

# THE WOMEN'S PAGE

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PAGE SIX THE TRANSYLVANIA TIMES August 26, 1971

## food news & cues

from the Quaker Test Kitchens

### Lively Cereal Breakfast



Not long ago the rooster's crow often heralded morning. Now it's more likely an alarm clock that wakes us. Other things have changed, too — breakfast, for instance. It's lighter as a rule, and easier and faster to prepare, as in Fruit Spangled Cereal — a colorful combination of extra protein Life cereal, fresh pears, strawberries and ice cream.

This good tasting oat cereal contains an added amount of important protein. There are 5.1 grams in a one-ounce serving (2/3 cup) of this cereal. A one-ounce serving also supplies 100% of the minimum daily requirements for thiamine, riboflavin and niacin, plus 15% of the daily iron requirement.

A breakfast of fruit or juice, cereal and milk, bread and spread plus milk to drink starts the day right. Serve Fruit Spangled Cereal with cinnamon toast, milk and coffee, then see for yourself!

#### FRUIT SPANGLED CEREAL

Makes 4 servings  
 2-2/3 cups Quaker Life cereal  
 1-1/2 cups fresh pears, sliced  
 1-1/2 cups fresh strawberry slices  
 Vanilla Ice Cream

In a tall glass or cereal bowl alternate layers of Life cereal, pears, strawberries and ice cream. Garnish each serving with a thin pear slice and a strawberry.

## ETOWAH VALLEY GOLF CLUB DINING ROOM & LOUNGE



For a dinner and evening that is distinctively different, relax and dine in a charming atmosphere overlooking beautiful Etowah Valley Golf Course. FEATURING PRIME STEAKS AND SEAFOOD.

Toss your own Salad from 17 ingredients. Champagne with your meal, compliments of the club.

Thurs. is Family Night featuring a spaghetti dinner with a delicious homemade meat sauce.

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## Distaff Deeds

### Bedsread From Scraps

Mrs. Betty Howell, Oxford, has found unique way to use small leftover pieces of polyester knits.

Working in her spare time, she designed and constructed a colorful and attractive bedsread. "The spread," says Extension Home Economics Agent Linda Bright, "is made up of 950 individual pieces stitched together."

Each piece was made from a large circle that was gathered at the edge and pulled into a powder puff effect. The raw edges were covered with a small circle cut from a contrasting color and stitched in place.

After all the circles were completed, they were arranged in a colorful array and stitched at the edges to form an attractive open work design. Miss Bright adds.

### Well-Dressed Husband

A few pairs of knit slacks for men can be expensive.

But an Orange County homemaker found a way to keep her husband well-dressed and to stretch the family's clothing dollar.

It took a commercial pattern, seven dollars worth of polyester knit and a few hours time for Mrs. Betty Skyes to make her husband knit slacks that looked well tailored. Mrs. Fonrose Gore, home economics extension agent reports.

### Boys Enjoy Sewing

No need for sewing to be a "woman only" hobby. Boys can enjoy it too.

One Wayne County lad, Gary Edmondson has stitched up his own tie and plans to make a vest and other articles for his younger brother.

The 4-H leader working with Gary believes he shows great tailoring promise, observes Sarah T. Jones, home economics extension agent.

### EXECUTRIX NOTICE

State of North Carolina  
 County of Transylvania  
 Having qualified as the Executrix of the estate of William Chester West, 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 Executrix at Box 116, Pisgah Forest, N. C. on or before the 12th day of February, 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 12th day of August, 1971.

Inez Poindexter West  
 Executrix Estate of William Chester West deceased.

8/12/4tp



LOVE AUTUMN! — This two-piece imported rib knit suit with a cardigan style jacket and straight skirt was designed by Victor Jones for V. & J. Design Inc.

## Household Hints

When whipping cream refuses to whip, place bowl in another bowl half filled with ice. This should solve your problem.

Hang fiberglass draperies to clear the floor, furniture or windowsill as the constant rubbing causes the glass fibers to break.

