

# THE WOMEN'S PAGE

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PAGE SIX THE TRANSYLVANIA TIMES June 10, 1971

## food news & cues

from the Quaker Test Kitchens

### Shower Friends With Good Taste



Does your spring social calendar forecast showers? On those especially feminine occasions, treat guests to dainty Cinnamon Lace Cookies. The toasty-good flavor of quick or old fashioned oats is enhanced with cinnamon and a hint of cloves. Served with pretty ice cream parfaits, mixed nuts and coffee or tea, these delicate cookies are party perfect!

#### CINNAMON LACE COOKIES

Makes 3 dozen

1/2 cup butter or margarine	1 teaspoon cinnamon
1/2 cup firmly packed brown sugar	1/4 teaspoon cloves
1 tablespoon all-purpose flour	1 tablespoon milk
1/4 teaspoon salt	1 cup quick or old fashioned oats, uncooked

Heat oven to moderate (350°F.). Beat butter and sugar together until creamy. Add flour, salt, cinnamon, cloves and milk; beat well. Stir in oats.

Drop by level teaspoonfuls onto ungreased cookie sheets, about 2 inches apart. Bake in preheated oven (350°F) 6 to 8 minutes. Cool about 2 minutes, then carefully remove cookies from cookie sheets with wide spatula. Cookie will be large and thin.

### Miss McLarty Awarded BA

Miss Sallie Gordon McLarty daughter of Mrs. Emmett McLarty, of Brevard, was awarded a Bachelor of Arts degree at the commencement of Greensboro College on May 30th.

The traditional baccalaureate and commencement exercises at the 133-year old Methodist-related college were combined in a single program. This included an address by Donald Ray Matthews of Sante Fe Junior College in Gainesville, Fla., former member of the U. S. House of Representatives. Members of the graduating class conducted the worship service of readings and special music.

Diplomas were presented to 125 graduates by Dr. David G. Moberley, college president.

Miss McLarty will become director of alumni affairs at Greensboro College on July 1st.

Delicious fresh North Carolina strawberries are back in season at your favorite market. Serve beautiful, bright fresh N. C. strawberries for dessert tonight. N. C. strawberries — everybody's favorite fresh fruit.

#### NOTICE

State of North Carolina County of Transylvania The undersigned, CECIL J. HILL, having qualified as Executor of the Estate of JEAN SOUTHERLAND, late of Transylvania County, this is to notify all persons having claims against said estate to present them to the undersigned on or before the 20th day of November, 1971, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This the 17th day of May, 1971.  
Cecil J. Hill, Executor,  
Estate of Jean Southerland  
c/o Ramsey, Hill, Smart & Ramsey  
The Legal Building  
Brevard, North Carolina 5-20-4tc

**NOTICE TO CREDITORS**  
State of North Carolina County of Transylvania.  
THIS NOTICE TO CREDITORS, is made in accordance with the provisions of the Uniform Commercial Code Bulk Sales Transfer Act, General Statute 35-6-107.

All creditors of Waters' Florist of 37 East Main Street, Brevard, North Carolina will hereby take notice that Willow Faye Myers and Blanche S. Ramsey, trading and doing business as Myers' Florist are purchasing

Waters' Florist in its entirety including all inventory, supplies and equipment. Any person having a claim against the said Waters' Florist are hereby notified that they should present their claims immediately to Mr. Ed Waters at Gibbs Trailer Park, Pisgah Forest, North Carolina or telephone Mr. Waters at Pisgah Forest 877-3531. All claims should be presented on or before July 1, 1971.

This the 17th day of May, 1971.

Willow Faye Myers  
Blanche S. Ramsey  
5-20-4tc

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

### Refreshing Italian Salad



Nothing is more inviting than a fresh, crisp green salad during the warm spring and summer months. Vegetables are in abundance during this time of the year and relatively inexpensive. Salads are full of nutritious vitamins necessary to good health.

Here's a simple yet different salad for you to try. Serve it tonight followed by a cold cut platter.

**Bel Air Italian Salad**  
1 head iceberg lettuce  
1/2 fennel root  
1/2 green pepper  
2 large tomatoes, sliced  
8 tablespoons salad oil  
2 tablespoons wine vinegar  
1 garlic clove, crushed  
1/4 teaspoon lemon pepper  
Salt to taste  
1 cup Bel Air Italian Cheese  
Croutons  
1/4 cup radishes, sliced

Sprinkle lemon pepper in bowl. Crush garlic in lemon pepper; add oil and mix well. Let stand at room temperature for 2 or 3 hours. Wash lettuce, tear into bite-size pieces and drain on paper towel. Chill. Just before serving, shred fennel and green pepper coarsely; add to lettuce along with tomatoes and radishes. Strain oil over salad; toss lightly. Sprinkle with vinegar and croutons and toss again. Sprinkle with lemon pepper and salt. Serves 6.

