

THE WOMEN'S PAGE

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Page 3 THE TRANSYLVANIA TIMES January 26, 1967

Mrs. Henderson Honored By Bank

Mrs. Catherine Henderson was honored at a special luncheon in Charlotte given by Mr. C. C. Cameron, Chairman of the Board and Chief Executive Officer of First Union National Bank of North Carolina last Friday.

First Union recently completed a most successful and competitive Christmas Club Sales Campaign among its employees in 92 offices in 43 cities across the state.

Mrs. Henderson placed 5th among all of the approximate 1700 First Union employees.

This qualified her as one of eight employees to be honored by Mr. Cameron and the bank for her tremendous efforts in the campaign, as well as for her continuous devotion and service.

Mrs. Henderson, an assistant cashier, has been with First Union or its predecessors since 1938.

Punchy Paragraphs

They're Loaded

Meat cuts are loaded with vitamins and minerals. They also have a big plus in the protein they contain for that's a complete protein, which means that the protein in meat has all the essential amino acids.

A single serving of cooked pork (3½ ounces) furnishes more thiamine (vitamin B₁), than the average woman needs daily — 129% — while for a man, 86%, for example. This same amount furnishes 40% of the protein the body needs.

Dressing With Meat

Meat doesn't always need a pocket cut if you want to serve a dressing or stuffing with it. Call it dressing and cook it alongside a roast. Cook it with chops or patties topped with a mound of dressing.

Vary Meat Pie

Pastry can cover meat pies but so can biscuit dough, cut in crescent shapes or circles, stars, diamonds, etc. Another variation is to top the meat pie with a cornmeal batter to give novelty to an old favorite.

Veal Chops Viennese

After browning and braising veal chops, cook until tender. When they're done, blend dairy sour cream with the cooking liquids left in the pan. Sprinkle generously with paprika before serving this sauce with the chops and buttered noodles.

Quick And Hearty

Have you ever tried cooking pork sausage links or patties with a tomato or Creole sauce? They make quick and delicious supper or lunch dish when served with toast points.

Bacon - Potatoes

Have you tried creamed potatoes with cooked, crumbled bacon? It's a delicious combination! It can be as much of a favorite as leftover fried potatoes in which you've pointed up the flavor by using bacon and chopped onion.

Potatoes, prepared either creamed or fried (top-of-the-range cookery), are excellent with broiled dinners since the broiler will cook the meat, letting the homemaker use surface units for vegetables as well as potatoes.

Calorie Trimming?

If one of your resolutions has you trimming your calories, consider the low-calorie content of per observes.

It isn't always possible to select furnishings in this order — or to redecorate a room completely, Mrs. Cowper concedes. Often a homemaker has to choose furnishings or fabrics that match what she already owns. This happened to Mrs. W. C. Bunch of Edenton. Although she had the draperies, furniture and wall color she wanted, it took her two years to find the "right" carpet.

