

Household HINTS

By VERA STANTON
Assistant State Agent

Raisins, rice, powdered sugar, brown sugar, navy beans and other such foods which are kept on hand in small quantities are most easily stored in fruit jars, thus the contents can be seen at a glance. Also, dry foods are kept dry and moist food moist.

Here's a trick for taking the shine from the back of trousers and skirts. Sponge the shiny, worn place with water containing a little ammonia. Then press with plenty of steam, and when dry, rough up the surface with a piece of emery paper.

If garments are to be sent to the dry cleaner it is wise to inform the cleaners as to kinds of spots present. This makes it possible for him to remove the spots before the general dry-cleaning process is used, and eliminates the possibility of any stain becoming "set."

Remove the trimming and the headband of old straw hats before cleaning. Then to closely woven straws, like leghorns, panamas, or milans, apply a-suds of luke-warm soft water and neutral soap, and scrub lightly until they are clean.

'Mr. U.S.A.' of '48



NAMED "Mr. U.S.A. of 1948" in a contest held in Los Angeles, Clarence Ross, Alameda, Cal., demonstrates how body building can be achieved through muscular exercise. The operator of a gymnasium, Ross is married and the father of a 3-year-old daughter. He triumphed over 17 contestants. (International)

Rinse thoroughly and lay in the shade to drain for a short time before blocking. For coarse and loosely woven straws, follow the same methods, but use water very sparingly.

Every garment should be on a separate hanger. That keeps it in shape and avoids wrinkles. Hangers which are covered with a rough fabric will keep clothes from slipping and keep shoulders in shape.

Buttons on young children's clothing should be large enough for the child to grasp easily, so that he can push or pull them through the buttonholes. Buttons about an inch in diameter are satisfactory.

The most common form of heart disease occurring in early life is rheumatic heart disease.

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Cooking's Fun!

BY CECILY BROWNSTONE

Your family will like the combination of soft and crisp on this menu. Be sure to cook the snap beans only until just tender so that they are still crisp.

It's amazing how different snap beans taste when they are cut in various attractive ways. Try slicing them diagonally or silver them julienne or shoe-string fashion along their length.

Serve snap beans often to your family because when cooked in a small amount of water the shortest possible time they not only taste good but they contribute a lot of vitamins and minerals at low cost.

Baked Acorn Squash Filled With Creamed Dried Beef

- 2 acorn squash
- 1/2 pound dried beef
- 1/4 cup butter or fortified margarine
- 4 tablespoons all-purpose flour
- 1/2 teaspoon pepper
- 2 cups milk
- 1/2 cup grated cheese

Cut squash in halves and remove seeds and stringy portions. Place cut side down in shallow baking pan, cover and bake in a hot oven (400 F.) 45 minutes to 1 hour, or until tender. Tear beef in 1-inch pieces. Melt the butter or margarine in a large skillet over low heat, add the beef and cook about 5 minutes, stirring a few times. Sprinkle flour and pepper over beef and mix until it is well coated. Gradually add the milk, stirring constantly, until sauce is smooth. Turn heat to medium and continue to stir, cook mixture until it thickens and boils. Taste and add salt if needed. Fill each baked squash half with about 1/2 cup creamed beef, sprinkle with 1 tablespoon of grated cheese and brown under broiler. 4 servings.

Broiled Egg and Ripe Olive Sandwiches

- 1/2 cup ripe olives
- 2 hard-cooked eggs
- 1/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon prepared mustard
- 1/4 teaspoon Worcestershire sauce
- 6 slices bread
- Grated American cheese

Cut olives from pits and chop into small pieces. Mash hard-cooked eggs. Mix olives, eggs, mayonnaise, salt, mustard and Worcestershire sauce. Toast one side under broiler; spread uncooked side with olive and egg mixture; sprinkle with grated cheese and broil until heated through and cheese is melted. Makes 3 servings.

