

THE WOMEN'S PAGE

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Punchy Paragraphs

Good Teamwork

Proteins are made up of certain amino acids. Iron works with amino acids to build the red blood cells which carry oxygen to parts of the body. In other words, iron doesn't work alone.

Meat is one of the best sources of iron, as well as one of the primary sources of protein. Thus, when you eat meat, you get protein plus iron.

Keep It Cool

Hot weather's here to stay awhile, but it need not wilt menu plans. One of the coolest main dishes is a make-yourself salad with julienne strips of tongue, ham, roast beef arranged on a crisp bed of lettuce and spinach leaves. Separate each of the meats with tomato wedges, cucumber slices and asparagus spears. Let the family have a choice of dressings.

As another salad idea, use three or four ready-to-serve meats in a similar arrangement. Choose "cold cuts" which are contrasting in flavor like bologna slices, salami wedges and pressed ham strips. As vegetable separators have celery stuffed with deviled ham, pickle fans and radish roses.

When appetites are "maybe yes" or "maybe no," it's the attractive platter which will turn on the affirmative.

Cold meat platters, main dish salads, sandwiches, as well as hot meats will all look pret-

"Frankly" Filling



Hungry big folks join the ranks of the younger set when the popular hot dog is complemented with a novel topping that enhances its eye-appeal and flavorfully boosts its substantial eating qualities. Tip-Top Franks are a very tasty example of this "frankfurter plus" approach.

Sprightly flavored salad dressing is the foundation for the savory topping-cum-filling of Tip-Top Franks. The dressing has the teasing taste of a bouquet of subtle spices. Diced tomato and chopped sweet pickle provide color and flavor accents for the peppery filling. It's a combination that makes "real cool" eating of the favored frankfurter. You'll enjoy it, too, as a tempting topper for hearty open-face meat and cheese sandwiches.

Tip-Top Franks

1 cup Miracle Whip Salad Dressing	8 frankfurter buns
1/4 cup diced tomato	1 Lettuce
1/4 cup chopped sweet pickle	8 frankfurters

Combine salad dressing, tomato and sweet pickle. Line buns with lettuce. Split frankfurters; fill with salad dressing mixture. Place filled franks in buns.

ter if you use kabob garnishes. For vegetable - pickle combinations try any two or more of the following in building a kabob: cauliflowerettes, mid-get pickles, pickled or small fresh onions (green onion), green pepper cubes, plum or cherry tomatoes, celery pieces, cucumber slices, olives or radishes.

These Steak Drippings

Drippings from that broiled steak you're having are a good storehouse not only of flavor but also valuable vitamins and minerals.

Why not let them flavor a rice - mushroom accompaniment to the steak? Place three cups of cooked rice mixed with one can (four ounces) of mushroom stems and pieces, drained, right in the broiler pan under the steak, which is on a rack. It's a good change from potatoes.

Little Items of Lively Interest About Folks and

Flower GARDENING

Mrs. S. R. Harrington

Sing a song of Dahlias swaying in the breeze. No place in the garden colors such as these. Other flowers are sweeter, manifold in hue, Yellow, pink and purple, lavender and blue. But compared to Dahlias they are dwarfed and small. Dahlias, Queenly in their beauty reign over all!

from exquisitely delicate pastel blues to deep solid colors, and shimmering white.

Delphiniums require a rich, generous and well drained soil.

Heavy soils should have the subsoil dug up, and a compost of two parts loam and one of equal proportions of decayed manure and sand added. This should be pulverized.

On soils of a light or medium nature dig in plenty of well-decayed manure.

Plant new delphinium about two feet apart. They like room. Planting may be done now, (anytime in early autumn), or in early spring.

Always remove faded flowers. If you do, you can expect a second flowering on your plants.

I think the best known Delphiniums are perhaps the Giant Pacific Hybrids with the English Hybrids close behind. The

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August Gardening consists of "up-keep", Seed - Sowing, replanting, planting, etc.

Have you noticed the Delphinium re-blooming? This is a delightful flower to grow. The blooms will enchant you. No flower quite equals them in the commanding stateliness of their profusely bloom-laden stalks. Their gamut of colors range

Tempting Coffee Treat For Dieters



If you like your coffee "with", but you don't like those extra calories, you've probably discovered that you can replace sugar with calorie-free sweetener, and cream with a rich-tasting but low-calorie powdered creamer. By these same means, excess calories have been cut from this delightful coffee-flavored dessert.

Dip your spoon into this deceivingly rich-looking confection. You'll find it deliciously sweet, velvety smooth and luxuriously creamy. It's hard to believe that it's also low in calories.

Credit goes to two pantry-shelf staples. The natural-tasting calorie-free sweetener, Sucaryl, is used in place of sugar. The rich-tasting, low-calorie powdered creamer, Pream, replaces perishable fresh cream. Note the remarkable calorie savings at the end of the recipe.

