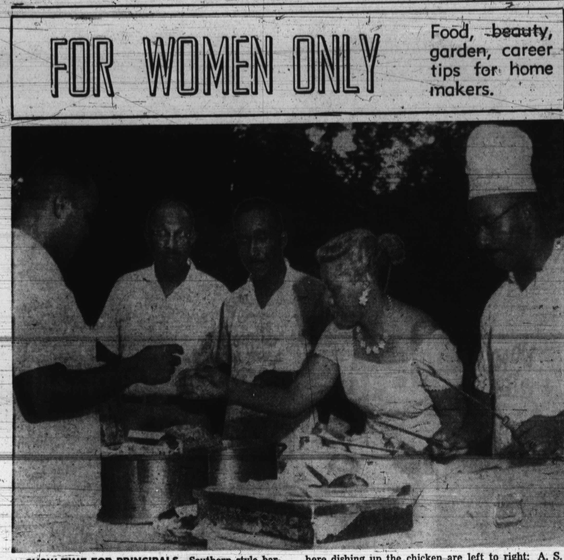
FOR WOMEN ONLY

Food, beauty, garden, career tips for home makers.



CHOW TIME FOR PRINCIPALS—Southern style barbecued chicken was the main item on the menu for the closing session of the Principals Workshop at North Carolina College in Durham last week. Shown here dishing up the chicken are left to right: A. S. Brown, Henderson; W. E. Brown, Clarkton; Noah Slade, Robersonville; Mrs. Leora Trollinger, Alamance; and H. E. Brown, Whiteville.

Charm

By LOU LuTOUR

NEW YORK — (GLOBAL) — If your head leads in walking, you present a swayback position, which adds nothing to your appearance and takes everything away from it, regardless of how well you are groomed or how properly you are dressed.

When slumping enters your posture pattern, dignity, grace, and assurance are certain to bow out. So, watch your standing habits, please. Keep your chest lifted, your shoulders back and down, and then you will have mastered the elements of charm.

Handbags to be small this fall

You'll be right this fall if your handbag follows the dictates of Dame Fashion's long, slim and uncluttered lines.

Fall 1955 will see a new era in comfort as well as fashion as far as handbags are concerned. The deep tote bag is on the way out. You'll be able to open the top of your purse and find anything you need at a moment's notice.

Bags, keyed to the elegant look of ready-to-wear fashions, will be long or square, but always slim and sleek.

ACCESSORIES WILL play their strongest role in many a season, and they'll be played in the most color-conscious manner ever. Therefore, your bag will be either blended to the color of your fall costume or used as the snap color accent note in your matching accessories. Choose your bags for daytime or evening, therefore, in the new series of brown or black leathers.

Brown leathers include coffee, toffee briarwood, golden sable, walnut, lovely brown and others in soft, luscious calf, suede, kip, kid or reptiles and grained or textured leathers. The black leathers can be found in velvety suedes and antelopes as well as a variety of crushed and grained and also the smooth sublime dyed leathers.

OTHER COLORS THAT will be popular as accents to the new darkened fabrics in dresses, coats and suits are the wine family - port, muscatel or burgundy; the grey family - mostly in the paler tones; the new avocado and mossy greens and wedgewood or Cezanne blue.

You'll find the new slim coats for fall are side belted, and so is one of the important shapes for bags The flat, squared, large bag in soft smooth leather is new looking in the way it is side belted and buckled to conform with the new fashion and to provide a flat bag shape.

The satchel is a significant fall shape, but here too there are changes. Flat and slim, round and fat, or tailored in English style, you'll find there are satchels in wide assortments and sizes, padded and detailed with the finest finishing.

Women share home canning

SAVANNAH, Ga. — Exchange food by home demonstration club-women was a feature of the second annual county-wide canning clinic at Beach High School, here, last week.

Mrs. Thelma Wright, home demonstration agent for Chatham county explained that the articles of food brought by the women were numbered at random and the women then drew numbers to see which article each would get. The exchange stimulates the sharing of recipes and food preservation methods, she said.

Easy . . . Does It

For something different, pop your canned baked beans in parboiled green pepper halves and heat in the oven. They're really something special.

When you're looking for a tasty but nutritious sweet for the youngsters, pit cooked prunes and stuff them with a half a marshmallow. Put into the oven long enough to brown the marshmallow.

RECIPE OF THE WEEK
Pork Sausage Rice
(Serves 4)

1 pound bulk pork sausage
¼ cup minced onion
2 cups cooked rice
2 cups canned tomatoes
2 tablespoons catsup
Salt and pepper

Fry sausage and onion until brown. Pour off drippings. Add cooked rice, tomatoes and catsup. Mix well. Cover and cook slowly for 30 minutes. Season to taste with salt and pepper.

