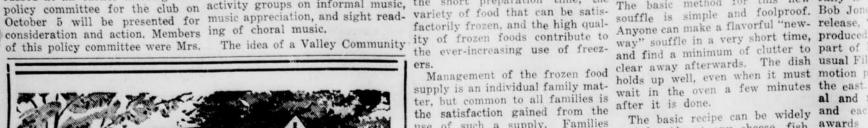
club meets with Mr. and Mrs. H. gram in December. This idea was H. Coburn at Bridewood, Montreat not found practical for this year road, on Tuesday, Oct. 30, at 8

to be planned together, following The October 30 meeting will de- ply of frozen foods cannot be measa short, lively program. Plans dis- cide on this idea and on ways of ured in terms of money. The con-

Pearl Perkins, this year's president; John Connet, Mrs. J. W. Faucette, Mrs. Miller Jackson, Mrs. W. McDougle, Mr. Woodfin Rhodes, Mr. and Mrs. A. E. Watters, Miss Mary Young, and Sam Most of the October 5 meeting

was given over to discussion of another community Christmas probut choice of Easter as a time for such a united religious effort may be possible.

cussed at an earlier meeting of a implementing a new club policy of venience of having food on hand, policy committee for the alph or activity groups on information of the contract of the co policy committee for the club on activity groups on informal music, the short preparation time, the







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SPEAKING OF HOMEMAKING

BY MRS. ELIZABETH G. PARHAM Home Service Representative of Carolina Power & Light Company

MANAGING FROZEN FOOD STORAGE

Satisfaction derived from a supfactorily frozen, and the high qual-

Management of the frozen food supply is an individual family matthe satisfaction gained from the after it is done. ter, but common to all families is vary according to size, age groups, varied. Almost any cheese, fish, use of such a supply. Families income, social status, occupation, meat, vegetable or other flavor inactivities, and geographical loca- gredient which can be ground, tion; therefore, the amount and flaked, mashed, or finely chopped, kind of food frozen will vary with can go into a "new-way" souffle. these factors and the freezing To make one is to want to make of a freezer is so personalized, no one. hard and fast rules regarding management of the frozen food supply can be made. Each homemaker should work out her own specific pattern for freezer living, tailored to her family's preferences and eating habits.

Keeping the freezer full of food is of first importance in managing the supply. Empty space kept at zero uses as much electricity as if it were filled with food. Furthermore, the more food stored during the year, the lower the perunit-cost of storage.

The family's preferences are the best guide as to what to freeze. In selecting food for freezing it is important to remember that variety is one of the freezers greatest benefits. Rather than filling up all the freezer space with a quarter of beef or overstocking on a single food because of low prices, it is good management to use the freezer as a convenience in meal preparation every single day.

Packaging is most important in maintaining quality in frozen food products. Packaging material selected must be moisture-vaporproof, otherwise foods will dry out and become rancid. Moistureproof cellophone, polyethylene, pliofilm, and aluminum foil are among the recommended wrapping materials. Glass, metal, and plastic containers exclude air and retain moisture, but are expensive. However, when this expense is apportioned over several years, the cost may not be excessive.

By packaging with an eye to the future a homemaker can save herself time and effort. For example, double thicknesses of freezer paper between steaks, chops, and meat patties aid in separating the individual pieces at meal preparation time. Another time-saver is to package in the quantities in which the food is most likely to be used. For instance, if the family numbers four, hamburger patties should be packaged in fours rather than sixes.

How long should frozen foods be stored? There is no definite answer because packaging, freezing temperature, and the food itself will affect keeping quality. Obviously, food stored at zero F. or lower will keep longer than at higher temperatures. Foods high in fat content, and seasoned or chopped meat, should be held for relatively short periods of time if optimum quality is desired.

Easter program has the advantage of a less crowded season and is, if adopted, envisioned to include members from more church choirs in the valley as well as from Owen High school chorus and Montreat and Warren Wilson college chor-

The idea of fewer general programs and the meeting of smaller groups with special interests will mean more growth and fellowship from special attention to the type of music-interest desired individually. The smaller groups would be informal, meeting regularly at the times agreed on by the group

Informal music will include both vocal and instrumental-getting out that mandolin, guitar, cello, flute, oboe or violin, now back in a corner of some closet. Music appreciation will be based on ideas in Aaron Copland's "What to Listen for in Music," with use of recordings. Sight reading of choral music will likely be started largely toward material useful in church choirs or in local club meetings, with special attention to any Valley Easter or other religious programs.

All those interested are asked to save the date. There are quite a number of musician newcomers. Those who are not reached by a calling committee are urged to come anyway.

O. E. HUDGINS RETURNS FROM PACIFIC CRUISE

Osbern E. Hudgins, gunner's mate first class, USN, son of Mrs. Bertha M. Hudgins of Black Mountain, N. C., returned to San Diego, Calif., Oct. 15, aboard the attack aircraft carrier USS Wasp from a six-month cruise in the Western

During the tour of duty the carrier visited Hawaii, Guam, Hong Kong and the Japanese ports of

Yokosuka, Iwakuni and Sasebo. The Wasp will transfer to the Atlantic early in 1957 sailing around South America to Boston, which is scheduled to be her new

-Greenland has no forestsbut lots of ice.

home base.

