

For And About Women

Juniors Hear Program On March Of Dimes

Brevard Junior Woman's Club members who served as leaders in the Transylvania County Mothers' March Against Birth Defects were honored by the Pisgah Chapter of the March of Dimes at the club's March 18 meeting.

Mrs. Tyrone Benton and Mrs. Ladson Hart, who headed the 1975 campaign, and Mrs. James Heglar and Mrs. Ray Jackson, who had served as chairmen of prior campaigns, received certificates of appreciation and crystal dishes designed with the March of Dimes logo.

Area chairmen in the county campaign were given certificates of appreciation. Mrs. Lewis Herron, Executive Director of Pisgah Chapter, made the presentation. In giving the recognition, she stated that to date Transylvania County leads the 12-county area served by Pisgah Chapter in per capita giving in this year's campaign.

"We are well aware that it took a lot of planning ahead and recruitment of area leaders and a lot of March Mothers to produce these fine results. But these results surely tell us that people at all levels of the campaign, as well as those who gave, are fine people who are truly concerned in the fight against birth defects.

"A number of people from Transylvania have mailed

donations into the Chapter Office. To date, \$2515.39 has been received in the Mothers' March and \$1,009.00 in mail receipts making a total of \$3,524.39," according to Mrs. Herron.

Mrs. Herron also presented a film, "Exploring Inner Space," which showed the research being done by March of Dimes on perinatal care.

Mrs. Herron also stated that more than \$10,000 has been spent on Infant Intensive Care Equipment at Memorial Mission in Asheville. She reported that the March of Dimes funds Genetic Counseling Services and a clinic for genetic counseling would be held in Asheville, April 21.

During the business session following the program, Mrs. Robert Dixon, club ways and means chairman, distributed the note stationery specially designed for sale by the club. A pen and ink sketch of Connettee Falls and the inscription "Land of Waterfalls - Brevard, N. C. A Beautiful Place to Live" decorate the front of the stationery which will be sold by all club members.

Also winning entries by club members and students sponsored by the club from the North Carolina Federated Women's Clubs' District II Arts Festival were displayed, and Lynette Smith, the student sewing contestant sponsored by the club, modeled the dress she had entered in the competition.

"Hot Stuff"



Want something really different for breakfast? Use peppers—hot or mild, to suit your taste—as the "wake-up" ingredient in a basic corn meal batter, sparked with grated cheese and chopped onion. Brown 'n serve sausages baked right into the corn meal mixture in the same pan almost make each serving of "Hot Stuff" a complete meal in itself.

Use self-rising, enriched corn meal to eliminate additional baking powder or salt. Stir the ingredients together in a jiffy. Add the sausages—and go! While "Hot Stuff" bakes, you'll just have time to set the table, pour the tomato juice, perk coffee and scramble eggs.

"Hot Stuff" combines lively flavor with nutrients for good living because self-rising corn meal is enriched. That means the B-vitamins—thiamine, niacin and riboflavin—plus the minerals, iron and calcium, are added in amounts regulated by the U. S. Government—to assist consumers in maintaining an optimum of good health.

"Hot Stuff"

8 to 10 cornsticks or wedges

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|--------------------------|----------------------------------|
| 2 eggs | 1/2 cup tomato paste |
| 3/4 cup milk | 2 to 3 teaspoons chopped |
| 3 tablespoons oil | Jalapena chili peppers |
| 1/2 cup shredded Cheddar | 1 1/2 cups self-rising corn meal |
| cheese | 1 package (8 oz.) brown and |
| 1/2 cup chopped onion | serve sausages |

Beat together eggs, milk and oil; stir in cheese, onion, tomato paste and chili peppers. Add liquid mixture all at once to corn meal, stirring just until corn meal is moistened. Fill preheated greased cornstick or 8-inch round pan with batter half way. Place one brown and serve sausage in each section. Bake in preheated 425° oven 15 to 20 minutes until lightly browned.

Local Reach-To-Recovery Group Will Assist Mastectomy Patients

For the second of three scheduled meetings, a group of Transylvania County women gathered Friday morning in the Sun Room at the Transylvania Community Hospital to make plans for a new program here, the Reach To Recovery program for women who have had mastectomies.

