

THE WOMEN'S PAGE

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Page 6 THE TRANSYLVANIA TIMES January 19, 1967

Making Plans For Council Scout Meet

Senior Girl Scout Troops in the Pisgah Council are receiving registration materials for the upcoming Senior Conference. It is scheduled March 10-12 at Montreat Inn, Montreat North Carolina.

The Senior Scouts have selected for the conference the theme "Who Am I?" The pur-

pose of the conference is to aid each girl to find a personal answer to that provocative question.

Miss Sarah Brown of Hendersonville is conference chairman. Participating will be Senior Scouts from the Pisgah Council as well as the Catawaba Valley Girl Scout Council.

Other chairmen serving on the

Helpful Hints

Ketchup Dressing
To use the last bit of ketchup in the bottle pour in oil and vinegar to make a delicious salad dressing.

Protect Jewelry
When washing your hands, put rings and watches in your pocket or purse. Putting them on the sink is one way to lose them.

To restore the soft sheen to stainless steel, wash first with hot, sudsy water, rinse and polish with a soft cloth dipped in mineral oil.

Use a grease pencil or washable crayon to mark plastic refrigerator and freezer containers. Hot soapsuds removes it later.

steering committee are Miss Judy Norwood, Asheville, program; Miss Kathy Brookshire, Brevard, and Miss Linda Faulkner, Asheville, housing and hosting; Miss Judy Meece, Brevard, registration; Miss Deborah Crowder, Asheville, promotion; Miss Delores Rhody, Hendersonville, secretary; Misses Naomi Sprung and Sara Jane Hill, Murphy, fun time and exhibits, and Miss Janet McGuire, Franklin, finance.

Girls from the represented troops will be asked to serve as recorders and will introduce leaders for discussion groups which will follow each main session. Based on the theme question, the program, committee has chosen four other thought provoking questions to examine. They are "How Do We Attract and Act with Boys?", "What is Our Responsibility to Others?", and "How Do We Handle Pressures?", and "What is My Duty to God?"

Handling these questions will be authorities in their fields, a couple who have worked with the Peace Corps, a psychiatrist, a minister, and as Miss Norwood promised, "someone who understands us" for the boy-girl relationships question. Fun Time ideas include a coffee house party in the Montreat Anderson College coffee shop, song fests, hiking, movies and roller skating.

Health Hints

Ever wonder why we seem to catch colds in winter months just before that big date or before the weekend guests arrive?

Well, we're more apt to catch colds when we're tired and run-down, according to the makers of Coryban-D cold capsules.

And rushing around getting ready for any big occasion can be energy-sapping.

To make that special occasion really "special," however, the company offers this advice:

★ Try to stay out of crowds before the big date; a simple sneeze can travel a distance of three feet.

★ Avoid chilling and wet feet.

★ Eat well-balanced meals—despite a hectic schedule. You'll be giving your body an important advantage, one that can help ward off colds.

★ Make a "nap" part of your routine when getting ready for that special occasion.

NOTICE

State of North Carolina
County of Transylvania

Having qualified as the Administratrix of the estate of FLETA McCRARY, deceased, late of Transylvania, North Carolina, this is to give notice that all persons having claims against the estate of the deceased to present them to the undersigned Administratrix at Route No. 1, Penrose, North Carolina on or before the 9th day of March, 1967 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This the 30th day of December, 1966.

Nell McCrary Nicholson
Administratrix Estate of Fleta McCrary
deceased.

1-5-4tc

EXECUTORS NOTICE

State of North Carolina
County of Transylvania

Having qualified as the Executor of the estate of Olivia Parker, deceased, late of the county of Transylvania, North Carolina, this is to give notice that all persons having claims against the estate of the deceased to present them to the undersigned Executor at South Caldwell St. on or before 5th day of July, 1967 or this notice will be pleaded in bar of their recovery. All persons indebted to the said estate will please make immediate settlement.

This the 5th day of January, 1967.

Lewis P. Hamlin, Executor
Estate of Olivia Parker,
deceased.

1-5-4tc

Cues On Custards



In colder weather the homemaker's eye often settles on apples, especially on the robust desserts they make. These Applesauce Custards from the Borden Kitchen are a treat for the cook as well as her company. Just blend the egg, applesauce, sweetened condensed milk, and lemon juice, then bake. Present chilled and crested with bright red maraschino cherries, nestled in peaks of whipped heavy cream.

Applesauce Custards
(Makes eight 5-ounce custards)
2 eggs, separated
1 1/2 cups (one 15-ounce jar) applesauce

1 1/2 cups (one 15-ounce can) Eagle Brand Sweetened Condensed Milk
Juice of one lemon (approximately 1/2 cup)
In a large bowl beat egg yolks slightly. Add applesauce, condensed milk, and lemon juice; blend well. Beat the egg whites until stiff, but not dry. Fold into egg yolk mixture. Pour mixture into eight 5-ounce custard cups. Set cups in a 1-inch deep hot water bath. Bake in a slow (325° F.) oven 40 minutes, or until a knife inserted near the center of a custard comes out clean. Remove from hot water bath. Cool to room temperature away from draughts. Chill in refrigerator until serving time. If desired, garnish with whipped cream and maraschino cherries.

Distaff Deeds

By JANICE R. CHRISTENSEN

Frosty The News Man

You don't need snow to build a snowman, members of the Middleburg 4-H Club, Vance county discovered. All it takes is newspaper, a plastic bag, cotton and twine.

According to Jane Carter, assistant home economics extension agent, the 4-H'ers wadded and crushed newspapers and stuffed them into a plastic bag. Then they crushed the stuffed bag and shaped it into the form of a snowman. They used the twine to help shape his waist and neck.