"NEW-WAY" SOUFFLES

It's always good news for the

Minced Chicken Souffle

¼ tsp. salt

4 T. milk

Dash of pepper

1/2 C. mayonnaise

1 C. minced chicken

2 T. chopped parsley

tsp. grated onion

Dash of nutmeg

4 egg whites.

Stir in chicken, parsley, nut meg, and onion. Beat egg whites until stiff. Gently fold mayonnaise mixture into egg whites until thoroughly blended. Pour into a greased 7-inch casserole and bake in a slow oven (325 degrees F.) 40 to 45 minutes. Serve at once, (Makes 4 to 6 servings.)

Film "Calvary" Will Be Shown nomemaker when she learns there is a simplified way to turn out a favorite dish she has long consid-

The basic method for this new rally is privileged to have shown way" souffle in a very short time, produced clear away afterwards. The dish usual Films is hailed as the largest Floating out above the meadows and find a minimum of clutter to part of H holds up well, even when it must motion picture producing studio of They produce educational and religious motion pictures, How I long once more to wander ment, in a modern match plant. wait in the oven a few minutes the east. The basic recipe can be widely and each year the studio wins for outstanding produc-

mon by the founder of Bob Jones flaming in the western sky, University. Dr. Bob Jones, Sr. It And the first, sweet star of eveis in brilliant color and it makes space available. Because the use another, so let's get started on this the sermon live in its natural Biblical setting as well as modern scenes. The film fulfills the purpose of Universal Films to exult Jesus Christ and bring men to Him. An outstanding quartet from the university will be present to offer special music. It is interesting

> the quartet, plays a role in the film. The rally meets regularly at the Friendship church each Saturday night at 7:30.

to note that Jim Fisher, leader of

-Accidents kill more people Gently stir flour, salt and pepper than disease in all age groups up into mayonnaise. Add milk slow- to age 45.

Poet's Corner

Conducted by Anne K. Sharp, Chairman Creative Writing Group

When the golden tints of Autumn glorify the woodland ways And sweet memories of childhood mingle with the mystic haze, Then I offer thanks to heaven for the beauty Autumn spills-

the glory-gilded hills!

consuming for frequent menu use. This Saturday night, the youth Oh, the golden days of Autumn, how they steal away my heart ing, falling softly, softly down," university's latest film As I gaze out through the window,

Calvary." The film was by Universal Films, a Till my ravished soul goes floating on the lazy, southern breeze-

> in the fields at early morn Where the morning glories glisten in the dew along the corn-

is an illustrated ser- Watch the golden Autumn sunset



Black Mountain News . . . Ph. 4101

Give me back the little bonnet that I wore in childhood days! Let me wander through the meadows and the mazy woodland

Where the golden leaves are falling, falling softly, softly down-For the wanderlust has seized me, and I long to leave the town!

Eyes Examined, Glasses Fifted Office over Blk. Mtn. Hardware Clyde R. Protsman,

Member of the Creative Writing Club.

The "Wanderlust" has seized Praise the wonderful Designer of many friends and acquaintances this autumn, for they have driven out to your chairman's home "where the golden leaves are fall-

Anne Kendrick Sharp, Chr. Poet's Corner, Creative Writing Club,

-It takes about an hour from a block of pine to the completed boxed matches, ready for shipNEW OFFICE HOURS FOR **Optometrist** - Thursday Only -9 A.M. to 1:45 P.M. 7 P.M. to 8 P.M.

Dr. William Gladden, Jr.

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Milk Shakes

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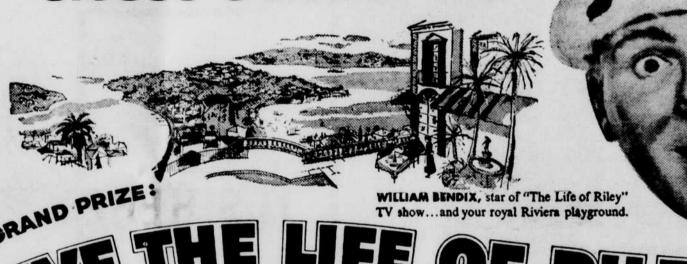
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ting on the Mediterranean!

two. You enjoy scores of exciting holiday adventures-with \$200 a day to spend! Your own limousine whirls you through a gay round of gala events in nearby Nice, Cannes and other Riviera playgrounds.

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Simple to enter—Easy to win! Just complete this jingle. Enter as

often as you wish. All entries must be on official Contest Entry Blanks, which contain complete contest rules. Get yours free at any Gulf station. Contest closes midnight, Oct. 31.

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(Make your last word rhyme with "see.")

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PHONE 7110

3. No-Nox protects your engine, keeps new-car power intact for thousands of extra miles. 2. No-Nox combats formation of carbon deposits which "shrink" en-

4. Gulf No-Nox is a high-octane gasoline-gives more miles per gal-Ion in short-trip driving.

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