Coffee Banana Parfait (Low-Calorie)

3/8 cup non-dairy Pream	2 eggs, slightly beaten
6 tablespoons flour	2 cups strong, hot coffee
1/2 teaspoon salt	1 tablespoon butter
1 tablespoon liquid Sucaryl	1/2 teaspoon vanilla
3 medium bananas, sliced	

In top of double boiler, combine Pream, flour, salt, Sucaryl and eggs. Gradually add hot coffee, stirring to blend. Cook over hot water, stirring constantly, until mixture is thick and smooth. Remove from heat; blend in butter and vanilla. Chill until mixture sets. Alternate layers of coffee pudding and sliced bananas in parfait glasses.

Makes 6 servings, each 155 CALORIES; 3.5 grams protein; 7.1 grams fat; 21.5 grams carbohydrate. (With sugar and light cream 265 CALORIES.)

Casual Picnic Stars Hot Dogs In Hearty Salad

What's an easy picnic to have? Hot dogs in a salad, of course!

This Picnic Salad puts sliced frankfurters, greens, cheese and potatoes in a bowl. Green onions, tomatoes and dressing are tossed in just before serving.

Though frankfurters are often cooked, they are ready to eat, points out Reba Staggs, meat authority with the National Live Stock and Meat Board.

Picnic Salad

1 pound frankfurters, sliced 1/4-inch thick
2 medium-sized potatoes, cooked, cooled and diced
1 small head lettuce, broken into bite-sized pieces (about 4 cups)
1 green pepper, cut into thin strips
2 stalks celery, thinly sliced
2 ounces Swiss cheese, cut into small squares
6 green onions, thinly sliced
2 medium-sized tomatoes, each cut into eighths
1 tablespoon Worcestershire sauce
1 tablespoon chili sauce
1/2 cup French dressing

Season potatoes with salt. Combine frankfurters, potatoes, lettuce, green pepper, celery, cheese, onions and tomatoes. Mix Worcestershire sauce, chili sauce and dressing and pour over salad mixture. Mix lightly. 6 servings. (2 cups salad per servings).

Distaff Deeds

BY JANICE R. CHRISTENSEN

Pleasant Conversation Wins

In a recent survey made in Sampson County Extension Homemakers clubs, 91 percent of the members believed that pleasant conversation provides the best atmosphere at family meals.

Eight percent of the women indicated they preferred to listen to music during meals.

Less than one percent of the homemakers believed that watching television provided the best atmosphere during meal time, Frances Temple, home economics Extension agent, indicates.

No Time Wasted

Finding a leisure time activity may be a problem for some senior citizens, but not for Mrs. Parthenia Harrington of the Merrick Moore Extension Homemakers Club, Durham, county.

tively. To prove this she proudly displays a bedspread she made with chocheted blocks of the popcorn stitches.

The double bedspread, made entirely from discarded tobacco twine, is now a family treasure that will be passed from generation to generation.

When asked how long it took her to complete the bedspread, Mrs. Harrington replied, "I didn't keep an account of the exact time; but, certainly, there was no time wasted."

Mrs. Mary J. Whitmore, assistant home economics Extension agent, notes that many other senior homemakers have become interested in creative leisure time activities after seeing Mrs. Harrington's handiwork.

Canning Tip

Canning methods have changed from great-grandmother's time, not only because of new equipment, but, also because of the new varieties of vegetables and fruits on the market today.

Instead of using the old

Household Hints

Drop onion slices, beet slices or cooked whole green beans into a jar of leftover sweet or dill pickle juice. Refrigerate for 2 to 3 days.

Train and hold climbing-type houseplants to indoor trellises with strips of cellophane tape.

To end the itch of prickly heat, daub the area liberally with cider vinegar. You may smell like a pickle barrel, but the relief is worth it.

For lidless pans, skillets, make them of foil. Crimp around pan edge for tight closure; to let steam out, punch holes in the top.

recipes handed down for generations, the homemaker needs to use a new, proven recipe or adapt her old favorite to the newer fruits and vegetables," Virginia Mitchell, home economics Extension agent, Graham county, observes.

Stretch Clothing Dollar

Mrs. Alyce Teel of the Green Level Community, Alamance county, is convinced you can dress your child at lower cost if you can sew.

According to Mrs. Ozetta P. Guye, home economics Extension agent, Mrs. Teel attended a class in simple clothing construction, where she learned basic sewing techniques.

She applied what she learned by making simple dresses for her daughter.

Mrs. Teel also says she is now more capable of making repairs on her family's clothing. And, she believes if more women learned to do simple sewing they, too, could stretch their family clothing dollars.

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