

THE LINCOLN TIMES  
**Woman's Page**  
Dial REgent 5-2571

**Mrs. Brown Seeks To Stimulate Reader Interest Among 4-H Clubs**

Mrs. George Brown, County Education Home Demonstration Chairman continues with a series of articles to stimulate more interest in the reading program for all Home Demonstration Club members. The following contains reviews of two books found on the 1954 reading list.

A lot of folks say, "I just don't have time to read a big book." All right choose a little one.



**ENGAGED . . .** Mr. and Mrs. Fred Dysart announce the engagement of their daughter, Martha, to Sgt. John W. Messmer, son of the late W. L. Messmer and Mrs. J. M. Lively of Salisbury. The wedding is planned for April.

**Geraldine Hendrick Honored On Birthday**

Geraldine Hendrick of Lincolnton, Route 5, was honored at a birthday party Saturday afternoon at her home, the occasion marking her twelfth birthday.

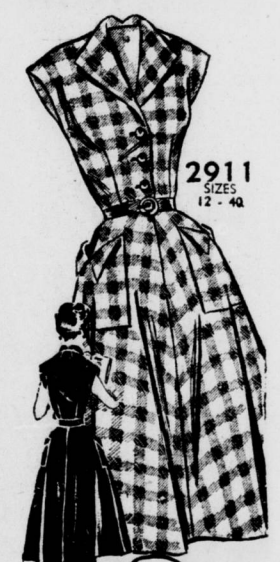
The young people enjoyed a series of games after which they were served refreshments by the honoree's mother, Mrs. Percy Hendrick, assisted by Mrs. Ralph Mason, of Long Shoals. Geraldine received a number of attractive gifts.

Guests were Annie Mae Fortenberry, Dianne Thornton, Evelyn Shrum, Carolyn Coulter, Norma Crump, Dianne Leonard, Elaine Mason, Shirley Tallant, Brenda Sue Goodson, Elaine Huffman, Jeannette Keever, Mary Lou Hendrick, Linda Brady, Shirley Williams, Linda Eoley, Judy Kay Hendrick, Joyce Shaw, Linda Purser, Lois Crump, Walter Shrum, Tommie and Robert Mason, Wayne Hendrick and Jimmy Shaw. Mrs. Fred Crump was also a visitor.

**County Choral Practice To Be Held Tuesday**

The Home Demonstration County Choral Practice will be held in the Home Agents Office Tuesday Night, February 23rd at 7:30. All members are urged to attend.

**this week's patterns...**  
BY AUDREY LANE



No. 2911 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30. Size 14 is 39" x 48". No. 2719 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30. Size 14 is 34" x 36". Send 50¢ for EACH pattern with name, address, city, state, and zip to AUDREY LANE BUREAU, Box 509, Madison Square Station, New York 10, N. Y.

There is "The Old Man and the Sea" by Ernest Hemingway. Yes, Mr. Hemingway is the man you read about in the papers the other week. We were afraid he had lost his life when his airplane came down in the jungles of Africa but he came safely through that experience.

This book of his is about an old fisherman who almost lost his life when he caught a monster marlin and tried to take it to shore. His struggle gives us a picture of supreme courage. We can well say of this book, good things come in small packages.

Another book should like to recommend is Pearl Buck's "Come My Beloved". Many of Mrs. Buck's books are about China and I hope you will read some of them too. This one is about India. As India is a country that is very prominent in the news these days, it might be well for us to know something about the Indian people and their customs. For instance, do you know that the Indians put their dead on open towers where they are devoured by the buzzards? You will read about this as you follow David McCard and his son, rich Americans on a visit to India. You will learn much about this country and its people as you follow the lives of young David's wife Olivia, their son Theodore and his wife and daughter.

You learn of the beautiful friendship between David and the Indian Darya. You may be surprised by the wisdom of this young man and also by the wisdom of Jain another young Indian who fell in love with the daughter of Theodore. It all ends well and I like books with good endings. Don't you?

