

For And About Women

Tradition Calls For Nutritious Breakfast

American tradition calls for what has long been thought of as a "good, hearty breakfast." But today, "quick and nutritious" might be more suitable adjectives.

Mornings are usually crammed with activity. Everyone dashes off in different directions, all at the same time. And, all too often, this morning routine of bedlam includes breakfast on the run, or no breakfast at all.

Studies show that individuals without breakfast have impaired muscular ability, impaired perception and a low resistance to fatigue. Bad breakfast habits concern nutritionists, especially since research clearly indicates the need for a well-balanced morning meal.

Nutritionists recommend that about one fourth of the daily food intake, nutrients and calories be eaten at breakfast.

One way to be sure you get a wide variety of nutrients is to include food from at least three of the basic four food

groups. This doesn't mean that breakfast has to be overloaded with calories.

If you select an egg (meat group), buttered toast (bread and cereal group), and a glass of orange juice (fruit and vegetable group), three food groups are represented. The total caloric content of this meal is less than 300. Add a glass of milk, skim or whole, and the meal includes all four food groups.

A breakfast such as this contributes vitamins, minerals, protein, carbohydrate and fat. All these nutrients are necessary and work together to help you meet daily demands and stresses.

If conventional breakfast foods don't turn you on, try sandwiches made with homemade bread.

Plan do-ahead meals, using quick, convenient breakfast foods. Make breakfast a day ahead or weeks ahead and store the prepared food in the freezer. Then thaw and heat in the oven or toaster for quick breakfasts.

Recipe For A Perfect Brunch: California Avocado Salsa Omelet



Want to know the secrets for making a perfect omelet? Use eggs that are at room temperature. Beat them with a fork until fluffy. Add one tablespoon of milk or cream per egg. Season with salt and pepper. Use one teaspoon of butter for each egg and melt over low heat in skillet until it sizzles. Pour omelet mixture into skillet. Cook slowly . . . keeping heat low. As the underpart becomes set, start lifting the omelet ever so slightly with a spatula so that the uncooked part will flow underneath. Continue cooking till golden done. Just before folding, add the filling you desire and then serve on a warm platter.

One truly sumptuous omelet is the California Avocado Salsa Omelet. You'll be sure to get baskets full of compliments on this original recipe which is so simple to prepare:

- | | |
|---|---------------------------|
| Omelet | |
| 6 eggs | 6 teaspoons butter |
| 6 tablespoons cream or milk | 1 California Avocado |
| 1/2 teaspoon salt | peeled and diced |
| dash pepper | |
| Prepare omelet as directed above then arrange avocado chunks across center of omelet. Fold over sides and remove to warm platter. | |
| Sauce | |
| 4 slices bacon, chopped | 1/4 teaspoon salt |
| 1 small onion, diced | 1/8 teaspoon pepper |
| 2 large tomatoes, diced | 1/4 teaspoon chili powder |
| | 2 California avocados |

In medium skillet, cook bacon until almost done; pour off about 1/2 bacon grease. Add onions, tomatoes, salt, pepper, and chili powder. Simmer several minutes or until onion is soft. Remove from heat. Peel avocados while simmering (reserve slices for garnish); mash remaining avocados and add to sauce. Serve in pitcher or gravy boat so your guests can "pour it on". Four to five servings.

A few happy things about avocados: California avocados are available all year round. They must be used when fully ripe (to test for ripeness, cradle an avocado gently in your hand. Ripe fruit will yield and be soft to the touch.) Ripening can be hurried by putting fruit in brown paper bag or wrapping them in foil. Or, they can ripen right in your fruit bowl, adding that extra bit of decoration. Avocados have 7 essential vitamins and 5 vital minerals. Only 132 calories in a half. And, avocados have no starch and minimal sugar.

passed in this endeavor, and it is thought that this goal will be reached in 1975.

Marigold—With Odor— planted in flower beds, among roses, among vegetables, etc. keep down nematodes, and discourage rabbits. In fact, many gardeners have reported they keep away many garden pests. Both the dwarf and giants Marigolds serve this purpose.

Another salute goes to Mrs. Ralph Paxton, Hannah Ford Road, for the gorgeous marigolds she grew last summer — tall with fluffy beautiful blooms . . . they were a joy.

Orders for seeds should get into the mail soon. It is wise to order things for the garden early so you will not be disappointed that the supply is gone. That goes for bulbs, corms, tubers, roots, shrubs, trees, etc. Everything will be

Do plant something different every year, it adds interest in gardening. So long, gardeners!

Miss Edwards Is Bride Of James Charles Jackson Jr.

Miss Michelle Marie Edwards and James Charles Jackson Jr. were married at 8 p.m. Dec. 20 in the Cathedral of the Sacred Heart in Raleigh.

The bridegroom, a senior at Western Carolina University, is the son of Mr. and Mrs. James C. Jackson of Country Club Road.

Rev. Thomas Hadden officiated at the ceremony. Music was by Dr. Benjamin Ferdon.

A champagne reception followed at the home of the bride's father, Dr. John A. Edwards of Cary. She is also the daughter of Mrs. Marjorie Stanley Edwards of Raleigh.