"The plastic bag began to look more like a snowman when the 4-H'ers covered it with glue and white cotton and decorated it with eyes, nose, mouth, buttons and a hat fashioned from construction paper," Miss Carter said. "The final touch came when they placed a scarf around the snowman's neck."

"Frosty, the newspaper snowman, was more durable than most snowmen. He was around for all the Christmas festivities," Miss Carter added.

Stay At Home Paid Off

"I found it is better for my family and for me if I stay at home rather than work away from home," Mrs. Roger Howell, Rt. 3, Kings Mountain, observes.

Mrs. Howell, the mother of four children, decided to go to work in a local mill. After she changed her mind. After considering all things, she decided that with her sewing and drapery making skills and the tools and equipment she possessed, she would do better to resume home sewing as a source of income.

Thelma E. McVea, home economics extension agent, Cleveland county, says Mrs. Howell receives top prices for the extra sewing she does. In fact she usually averages more than \$40 a week and has a chance to do her homemaking tasks, too.

"Other homemakers may do well to consider the pros and cons of working outside the home before they accept a job," Miss McVea concludes.

Applies What He Learns

Members of the Perrytown 4-H Electric Club, Bertie county, learned how to repair plugs and sockets at their November meeting. And not too long afterward 4-H'er Gary Miller had a chance to apply his knowledge. He repaired a family lamp. Gary's sister Janet is hoping another lamp will need "surgery" soon. "She was at the same 4-H meeting and wants a chance to show off her skill." Mrs. Carolyn W. Lawrence, associate home economics extension agent, says.

Contribute To Birth Defects Evaluation Center

Members of Cherokee County Home Demonstration Clubs gave a Christmas love offering to the Western Carolina Birth Defect Evaluation Center in Morganton. Joy Frauson, home economics extension agent, reports. This center has been in operation about one year, she adds.

Don't Discard It — Use It

"Don't discard anything that can be made into something useful," Ms. W. W. Lowey, Rt. 1, Tenton, Jones county, advises.

Recently Mrs. Lowery discovered some old drapes that had been stored away. They were too good to toss out so she used one pair for a window treatment in a bedroom and the other pair to make a matching bedspread.

"Instead of discarding the old drapes, Mrs. Lowery found them a useful way to redecorate the bedroom at very little cost," Patricia Ann Peterson, assistant home economics extension agent, observes.

Helpful Dracula

A substance which dissolves blood clots, such as those involved in heart attacks, has been found in the saliva of vampire bats, workers at the London Zoo report.

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

COOKS CORNER

—BY—

ADELAIDE VAN WFF



Apples are favorite food from "the cradle to the grave." We grow up hearing: "An apple a day keeps the doctor away." This wonderful fruit is unbelievably varied in texture and taste. There are hundreds of ways of preparing apples, all delicious — from mulling a raw one to creating a gourmet delight in "Apple Baked Alaska." Here are some of my favorite apple recipes I believe you'll enjoy.

Dutch-Apple Cake

1/2 cup milk
1/4 cup sugar
1/2 tsp. salt
4 tbs. margarine or butter
1 pkg. dry yeast
1/4 cup warm, not hot, water
1 egg, well beaten
1 1/2 cups sifted flour
2 tbs. brown sugar
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1 1/2 cups canned apples, sliced and drained

1/2 cup butter
4 eggs
Sugar Frosting

Sift the flour, salt, soda and sugar together; combine the apple juice and butter in a sauce pan, and bring up to a boil over moderate heat; stir the flour mixture into the hot juice. Cook over a medium heat, stirring constantly, until the batter is very thick, leaves the sides of the pan, and forms a ball. Take off the heat and beat in the eggs, one at a time, vigorously with a wooden spatula and set aside to cool. Using a pastry bag and large tube, make twists of the batter, like a snail. Drop into hot fat—375 degrees — and fry until golden brown. Drain on paper towels. While still hot, glaze with a thin coating of Sugar Frosting, made by mixing 3/4 cup of sifted confectioners' sugar, 1/2 tsp. vanilla, 3 to 4 tps. water until smooth. If not liquid enough, add a few more drops of water.

Apple Nut Tea Bread

2 large oranges
1 cup seedless raisins
1 tsp. baking powder
2 cups or 1 16-oz. can of apple sauce
4 cups sifted all-purpose flour
2 tps. baking soda
2 cups sugar
1 1/2 tps. salt
1 1/2 cups coarsely chopped walnuts
2 eggs, well beaten
6 tbs. (3 sticks) melted butter

Squeeze oranges; put rind of oranges and raisins through a food chopper using a medium blade. Combine orange juice, —Turn to Page Seven

Scald milk; stir in sugar, salt and 2 tbs. of margarine. Cool to lukewarm. Dissolve yeast in warm water. Stir in lukewarm milk mixture. Add egg and flour. Beat until smooth. Spread dough evenly in greased 9 x 9 x 2-inch pan. Arrange apple slices on top. Sprinkle with mixture of brown sugar cinnamon and nutmeg. Dot with remaining margarine. Cover and let rise in warm place, free from draft, until double in bulk, about 40 minutes. Bake at 400 degrees for 25 minutes.

Apple Crullers

1 cup all-purpose flour
1/4 tsp. salt
1 tsp. baking soda
2 tbs. sugar
1 cup apple juice

Why is Sealtest the milk to buy?



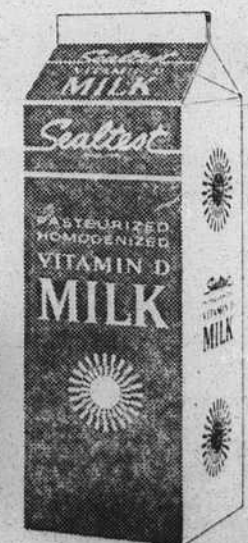
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