**Pilot Club Meets At North State Hotel**

Mrs. Gladys Llewellyn, chairman of the finance committee, was program leader at the regular dinner meeting of the Lincolnton Pilot Club, which was held Monday night at the North State Hotel. Mrs. Llewellyn and members of her committee used the Valentine decorations and red candles to grace the table. Valentines were used as place cards.

Mrs. Llewellyn gave the invocation. She then gave a summary of the club's financial year and presented Mrs. Eunice Bandy, who gave a narrative description of a large collection of pictures she made while on a trip to the Holy Land.

Special guests were Mrs. Bandy, Mrs. Macie Beaman and Mrs. Alda Crow. The club had a perfect attendance record.

**Ladies: Now's The Time To Slim Legs**

It is not solely a male viewpoint that trim ankles are a beauty asset. Fashionable women realize that heavy ankles throw the nicest figure out of balance, creating a very awkward appearance.

Fortunately, no one has to endure such a situation. There are numerous exercises that will reduce the ankles as much as three inches within three months.

So, if heavy ankles are your problem, teen-agers, get with the exercise mat. Don't hope that nature will be kind in time. The flesh will only settle more firmly while you hope in vain. Meantime, you will feel mighty awkward in the slim-line dresses that are destined for popularity in coming months.

Here are three very simple exercises that will show amazing results if you are faithful to them:

1. Wring the flesh around the ankles as though it were a rag. Do this for several minutes a few times a day.
2. Slap the ankles with your fists until they are pink. Slap upward, as far as your legs need reducing. Do not slap downward.
3. Lying on back with right leg raised and ankle and knee relaxed, make a circle out from ankle 10 times with toes. Then make 10 circles with ankle of left leg. Do this exercise two or three times a day, gradually working up to at least 200 circles each day.

**Mrs. Henry S. Robinson Celebrates 80th Birthday**

Mrs. Henry S. Robinson, one of Lincolnton's most beloved women, celebrated her 80th birthday Tuesday, February 16, and in spite of the fact that she is recovering from a broken leg and still unable to walk, she was able to greet the numerous friends who called during the day, to all of whom she was her usual happy, smiling self. An avalanche of cards, as well as flowers and other gifts poured in to the home all day.

Out of town children here for the occasion were Rev. and Mrs. Henry S. Robinson, Jr., and family of Charlotte, and Mrs. Nancy Briggs, of Gastonia. Miss Nancy Wilson, of Gastonia, was also a guest.

Six weeks ago Mrs. Robinson fell at her home, breaking a bone in her leg. She spent five weeks in the Gordon Crowl hospital and was removed to her home ten days ago where she is recovering satisfactorily.

**Denver Club Meets In School Cafeteria**

The Denver Home Demonstration club met Friday afternoon in the school cafeteria. The meeting was called to order by the president, Miss Ann Keener. "America" was sung and a most interesting devotional given by Mrs. Esten Nixon. The minutes of the last meeting were read and approved and the roll called. Twenty members and two visitors were present.

Miss Alexander's topic for the month was "It's Smart to Be Well Fed". Each member wrote a daily menu and then corrected them the way they should be, using the Basic 7 Chart. Miss Alexander stressed how the mothers should see that their families should have the right foods for good teeth, bones and other health necessities. She warned of the dangers of obesity and diseases attending it.

Mrs. H. C. Little gave a short talk on Brazil, the club having decided the first of the year to study different countries. She told how in preparing her report she had found that you could travel to Brazil by car. She also gave many other interesting facts.

Reports were given by Mrs. W. C. Hester and Mrs. Basil Lowe, club health and home beautification leaders.

During the business session a singing was planned for Friday, February 20 to be held in the school gymnasium. Proceeds will go to the purchase of an activity bus for the school. Goals for the coming year were read by the president and discussed.

Delicious refreshments were served by the hostesses, Mrs. Jack Thompson, Mrs. Mack Little, Mrs. W. C. Hester and Miss Maggie Rodgers.

**Park Elementary PTA Observes Founders Day**

The Park Elementary School P.T.A. held the regular monthly meeting, Tuesday afternoon February 16th, with Mrs. Ivey Starnes, president, presiding.