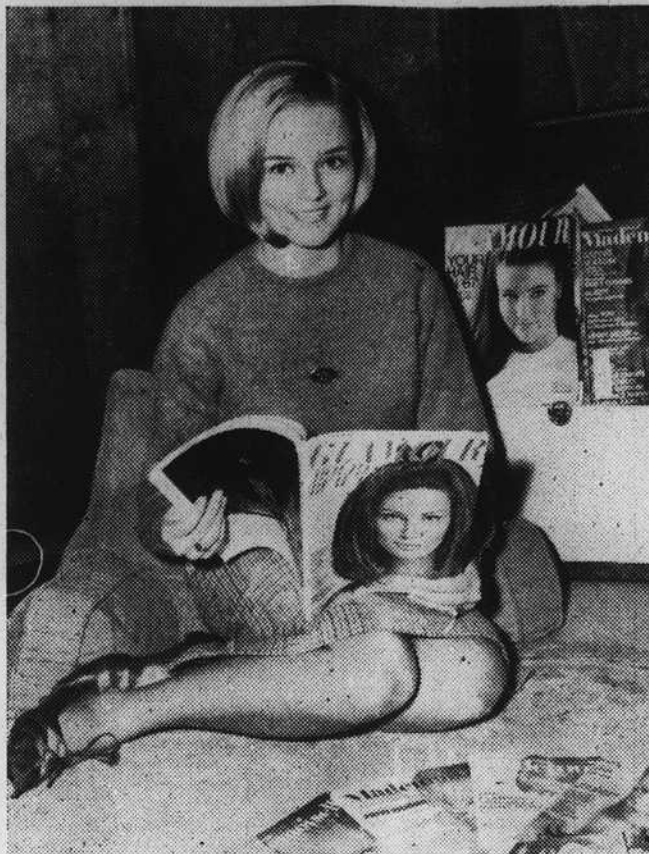
Taken Under Wing

Home Demonstration Club members in Burke county have taken two elderly welfare recipients "under their wing." Shortly before Christmas a couple of club members drove the ladies to Morganton to a clothing bank where they chose six dresses, a coat and undergarments for themselves, and shirts for their brother. They were very appreciative, "ooing" and "aahing" over the nice clean clothes. Mrs. Jane C. Arndt, home economics extension agent, indicates.

One club member said, "It would have done your heart good to see those two ladies helping each other find clothes that fit."

The members hope to lend a helping hand to other welfare recipients, especially in the use of surplus commodities. Mrs. Arndt notes.

Sheila Gossett Is Local Delegate To Glamour Magazine



SHEILA GOSSETT STUDIES the magazine that might be her fairy godmother. She's already won the Brevard Best-Dressed contest and looks forward to National competition.

N. C. Girl Is Best Dressed At College

Monday evening, the 9th of January, tears of joy and cries of excitement were emotions exhibited by Brevard's best-dressed young woman, Miss Sheila Gossett.

She will now compete in the best-dressed college girl contest in the United States, sponsored by Glamour Magazine. Jenny Munro presented her the award at the half-time of the Brevard - North Greenville basketball game.

Sheila hails from Murphy, North Carolina, and spends her summers water skiing and playing tennis. She loves the outdoors, but her preference in wearing apparel has a winter tone. She loves wools and heavy cottons.

Happiness to Sheila would be to get her college diploma, to someday be a high school teacher, and to have a family. She's well on her way in the educational line since she is an honor-roll student at Brevard. She enjoys college, loves animals, especially her pet dachshund, Oscar.

variety meats, to help make the diet interesting.

Three and one-half ounces of cooked beef heart or kidney or liver (or pork liver) yield less than 200 calories, but they give a big nutrition wallop in the form of protein, vitamins and minerals.

Relish For Leftovers

Sliced pork or beef roast, beef pot-roast or ready-to-serve meats will all be enhanced by a dish of snappy sauce. Serve it in a bowl on a large platter surrounded by one or several of these meats.

Prepare this relish-sauce by mixing 2 cups applesauce with 2 tablespoons prepared horseradish and 1 tablespoon lemon juice.

Almost 1 million Americans died of heart and blood vessel diseases in 1965, the latest year for which statistics are complete, reports the North Carolina Heart Association. Of this total, more than 550,000 deaths were due to heart attack and 200,000 to stroke.

ADMINISTRATRIX NOTICE

State of North Carolina County of Transylvania
Having qualified as the Administratrix of the estate of Claude A. Ray, 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 administratrix at Pisgah Forest, N. C. at her home on or before the 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 3rd day of January, 1967.

TINA HEDRICK RAY
Administratrix Estate of Claude A. Ray deceased.

(From The Clarion)

Sheila Gossett was selected by the student body to represent B. C. in the national contest with Glamour magazine. She was announced at half-time in the Brevard - Furman Freshman game as one of the five finalists. The others were Susan Collins, Pat McCorkle, Patti Page, and Diane Ritchie.

Jenny Munro, editor of the CLARION, introduced Sheila as the Best-Dressed girl on the B. C. campus at the half-time of Brevard - North Greenville game. Surrounded by friends hugging her, Sheila left her seat to receive her gift — a silver charm bracelet.

A sophomore, Sheila is a liberal arts student.

Helpful Hints

To prevent dripping fat from flaring up and smoking whatever you're grilling, place a few lettuce leaves over the hot coals.

