

THE WOMEN'S PAGE

☆ FEATURES ☆ NEWS ☆ HOUSEHOLD HINTS
All Of Interest To The Feminine Folk Of Transylvania County

Tips On Cooking Given New Brides By Food Experts

Today's bride at least knows how to boil water, but a couple of food authorities say she still makes plenty of mistakes in the kitchen or at the market.

She is failing to break her husband into K. P. duty early.

Or, trying new dishes on company first, squeezing vegetables to test their quality, buying white eggs instead of brown because she has heard they are richer in food value.

Mrs. Frances Foley Gannon, of New York's Department of Markets, and Florence Brobeck, a veteran home economist and cookbook author, said today's bride is more at home in the kitchen than her grandmother was as a newlywed.

Now, with fewer homes having servants, mothers teach their daughters how to cook, and with increasing emphasis on home entertaining, daughters have a naturally greater interest in food preparation.

Even so, the bride's first meals present problems.

One of the first, said Florence Brobeck, is getting hubby trained.

"Men ought to help in the kitchen," she said, "especially if the wife works. You can't force a man to do it, but you can train him

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

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Second Series Of Dairy Month Recipes Released



THE ACTIVE GIRL will find this button-front, sleeveless cotton perfect for various sports. Buttoned, it's a slim skirted dress, but when it's unbuttoned at bottom it becomes a full-skirted dress ideal for the golfer or hiker. This one is designed by White Stag in heavy white poplin.

gradually. Start by letting him do some small chore, and gradually work him into regular assignments — being responsible for the salad, or setting the table.

"Men like to cook, once they get their footing," she said.

Other tips to the bride: buy a good general cookbook, which will give tips on menu planning, food values, meat cuts, and marketing. Add specialized books as cooking experience increases.

In the 1943-44 school year 549 North Carolina schools participated in the federal school lunch program serving 7,631,840 half-pints of milk; during the 1953-54 school year 1,592 North Carolina schools participated, serving an estimated 71,000,000 half-pints of milk.

TRY TIMES WANT ADS

This is the second in a series of tested recipes demonstrated at the Farm and Home Week in Raleigh in connection with the observance of June Dairy month.

Each of them has in the ingredients one or more dairy products.

Molded Plum And Cottage Cheese Salad

"Beauty to Behold"

- 1 No. 303 can blue plums
- 1 pkg. orange flavored gelatin
- Plum syrup plus water to make 1 cup
- 1 cup creamed cottage cheese
- 1-2 cup chopped celery
- 1-2 cup chopped pecans
- 2 tablespoons lemon juice
- 1-2 cup evaporated milk, chilled icy cold

Drain plums and save syrup. Cut plums in halves, remove and discard pits. Place plum halves fairly close together in the bottom of an 8-inch ring mold or in 8 individual molds. If any plum halves remain, save for use for some other purpose. Empty gelatin into a medium size mixing bowl. Heat syrup and water to boiling. Add to gelatin and stir until gelatin is dissolved. Chill gelatin until it begins to thicken, then add the cottage cheese, celery, pecans and lemon juice. Whip milk until it will hold a stiff peak. Fold into chilled gelatin mixture. Spoon carefully over plums. Chill until firm, about 2 to 3 hours. When ready to serve, unmold on chilled platter. Garnish with orange or grapefruit segments, if desired. Makes 6 to 8 servings.

Avocado Dip or Salad Dressing

"Smooth, Rich—Perfect with Fruit Salads or Beverages"

- 1-2 cup ripe avocado
- 1-4 cup lemon juice
- 1-4 cup ice water
- 1-4 cup nonfat dry milk solids
- 1 pkg. (3 oz.) cream cheese
- 1-2 teaspoon salt
- 1 teaspoon sugar
- 1-8 teaspoon dry mustard
- Dash cayenne pepper

Mash avocado until smooth. Cover with lemon juice. Place ice water in the small bowl of electric mixer. Add nonfat dry milk solids and beat until smooth and fluffy. Add cheese and seasonings and beat again until fluffy. Fold in avocado. Chill. Makes 2 cups. This is delicious with summer fruit plates, or as a dip for potato chips and crisp crackers.

Broccoli in Custard

"Delectable, Delicate—Perfect For A June Day"

- 1 pkg. frozen chopped broccoli
- 1 garlic bud
- 3 tablespoons butter
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1-2 cup nonfat dry milk solids
- 2 eggs, beaten slightly
- 1-2 cups liquid from broccoli plus water

Place butter and lemon juice in a heavy sauce pan. Cut gashes in the garlic bud. Add to butter and cook gently for a few minutes to flavor butter. Remove garlic and discard. Place broccoli in the pan

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NOTICE

In The Superior Court State of North Carolina, County of Transylvania.

Marion E. Schlichting and Oswin E. Schlichting, plaintiff, vs. F. A. Lee, Jr., et ux et al, defendants.