Mrs. Starnes gave the devotional. During the business session, the nominating committee was elected from the floor as follows: Mrs. Hal Heafner, Mrs. Brandon McCorkle, and Mrs. L. A. Grooms.

After the business the program was turned over to Mrs. L. A. Grooms, vice president and Program Chairman. She gave a splendid Founders Day program. A playlet entitled "We Rekindle Our Faith" was presented, those taking part in the playlet being, Mrs. Grooms, Mrs. Ernest Baxter, Mrs. Fred Eaddy, Mrs. Hollis Henderson, Mrs. Bill Hines, Mrs. Harold Honeycutt and Mrs. Hunter Randall.

Miss Brandon McCorkle received the attendance prize, in behalf of her class, for having the largest number of parents present.

**Hickory Grove Club Thanks Home Agents**

Mrs. Theron L. Wright, vice President of the Hickory Grove Home Demonstration club, has submitted for publication the following report of the club's activities:

"We, as club members, believe as our club creed reads, 'Today's Home Builds Tomorrow's World'. The Hickory Grove club women feel they have made progress through the untiring efforts of their home agents.

"Through their demonstrations we have learned better food preparations, especially in frozen foods, with most of our members now owning home freezers. Today we are more aware of the need to grow a larger variety of vegetables and meats. Also, we have learned how to prepare and serve a well balanced meal for our growing children, with milk a MUST in our menus.

"Family life interests have increased because family life is one of the main goals in the Home Demonstration clubs. We have become interested in more and better reading and home recreation, including the demonstrations on Good Music.

"Good Health has been one of our club goals in years past, and is still one of the most important in 1954. One month is set aside each year to stress the importance of good health and to encourage the members to have their annual physical check up and visit the detection center and X-ray mobile.

"Many of our women have remodeled their homes recently and most of them gained inspiration and ideas through the demonstrations and special meetings on building and remodeling.

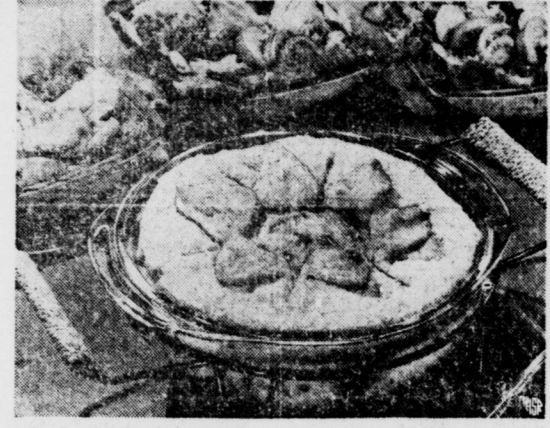
"Our club project for the past several years has been improving our school, Hickory Grove. The most important step was that some of our women met with the County School Board for the purpose of installing inside rest rooms and drinking fountains, which was shortly completed. We have equipped both rest rooms with paper towel racks, soap dispensers, and for the girls sanitary napkin dispensers. Also, we have beautified the school grounds by planting shrubbery and dogwood trees.

We have bought song books for them, and two of our women made a United Nations flag and presented it to the school. Our project this year is to give them money with which to buy recreational equipment.

"We have also been interested in helping to equip the McKendree church hut, since some of our monthly meetings and family nights are held there.

"For all these accomplishments and many more we say, 'Thank You Home Agents!'

**Chicken Pie Tops the List**



For an economical meal-in-a-dish that satisfies the taste of even the most discriminating member of the family, biscuit-topped chicken pie goes to the top of our list. Our recipe calls for nonfat dry milk in both the biscuit topping and the filling.

Nonfat dry milk is so economical for it comes in handy one-pound packages yielding five quarts of dairy sweet nonfat milk for as little as nine cents a quart. It is also extremely nutritious for nonfat dry milk contains these important milk nutrients—protein, calcium, riboflavin and lactose.