ROOSTER HAS HORNS

ISTANBUL (UP)—Mahmet Tuzey, an Anatolian farmer, has a rooster named Moskof which he has refused to sell for 500 Turkish lira (\$200). Tuzey thinks Moskof should earn a living for him as a sideshow attraction. Nature has equipped the gray rooster's head with three-inch horns growing in curling fashion which makes it look like a ram's head.

don't DO that!



Don't overdo the 'new look.' If you're short and plump, for instance, the circular skirt, wasp waist and drooping shoulders are not for you.

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Dinner For Two



OVEN-BAKED BEANS... Served with brown bread

By CECILY BROWNSTONE
Associated Press Food Editor

Housekeepers who have been clamoring for small-size recipes will find some good ones in "Recipes for Two" by Mary Lou Glass, published by John Wiley & Sons, Inc., New York.

There are several reasons why Mrs. Glass' book is outstanding. First of all her husband tasted and approved her recipes—and a man's votes is always reassuring! And because the author is a home economist with an obvious flare for food, the best of modern cooking practices are taken into consideration, the recipe directions are clear and the selection of recipes is good.

Thank heavens Mrs. Glass is really serious when she says recipes for two! I have at least three cookbooks on my shelves that purport to be for two but whose recipe amounts are far too large. Most of Mrs. Glass' recipes are for two—but she does not carry this to an extreme. Her cake and pudding recipes will yield four or more servings. This is convenient because these desserts can be served twice or may be used for company meals.

There is excellent introductory material in the book—everything from can sizes and equivalent measures to a short glossary of cooking terms. And there are two sample recipes from the chapter on "Meat Substitutes". When I tried the Cheese Fondue I found that along with a salad, hot muffins and strawberry preserves it made a most delicious lunch.

Cheese Fondue

1. Scald 1/2 cup milk
2. Add and stir until dissolved, 1/2 cup American cheese, grated
3. Stir in: 1 teaspoon butter, 1/8 teaspoon salt, 1/8 teaspoon paprika, 1/4 up soft bread crumbs, 1 egg yolk beaten.
4. Fold in: 1 egg white, stiffly beaten.
5. Pour in a well-greased baking dish and set in a pan of warm water.
6. Bake in a moderate oven (350 F.) for about 30 min., or until firm.
7. Serve immediately.

Yield: 2 servings. Preparation Time: 45 min.

For the days when the bride doesn't use a cookbook oven-baked beans that come in 1 pound 2 ounce jars or cans may be used. Just put them into individual bean pots, heat thoroughly and serve. If you like, brown sugar may be sprinkled over the top before heating. With the beans serve New England brown bread—it too comes in cans to make life easy for a new housekeeper. And of course don't forget the salad—it will round out the

meal with crisp crunch and all kinds of vitamins!

Fruits make excellent hot garnishes for a meat dish. Use sliced pear halves, peach halves stuffed with chutney or spiced sour red cherries.

To make a dustless duster for daily use, pour two tablespoons of furniture polish or liquid glass into a glass jar. Swish it around until the entire inside of the jar is coated, then pour out the remaining polish or wax. Put a piece of chambray in the jar and allow it to stand for a few days. At the end of this time the cloth will have absorbed the polish evenly. After the dust-cloth has become soiled wash it and repeat the process. Be careful to keep the cloth away from wallpaper as it will leave an oily stain.

Two cups of hot chocolate combined with a cup of hot coffee and a few drops of vanilla makes a delectable drink. Serve thin sweet crackers with it.

Three times more men have coronary heart trouble than women, bushels of the nation's stored grain annually.

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Eating Scenes Said To Be Best Liked In Movies

By PATRICIA CLARY

United Press Staff Correspondent

HOLLYWOOD (UP)—A movie producer-director believes the movie scenes you remember best are the ones that show the glamorous star diving eagerly into a plate of food.

