

# THE WOMEN'S PAGE

☆ Features ☆ News ☆ Household Hints

PAGE FOUR THE TRANSYLVANIA TIMES February 10, 1972



**ROLLED BEEF RUMP**, braised tender and delicious, provides appetite-provoking dinner platter and warm welcome home.

"What's cooking?" they'll ask when the door is opened to the appetizing aroma of a Crab Apple Beef Pot - Roast ready for the table.

"Great cook!" they'll proclaim when that promise of good eating has been fulfilled.

Especially flavor-packed, this pot-roast is garnished with bright crab apples and a savory gravy prepared with the spicy syrup. A boneless rolled rump provides about three servings per pound, making it an economical market selection as well as a satisfying one.

### Crab Apple Beef Pot-Roast

Combine 2 tablespoons flour, 2 teaspoons salt, 1/2 teaspoon allspice and 1/4 teaspoon pep-

per. Dredge a 3 to 4-pound beef rolled rump pot-roast in seasoned flour and brown on all sides in a 3 tablespoons lard or drippings. Pour off drippings. Drain 1 jar (16 ounces) spiced whole crab apples, reserving syrup. Add water to syrup to make 1 cup of liquid and add 2 tablespoons lemon juice. Pour combined liquids over meat, cover tightly and cook in a slow oven (325°F.) for 3 1/2 to 4 hours, until meat is tender. Fifteen minutes before meat is removed from oven, add crab apples and 1/2 cup raisins and continue cooking. Remove meat and crab apples from pan. Blend 2 tablespoons flour with 1/2 cup water and use to thicken gravy. Slice meat and arrange on platter. Serve with gravy and garnish with crab apple. 8 to 10 servings.

## Distaff Deeds

"I believe I'll have enough food for my family this winter thanks to the Expanded Nutrition Education Program," an Edgecombe County homemaker told Mrs. Evelyn Wilson, associate home economics agent.

While food was in good supply last summer, a program aide encouraged the homemaker to can fruits, vegetables and meats.

In addition, the homemaker uses food stamps, but after she pays her portion there is very little money left over for other family needs.

And there are one or two months during the winter when work is scarce and the family may not earn enough money to buy food stamps. That's when the canned food will come in handy.

The Edgecombe County homemaker "graduated" from the nutrition program in December. She added that she had learned more about budgeting and foods and nutrition than she ever thought would be possible.

### Home For Holidays

At least two Warren County families celebrated last year's holiday season in a new house.

Mrs. Nancy Boyd and her son of Macon moved into their new house two days before Christmas. The house built by Extension Plan 90, had white masonry siding on the outside and was compact, convenient and attractive on the inside, said Mrs. Bertha Forte, home economics extension agent.

The Plummer Williams family, Warrenton, Rt. 3, celebrated their Christmas in a new brick house also built by Extension Plan 90.

Several more homes, utilizing extension house plans, are now under construction, noted Mrs. Forte. Additional families are waiting the approval of loan applications so they can start building, she added.

### Ready For Museum

Some pieces of furniture donated to a community museum in Johnston County needed sprucing up.

So members of the Pleasant Grove Extension Homemakers Club are learning to refinish furniture so they can do the job themselves, reports Mrs. Anna Cox, associate home economics extension agent.

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

SUPERIOR COURT DIVISION State of North Carolina Transylvania County

Having qualified as Administrator of the estate of Thomas M. Henderson of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said Thomas M. Henderson 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 1st day of February, 1972.  
Joseph S. Henderson  
Administrator of the Estate of  
THOMAS M. HENDERSON  
Ramey & White  
S. Caldwell Street  
Brevard, N. C. 28712  
Attorney.

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

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Chiropractic Physician

210 W. French Broad Ave.  
Brevard, N. C.

W.T.W.F. 9-5-30 883-9541

### Attention Cookie Lovers!



For a cookie sure to bring smiles and requests for "just one more," treat the family to Pecan Brownie Bars. They're irresistible, combining the goodness of pecan pie with the fudginess of brownies on a rich shortbread base.

