

THE WOMEN'S PAGE

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ALL OF INTEREST TO THE FEMININE FOLK OF TRANSYLVANIA COUNTY



Mrs. Martin Will Head The Easter Seal Drive

Mrs. Leighton W. Martin has been named 1961 president of the Transylvania County Society for Crippled Children and Adults. She succeeds Alvin Patterson who served as president of the local unit last year.

Treasurer of the local society is Mrs. C. P. Ferguson who served in the same capacity last year.

Mrs. Martin, wife of the head coach at Brevard College, is secretary of High Hills Garden Club, hostess for Welcome Wagon, Inc., a Jaycette, and active in other civic and religious affairs.

Her selection is announced by Robert Pace of Chapel Hill, western representative of the North Carolina Society for Crippled Children and Adults — the Easter Seal Society.

Pace stated, "I am delighted

to announce that Mrs. Leighton Martin is our 1961 Transylvania County Easter Seal President. We look forward to a successful year under her experienced leadership."

Mrs. Vaughn Is Hostess To HD Club

The February meeting of the Lamb's Creek home demonstration club was held at the home of Mrs. Allen Vaughn with seven members and one visitor present.

Miss Anne Benson Priest, home agent, presented the program on the importance of Vitamin "A" in the diet, and the results of insufficient Vitamin A.

This vitamin is obtained in yellow and green vegetables, she stated, and pointed out that vegetables, such as carrots, are good to prevent night blindness.

She urged each gardener to grow a new vegetable in her garden that she had not grown before.

At the close of the meeting, the hostess served refreshments. The March meeting will be with Mrs. Rufus Guffee.



Community Affairs Hold Interest Of Auxiliary

Planning community service projects to be carried out during the coming spring and summer is a major activity of American Legion Auxiliary units throughout the country during March, according to Mrs. T. T. Loftis, chairman of the Community Service committee of the local auxiliary unit. With units of the auxiliary located in nearly 14,000 communities, a vast amount of community improvement work can be accomplished, she stated.

"Women of the Auxiliary are turning from baffling world problems about which they can do nothing to community problems about which they can do everything," said Mrs. Loftis. "They can do many things to improve the communities in which they live, and thus improve the entire nation."

"Community beautification projects are widely carried out by auxiliary units. They sponsor spring "clean-up" and "paint up" campaigns, flower and shrub planting projects, or undertake to beautify a park or other public place by their own efforts.

"Community health projects include the sponsoring of clinics providing invalid and sick room equipment for loan, of various kinds, and the support of the educational and fund-raising campaigns of national health organizations.

"Community safety projects promote safety in the home and on the streets and highways. Safety in the water and on it is another form of safety project in which the auxiliary gives its cooperation.

"Community education projects aim at improvement of libraries and increasing the circulation of their books; helping provide teachers and facilities for teaching the retarded, and support of school improvement programs."

John Weitz splashes gingham into a fluid-line apron front barbecue shirt and teams it up with slim white poplin pants for easy-going resort wear. Shirt by Stratford.

Air Force Announces New Program

Local Air Force Recruiting Sergeant Grady E. Sheally announced today that a new program for Nurse Anesthesia Training has been started by the U. S. Air Force.

Under this new program, the local recruiting office is now authorized to select qualified, graduate, registered nurses, both male and female, specifically for direct appointment to civilian schools for nurse anesthetist training.

This program is designed as an Air Force career incentive and provides for educational sponsorship. The sponsored program is an 18 month course in anesthesia conducted in a civilian facility approved by the Surgeon General, Air Force Headquarters.

Only those schools offering an 18 month course and accredited by the American Association of Nurse Anesthetists will be acceptable.

Students selected for participation are appointed in the grade for which they qualify (not to exceed First Lieutenant) and are placed on active duty at the school. During the period of training, they will receive their full pay and allowances. Food and lodging may be provided by the school in lieu of allowance.

On completion of their course, they will be assigned to U. S. Air Force hospitals.

Completed applications for this training program should be submitted for processing at least four months prior to the beginning date of the course.

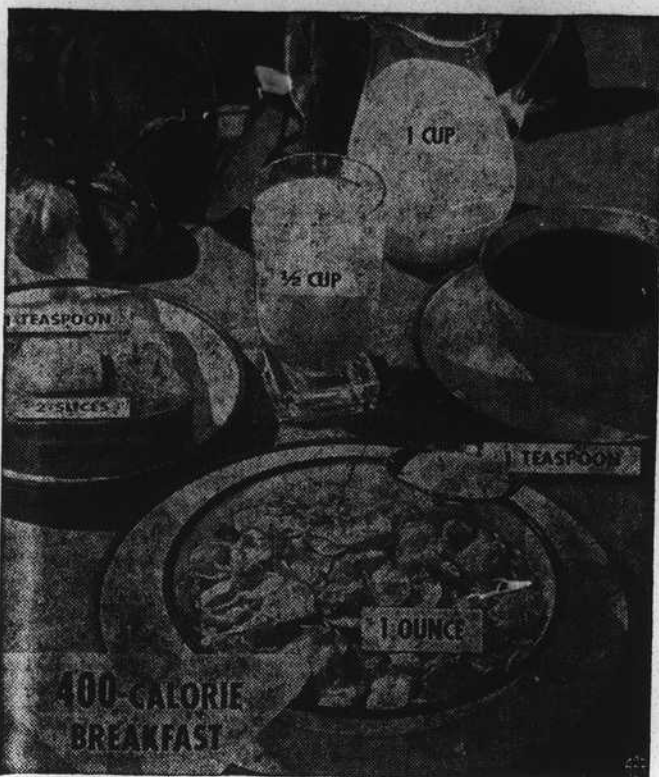
Further information may be obtained by contacting Sgt. Sheally at the Court House here in Brevard, each Monday, during the hours of 10:00 a.m. to 12:00 noon. At other times Sergeant Sheally can be contacted in Room 400, City Building, P. O. Box 7206, Asheville, or at telephone ALpine 2-3084 in Asheville.