**Biscuit Topped Chicken Pie**  
(Makes 4 to 6 servings)

**Filling:**  
3 tablespoons butter  
3 tablespoons flour  
1 teaspoon salt  
1/2 teaspoon pepper  
2 cups liquefied Starlac nonfat dry milk  
1 cup chopped cooked chicken  
1 1/2-cup pkg. frozen mixed vegetables, cooked

**Biscuit Topping:**  
2 cups sifted flour  
3 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon paprika  
1/2 cup shortening  
1/2 cup liquefied Starlac nonfat dry milk

Melt butter in saucepan; stir in flour, salt and pepper. Remove from heat. Gradually stir in liquefied Starlac nonfat dry milk. Return to heat and cook, stirring constantly, until smooth and slightly thickened. Add chicken and mixed vegetables. Pour into an 8-inch square baking dish. Stir together flour, baking powder, salt and paprika. Cut in shortening with 2 knives or pastry blender until mixture resembles coarse corn meal. Gradually stir in liquid Starlac nonfat milk; mix only until dry ingredients are moistened. Shape lightly, place and roll on floured board to fit 8-inch square baking dish. Cut slits in top of biscuit dough to allow steam to escape. Place over top of chicken-vegetable mixture. Bake in hot oven (425° F.) until biscuit topping is golden brown, about 20 minutes. Serve at once.

**It Pays To Eat A Good Breakfast**



PRETTY as a picture with its gay and colorful provincial ware, here is the quickest, easiest, and one of the least expensive of all good breakfasts—a menu enjoyed by young people and oldersters alike.

To whet the appetite, there's cool tangy orange juice. Crisp, crunchy corn flakes and milk make up a main course that is rich in body-building protein, minerals and vitamins. What with the more than twenty varieties of breakfast cereals to be found on your grocer's shelves—hot, ready-to-eat, pre-sweetened, with variations in flavor and form such as rolled, flaked, puffed, biscuit shapes, kernels and shreds—there's never a problem in planning with this basic breakfast pattern as a guide. Add two slices of bread and butter, and you have a breakfast that

pleasantly provides a good morning for everyone.

Nutrition authorities say "Breakfast should give one-fourth to one-third of all the nutrients you should have in a day." One-third is right for growing boys and girls and one-fourth for most adults.

Doctors discovered in a series of scientific tests on college girls and boys at a big midwestern medical school that after a good cereal breakfast you're able to work better, you're more alert and keen, and your muscles don't get so tired, especially during the late morning hours.

Without the basic cereal breakfast of fruit, cereal, milk, bread and butter, work output goes down; reactions are slower; fatigue increases. Yes, indeed, it pays to eat a good breakfast!

**A New Version of Sausage and Pancakes**



JUST add apple—and what a fresh, new flavor this classic combination of sausage and pancakes takes on. Then roll them up, and you've got a gourmet dish to please brunch guests, or buffet supper, breakfast, or luncheon guests. Easy to do, too. Here's the recipe:

**Sausage Apple Roll-Ups**  
1 pound pork sausage links  
2 1/2 cups milk  
1 egg, beaten  
2 cups pancake mix

2 tablespoons melted butter or margarine  
1 cup grated raw apples

Place sausages in cold skillet; cook slowly over low heat, turning often, until brown and crisp. Meanwhile add milk and egg to pancake mix; beat smooth. Stir in melted butter and grated apples. Pour batter on hot grid, making pancakes about 4-inches in diameter. Cook until brown underneath and bubbly on top. Turn; brown other side. Drain sausages on absorbent paper. Roll each link in a pancake. Serve with maple syrup. Makes about 12 roll-ups.

**County 4-H Council Holds February Meet**

The February meeting of the Lincoln County 4-H Council was held Saturday morning in the office of the County Home Agent in the Court House. The meeting was called to order at 10 o'clock by the president, Kermit Sigmon of the Rock Springs Senior 4-H Club. The 4-H pledge and motto and the pledge of allegiance were led by Joan Holloway and Barbara Harkey. The group led by Miss Betty Moore, assistant home agent, sang a song and the devotional was conducted by Joan Reep and Starlene Logan.

The highlights of the business session were the recognition of Lincoln County's newest 4-Hers Richard Baucem and Larry Finger, and Miss Ainslee Alexander's explanation of the County Health project. A variety of ways for the observance of National 4-H Club week, March 6-13, were discussed.

