

THE **WOMEN'S PAGE**  
 ☆ FEATURES ☆ NEWS ☆ HOUSEHOLD HINTS  
 All Of Interest To The Feminine Folk Of Transylvania County

Notes From The Home Agent

January Is Egg Month, Recipes Show Values In All Three Meals

Versatile "Hen Fruit" Can Star In Many Dishes For Dinner, Luncheon

January egg month is a good season to concentrate on serving eggs, for tasty egg dishes will put zest in mid-winter meals. Eggs are enjoyed universally and they can be prepared in hundreds of ways to

satisfy individual and family tastes. Truer words were never spoken than will be found in the January egg month slogan: "Eggs—Pass-word to Good Eating."

Eggs star in breakfast main dishes to start the day.

**Fried Eggs With Fried Chicken Livers**

To fry eggs "easy-over" just fry them on one side, turn the egg carefully and cook to desired firmness. Another method is called "butter poached" eggs. After the eggs have been slipped into a skillet lightly greased with butter, margarine or meat drippings, cook the bottoms slightly. Then add a teaspoon of water, cover tightly, and cook gently to desired firmness. Serve with fried chicken livers.

**Egg Pancake**

2 eggs  
 1-2 teaspoon salt  
 1 tablespoon sugar  
 1-3 cup sifted all-purpose flour  
 1-2 cup milk  
 1 teaspoon fat  
 Beat eggs, salt and sugar together. Add flour and milk to eggs. Beat until smooth. Heat fat in a deep skillet until drop of water in skillet sizzles. Pour in all of batter. Cook two minutes. Place in hot oven (450 deg. F.) and bake 15 minutes or until surface is brown. Dot with butter and sweetened fruit or marmalade, syrup or honey. Roll or fold from opposite sides to center making three layers.

Lunch, dinner and supper main dishes feature eggs.

**Egg-Sausage Surprises**

1-2 to 2 lbs. bulk pork sausage.  
 8 hard-cooked eggs.  
 Divide sausage into 8 equal parts. Press sausage firmly to make an even layer around eggs. Place on rack in shallow pan. Bake uncovered in a moderate oven (350 deg. F.) for 40 to 45 minutes or until the sausage is well-browned, turning once. If desired, serve with gravy prepared with the sausage drippings. 8 servings.

**Casserole or Hot Egg Salad**

6 to 8 hard-cooked eggs, coarsely cut  
 1½ cups celery, 1-4 inch dice  
 1-4 cup coarsely chopped pecan meats  
 1 teaspoon finely chopped onion  
 2 tablespoons finely chopped parsley  
 1-8 teaspoon pepper  
 2-3 cup salad dressing  
 Salt and pepper to taste  
 1 cup (1-4 lb.) grated cheddar cheese  
 1 cup (4 oz.) crushed potato chips  
 Combine eggs, celery, pecans, onion, parsley and pepper in mixing bowl. Add salad dressing. Toss lightly to blend ingredients. Add salt and additional pepper to taste. Divide into 4 individual 1-cup casseroles. Sprinkle cheese over top. Top with potato chips. Place casseroles on baking sheet and bake in a moderate oven (375 deg. F.) 25 minutes, or until thoroughly heated. 4 servings.

**Cheese Omelet**

1-4 pound cheese, grated or finely diced  
 1-4 cup milk  
 1-2 teaspoon salt  
 4 eggs, separated  
 1-8 teaspoon pepper  
 3 tablespoons butter  
 Heat cheese and milk over simmering water until cheese is melted, stirring constantly. Add salt to egg whites and beat until stiff. Add pepper to yolks and beat until thick and lemon colored. Pour cheese sauce into egg yolks stirring constantly. Pour yolk mixture gradually over egg whites folding at the same time. Meanwhile heat fat in large skillet until just hot enough to sizzle a drop of water. Pour in omelet mixture. Reduce heat. Cook slowly until puffy and lightly browned on bottom, about 5 minutes. Place in slow oven (325 deg. F.). Bake until knife inserted in center comes out clean, 12 to 15 minutes. Serves 2 to 3.

**COULD BE WORSE**

"I haven't seen you at church lately," the vicar remarked to a parishioner one day. "I do hope you're not sliding."  
 "Well not exactly," replied the man. "But my daughter's learning to play the harp, and well—to tell you the truth, I'm not so particular about going to Heaven as I was."

When you think of prescriptions, think of VARNER'S.—adv.



..but I can't use 10 hats at a time!

Of course no one buys and wears ten hats at a time.

The picture is used because it pretty well illustrates the situation that would confront most businesses if it weren't for truck service.

Now the retailer—and manufacturer or wholesaler for that matter—doesn't have to tie up his capital in huge inventories, or buy expensive warehouse space. He buys smaller shipments, more often—and he can get fast replacement of out-of-stock items by truck. As a result, he carries more lines, and the goods are up-to-the-minute in freshness, fashion and salability.