To encourage wider reading of the Scriptures, the American Bible Society publishes annually a daily Bible reading plan, and promotes Worldwide Bible Reading Month, from Thanksgiving to Christmas. It also endorses the observance of National Bible Week, Nov. 21 - 28, and Bible Sunday, the Sunday prior to Thanksgiving.

### EXECUTOR'S NOTICE

Having qualified as Executor under the Will of John R. Le Vally, late of Pisgah Forest, Transylvania County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned at the Trust Department, Wachovia Bank & Trust Company, N. A., Asheville, North Carolina, on or before February 6, 1972, or this notice will be pleaded in bar of their recovery. All persons, firms, and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 23rd day of July, 1971.  
 WACHOVIA BANK & TRUST COMPANY, N. A. EXECUTOR,  
 ESTATE OF JOHN R. LE VALLY

8-5-4tc

**Dr. L. G. Sumner**  
 HENDERSONVILLE, N. C.  
 702 Fleming Street  
 693-0848  
 Chiropractic Treatment

## "Plaza Suite" Is Now Playing At The Flat Rock Playhouse

"Plaza Suite," Neil Simon's Y. Daily News reported, "This fifth consecutive Broadway smash-hit comedy, opened at the Flat Rock Playhouse Tuesday evening for a week's run, through Saturday."

The play, which starred George C. Scott and Maureen Stapleton in the original production and, in the film, Walter Matthau and Miss Stapleton, consists of three episodes, each taking place in the same suite of the internationally famous Plaza Hotel in New York City. The first concerns a middle-aged married couple who return to the hotel to celebrate a wedding anniversary in the room where they honeymooned. The second has to do with a thrice-married big-shot Hollywood producer and the childhood sweetheart who comes to see him at the hotel. And the third deals with a young bride-to-be who locks herself in the bathroom while her frantic parents try to get her to her wedding in the ballroom below.

Playwright Simon, whose "Barefoot in the Park," "Come Blow Your Horn," and "The Odd Couple" had delighted Broadway audiences in prior seasons, shared with director Mike Nichols the reviewers' raves after the opening of "Plaza Suite." Wrote the N. Y. Times, "Hilarious . . . Simon and Nichols have done it again, once more set the town laughing;" the N.

Y. Daily News reported, "This blockbuster is the wildest and most uproarious farce I have seen on a stage;" and the N. Y. Post rejoiced, "A wonderfully happy and gratifying evening of sheer entertainment . . . richly funny."

All of Neil Simon's previous Broadway successes have also been Vagabond hits, each of them being held over for a second week's run.

Pacing the Flat Rock Playhouse production will be David Samay, who, after playing leading roles last summer at Maggie Valley Playhouse, joined the Vagabonds to tour as The Actor in "The World of Carl Sandburg" and was seen last week as Sandells in "A Cry of Players," and Tom Campbell, Ellen Kelly, Margaret Kilness, Sally Nall, Ed Oster and Kevin McKee.

"Plaza Suite" is directed by Walter Williamson, with the hotel setting designed by Walter O'Rourke. Mimi Corson is the stage manager, and DeLayne Parham is property mistress.

Performances are through Saturday evenings at 8:30, with Wednesday and Saturday matinees at 2:30. The State Theatre of North Carolina is located three miles south of Hendersonville, on U. S. 25.

## Spaghetti Dinner Makes Summer Cooking A Breeze



Summer is the season for simple meals requiring little time and effort. Thus, convenience foods are especially handy during these months, for they offer a helpful head start in the kitchen.

This Spaghetti Spectacular can be prepared in minutes with a packaged complete spaghetti dinner. Sour cream and scallions add a unique flavor to the spaghetti which blends well with the rich meat sauce.

Serve this delicious spaghetti dinner with a refreshing fruit salad, crisp bread sticks and a cool beverage.