The defendant(s) F. A. Lee, Jr., and his spouse, if married, and all heirs at Law of F. A. Lee, Jr., and their spouses, if any, together with all their creditors and lien holders, regardless of how or through whom they claim, and any and all persons claiming any interest in the Estate of F. A. Lee, Jr., if deceased, will take notice that an action entitled as above has been commenced in the Superior Court of Transylvania County, N. C., to foreclose a tax sale certificate issued to the plaintiff for taxes for the year 1946-1952, inclusively, on real estate situated in Transylvania County, N. C., in which the said defendant(s) has or claims to have an interest; and the said defendant(s) will further take notice that he is required to appear at the office of the Clerk of the Superior Court of said County in the Court-house in Brevard, N. C., on the 30th day of July, 1954, and answer or demur to the complaint in said action or the plaintiff will apply to the Court for the relief demanded in said complaint.

This the 4th day of June, 1954.
F. M. McCALL
Clerk Superior Court,
Transylvania County

6-10-4tc



INVITE THE NEIGHBORS in for a cup of coffee or a glass of ice tea one of these first mornings. Everyone is so busy during the summer that the morning hours seem easier for a neighborhood get-together. Serve tea cakes such as shown above topped with whipped cream and strawberries. Or for something different toast French bread slices, top with cottage cheese and your homemade strawberry jam or currant jelly.

INDIAN SQUAW DRESS IS NEW

The Indian squaw is inspiration for a new fashion trend.

A popular fashion created by Arizona designers is a squaw dress. It is customarily a sports dress with a fitted bodice and shirred, flaring skirt that will flatten around like a pancake if the wearer sits on the floor, though some of the dresses are "glamorized" for evening wear.

This vogue is actually revival of a pioneer costume, a leading business magazine reports. The story is

that pioneer women in the West gave their castoffs to Indian servants, who perpetuated the style long after the fashion changed. Women of the Navajo and other southwest tribes still wear these garments, and thus comes the name, "squaw dress."

Most of the dresses are cotton. They are made in eye-catching colors and designs, and some of them have as much as ten yards of material in the flaring skirt.

Other popular fashions from Arizona designers include hand-painted blouses, fiesta dresses, peon pants, and bullfighter style shorts with Indian designs.

COOKS' CORNER



—BY—
ADELAIDE VAN WEY

The plainest, most economical fare when seasoned properly becomes food of high order. There has been a lot of mystery surrounding herbs, and I have been asked many times for tips on the use of these food enhancers. First thing to remember is the light touch is a must, when using herbs. If you can taste the herbs and not the food in which they are used then you have over seasoned. The secret is in tasting! Not once, not twice, but tasting often as the magic ingredients are added. Subtlety is the key word. Many new cooks ask in puzzlement what herbs go with what foods. Here is a short rule of thumb guide. With experience comes daring and imaginative use of these wonder ingredients.

For Soups use Basil, Marjoram, Thyme. (But remember, be subtle in the using.)

For Fish use Bay Leaf, Tarragon, Chives, Oregano, Parsley, Dill. (Try each in turn, or combine one or two until the perfect taste is achieved.)

For Eggs and Cheese use Basil, Marjoram, Savory, Dill, Thyme, Parsley. (Gently with the eggs, a stronger hand with cheeses.)

For Meats use Basil, Marjoram, Mint, Savory. (Remember mint and lamb are soul mates.)

For Poultry, Game use Basil, Marjoram, Thyme, Chives, Mint, Savory, Tarragon. (Easy on the chives, they are loud.)

For Stuffings use Basil, Sage, Thyme, Chives, Savory. (Combine two or more for best effect.)

For Vegetables use Basil, Marjoram, Tarragon, Oregano, Parsley and Mint. (Try minted peas for a taste thrill.)

For Rice and Pastas use Rosemary, Basil, Oregano, Saffron, Parsley, Tarragon.

For Salads use Oregano, Chives, Parsley, Mint, Tarragon,

Rosemary. (Fresh mint and fresh fruits are a perfect combination.)
For Sauces use Basil, Marjoram, Mint, Savory, Oregano, Tarragon, Dill. (Sauces can use more seasonings, for they are always the accents.)

I omit celery seeds, garlic, onion — for strictly speaking they aren't herbs, though they are often considered the royalty of seasonings.

Use one-fourth teaspoon of dry herbs or one teaspoon of fresh herbs for approximately four servings. This is just a general rule of thumb. Let your taste guide you.

Here are some easy herb sauces that add piquancy and that gourmet touch:

Fish Sauce

- Heat gently: 1-3 cup butter
- 1 tbl. Worcestershire sauce
- 1-4 tsp. Oregano
- 3-4 cup chili sauce
- 1 tsp. salt
- 1 bay leaf

—Turn To Page Five

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