

THE WOMEN'S PAGE

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Glazed Chicken Scores High



Many of the good cooks at the 23rd Annual National Chicken Cooking Contest held this year in Ocean City, Maryland, agreed that the best way to coat chicken with flour is to shake it in a paper bag. That's the first step taken by Geri Grinley, finalist from Hawaii, in the preparation of her top-scoring dish called Glazed Chicken. Geri and her husband and four children now live in Kailua, Hawaii, but Geri was born in Illinois and has lived in California and Utah. There's a bit of all the areas in her fine dish. For 1972 National Chicken Cooking Contest rules write to NCCC, Suite 1100, 551 Fifth Avenue, New York, N.Y. 10017.

Glazed Chicken
 4 whole broiler-fryer chicken breasts, boned
 1 cup flour
 1 teaspoon curry powder
 1 teaspoon ground nutmeg
 1/2 teaspoon salt
 3/4 teaspoon pepper
 8 tablespoons Mazola corn oil or margarine
 3 tablespoons sherry
 1 can (8 1/4 ounces) seedless grapes, drained
 4 tablespoons orange marmalade

Mix flour with curry powder, nutmeg, salt and pepper. Dip breasts into seasoned flour coating evenly. Heat margarine in a large heavy skillet over medium heat. Add chicken; brown turning as needed. Reduce heat and continue cooking about 20 minutes, or until tender. Just before serving, pour in sherry, adjust heat and simmer several minutes. Push chicken to one side of skillet and warm the grapes. Add marmalade and toss gently. Makes 4 or 8 servings.

Distaff Deeds

Attractive Den

Many young families who are building new houses are looking for new ideas in construction or in house furnishings.

One Johnston County family, the B. H. Hinmanta, Kenly, Rt. 2, came up with a real winner. They created a different look in their den by paneling the room with old, weathered boards that Hinmanta had collected through the years.

Once the finishing touches are completed, the den is going to be most attractive, Mrs. Anna H. Cox, associate home economics extension agent, relates.

Save Dishwashing Time

Want to save time in doing dishes? Then rinse clean dishes with hot water, cover with a towel and allow to dry, suggests Martha B. Adams, home economics extension agent, Richmond County.

If you do not have a silverware drainer, make your own, she advises. Cut the top off a clean used quart plastic milk bottle or other plastic bottle; punch holes in the bottom with an ice pick or large nail. The result: a free silverware drainer.

Sews To Save

A young Franklin County homemaker has not bought any ready-made clothing for herself or her three daughters since the beginning of the year.

The reason: she learned to make her own garments, during the Extension - sponsored workshop. Mrs. Lois Clax sewed her first stitch in December of 1970 and has not seen the need to buy anything except fabrics and notions since. Mrs. Joyce Hunter, assistant home economics extension agent, relates.

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

food news & cues

from the Quaker Test Kitchens

Luncheon Designed for Summer



These natural go-togethers — fruit and cheese — meet this time on a luncheon menu. Luscious summer fruits are in a main dish salad; blue cheese is the featured ingredient in oatmeal biscuits.

Melon halves, either cantaloupe or honeydew, are brimming with a tasty chicken salad chock-full of green grapes and walnuts. The accompanying biscuits have the whole grain goodness of quick or old fashioned oats. The nut-like flavor of the oats is a pleasing complement to the distinct flavor of blue cheese.

BLUE CHEESE BISCUITS WITH MELON SALAD

Makes 6 servings

Biscuits:
 1-1/2 cups sifted all-purpose flour
 3 teaspoons baking powder
 1/2 teaspoon salt
 2/3 cup quick or old fashioned oats, uncooked
 1/3 cup shortening
 1/4 cup crumbled blue cheese
 2/3 cup milk

Salad:
 6 cups diced cooked chicken
 2-1/2 cups green seedless grapes
 3/4 cup chopped walnuts
 1/3 cup mayonnaise

For biscuits, sift together flour, baking powder and salt into bowl. Stir in oats. Cut in shortening and blue cheese until mixture resembles coarse crumbs. Add milk, all at once, stirring lightly only until mixture is dampened.

Turn dough out on lightly floured board or canvas; sprinkle dough lightly with flour. Knead gently about 15 times. Roll dough out to 1/4-inch thickness; cut with floured 2-inch round cutter into 12 to 14 biscuits. Place on ungreased cookie sheet 1/2-inch apart. Bake in preheated hot oven (425°F.) 10 to 12 minutes until lightly browned.