## Distaff Deeds

By - Janice R. Christensen

#### Demonstration House

"A lot of house for the money." That's the way many visitors saw the Roscoe Jessup house near Kernersville during a recent "Open House."

"The purpose of a demonstration house, similar to the Jessups', is to help rural families see that it's possible to have a nice house through 235 FHA subsidy loans," Mrs. Jane Davidson, home economics extension agent, Forsyth County, notes.

There was an added bonus. Mrs. Jessup had spent many hours refinishing and renovating old furniture and making draperies and bedspreads for her new house.

Visitors saw what could be accomplished by substituting skills for a large outlay of cash.

#### Estate Planning

The importance of wills, deeds and inheritance laws was driven home to more than 200 Orange County families, during estate-planning workshops.

The old excuse "I know we need to do this, but we keep putting it off," has, in many cases, been replaced by action.

"It's never too soon to put down your inheritance wishes in legal terms," Home Economics Agent, Fonrose Gore, reminded program participants.

"The state has a plan for distributing your property if you don't," she added.

#### For Men Too

"We agree that we need to plan to make our money buy what we need, but what about our husbands? They don't like budgets and planning," homemakers told Thelma McVee, Cleveland County extension home economics agent.

So the women came up with a master plan: A budgeting session for husband and wives.

One homemaker, Mrs. George Clark, evaluated the effort this way: "at last my husband and I are pulling together to balance the family budget," she said.

#### Mini Garden

A 10-year-old Franklin County boy not only planted one mini-garden. He planted two. But not on purpose.

The lad, encouraged by Mildred Williams, nutrition program aide, planted a mini garden of green beans, squash and pumpkin.

Soon afterwards, a neighbor came over and planted a garden for the lad's mother. In the process he plowed up the boy's mini-garden.

Something had to be done; the lad was in tears.

So the mother went back in town and brought her son some more garden seeds.

"His second garden is doing well," Bernice Harris, home economics extension agent, relates.

## Household Hints

It is recommended that you eat four or more servings of fruits and vegetables daily. How easy that is to do! They fit into every meal and are ideal snack foods. So, help yourself to a fruit or vegetable — they provide nutrients that help to make a better looking you.

During the blooming season, mark areas for future plantings of spring-flowering bulbs.

When in need of job printing, call The Transylvania Times.

## Punchy Paragraphs

Shape Up For Summer with cream cheese.

Do you need to shape up for summer fun and fashion by slimming down? Generous amounts of protein as provided by meat are important in weight reduction meals. A minimum of 7 ounces cooked lean meat daily is recommended by nutrition authorities.

#### Low Calorie Counters

Calories in beef cuts such as round steak, sirloin tip roast and T-bone steak, and in pork cuts such as loin roast, chops, tenderloin and baked ham, total under 250 calories per 3 1/2-ounce serving of cooked lean meat.

#### Club Special

For a special club style sandwich, stack thinly sliced leftover roast beef or pork, coleslaw, crisp bacon, tomato slices and sliced stuffed olives between two slices of toasted wheat bread spread lightly

#### Beef Up The Hot Dog

Create a juicy spicy frankfurter specialty called a "Convey Dog." It's easy to do. Just heat canned barbecued ground beef and spoon over the hot franks on buns.

#### Start With Ham

For an appealing appetizer start with minced ham. A spread of minced ham and cream cheese deliciously fills celery sticks or covers cheese crackers. Mix the ham with shredded Cheddar, spread on saltine crackers or melba toast and broil until the cheese melts.

#### Perk 'Em Up

Top 'em, stuff 'em, sauce 'em, spice 'em or just season 'em and then eat 'em. These are a few varied treatments that can be given to beef-burgers whether they be cooked under the range broiler or on the outdoor grill.

#### ADMINISTRATOR'S NOTICE IN THE GENERAL COURT OF JUSTICE

SUPERIOR COURT DIVISION State of North Carolina Transylvania County Having qualified as Administrator, CTA of the estate of Jessie L. Shipman of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said Jessie L. Shipman to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 3rd day of June, 1971.

Allen D. Brittain  
12 S. Gaston Street,  
Brevard, N. C.  
Cecil J. Hill  
Attorney

6-3-4tc

#### Dr. L. G. Sumner

HENDERSONVILLE, N. C.  
702 Fleming Street  
693-6048  
Chiropractic Treatment

## Gravley Reunion Slated June 13

The Gravley reunion will be held at Dunn's Creek Community Center on Sunday, June 13th.

According to Mrs. Arthur Gravley, of Greenville, S. C., the secretary and treasurer of the Gravley Reunion, dinner will be served at 1:00 o'clock in the afternoon.

All relatives and friends are cordially invited.

TRY TIMES WANT ADS

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