

THE WOMEN'S PAGE

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PAGE SIX THE TRANSYLVANIA TIMES October 21, 1971

A Change In Seasons



A change in seasons always seems to herald a change in activities. If the pace of everyday living is quickened, food must be selected upon to supply the extra energy needed.

While a basic breakfast of fruit or juice, ready-to-eat cereal with milk, bread and spread and a beverage provides a good start on the body's nutrient needs for the day, sometimes a heartier meal is desirable.

For a heartier morning fare Kay Kellogg suggests a breakfast built around Baked French Toast as the main event. This recipe features another ingredient use for versatile packaged corn flake crumbs. Suitable accompaniments may include crisp bacon, warm maple syrup or honey and the customary fruit plus a beverage to complete the meal.

- BAKED FRENCH TOAST**
- 1 cup corn flakes or 1/2 teaspoon vanilla flavoring
 - 1 cup packaged corn flake crumbs 6 slices day-old bread, cut in halves
 - 3 eggs, well-beaten 1/4 cup regular margarine or butter, melted
 - 1/2 cup milk
 - 1/2 teaspoon salt
1. If using corn flakes, crush into fine crumbs. Set aside.
 2. Combine eggs, milk, salt and vanilla in shallow dish or pan. Dip bread in egg mixture turning once and allowing time for both sides to absorb liquid. Coat evenly with corn flakes crumbs and place in single layer on well-greased baking sheet. Drizzle with margarine.
 3. Bake in hot oven (450°F.) about 10 minutes or until golden brown.
- Yield: 4 servings, 3 toast halves each

Household Hints

Careful shopping, plus storage and utilization of foods at home are all important in helping to stretch the food budget. The following tips are reminders that you may wish to try.

Store mellow apples uncovered in the refrigerator. Unripe or hard apples are best held at cool room temperature (60° to 70°F) until ready to eat. Use ripe apples within a week for best quality.

A bowl of red and gold Delicious apples and a plate of mild-flavored Camembert or Brick cheese or cheese of your choice will top off any meal. Send them to the table "as is" and let the family help themselves.

An excellent way to use left-overs is to use them in cream soups. A single vegetable or a combination of several may be used. Milk used in the cream sauce base has a wonderful ability to blend flavors and provides good nutrition as well.

You can literally spice up breakfast by pouring cinnamon-flavored milk over cooked cereal. Top with brown sugar.

Substituting the same amount of milk for water when preparing cooked cereals will add extra nourishment as well as flavor to a favorite breakfast cereal.

To reduce your food bill you might use molasses instead of white sugar in such foods as baked beans, cookies, puddings, and bread. Children like it and it adds flavor along with food value.

Cover one half of a hot, buttered hamburger bun with scrambled eggs. Spread the other half with deviled ham. Serve as an open-face sandwich.

TRY TIMES WANT ADS

NOTICE
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Kum Do Club Holds Meeting

Members of the Kum Do Club met on October 12th at the home of Mrs. M. H. Lawton.

She had an arrangement on display of the many flowers that could be made from the plastic egg cartons. There was the button tulip, primrose, lily, dogwood, simple rose, pom-pom rose, fringed daisy. The ladies had a pleasant morning around the table making the intricate designs from the colorful egg cartons.

Coffee, sandwiches and pumpkin chiffon pie were served for a light luncheon. The November meeting will be with Miss Sally Weldon with Christmas ideas to be presented.

Benefit Bridge Luncheon Set October 27th

Mrs. William Dechant, President of the Transylvania Community Hospital Auxiliary, has announced plans for the annual Benefit Bridge Luncheon which will be held on Wednesday, October 27, in the Fellowship Hall of the First United Methodist church. Mrs. Gordon Spott is General Chairman and Mrs. Edward Bennett is in charge of reservations. Mrs. Bennett may be reached by calling 883-8597. Tickets are \$1.50 each.

Mrs. Clark D. Hein is assisting Mrs. Bennett in taking reservations. Please call Mrs. Hein at 883-4559.

Mrs. Thelma Van Epps is Luncheon Chairman. Other members of the Auxiliary Serving with Mrs. Spott are: Mrs. Charles Pickelseimer, Mrs. William Wallace, Mrs. Jack Dense, Mrs. Dorothy Hunter, Mrs. Harvey McConnell, Mrs. F. S. Best, Mrs. Wilburn Davis and Miss Lillian Scott.

Card playing begins at 10:00 o'clock — games other than bridge may be played. Tallies and score cards will be provided but each table is requested to supply two decks of cards. Luncheon will be served about 1:00 o'clock.

Take time for lunch! Often a busy homemaker finds herself working from morning right through late afternoon without a break. Take time to relax with a quick-to-fix lunch as a cottage cheese plate. You'll find your working capacity has increased and you'll be less tired.

Distaff Deeds

Extension agents in Orange County help all persons, including members of the sheriff's department.

Janet Sessoms, home economics extension agent, recently had a telephone call from a flustered deputy. A foreign couple was arguing in his office and after several attempts to understand their broken English, he discovered the argument concerned the baby's formula.

The deputy asked Mrs. Sessoms to help the couple. She did. All ended well.

Family Ties

The men in the Russell Morris family Wilson County, are sporting fancy neckties made by their sister Modie.

Each tie, which would retail for eight or ten dollars in a men's store, cost Miss Morris 17 cents to make.

"My tie project made such a hit with my brothers," Miss Morris told Mrs. Ona Humphrey, home economics extension agent, "I plan to make many more for gifts."