This is true in the smallest far-flung community as well as the biggest cities of the state. This freedom to buy—when he wants and in the quantities he needs—has benefited him, and his suppliers and his customers.

Next time you're in a store of any kind note the variety of items offered for sale. Truck service gives you a greater choice . . . just as it brings everything within reach of everyone, everywhere. If you've got it . . . a truck brought it!

NORTH CAROLINA MOTOR CARRIERS ASSOCIATION, INC.

"Safety is no accident"

The Spring Suit Is Favorite Item In Most Of Wardrobes

NEW YORK — First important addition to your wardrobe for spring 1954 will probably be a suit or a costume in the suit family. This season you'll find fashion covering a wide range of good-looking suits designed to serve a variety of needs. For example, designer Willi Nemerov does a group of costume suits in tweeds and silk and woolen combinations. Their jackets and toppers range from short 28- and 38-inch to full length.

Mr. Nemerov believes clothes should be "fashionable though not necessarily expensive," a theme you will naturally applaud. The results of his last visit to the fabric markets of Europe in his search for unusual materials are evident in a handsome collection of coats, suits and small group of wool dresses created to go under short 28-inch coats. There's the yellow fleece topper with white trim over a slim white wool sleeveless dress and white bolero with floral embroidery over a green sheath dress.

Suits frequently have that crisp white accent as in the organdie eyelet butterfly posed on lapels. Jackets are boxy or fitted. The longer 38-inch costume-coat suit has a straight silhouette with slim skirt and print blouse.

Coats in worsted and silk combinations, tweeds and silks are simply handled with or without collars. Tab and button touches at neckline, closing high on the sleeve as it buttons to the body of the coat frequently soften the outline at top. Fitted and loose lines that wrap about the figure with a poised and elegant air enhance many of these wearable coats. Those in a new pastel silk moire will lighten the color picture for after-five as they appear in pale blue and pink.

**LAUNDERING TIPS**

Deep-tone hand towels and bath towels should be laundered separately since quite a bit of dye is required for these colors. To keep towels fluffy shake them thoroughly before hanging to dry and shake again when taken from the line.

Functional, Practical Storage Unit



Perhaps homemakers think that furniture has reached the utmost in functionalism and practicality. Above is another feature in the world of furniture fashions which is bound to please—a cedar-lined drawer in a storage unit. One entire drawer of this bedroom piece is constructed in cedar with a special lid to insure tight sealing and complete protection for items such as sweaters and blankets.

Growing Old Can Be Done Gracefully, According To Expert

There are seven sensible steps to growing older, that is, if you want to age successfully. So says Mrs. Eloise Johnson, family life education specialist at Texas A. and M. college. She says that looking forward to later years can be done pleasantly by planning to include these seven steps in growing older.

For healthier and happier years ahead, eat properly; see your doctor regularly; get enough sleep; balance your exercise and rest; wear comfortable, attractive and becoming clothing; keep busy; and cultivate a sense of humor.

Growing older is a lifelong process and means changes of many kinds, physical, mental, and social. These changes are natural and should be recognized and accepted. Plans for growing older, says Mrs. Johnson, can fill the need for affection, activity and achievement, companionship, being needed and useful, and for creative interests.

Older women eat less and have diets of poorer nutritional quality than younger women, according

to a survey on eating habits of American women. The survey was made by the United States Department of Agriculture's bureau of human nutrition and economics. It also brought to light some other interesting facts. For instance, diets of homemakers with outside jobs don't differ much in nutritional value from those of women doing housework only. But meals away from home tend to be higher in calories, protein and some other nutrients than the meals eaten at home.

In reporting these findings the bureau explains that little has been known about the diets and nutritional condition of adults in our population on changes in food habits as people grow older. But it now is well-recognized that the food adults eat may delay or hasten the disabilities of age.

Among other things, the survey shows that present dietary standards may need some adjustment in calories for women of different ages and activities.

**USE GLOSS PAINT**

Gloss wall paint and enamel are favorites for kitchen walls and worktop, and come in many colors. Both resist grime, and can be washed repeatedly.

**COOKS' CORNER**



—BY—  
 ADELAIDE VAN WEY

It seems to me that "leftovers" are always with us and cause more worry to the cook than to prepare an elaborate banquet. What to do with "leftovers?" They must be disguised or they won't be eaten. They can't always be used for sandwiches, so what to do, what to do? Here is a delicious and appetizing disguise to make leftover meat or fowl into something special.