You can leave out the clutches with the leading man, Lloyd Bacon thinks. The clutches the moviegoer likes are the ones with the big thick steak.

Bacon's food fad has almost reached the point where he picks his menus before he picks his stars. He doesn't know whom he's going to get for his next picture, "The Glittering Hill," for instance, but he does know all about the scenes in which the characters prepare, contemplate, talk about, eat and dawdle over food.

Bacon has kept detailed notes of scene-by-scene audience reactions to his own and other pictures. They have led him to adopt a rigid policy of at least two or three eating

scenes in all future productions.

Eating Appeals

"The psychology is simple. Food is a pleasant idea," Bacon said. "It is an axiom in the publishing business that long enough and frequent enough eating sequences will sell any book."

"Most of the top newspaper columnists get on the subject of food frequently. Most magazines have food departments. Cookbooks are always among the best sellers."

"Audiences are always impressed by eating scenes even when they aren't pleasant. Remember Charles Laughton's portrayal of Henry VIII. The part that stands out is the way he tossed the bones over his shoulder."

Even movie romance frequently is associated with food.

"Any time the gal accepts the boy's invitation to dine in a little Italian restaurant with red-checked tablecloths and candles stuck in wine bottles," he said, "you can be sure romance is about to bloom."

"There's one place where Bacon draws the line.

"No picture of mine," he swore, "will denote the passage of time by showing an empty plate."

At least 6 to 8 hours are required for penicillin to achieve its greatest effect.

SPECIALS

For This Week-End

CAKES

- CHOCOLATE
- COCONUT
- POUND
- HALF AND HALF
- ANGEL FOOD
- OLD FASHIONED APPLE SAUCE

ALL MADE THE OLD FASHIONED WAY

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Main Highway — Hazelwood

THINK OF IT!

A BIG QUART BOTTLE

LANG'S

Sweet Mixed

PICKLES

Qt. 25c

Bot. 25c

Iona PEAS . . . 3 No. 2 Cans 29c

Sultana APPLE BUTTER 28-Oz. Jar 19c

Iona Sliced or Halves Yellow Cling PEACHES . . . No. 2 1/2 Can 25c

Libby's or Sultana Fruit Cocktail . No. 1 Can 24c

Armour's Star TREET . . . 12-Oz. Can 49c

Mild and Mellow 8 O'Clock Coffee 1-Lb. Bag 40c

Large Size Grapefruit . . 5 for 25c

Large Size LETTUCE . . 2 for 25c

Western APPLES . . . 4 Pounds 39c

Fresh Tender SQUASH . . . 2 Pounds 25c

Fresh TOMATOES . . . Lb. 29c

Green PEPPERS . . . 2 Pounds 25c

THRIFTY FOOD SPECIALS

Carolina Sweet Potatoes	4 lbs. 25c
Fancy Carton TOMATOES	lb. 27c
Fancy Yellow SQUASH	lb. 17c
Tender GREEN BEANS	2 lbs. 29c
Snowball CAULIFLOWER	2 lbs. 29c
California LETTUCE	2 Heads 19c
3 Large SWAN SOAP	41c
Medium SWAN SOAP	11c
Kansas Maid FLOUR	10 lb. Bag 95c
Pinto BEANS	2 lbs. 29c
SUGAR	5 lbs. 45c
Hunt's 8-Oz. TOMATO SAUCE	5c
Mis' Julie's BISCUIT MIX	Pkg. 15c

MEATS MAKE THE MEAL

Fresh BEEF LIVER	
Boned and Rolled VEAL ROAST	
Skinless WEINERS	
Western T-BONE STEAKS	
Jewel or Secco SHORTENING	4 lbs.
Large Box MATCHES	
Smarty DOG FOOD	3 Cans
12 oz. Can NIBBLES	17c
Chase and Sanborn COFFEE	1b. C.
Franto American SPAGHETTI	
N-B-C Crackers	1b. B.
RITZ	

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