For salad, combine all ingredients. Spoon into cantaloupe or honeydew melon halves. Serve with blue cheese biscuits.

Homemakers Hints

You can cut food costs in other ways. Improper storage and discarded leftover are a prime cause of waste, thus of higher food costs. To avoid unnecessary spoilage and waste, store food promptly and properly when you return from shopping.

Seldom is there a picnic without potato salad! Make your favorite cold potato salad extra creamy, tasty and nutritious with 2 cups (16-ounce carton) creamed cottage cheese for each 3 cups of potatoes used. Chill well before serving.

Punchy Paragraphs

Spice 'Em Up

What do red pepper, celery salt, chili and curry powder, marjoram, sage, mustard, thyme and rosemary have in common? Yes, they're all spices, however, to go one step further, they're all spices that are mighty good with meat. So the next time you're preparing beef, pork or lamb, add a touch of one or more to create a tasty meat entree!

Meat And Mac Salad

Macaroni pairs well with leftover meats to provide a salad entree especially inviting in the summertime. Simply cook and drain macaroni and combine with an equal amount of leftover beef, cooked pork or ham, cut in pieces. Bits of bacon or cubes of luncheon meat also can be used. Add celery and green onions, cut in pieces, and pickle relish or chopped olives. Moisten with mayonnaise, chill and serve.

Health Hints

FROM BLUE SHIELD

Football

Fall signals the revival of the football season. If your child will be participating in football this year, help protect him from injury by following these simple precautions. Make sure he has a complete physical examination before training season begins and that the program includes a good physical conditioning program. Good protective equipment is extremely important, too, along with a properly trained and experienced supervisor. Remember, a well-conditioned healthy athlete with good equipment and proper coaching is much less likely to get hurt.



Falls

Accidental falls still remain one of the major causes of injury in the United States. Because tripping, slipping or loss of balance comes as a surprise, the average person is not prepared for the resulting impact. Take these preventive measures. Keep walking surfaces free of spilled foods and liquids. Fasten loose materials, like area rugs, to the floor or use a non-skid backing. Keep walking surfaces well lighted and repair damaged floor coverings. Use ladders of appropriate height to extend your reach. Install and use secure handholds in tubs and showers.

Dry Hair Problems

A summer in the sun often leaves your hair in a dry, brittle and discolored condition. Frequently, the only permanent help for already damaged hair is to cut off the damaged sections as soon as the hair grows enough to permit restyling. However, in the meantime, you can add luster and manageability by using a dry-hair conditioner after each shampoo. Applying a gel or pomade between shampoos will often relieve excessive dryness too. Use a natural-bristle brush and don't brush or handle the hair any more than is necessary to keep it neat.

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Plan Benefit Dessert Bridge August 19th

Household Hints

Meringues turn out better if you remove eggs from the refrigerator one hour before using and if you prepare them with a grease-free beater, bowl and rubber scraper. When separating eggs, crack the shell in the center, juggle yolk between the shell halves, and let the whites pour off into the mixing bowl.

Between uses, pat talcum powder in rubber gloves to freshen them.

ADMINISTRATRIX NOTICE

State of North Carolina County of Transylvania
 Having qualified as the Administratrix of the estate of William Clarence Brown, 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 Route 1, Pisgah Forest, N. C. on or before the 26th day of January, 1972 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 26th day of July, 1971.

Lois Juanita Brown
 Administratrix
 Estate of
 William Clarence Brown
 deceased.
 7-29-4tp

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Residents of Sherwood Forest are sponsoring a dessert bridge on Thursday, August 19th, for the benefit of the Women's Auxiliary of the Transylvania Community Hospital. The affair will be held in Robinhood Barn. The proceeds will be applied to the cost of a coronary unit which has been purchased by the Auxiliary and which is already in use at the Hospital.

Mrs. Arthur Dehon is General Chairman; Mrs. Donald Reese, Vice-Chairman; Mrs. Frank Davis, Food; Mrs. Harry Boulet, Tables. The Sherwood Forest Craft Shop will provide table prizes under the Chairmanship of Mrs. Herbert Ball.

Dessert will be served at 1:00 o'clock and reservations are \$1.50 per person. Reservations may be made by calling Mrs. Harvey J. Smith, 885-2335 or Mrs. William Dechant, 883-3238.

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

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