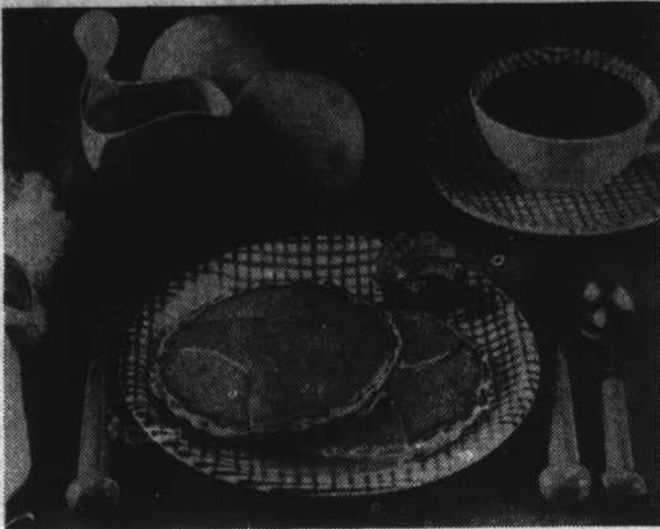


THE WOMEN'S PAGE

★ Features ★ News ★ Household Hints

PAGE FOUR THE TRANSYLVANIA TIMES January 31, 1974

Oatmeal Pancakes—A Breakfast Treat



Take two favorite breakfast foods—oatmeal and pancakes—and make (but of course!) oatmeal pancakes. These too will become a breakfast favorite, because they're so good and so good FOR you. Serve with a warm, tangy orange sauce, and you are serving nourishment as well as mighty good eating to that family of yours.

OATMEAL PANCAKES WITH ORANGE SAUCE

Makes 6 servings

Oatmeal Pancakes:
 2 cups milk
 1½ cups quick or old-fashioned oats, uncooked
 1 cup sifted all-purpose flour
 2½ teaspoons baking powder
 1 teaspoon salt
 2 tablespoons sugar
 2 eggs, beaten

Orange Sauce:
 1 cup sugar
 2 tablespoons cornstarch
 2 cups orange juice
 2 tablespoons lemon juice
 ¼ cup butter or margarine

For pancakes, pour milk over oats; cover and let stand. Sift together flour, baking powder, salt and sugar. Stir eggs into oats-milk mixture. Add sifted dry ingredients and wheat germ. Stir in oil. Bake on moderately hot, lightly greased griddle (375° F.) or fry pan until golden brown, turning only once when tops are covered with bubbles and edges look cooked.

For orange sauce, mix sugar and cornstarch in saucepan. Stir in juices. Cook, stirring constantly, until mixture is thickened and clear. Boil 1 minute, stirring constantly. Remove from heat; blend in butter. Keep warm and serve over pancakes.

Distaff Deeds

Knowing how to take care of and maintain a new house is about as important as knowing how to take care of and maintain a new baby.

So to gain some expertise, some new homeowners in Columbus County enrolled in a series of Extension - sponsored classes on Home Care and Maintenance. And they are glad they did.

One homeowner says she learned how to take care of her new floors and ceramic tile. She also discovered a moisture and mildew problem inside the house and found out how to curb it before it got out of hand.

The same woman also found she needed to put plastic underneath her house and haul in some soil next to one corner of the house for better drainage.

If that wasn't enough, the same homeowner found that the insulation underneath her house had been put in backwards and needed to be turned over.

"That's one woman who has become a very enlightened lady concerning care and maintenance of a new house," observed Elaine Blake, home economics extension agent.

Not Forgotten

A group of patients at Cherry Hospital, Goldsboro, were not overlooked during the holidays, thanks to the concern of members of Wayne County's Extension Homemakers Clubs.

The patients, some of the more severely ill residents, could not have visitors, explains Evelyn Raper, home economics extension agent. But the homemakers made and donated cakes and punch that hospital personnel could serve to these persons.

Well - Tailored

Several excellent Franklin County seamstresses decided to try their tailoring skills and make jackets for their husbands.

One homemaker, Bess Williams, planned to give her husband his coat for Christmas. But like most men, her husband couldn't wait to see the coat finished, and once it was, he couldn't resist taking it on a pre-Christmas trip and showing it off to his friends.

The homemaker, and the other women enrolled in the tailoring class, are being begged to make jackets for others.

"Not too many have accepted," says Joyce Hunter, assistant home economics extension agent.

STAY AWAKE ITCHING?

Let doctor's formula stop it. Zemo speeds soothing relief to externally caused itching of eczema, minor rashes, skin irritations, non-poisonous insect bites. Decongests nerve endings. Kills millions of surface germs, aids healing. "Do-itch" skin with Zemo, Liquid or Ointment. Quick relief, or your money back!

Linda Kirk To Sing In Opera, Furman Workshop

Linda Kirk of Brevard will sing the role of a cousin in the Furman University Opera workshop production of Offenbach's *La Perichole* scheduled January 31st and February 1st on the Furman campus.

Linda is the daughter of Mr. and Mrs. David C. Kirk, Jr.

The musical comedy is based on the true story that inspired the book and movie, *Bridge of San Luis Rey*.

Tips On Home Repairs

Time To Save Energy
 NEW YORK (ED)—We may not know we're in an energy crisis, until we need energy and it's not there. Time is running out. A home heating fuel shortage is a real threat unless we all pitch in. There are many ways each of us can help, according to the Aluminum Association:

- Begin by checking your house for places where you may be losing heat and money. Windows and doors are often the culprits.
- Install storm doors if you don't already have them. And equip them with automatic closures to be sure they stay shut. Aluminum storm windows will pay for themselves within a decade by cutting heating bills.
- Weatherstrip and caulk around windows and doors to help keep unwanted cold air outside.
- If your home is not insulated, placing foil-backed insulation in walls and ceilings will usually pay for itself in a year in fuel savings.
- Buying a new home? Consider a new kind of aluminum thermal window that helps eliminate troublesome condensation.
- Turn down your thermostat five degrees at night—even more if you're away for the weekend.
- Closing draperies at night is another way to keep drafts outside.