Meat Patty Casserole

Serve meat patties in this casserole combination. In a baking dish, first arrange a layer of sliced raw potatoes, then a layer of canned or frozen whole kernel corn. Top with meat patties which have been lightly browned. Add a can of diluted condensed tomato soup and bake in a 300° F. oven for 1 hour.

When you think of prescriptions, think of VARNERS. adv.

Enjoy Your Diet Breakfast!



Diets? How does this sound for breakfast? Chilled orange juice; a bowl of ready-to-eat high protein cereal with sugar and nonfat milk; hot, buttered toast; black coffee. Sounds good to you, doesn't it? But, you're skeptical, aren't you? How can you eat such a tasty breakfast and still lose weight? This 400-calorie breakfast has been planned to meet the requirements of an adequate weight-reduction breakfast, established by scientists at the State University of Iowa as a breakfast which provides one-fourth of the daily caloric requirements and protein allowance with not less than 15 grams of protein.

By eating this tasty morning meal, you will consume but one-fourth of an adequate weight-reduction diet. On such a diet, weight loss will be more gradual than on crash diets, but the loss will tend to be of a permanent nature, because you are establishing a pattern of eating which should help with permanent weight control.

At the State University of Iowa, subjects on a weight-reduction program felt better and performed better, especially in the late morning hours when they had had an adequate breakfast. Try eating breakfast and see if you don't make out better when you are dieting.

Sportswear For Spring Has Eased Look

Eased look continues to be the prime look in spring sportswear, but it is achieved through clever ways, with less re-hashing of the 30's. Side-swept details add up to the asymmetric look.

Overblouses have become almost a uniform, say Women's Wear Daily editors. Even jackets try to masquerade as same, via the plunge-placket line, or by simply buttoning up the back. Newest way to wear an overblouse: with a full skirt.

It's O.K. to be biased — bias-cut skirts, jackets, shirts, even pants, as well as culottes and the perennial self-sashed tunic.

Neckline, arms are bared. "Undershirt" collar-bone-exposing necklines appear on everything from cotton knit to silk overblouses. Cardigan necklines, dropped a little, and open-neck pullovers can be filled in with beads, nothing, or can act as second layer to a more covered top. Sleevelessness is rampant.

Helpful Hints

For better wear, select cut pile and not loop pile carpet for stairways no matter whether its Acrilan or traditional fiber.

When cooking bacon for a group, place strips on a rack in an open roasting pan and bake it in the oven. Cook bacon for about 10 to 12 minutes at a temperature of 350 degrees.

When there is painting to be done, masking tape can earn its keep. It is essential for paint separation where two or more colors are used. It gives a clean edge — a real professional job.

Knee-length pants — cabin boys and the knee cappers — are on the increase. Introduced in some lines last summer, they now make a strong showing in almost every collection, are encouraged for active playwear, sailing, or just plain loafing.

COOKS' CORNER



—BY— ADELAIDE VAN WEY

Lenten dishes need not be dull nor monotonous. Imagination and an adventurous spirit can come up with some superb culinary recipes for the holy season. Here are some Lenten specials I believe you'll enjoy.

Chinese Sweet and Sour Fillet of Sole
1/2 cup white wine vinegar
1/2 cup tomato sauce
1/2 cup water
1/2 cup sugar
1/2 tsp. salt
1 tbs. cornstarch
2 tbs. water
1/4 tsp. paprika
1/8 tsp. ground allspice
1/4 tsp. monosodium glutamate
2 tbs. flour
1/2 tsp. salt
1/4 cup salad oil
1 pkg. (about 12 oz.) fillet of sole (thawed)

Combine in a pan the vinegar, tomato sauce, water, sugar and half teaspoon of salt and bring to a boil. Dissolve cornstarch in the two tablespoons of water and add to sauce; stir and cook until thickened. Stir in paprika, monosodium glutamate and allspice. Take from heat and keep warm. Slice fish into strips about one by two inches. Roll in flour mixed with a half teaspoon of salt. Sauté the fish strips in hot salad oil until just done but golden brown on both sides. Place in a heated dish and pour hot sauce over all. Run into hot (400 degree) oven until bubbly, about ten minutes. Serve with hot cooked rice or noodles. Delish!