A skit on safety in electricity was presented by seven 4-Hers from the North Brook No. 2, Junior 4-H club. Those taking part were Tommy Richardson, Linda Houser, Carroll Cook, Brenda Bumgarner, Edward Imle, Ruby Richardson and Buddy Boyles. The skit was entitled "The Minutes of a Ghost Convention", and was directed by Miss Lucille Upton, teacher sponsor.

Before adjourning the group, led by M. S. Yoder, assistant farm agent, discussed the farm and home safety project. Forty two 4-Hers and leaders including 14 4-Hers who are taking the farm and home safety project, attended the meeting.

**Tomato Cocktail Is Favorite Easy To Make Meal Appetizer**

If you're planning a dinner party soon and are puzzled about what to serve as an appetizer, tomato cocktail will probably solve your problem nicely.

Have you ever noticed how many people order tomato cocktail when they are dining out? Chilled tomato juice adds just the zest needed to whet the appetite for the meal that is to follow.

Try serving a tomato cocktail and try adding a special zest to it by using spices carefully. A three-course dinner may sound fancy, but actually it's easier on the hostess. While the juice cocktail is being served to the guests in the living room, the hostess has a few more minutes to attend to last minute dinner details in the kitchen.

Here's a recipe for tomato juice cocktail offered by Mrs. Jewell Fessenden, State College extension nutritionist. Even if you have your own pet recipe, this is a good one to include in your files:

**TOMATO JUICE COCKTAIL**  
3-1/2 cups fresh or canned tomatoes (No. 2-1/2 can)  
1 cup chopped celery  
1/4 cup chopped green pepper  
1/2 bay leaf  
1 tablespoon chopped onion  
1/2 teaspoon salt  
1 teaspoon Worcestershire sauce  
1/2 teaspoon horseradish, if desired

Cook together the tomatoes, celery, green pepper, bay leaf and onion — about 20 minutes for fresh tomatoes, 10 minutes for canned tomatoes. Press through sieve. Add salt, Worcestershire sauce and horseradish to sieved tomatoes. Chill. Mix well before serving. Makes 3 cups.

**Garden Club To Meet Monday At Memorial Hall**

The Lincolnton Garden Club will meet Monday afternoon at 3:30 o'clock in Memorial Hall. Mrs. A. B. Cochrane is chairman of hostesses and serving with her will be Mrs. C. H. Wardlaw, Mrs. James Shuford, Mrs. A. E. Muller, Mrs. A. L. Tait, Mrs. Ira Cline and Mrs. M. L. Sipe.

Garden hints will be given by the hostesses and the program will feature the topic, "Garden Design". Members are urged to plant a dogwood tree, if they haven't already done so.

**Sassafras Tea Season Arrives In Carolinas**

ASHEVILLE—For those who are nostalgic:

This is the season of the year when sassafras tea is available because it is made from the bark of the roots of this plant and works best in the season when the plant itself is dormant. The secret is to get just the flavor of the sassafras and not make the tea too strong.

The same rule holds good for mountain birch tea, a much less common but equally delightful drink. Skill in the making is what provides the proper aroma.

The next racket includes those drinks that drew their popularity from a minor alcoholic content. Most interesting of these, perhaps, was a peculiar concoction known and justly celebrated as "cherry bounce." It was made, according to tradition, by a rugged old gentleman who lived near the top of a mountain in the Chimney Rock section. He would not sell it but, if he liked the looks and personality of a visitor to his home, would invite him to partake of the beverage which was reputed to have a brilliant color and a kick like a mule.

Blackberry wine has been something of an institution in itself in the mountains of Western North Carolina. In many counties the custom of making a modest amount of blackberry wine is still popular.

**RARE CONCOCTION**

The same is true with elderberry wine, although not to the same extent, and to an even lesser degree with dandelion wine.

Rarest of all perhaps is the ancient concoction known as persimmon beer. The art of making this drink is unfortunately all but lost, but it is hoped that somewhere in the mountains there are a few old timers who have not forgotten the art.