The blonde bottom layer, tasty with pecans and coconut, is easily made with convenient cup cake mix. A portion of the cup cake mix is used, too, in the extra moist brownie topping. The base is prebaked, then topped with the custard-like second layer. As with pecan pie, the cookies bake with a scattering of pecan halves atop.

### PECAN BROWNIE BARS

Makes 32 bars

Base:	Topping:
One 1 1/4-oz. pkg. Flako Cup Cake Mix	2 oz. (2 sq.) unsweetened chocolate
3/4 cup chopped pecans	2 tablespoons butter or margarine, melted
1/2 cup flaked or shredded coconut	1/2 cup sugar
1 egg	1/2 teaspoon salt
1 tablespoon butter or margarine, melted	1 cup dark corn syrup
	1 teaspoon vanilla
	3 eggs

Heat oven to moderate (350°F.). Grease bottom and sides of 15x10-inch jelly roll pan. Reserve 1/2 cup cup cake mix for topping. Empty remaining contents of package into bowl. Add pecans, coconut, egg and butter; mix well. Press into bottom of prepared pan. Bake in preheated oven (350°F.) 15 minutes or until light golden brown.

For topping, melt chocolate with butter over low heat. In a mixing bowl combine reserved cup cake mix, sugar, salt, corn syrup, vanilla, eggs and chocolate mixture; mix well. Pour topping over partially baked base; sprinkle with pecans. Bake in preheated oven (350°F.) 25 to 30 minutes or until filling is set. Cool; cut into bars. NOTE: Cookies should be stored in refrigerator or wrapped loosely in aluminum foil and stored in a cool place.

### From The Clarion

## Lynn Harrison Represents BC

Brevard started its indoor season competing in an All-Comers meet in Knoxville, Tennessee, Jan. 14. Brevard's top individual performance was turned in by Lynn Harrison. Harrison not only won the Pole Vault but set a new school record at 15'0". The previous record was 13' 6 3/4" set outdoors in 1968 by Tommy Jordan. The other first place went to Clay White in the Triple Jump with a jump of 44' 8 1/2". Clay had a jump of 44' 3" only to scratch by two inches. The other placers was Sam Beasley who placed fifth in the long

jump with a jump of 22'. Times in the running events were relatively poor because it is so early in the season. Those who won their heat were Bill Triplett in the 800 and the mile relay composed of Goodspeed, Decell, Beasley, and Bowen. Gene Hehemann, though he did not place, ran a fine mile at 4:38.4.

Brevard will compete Fri. and Sat., Jan. 21 - 22, in the Tennessee Relays in Knoxville.

### NOTICE OF SERVICE OF PROCESS

In The General Court Of Justice District Court Division State of North Carolina County of Transylvania MERCEDES M. HACKNEY, Plaintiff

vs. CALVIN EARL HACKNEY, Defendant

TO CALVIN EARL HACKNEY: Take notice that a pleading seeking relief against you has been filed in the office of the Clerk of the General Court of Justice of Transylvania County, North Carolina, the nature of relief sought being as follows: To obtain an absolute divorce on the grounds of one (1) year separation. You are required to make defense to such pleading not later than the 20th day of March, 1972, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought. This the 3rd day of February, 2/3/72.

### ADMINISTRATRIX'S

In The General Court Of Justice Superior Court Division State of North Carolina

Having qualified as Administratrix of the estate of J. B. Rogers of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said J. B. Rogers 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 16th day of January, 1972.

Mildred Catherine Rogers Rosman, N. C.  
Cecil J. Hill, Attorney.  
1/20/4tp

HAMLIN, POTTS & HUDSON, Attorneys for the Plaintiff  
By: S/Jack H. Potts  
15 East Jordan Street  
Brevard, N. C. 28712

## Punchy Paragraphs

A Look At 1985

In 1985, according to some economists, consumer expenditures will have increased in the following amounts over what we're paying today: food and beverages, 79 percent; personal and medical care, 185 per cent; housing 172 per cent; recreation and education, 149 per cent; household operation and furnishing, 110 per cent; transportation, 107 per cent and clothing, 95 percent. These predictions are based on a corollary forecast that all Americans will be receiving equivalently higher incomes.

