, and licenses issued at time of request except on such business as require State License to be first secured, or permit from the governing board.

- Amuse Sales
- Automotive
- Accessory & Radio Sales
- Auto-Truck Dealer
- Battery Sales and Repairs
- Garage
- Gas Pumps
- Motorcycle Sales
- Service Station
- Storage Garage
- Used Vehicle Sales
- Billiard tables (outside towns)
- Bowling alleys (outside towns)
- Bonding companies
- Bowie Knives
- Brass knucks
- Carnivals
- Circus — Road shows
- Cigarette machines—Coin operated (distributors only)
- Employment agency
- Fortune Teller
- Gypsy trader
- Horse and mule dealer
- Laundries — Soliciting in county with plant outside county.
- Lightning rod agent
- Linin service
- Loan agency
- Metallic cartridges
- Miniature golf course
- Motor advertising with use of loud speaker
- Music machines that are coin operated
- Music instruments (traveling agents)
- Newspaper contests
- Pawn brokers
- Peddlers on foot or with any type vehicle (including temporary or "summer" business only of any kind)
- Pistols
- Phrenologists
- Riding devices
- Sewing machine agents
- Shooting gallery
- Skiing rink
- Swimming pool
- Traveling shows
- Traveling stores
- Weighing machines

Respectfully submitted,
C. M. DOUGLAS,
Tax Collector

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