### Spaghetti Spectacular

1 package (19 1/2-oz.) Chef Boy-arr-dee Complete Spaghetti Dinner with Meat Sauce  
 1/2 cup sliced, stuffed olives  
 1/4 cup sour cream  
 1/4 cup sliced scallions  
 2 tablespoons milk  
 1 tablespoon butter  
 1/2 teaspoon salt  
 Dash pepper

Cook spaghetti according to package directions. Meanwhile, mix meat sauce with olives and heat thoroughly. Drain spaghetti; return to pot and combine with sour cream, scallions, milk, butter, salt and pepper. Mix well while holding over low heat. Serve immediately with meat sauce and canned grated cheese. Serves 4.

## Sapphire-Whitewater Personal Items Are Reported This Week

By Wallace Brewer

(Left out last week)

**SAPPHIRE - WHITEWATER** — Mr. and Mrs. Kenneth Hipp of Sarasota spent last week as guest of Mr. and Mrs. Maurice Howe, of Chipmunk Lane. The Howes plan to do some visiting at Asheville.

Mr. and Mrs. Calvin Sweeting of Sarasota, are vacationing at the Lee Hutchinson cottage.

Thursday evening dinner guests of Mr. and Mrs. Garland Grimshawe were Mr. and Mrs. Robert Williams, Mr. and Mrs. Whiteknecht, and son, Warren, of Baton Rouge, La. Other guests during the week were Mr. and Mrs. Dan Johnson, Mr. and Mrs. James Henderson and Ricky, the Melvin Galloway family of Pisgah Forest and Mr. and Mrs. Betty Allen of Brevard, and Mr. Dick Mer-

rill and two grandsons, Ricky and Johnny.

Mr. and Mrs. Raymond Kerschner, and Mrs. Iva Johnson of Black Gum Lane visited Cherokee one day last week.

Mr. and Mrs. Jerry Barker and son Keith from Ft. Lauderdale, Fla., were recent guests of Mr. and Mrs. Bert Brooks of Bearwallow Drive.

Mrs. Lyle McCoy and daughter, Mrs. Bill Holden, were recent visitors of Mrs. Russell Gillespie of Leicester. Tolvin Miller and son, Arnold of Wal. halla, S. C., were Monday guests of Mr. and Mrs. Lyle McCoy.

## Zachary Reunion Set At Cashiers

The Zachary Reunion will be held Sunday, August 29th, at the lower Cemetery, Cashiers.

Lunch will be served at 12:30 p. m.

## Local Student Receives Masters Degree At Emory

Almost 300 graduates received degrees at Emory University's summer commencement exercises recently at Atlanta, Ga.

Dr. John C. Stephens, Jr., dean of Emory College, made the commencement address.

With a graduate school and

schools of medicine, law, theology, dentistry, nursing and business administration, Emory awards more graduate and professional degrees than undergraduate ones.

Marty Wingard, daughter of Mrs. J. C. McCall, route 1, Pisgah Forest, received her Master of Nursing Degree.

## TRY THE TIMES CLASSIFIED ADS

**Cato's**  
 CLOTH CORNER  
 OPEN EVERY FRIDAY NIGHT  
 TILL 8:00 O'CLOCK

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**If the Shoe Fits**  
 BY Pat Patterson

What further shoe care is recommended?

With the vast variety of leathers, fabrics and man-made shoe materials, it is important to know some of the methods used to preserve and protect them.

For leather, apply paste wax with a cotton cloth for a high gloss. When dry, rub with a fresh cloth, then finish with a lamb's wool brush.

Suede needs a light hand brush. First a gentle brushing to remove the dust. If the suede has been bruised, use an emery board very lightly to raise the surface. Clean with a very small amount of cleaning fluid. It is worth investigating some of the new cleaning products in spray cans that can be used on dark or pale colored suede.

Fabric shoes can be cleaned with cleaning fluid.

Campus and country boots get rough wear and should be cleaned after each wearing. If they are made of smooth leather, wash them with saddle soap, a small sponge and very little water. Then rub with a rough towel until dry and follow with a cream polish.

**Pat's Shoe World**  
 Located in The College Shopping Center Brevard, N. C.