Wine from various kinds of grapes is made of course, and in some sections the quality of this has reached a high peak. This is notably true in the Fryon area.

The making of cider is popular in the late autumn season when the apples of this section are at their best. If some of this cider tends to develop certain characteristics that lift its appeal to certain it can always be explained as vinegar that went wrong.

The making of whiskey has been an industry in the mountains since earliest times, but for some four decades this occupation has been frowned upon by the law with increasing ferocity. The ancient art of making "corn liquor" has, under the pressure of speeded up production because of the constant threat of the law, degenerated into the making of sugar liquor, a product that is said to have none of the qualities of old-fashioned corn liquor.

**Home Demonstration Schedule Next Week**

The Salem Home Demonstration Club will hold their regular monthly meeting Thursday, February 25th at 2:30 P.M. in the Salem Club House.

The Hickory Grove Home Demonstration Club will hold their regular monthly meeting, Friday, February 26th at 7:15 P. M., at the home of Mrs. E. E. Shrum.

**South Aspen School PTA Hears Rev. McCullough**

The South Aspen street PTA met Tuesday evening in the school auditorium with a large number of mothers and fathers present.

Mrs. Charles Crowell led the devotion after which Mrs. L. A. Crowell, Jr., president, conducted a short business session. Mrs. Crowell then gave a message from the State president on Founders Day.

Mrs. William Mauney presented Rev. H. A. McCullough, Jr., who gave a helpful talk on "Recreation in the Home."

Mrs. Sue Dellinger's second grade won the award for having the most parents present.

Chemical weed control is on the upswing on North Carolina farms.



YOUR youngsters will like cooking made in this way: using your favorite oatmeal cookie recipe, add 1/2 cup chopped gum drops, folded in the mixture. Bake as usual.

Try this "frosting" for fish to be broiled: mix some onion salt and Worcestershire sauce in mayonnaise and spread over the fish. Broil until golden and puffy.

Prepare frozen fish filets quickly for deep-fat frying by thawing and separating the filets. Shake

**RECIPE OF THE WEEK**

**Date Oatmeal Bread**  
(Makes 1 loaf)  
1 cup quick-cooking rolled oats  
1 cup chopped dates  
1 1/4 cups scalded milk  
2 cups sifted all-purpose flour  
1/2 teaspoon baking powder  
1 teaspoon salt  
1 egg  
3/4 cup light corn syrup  
Add rolled oats and dates to milk. Let stand for 10 minutes. Add slightly beaten egg and corn syrup. Mix and sift dry ingredients. Add milk mixture, stirring enough to blend well. Bake in a greased loaf pan in a moderate (350° F.) oven for one hour.

In a bag with pancake ready-mix. Dust off excess and fry for 2 minutes in deep hot fat.

Like a thick syrup for pancakes and waffles? Heat 1 pint of dark corn syrup with 1/4 cup butter or substitute and serve from pitcher. It saves butter, too.

Brush kidneys well with melted butter before broiling so they won't dry out; they are delicious served on broiled Canadian bacon slices. It's worthwhile to make gingerbread just to smell it baking, but it's good to eat, too, if you slice the squares then mix together with a mixture of cream cheese, chopped dates and walnuts. Top with whipped cream, if desired.



When Grandpa tucked you between his knees, you knew you were going to listen again to his wonderful watch—to hear its magic tick . . . tick . . . tick . . . And as you listened, those measured whispers of time shut away the world, leaving you close to Grandpa, secure in his love.

From fathers and mothers to sons and daughters passes the lifeblood of happiness—security. The privilege of providing it for those we love can be found only in a land like ours.

And another wonderful thing is this: By realizing this privilege of freedom for ourselves, we achieve the security of our country. For, think—the strength of America is simply the strength of one secure home touching that of another.

This is all you do. Go to your company's pay office, choose the amount you want to save—a couple of dollars a payday, or as much as you wish. That money will be set aside for you before you even draw your pay. And automatically invested in Series E Savings Bonds which are turned over to you.

If you can save only \$3.75 a week on the Plan, in 9 years and 8 months you will have \$2,137.30. For your sake and your family's, too, how about signing up today?

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