Roll ball of ice cream in tinted coconut or finely chopped nuts. Top with chocolate or fruit sauce.

Saucy Steak Is A Snap To Prepare

Condensed onion sauce gives the gravy for beef round steak after the meat's been braised in it. That makes this saucy as well as snappy!

One whole round steak, or portions of the round, may be used, says meat expert, Reba Staggs. If the market sells the round as bottom or top round steaks, one steak of each kind will give approximately the same amount, as will two of either.

Soup will contain most of the seasonings, accented only with a bit of celery seed and chili

sauce.

Saucy Steak

- 1 beef round steak cut ½-inch thick
- ¼ cup flour
- ½ teaspoon salt
- ½ tsp. pepper
- 3 tablespoons lard or drippings
- 1 can (10¼ ounces) condensed onion soup
- ½ cup water
- 2 teaspoon celery seed
- 2 tablespoons chili sauce

Mix together flour, salt and pepper. Pound steak with seasoned flour to ¼-inch thickness. Cut into serving pieces. Brown in lard or drippings. Pour off drippings. Add onion soup, water, celery seed and chili sauce. Cover tightly and simmer 1½ hours or until meat is tender. 5 to 6 servings.

COOKS CORNER

—BY—

ADELAIDE VAN WEY



The macaroni family includes macaroni, spaghetti, vermicelli and noodles in over one hundred shapes, sizes and kinds. There are many stories concerning the origin of the name "macaroni". One of the most plausible, since it ties closest to the original meaning of the word, is that of the 13th century king who, when he first ate it, named the food "macaroni", meaning "divine dish". Macaroni was introduced into England in the 14th century, and it crossed the seas to America with our earliest settlers. Here are some delicious recipes starring the famous pasta.

Cheese - Ham Casserole

- 2 tbs. butter
- 2 cups cooked macaroni
- 2 tbs. horseradish
- 1½ tbs. flour
- ½ tsp. salt
- 2 tsp. prepared mustard
- 1 cup milk

1 cup grated American cheese
1½ cups cooked, chopped ham
Make white sauce with butter, flour and milk. Add cheese, macaroni and salt and mix well. Pour into buttered casserole. Combine remaining ingredients; sprinkle over top of macaroni, pressing into mixture lightly. Bake at 350 degrees about 20 minutes.

Chicken Tetrazzini

- ½ stick butter
- 5 tbs. flour
- 2 cups milk
- 1 green pepper, chopped
- ¾ cup grated sharp cheese
- 1 tsp. salt
- 1 can cream of mushroom soup
- 1 4-oz. can chopped pimientos
- ½ tsp. garlic powder
- 1 tsp. Worcestershire sauce
- 3 heaping cups of cooked, chopped chicken
- 2 oz. thin spaghetti cooked in chicken broth
- ½ cup grated cheese

Melt butter and blend in flour until smooth. Blend in cold milk gradually and cook over direct

heat, stirring constantly, until sauce boils and is thick and smooth. To the cream sauce add chopped pepper and cook for 5 minutes over low heat. Add cheese and soup; blend well. Mix in pimientos, garlic powder, salt, and Worcestershire sauce. Add chopped chicken and cooked spaghetti; mix well and sprinkle grated cheese on top. Bake at 350 degrees for 30 minutes or until cheese is brown. This makes 8 generous servings.

Hamburger-Noodle Casserole

- 2 tbs. butter
- 1 lb. ground beef
- 1 clove garlic
- 1 tbs. salt
- ½ tsp. pepper
- 1 tbs. sugar
- 2 8-oz. cans tomato sauce
- 1 8-oz. pkg. noodles
- 6 scallions
- 3 3-oz. pkg. cream cheese
- 1 cup sour cream

½ cup grated cheddar cheese
Combine first six ingredients and saute until meat is done. Then add tomato sauce and simmer for 20 min. Cook noodles according to directions on package. Cut up scallions; add them to the blended cream cheese and sour cream. In a slightly greased casserole, place ½ of noodles, then 1/3 of scallion mixture, then 1/3 of meat sauce; continue this two more times. Top casserole with the grated cheese and bake at 350 degrees for 20 minutes.

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JANUARY 31, 1967

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