We may not know we're in an energy crisis until we need energy and it's not there. Fortunately, there are definite ways we can all help save fuel this winter. If we don't pitch in now, we may not have a second chance.

EXECUTOR'S NOTICE

State of North Carolina
 Transylvania County
 In the General Court of Justice
 Superior Court Division
 Having qualified as Executor of the Estate of CLARA LEE ROPER of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said CLARA LEE ROPER to present them to the undersigned within six 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 4th day of December, 1973.

REMUS L. ROPER
 Rt. 1, Box 597-A
 Brevard, N. C. 28712
 Cecil J. Hill, Attorney
 1/10/4tc

ADMINISTRATION C. T. A.
 State of North Carolina
 County of Transylvania

Having qualified as the Administration C. T. A. of the estate of Van Buren Waldrop, 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 at Route 1, Box 650, Brevard, N. C. on or before the 10th day of July, 1974 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 10th day of January, 1974.

Margaret Collins
 Administration C. T. A.
 Estate of Van Buren Waldrop
 deceased.
 1-10-4tc

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AS EDITOR of the BROADCASTER, Crela Landreth must check everything that goes into the paper, even the photographer's film.

From The Broadcaster

Crela Landreth Chosen Student Of The Month

Help, fire! Oh, that's no fire, that's just Crela's hair. Crela Lynn Landreth, better known as "Flame", has been chosen Student of the Month for January.

Crela has been involved in many activities during her high school years. She has been very active in Junior Achievement for three years. Her junior year Crela held the office of vice president of sales and she is vice president of manufacturing this year.

Her time is also occupied by BES Players, Health Careers and Student Council. Church activities are also important to Crela. She is a member of the choir and also serves as president of the Youth Council. What little time Crela has left, she enjoys playing the piano. Crela also enjoys cooking, her specialty being "pizza."

If ever you see Crela reading a good book, it is probably a mystery or detective story, because that's her favorite.

Her favorite sport is bowling. With a high game of 137 she's still trying. Crela especially en-

joys going on hayrides.

Following graduation Crela plans to attend Gardner-Webb College, where she plans to become a registered nurse and a nurse anesthetist.

As editor of the newspaper, "Flame" spends one day out of every month at the TRANSYLVANIA TIMES adding her special finishing touch to the BROADCASTER.

Head Start Library Is Seeking Books

The Transylvania Head Start Program is starting a traveling lending library to be used as an educational aide.

"If you have any children's books you would like to donate, please call the Western Carolina Community Action office, 883-8151 for pick up or drop them by at 214 South Broad Street," officials state.

Flower GARDENING

By Mrs. S. R. Harrington

Little Items of Lively Interest About Folks and

Grass covers our hill with such tenderness
 And makes it look pretty in the sun;
 Grass welcomes the rain, it's kissed by dew,
 And cushions the feet where children run.
 Oh, great are the places that man have built,
 And beautiful are the streets I've trod,
 But give me, instead, grass on a hill,
 And time to enjoy this carpet from God.
 —Neva Taylor Harrington

is food to plants, and food supplies the needed nutrients for life and growth. It makes plant cells grow and multiply properly. If we do not feed our growing things properly—whether it's the lawn, trees, shrubs, flowers, or what have you—they have to get along on what is already in the soil. Many times that isn't enough and we see unsightly lawns, poor specimens of trees and shrubs, and sickly looking flowers. So you see why you should talk over with your dealer what your fertilizer is needed for. I understand, as with many things, it will be in short supply this year. So better not put off buying.

There's nothing more beautiful than the green, green grass of a lawn... or the green grass in a meadow, a field, a pasture, or anywhere you look for that matter. To see raw soil, makes one really appreciate green grass. It's such a gift!

Gardening: Since I wrote a poem about grass, I'll follow up with lawns. For a home is not home without a beautiful lawn. To have such a lawn we have to fertilize.

Several lawn product suppliers are experimenting with winter survival lawn fertilizers. In fact, have been for a long time. These are excellent fertilizers with a particular formulation of nutrients which makes the lawn more tolerant of cold.

If you fed your lawn in September or October you, perhaps, have a lovely green lawn now. For those who didn't feed then, winter is an excellent time for this chore. It, also, is a good time to feed many things. But be sure you know which kind of fertilizer to use on the things you want to feed. Since I couldn't possibly touch the needs of every gardener, I would advise asking your dealer.

To understand this: Fertilizer

Fertilizer is made up of the three main elements for growth—nitrogen, phosphoric acid and potash. Adequate nitrogen hastens growth and increases protein content of the plant. Phosphoric acid encourages fruit and flower production; also hastens blooming and maturity and promotes hardiness. Potash stimulates root growth in general ways.

What to use? As I said, I do not know individual needs, so I will generalize. For lawns, 10-10-10 seems to be most generally used, unless you have a special kind of grass. As it is most used for feeding Deciduous trees, shrubs, needle evergreens, shrubs, perennial flowers, and vegetables. Broad-leaf evergreens should be fed with 6-10-4 or 5-10-5. For all acid-loving plants use acid fertilizers such as cottonseed meal or ammonium sulphate.

Beautiful lawns seen all over an Oak Park Drive, Hawthorne Drive, Fortune Cove and many places in Brevard.

So long, gardeners!

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

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