

SOCIETY

Clubs - Parties - Meetings

ARTS CLUB WILL HOLD COVERED DISH SUPPER
Richard Albany and Marvin Levitt will be guests when the Black Mountain Arts club hold the annual covered dish supper at the club house on Lake Tomahawk, Wednesday, July 5, at 5 p. m. All club members and their families are invited to attend.
Mr. Albany and Mr. Levitt will act as instructors for the summer courses which will be sponsored by the Arts club and offered at Blue Ridge Assembly this summer.

LINDA ANN BEDDINGFIELD CELEBRATE BIRTHDAYS
Linda Carole and Ann Sterling Beddingfield celebrated their third and fourth birthdays respectively with a birthday party on Monday, June 21.
Guests were Tommy and Woody Sobol, Jimmy Cunningham, David Mashburn, Allen Hamilton and Teresa Dougherty.
After refreshments the guests were entertained at the Montreat playground.

HOMEMAKING

(Continued from Page 4)

In a well ventilated box while cakes and soft cookies stay moist longer if kept in a lightly covered container.

Save In Preparation And Cooking
Waste from careless preparation and improper cooking can make a big dent in your food dollar. For instance, did you realize that you may throw away thirty percent of a potato if you peel it carelessly? And did you know that from ten to ninety percent of the vitamins in vegetables may be lost through improper

cooking methods? Your five-dollar roast can shrink to a three-dollar size if you use old-fashioned high temperatures for roasting, and the loss is just as real as if you threw two dollars out of the window! Don't forget that you've paid for the bone and fat of meat, too, so simmer the bones for soup stock, and save drippings and meat fats for use in cooking.

If your cakes fall flat on their faces and your biscuits could double for golf-balls, or your baking just isn't as good as it might be, you'd probably better brush up. A lot of good ingredients are wasted by poor cooks. Modern tested recipes and level accurate measurements help insure good results. Recipes can be adjusted to the size of your family so don't bake more than you can use.

Save Time And Fuel
Good planning is the key to time and fuel saving. One-dish meals, oven dinners, or complete broiled meals are fuel savers as they use only one part of the range. Baking jobs can be combined to save on heating the oven. Use It All

Now, after carefully planning meals, shopping to save, preparing, cooking and serving food to obtain the most out of every dollar spent, we come to leftovers.

If you have enough of one food left for another meal, serve it as is or dress it up with a new sauce or garnish. If there isn't enough, combine it with other foods in a new dish. Many meats and vegetables take kindly to salads, along with fresh, raw vegetables. Different sauces, spices and seasonings may be used to blend or accent flavors. Watch magazines and newspaper food columns for hints on "what goes with which." It's fun to experiment, and you'll be repaid many times over by saving more.



Hold on a little longer . . .

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