The program, which was adopted by the American Cancer Society in 1962, is designed to help women who have had treatment for breast cancer make a good recovery.

The purpose of the program, said Marcia Cox of Asheville, district representative of the American Cancer Society, is "to show these women that I, too, have been through the surgery and I am alive and healthy just as I was before surgery. We present a positive aspect of recovery."

All volunteers in the program have had mastectomies and have made good recoveries. These volunteers visit, on a one-to-one basis, a woman patient after surgery at the request of her physician.

The volunteer answers questions, takes along a kit of material that will be useful,

and offers assistance after the woman leaves the hospital.

The program here should be in effect by the end of April, according to Mrs. Paul Barrett, coordinator.

Currently, eight women have volunteered for the program. They will receive training in what things should be included in the initial visit, learning answers to probable questions.

For women who do not wish to visit, there is other work. They will keep records, keep an inventory of supplies, and make up the kits that will be taken to each new patient.

Ms. Cox showed a sample kit, used in a neighboring county, and explained what the various items were used for.

The women also saw a film, showing a visit by a Reach To Recovery volunteer to a hospital patient who had just undergone surgery for breast cancer.

Dr. Marius Wells, advisor to the program, discussed the disease and the volunteer program. Many of the women at the session have been his patients.

"I am interested in getting this thing going," he said. "I discharged another lady this morning."

"There has been an enormous change in thinking concerning breast surgery," Dr. Wells said. In past years, each patient received the same treatment, usually a radical mastectomy, regardless of what her medical situation was.

"Now we are trying to fit the surgery to the patient; the treatment is tailored to the disease. You do have some choices. All of you have helped in our information gathering," he told the women, each of

whom has had a mastectomy.

"Treatment has become better than it used to be."

He discussed the new mammograph equipment installed last week and now in operation.

"Anyone who has had a lump taken out of her breast ought to have an x-ray at least once a year." He talked about equipment available in other areas of the state, then said, "I think we probably have the best system right here."

Other women who may be interested in the program are asked to call Mrs. Barrett at 885-2573.

Bridge Winners Herbs, Spices Announced Is Topic At Club Meeting

Winners at the regular Tuesday evening duplicate bridge game of The Ace of Clubs were the following pairs:

- 1 - Arthur Beddoe and Robert N. Hill;
- 2 - Mrs. M. F. Johnson and Jack Hudson;
- 3 - Mr. and Mrs. Jack Potts;
- 4 - Mrs. Doyle Wells and Mrs. Mark Osborne.

The club's quarterly club championship will be played this coming Tuesday evening, March 25th.

Mrs. Robbins Is Hostess To Club Meet

Mrs. Rose Robbins was hostess to the March 16 meeting of the Brevard Extension Homemakers Club.

Mrs. Claudia Sanders reported on botulism and its danger. Mrs. Mae Hall and Mrs. Robbins will represent the club in a quilt-making class.

Miss Jean Childers, home extension agent, talked about herbs and spices, giving the members samples of herb lotion and a chart showing uses of herbs and spices. She recommended a book, "Creative Cooking With spices and Herbs," and tested the group on their knowledge. Mrs. Hall and Mrs. Robbins scored highest.

"Herbs and spices — a complement to certain foods" was the program given to the Hill and Dale Extension Homemakers Club by Miss Jean Childers, home economics agent.

She gave the members a quiz on classification of herbs and spices and named Mrs. Perry Allison and Mrs. Dixon Lyday the winners.

Miss Childers also gave members a "pinches and dashes" chart showing what herbs go best with certain foods.

Mrs. Howard Schmidt, craft leader, showed a bottle doll as a workshop item.

Announcement was made that Mrs. C. F. Allison and Miss Margaret Gash will attend classes on honeysuckle mats and baskets and creative stitchery at the area craft workshop April 1 and 2 in Montreat.

The April meeting has been cancelled so that members can attend district days at Lake Junaluska April 15 and 16.

Mrs. Edna Rackley was hostess to the meeting, with one guest, Mrs. Clarence Allison Jr. attending.

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