**Hot Meat Turnovers**

1½ cups cooked leftover beef, veal, pork, chicken or turkey  
 1 bouillon cube dissolved in 1-4 cups boiling water  
 1-4 tsp. Worcestershire sauce  
 2 tbs. parsley—chopped  
 2 tbs. milk  
 2 tbs. minced onion  
 3 tbs. mayonnaise  
 1-8 tsp. pepper  
 1 pkg. piecrust mix  
 1 eight oz. can tomato sauce  
 Chop meat or fowl fine, combine with onion, bouillon, mayonnaise, Worcestershire, pepper and parsley. Make pastry as directed on package, roll out half of dough into

nine inch square. Cut into 4½-inch squares. Brush edges with milk. Now put two tablespoons of meat mixture on each square in center. Fold cornerwise and press edges together with fork. Repeat procedure with rest of dough. Cut small slits in top of each turnover, brush tops with milk. Place on cookie sheet and bake until golden brown. Serve hot with heated tomato sauce. Who will ever guess this delicious triangle of goodness is a leftover in disguise?

What about those dabs and dabs of vegetables? We certainly don't want to throw them out, and they aren't enough in themselves to serve separately again. File this idea in that special corner of your mind that grapples with the leftover problem:

- Soup Melange
- 1 can condensed vegetable soup
- 6 toast triangles
- 1 cup grated Italian type cheese
- Any or all leftover vegetables
- 1-2 sliced onion

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**GREETINGS**

From Your Pontiac and GMC Dealer

**Goodwill Motor Co.**

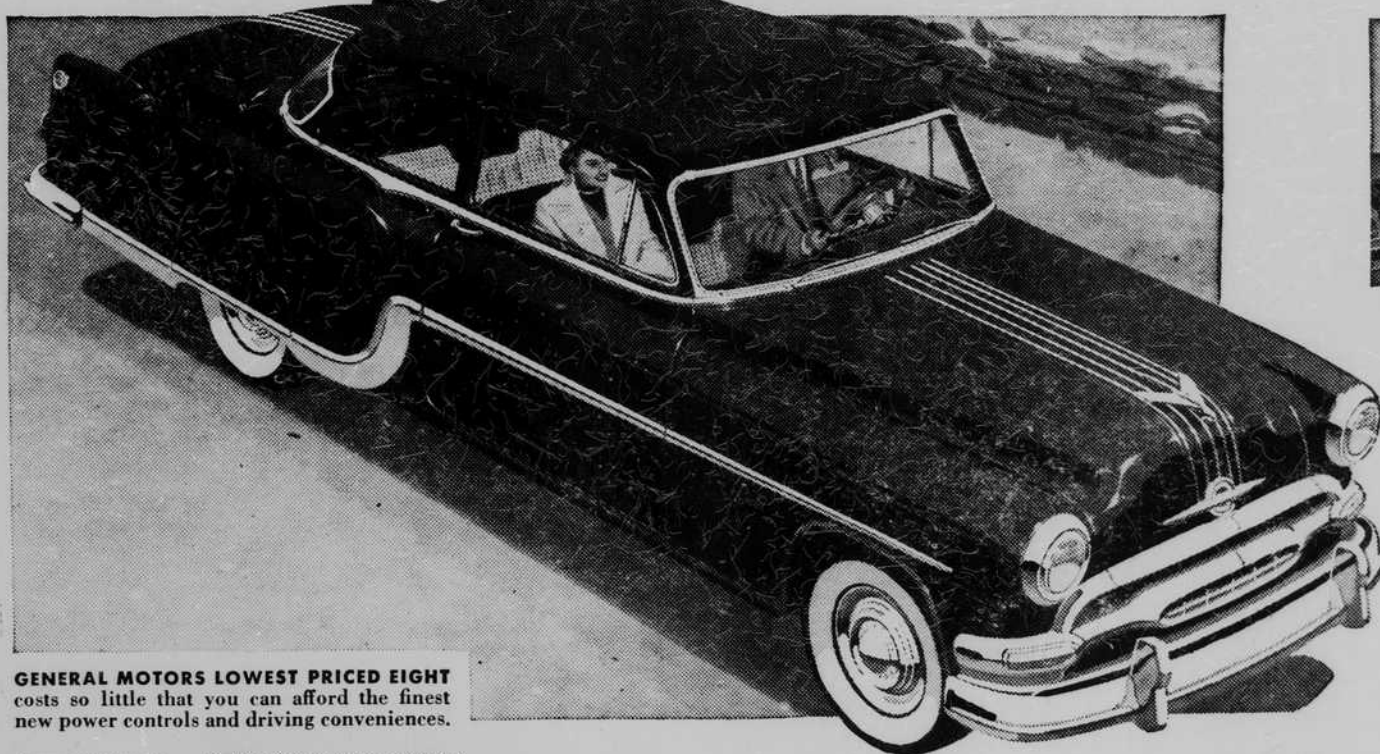
Brevard, N. C.

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you look around you. Here is quality you would expect in top-priced cars—fine fabrics and bright metals employed with perfect taste. Yet this big, powerful quality car is yours at a cost just above the lowest. Come in for the facts.

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