### Original Ecogollat

Advances in agricultural science — including such ecology-related practices as soil conservation, erosion control and wildlife preservation—have boosted production. Food for 50 million more people is now being provided, using no more land than was required 35 years ago. In fact, if agricultural products were produced on the same per acre rate as in the 1950s, some 292 million acres of land (now put to other uses including natural environment areas) would have to be put back under the plow.

### Multiplication Rate Rises

From the beginning of man to 1650, the world's population figure had grown to an estimated 500 million. From 1650-1850 this figure doubled, reaching 1 billion. By 1930 the population figure stood at 2 billion, and it's expected to double again by 1975 with the world population at 4 billion.

### Inflation Hits Farmers

While farm prices have moved up 7.8 percent over the last 20 years, the cost of items farmers must purchase to grow food for the nation has jumped 52 percent. Collectively the nation's farmers and ranchers annually spend \$42 billion in producing livestock and crops as well as \$13 billion for the same goods and services nonfarm consumers buy, plus \$5 billion in taxes. While comprising only 5 percent of the total population, farmers and ranchers help pay the wages and salaries of millions of non-farming Americans engaged in producing the equipment, materials and services required for the efficient operation of farms and ranches.

## Olin Wives To Hold Sweetheart Party Feb. 11th

The Olin wives will hold their annual bridge Sweetheart Party on February 11th at 8:00 o'clock in the evening at Glen Cannon Country Club.

All wives and their sweethearts are invited. Each couple is planned to bring a tray for the refreshment table.

Reservations may be made by calling Mrs. Frank McGiboney, 883-3493 or Mrs. Arthur Beddoe, 883-8590 by noon on February 8th.

Little Home of Lively Interest About Folks and

## Flower Gardening

By Mrs. S. R. Harrington

Once a year we turn our thoughts to a Valentine. A dainty card of lace and verse where dreams and love entwined. Each Valentine has magic and contains three priceless things...

Love and Joy and Memories That Caring always brings. —Larson

Each Valentine plays a special part. Sometimes precious, tiny hands fashion them, and though they're full of paste and smudged, every mother knows no money on earth could buy this masterpiece... that's Love!

The young select their valentine's with such care. Each line of the verse must express what the feel at the moment... that's Joy!

Those of us along in years pick the one that expresses our love and joy over the years, showing sweet content... that's precious Memories!

All in all, Valentine's Day is centered around love, and I'll always remember the lines of the famous Helen Keller:

"Love is like a beautiful flower which I may not touch, but whose fragrance makes the garden a place of delight just the same."

Valentine's mean Flowers too. And I can think of no better flower to write about on this occasion than one with heart shaped leaves and flowers—the Hardy Cyclamen.

The florists' Cyclamen continue to dominate the field as a gift plant, but gardeners now can grow them out-of-doors and never worry about taking up the corms.

Of course, the Hardy varieties must be planted, and with the varieties available one can have cyclamen blooming every

month of the year, except June (when they rest) and December (when they finish.)

Starting in January: Cyclamen Atkinii come in white, pink and rose. They bloom 'til March.

Cyclamen Coum's deep crimson blooms start in February and bloom through March.

In March and April: Cyclamen pseudo-ibericum bears fragrant, orchid-purple flowers in profusion through snow and bad weather.

In May: Cyclamen Repandum flashes bright, red-purple blooms to close the season until June is over.

Then, in July, Cyclamen European flaunts fragrant, crimson flowers for six to eight weeks.

August to October: Cyclamen Neapolitanum comes into its own with rosy flowers galore.

In September, the two-tone rose-pink Cyclamen Cilicium are a joy.

October and November brings Cyclamen Cyprum with baby pink flowers to complete the Cyclamen picture until January when the cycle starts all over.

As to their culture: They may be used in rockeries, naturalized in woodlands, or used as

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## WOMEN PAST 21 WITH BLADDER IRRITATION Suffer Many Troubles

After 21, common Kidney or Bladder Irritations affect twice as many women as men and may make you tense and nervous from too frequent, burning or itching urination both day and night. Secondly, you may lose sleep and suffer from Headaches, Backache and feel old, tired, depressed. In such irritating comfort by curing irritating germs in strong, acid urine and by analgesic pain relief. Get CYSTEX at drugists. See how fast it can help you.

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