Stay Active

Staying active is the key to the success of any organization, believe members of the Grifton Extension Homemakers Club, Pitt County.

So this summer the ladies took on two special projects. They made draperies for an adopted patient's room at Cherry Hospital.

And they sponsored an Open House at the Grifton Library. Assisting the library in expanding an improving its facilities is a continuing service project of the group, adds Mrs. Sue May, home economics extension agent.

For a nutritious dessert that is easy on the budget, choose custard. Either baked or packaged varieties offer unlimited flavor appeal.

EXECUTRIX'S NOTICE
In The General Court Of Justice Superior Court Division State of North Carolina Transylvania County

Having qualified as Executrix of the estate of Alfred M. Elwell of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said Alfred M. Elwell 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 12th day of October, 1971.
Gail Adams Elwell
Cecil J. Hill,
Attorney.

NOTICE
I, Harmon Holden, am not responsible for any debts made by anyone but myself, as of October 7th, 1971.
10-7-4tp

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How Good Is Salmon?



Convenient canned salmon is a nutritionally good food. It is a complete protein, relatively low in calories, an excellent source of calcium and a good source of phosphorus, Vitamin D and the B Vitamins. To top these qualities canned salmon by Del Monte is economical and easily dressed to fit a King's table.

Company Salmon Roll is an elegant dish that calls for staples that you are likely to have on hand. Simply open a few cans and packages for a delicious, attractive main dish that costs approximately 35¢ a serving. It's reassuring to know that what is economical and good tasting is also good for you.

Company Salmon Roll

- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup minced onion
- 2 tablespoons margarine or butter
- 1 can (2 1/4 oz.) sliced ripe olives, drained
- 1 can (16 oz.) Del Monte Salmon
- 1 can (10 1/2 oz.) condensed cream of chicken soup
- 1/2 teaspoon dill weed
- 2 cups sifted flour
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 egg
- 1 tablespoon water

Saute celery, green pepper and onion in margarine until tender. Add olives. Drain salmon, reserving liquid. Add salmon with 1/2 cup soup and dill weed to vegetables; set aside. Combine flour and salt; cut in shortening until mixture resembles small peas. Stir in water until flour is dampened and forms into a ball. Roll on floured surface. Cut into 12x9-inch rectangle; set aside trimmings. Spread salmon mixture on dough; fold sides up lengthwise, overlapping 1-inch. Place on baking sheet, seam side down. Combine egg and water; glaze roll. Decorate with reserved dough trimmings. Brush with egg. Bake at 400°F., 25 minutes or until golden brown. Serve hot with Chicken-Lemon Sauce, if desired.

Chicken-Lemon Sauce: Add milk to reserved salmon liquid to make 1/2 cup. Combine with remaining soup and 1 tablespoon lemon juice in small saucepan; heat. Serve over Company Salmon Roll. 6 servings.

For additional seafood recipes send 25¢ in coin to Salmon, Del Monte Kitchens, P. O. Box 3575, San Francisco, CA. 94119.

Little Items of Lively Interest About Folks and

Flower Gardening

By Mrs. S. R. Harrington

It's time for Nature's festival, the evening of the year, Flower Gardening. All trees and shrubs entrancingly Decked in splendid hues appear.

place, summer bulbs, corns, tubers, roots, etc.

If the lawn and garden areas need lime, now is a good time. Keep lime away from acid-loving plants, such as azaleas and rhododendrons.

Pull a garden hose near your evergreens, and "high pressure" water on, over and through them, to "drown" red spider mites.

Clean up summer flower beds. Remove dead flower stalks, weeds, leaves, etc. Leave beds and borders spotlessly clean. Apply a light mulch over the area.

It's planting time for many shrubs and trees. Why not contact your favorite nurseryman to see what is available. In planting them, be sure they go into winter well watered and well mulched.

Do use leaves and disease-free garden debris and clippings to make a compost pile now. This will be like gold scattered on the garden next spring.

Buy and plant Virginia Blue Bells now. (That's Mertensia virginica) It's such a beautiful hardy perennial. A lovely contrast blooming with daffodils. The flower buds are pink, opening into lovely dainty flowers of porcelain blue borne in nodding clusters.

In buying bulbs, look for the —Turn to Page Eight

God's handiwork is well displayed in the woodlands now. There are sermons in the beauties of golden autumn days.

Each of us like to escape to the reality of the forest, for within us exists a fundamental need to maintain contact with it—some to hunt, to fish, to picnic, or to just plain enjoy its solitude and beauty.

Thoreau had this to say about woodlands: "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that that I had not lived." So enjoy all this, and plant a tree this fall. Create your own green, tiny Oases!

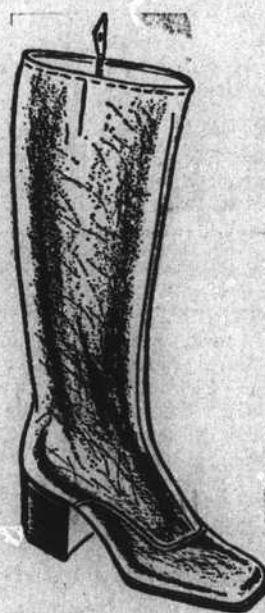
Garden Reminders: Feed lawns and keep mowing as long as he grass grows. Keep all leaves raked, and let the lawn go into winter, neat and well fed.

Continue planting bulbs throughout this month... Daffodils, hyacinths, crocus, tulips, etc.

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