Casserole Corvallis
2 cups cottage cheese
2 cups cooked rice
1/2 tsp. salt
1/4 tsp. garlic powder
Grated sharp Parmesan cheese
1 can (4 oz.) chopped mushrooms with juice
1 can (10 1/2 oz.) cream of mushroom soup
1/2 tsp. fresh ground pepper
2 cans (about 7 oz. each) tuna fish

Paprika
Chopped parsley
Combine one cup of cottage cheese with cooked rice, flaked and drained tuna fish, mushroom soup, sliced, chopped mushrooms, pepper, garlic salt and plain salt. Blend well. Pour into ovenproof quart and a half casserole. Cover top with remaining cottage cheese. Bake at 325 for forty-five minutes. Remove and sprinkle top with the grated Parmesan cheese and paprika. Run back into hot oven for five minutes. Serve piping hot. This dish is a meal in itself and so good.

Shrimp Pie
1/2 cup shortening
1/2 lb. onions, finely grated
1 qt. canned tomatoes
3 lbs. raw shrimp, cleaned
1 tsp. Worcestershire sauce
1/2 tsp. paprika
1/4 tsp. red pepper
1/2 tsp. mace
1/4 tsp. salt
1 qt. cooked rice

Combine in a heavy pan melt shortening; add onions, tomatoes, shrimp, Worcestershire sauce and all seasonings. Cook over low heat for thirty minutes, stirring often. Add dry fluffy cooked rice; stir and blend in. Then turn into a greased baking dish. Arrange pastry strips in lattice pattern over the top. Bake at 375 degrees for about twenty-five minutes or until top crust is golden. Serve hot and take a bow for a wow.

Baked Oysters
1 qt. oysters, drained
1/4 cup chopped parsley
1 tsp. salt
1/4 cup finely chopped onions
1/2 tsp. fresh cracked pepper
4 drops Tabasco
1 tsp. Worcestershire sauce
1/4 cup melted margarine
1 tbs. lemon juice
1 cup fine cracker crumbs
1/2 cup half cream, half milk
Paprika
Place a layer of oysters in

—Turn to Page Five



INSTANT COFFEE with the percolated taste

PLAN TO ATTEND THE PUPPET SHOW



"TINDER BOX OF FLANDERS"

Junior High School Auditorium
Monday, March 13th
7:30 P. M.

—Sponsored By—

Brevard Elementary School P-TA

This Public Service Message is Sponsored by

Olin Mathieson Chemical Corporation

PISGAH FOREST, N. C.

NOTICE

THE BOARD OF EQUALIZATION AND REVIEW

Will Meet

MONDAY

8:00 P.M.

March 20th

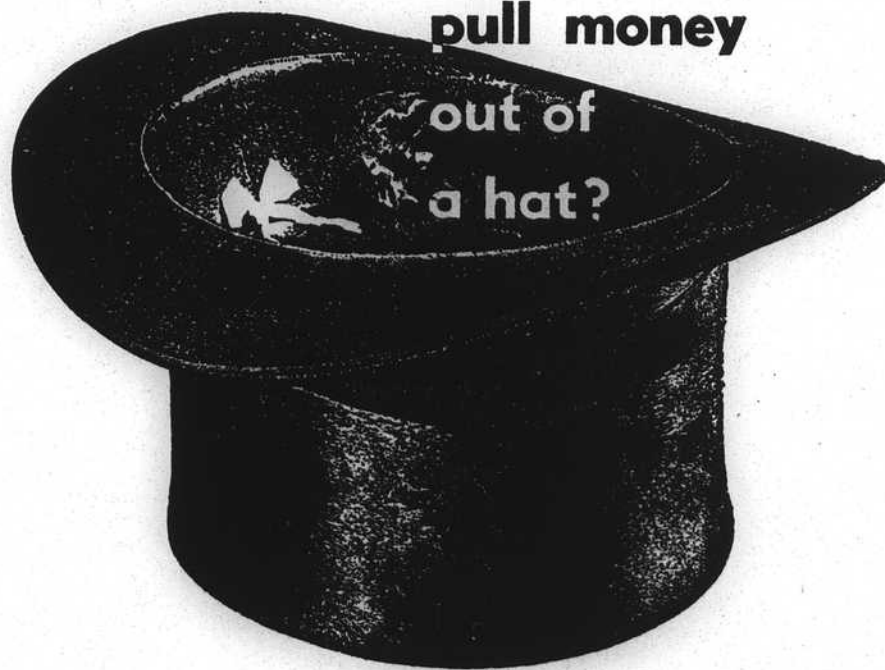
In The

Commissioner's Room

For the purpose of hearing complaints in regard to valuations placed on real property.

C. LEWIS OSBORNE
Clerk to Board

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A good trick if you can do it! But when you need money to meet emergencies, or for any other purpose, the best way to have it readily available is through regular savings.

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