Given in marriage by her father, the bride wore a velvet gown with chapel train, trimmed with venise lace. Her full length veil of illusion was

trimmed with matching lace, and she carried a white Bible with white roses.

Miss Suzanne Grey Edwards of Raleigh was her sister's maid of honor. Bridesmaids were Miss Martha Lynn Sykes of Chapel Hill and Miss Deborah Lee Bissette of Raleigh. Miss Alisa Lynn Stanley, of Sanford, the bride's cousin, was a junior bridesmaid. Lars Stanley, the bride's cousin, was ring bearer.

Mr. Jackson was his son's best man. Ushers were W. Alan Jackson and John W. Jackson, brothers of the bridegroom.

The newlyweds will live in Cherokee. The bride, a graduate of the University of North Carolina at Chapel Hill, is a teaching assistant and graduate student at Western Carolina University.

Transylvania Doings

by Dorothy Osborne

Mr. and Mrs. Willis Brittain had two of their children as guests during the holiday season.

Bill and Joyce Brittain and their daughters, Carolyn, 12, and Jean, 7, of Dubuque, Iowa, spent Christmas week here.

Ed and Ann Willis McCormick and their children, Duncan, 7, and Lydia, 5, of Lillington, also spent the week here.

Several members of the Lester Jones family of Lake Sega Road have returned from a trip to Hartselle, Alabama, where they visited Mr. and Mrs. Bill Shows. Mrs. Shows is the former Miss Joann Justice of Brevard.

Making the trip were Mr. and Mrs. Lester Jones; their daughter Marenada; their daughter Thelma Jones Murdock and her two children, Dawn, age 9, and Bryan, age 5, of Prohart Street; and the Jones' niece, Miss Darlene Norman of Penrose.

A highlight of their trip was a visit to the Alabama Space and Rocket Center in Huntsville, where they saw Monkeynaut Baker, the first primate to survive a space flight, and saw a moon rock over three billion years old. They also visited the Skylab Space Station at Marshall Space Flight Center, where the astronauts train.

On the way home, Mrs. Jones and Bryan stopped in Atlanta for a two-day visit with another daughter and her family, Mr. and Mrs. Al Danielson, Billy, Alton and Sandy. They returned home Tuesday.

Mrs. Ethel Reid of Cashiers, who formerly lived on Morgan Street, is in Huntsville, Ala., visiting her daughter and son-in-law, Patsy and Toby Case and their children, Mary and Linda.

Mrs. Denton (Ora Holt) Anderson and her mother, Mrs. Lewis Hamlin, returned Thursday from a 16-day trip to Honolulu, Hawaii.

They visited Mrs. Anderson's son Roy Long Anderson and his wife Suzanne. Mr. Anderson is an attorney and recently became a partner in the firm Gerson and Anderson.

"It was a gorgeous trip. Everything was so beautiful," Mrs. Hamlin said of her first trip to the island. "We enjoyed it."

They shopped in shopping centers decorated with Christmas trees and playing Christmas carols, while temperatures were in the 80's and flowers were blooming outside the stores.

Mrs. Anderson is a former resident of Honolulu.

MARINATE

Less tender beef cuts may be marinated to enhance the flavor as well as to tenderize the meat, notes Diane Fistori, extension food specialist, North Carolina State University. Marinade can also be used to baste meats.

OLIVE TIP

Olives can add a note of distinction to any meal, whether served alone or in salads, omelets, sandwiches, sauces or casseroles, notes Diane Fistori, extension food specialist, North Carolina State University.

Little Items of Lively Interest About Folks and

Flower Gardening

By - Mrs. S. R. Harrington

For us to turn to God's great wonders is a lovely and natural thing . . .

Growing plants in gardens to flower— Their magnificence makes our hearts sing. A mountain is a mammoth marvel; We see it and humility we feel . . .

God's glory is seen everywhere there; This feeling of reverence is real. We look at the river so serene . . .

Its very solitude praises God. The sweet song of birds breaks the silence. Seemingly at their Creator's nod. His wonders are everywhere we look— The intricacy of softest moss . . .

The artistry of a spider's web . . .

And those who see not, How Great Their Loss! —Neva Taylor Harrington

I so love to explore things all about me. Each walk, or ride, I take is an adventure. Everything has a significance

to me.

Gardening: I got a great response last week about marigolds in my column. So I will pay tribute to the famous David Burpee who is responsible for the tremendous progress in marigolds. They used to be thought of as an ordinary flower. Now they verge on the exotic. Really a greater tribute should go to Ellwood Pickering, flower breeder, whose breeding skills have done more than anyone to improve the marigold. Of course, one man could not have accomplished this without the other. Mr. Burpee's interest, and Mr. Pickering's skill. Thanks to both of them for working together to give us such beauty.

On the market now because of these two men are giant Carnation-flowered marigolds, giant fluffy ones, giant Chrysanthemum-flowered, dwarf and extra dwarf, signet and petite varieties, and the mediums. It has been Mr. Burpee's great desire to give to the public a white marigold. Years have

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