Something wonderful to serve with chicken or turkey are these rice balls. To 2 cups of cooked rice, add a beaten egg, salt and pepper. Shape into balls and chill thoroughly. Fry in deep hot fat until golden brown.

Drained crushed pineapple added to a simple butter frosting is a wonderful treat for cupcakes or even spongecake.

And some mustard in your thick white sauce and pour this over sliced hard-cooked eggs and diced ham sitting on a piece of toast. It makes a wonderful hot sandwich for a chilly day.

Veal chops need flavor when they're broiled, and add a split clove of garlic, pour over some tomato sauce diluted with a bit of water and add a pinch of oregano. There's flavor.

Economy in food for aged

How to have an adequate diet on a modest income is one of the problems of many elderly people today, according to home economist of the U. S. Department of Agriculture.

A great many older people must economize closely because their savings funds for their retired years are limited.

The type of diet recommended for oldsters can be expensive unless carefully planned. It emphasizes foods which "rate" for protein, minerals and vitamins, rather than the energy foods which often are cheaper but are needed less as people become less active physically.

The protein foods—milk, meat, fish, poultry and eggs — so important for adequate diets, may take a large share of the food dollar. The leafy green and yellow vegetables, tomatoes and fruits recommended also may run up food costs unless purchased wisely.

BUT THERE ARE ways to keep costs down considerably and still have a good diet. Some foods cost several times as much as others of similar nutritive value and use in the diet. Among the vegetables, carrots, some of the leafy greens and many canned vegetables are relatively low in price. For the past few years citrus fruit has been an economical buy for vitamin C.

Milk, a very important food in the diet of older people, is often considered too expensive but actually is an inexpensive source of calcium. On a tight budget, evaporated milk or nonfat dry milk may be used for cooking especially.

MEAT POSES the biggest problem, yet there is a wide variation in price. Often the leanest cuts are the least expensive and may be made tender by chopping. Long slow cooking or other methods. Fish, a good alternate, is cheap in many urban centers. Poultry is a very good but this season.

Older people generally need and prefer smaller quantities of food than younger people, thus it pays to save waste by not buying or preparing too much of any one food.

Mom rival in picture taking

In most families the man of the house does the picture taking — except for those precious few occasions when he unwillingly allows mother to take his picture next to Grant's Tomb or some other vacation land mark.

But all that's changing, according to Carrie B. Pavelle, vice president, Pavelle Laboratories, photo-finishers.

America's housewives are beginning to steal some of dad's thunder in the picture taking business — especially when it comes to grabbing those priceless shots that hubby is never around to record.

Husbands have to make a living—which is unfortunate from the standpoint of their photo hobby. Thus, the first-time junior decides to stand up dad is likely to be at the office. "Who else can put that great moment on film but mother?" Mrs. Pavelle wants to know.

This mother of three strapping boys is all for mothers shooting the men folk in the camera hobby. They have more chances for really fine family pictures than the workaday males. Mrs. Pavelle says that many mothers are a little awed by the surface mysteries of taking pictures—but without foundation. Photography can be simple if you make it that way. Every camera comes with instructions and if you read them and follow them to the letter you almost can't miss.

SIMPLE BOX cameras made today can take both black and white and color. With practice the problems of composition, lighting, and capturing that fleeting moment becomes less troublesome. A few good shots will convince dad that you have talent—and may be worthy of the pearls he has stored up in his brain. He even may loosen up enough to let you use that accessed camera of his — and allow a legend to be shattered. You'll probably learn that all those gadgets are really not complicated at all.

What to shoot? Almost anything is fair game, from the baby to the butcher, to the cop on the beat. Just remember, says Mrs. Pavelle, the things that interest you are bound to interest other people. Probably the best opportunities will come around the house. The children are the most obvious subjects — kids are wonderfully uninhibited, and their moods change right out of ten would add up to some 11,000 women. That's the number physicians estimate could be saved by early detection and prompt treatment.

The doctors say that any woman can learn to examine her own breasts for early signs of cancer. They explain cancer in this area as "a silent disease" and explain:

"IN THE FIRST few months the only sign is a small, firm lump and prompt treatment usually is successful. But later the growth may be an inch or more in diameter, and may have spread to other areas, thus reducing the opportunity for cure. Every woman in the world would learn to examine herself, we'd really have breast cancer on the run."

The sound film, BREAST SELF EXAMINATION, uses live models to show exactly how the examination is performed, in four simple steps. Here are the instructions as illustrated and explained in the film.

1. Sit straight before a mirror, arms relaxed at sides, and study contour of the breasts. Look for any change since last examination.

2. Remain seated before mirror and raise arms above head, observing whether there is any deviation from normal size or shape of the breasts, abnormal dimpling of the skin, puckering of the

3. Lie down, place folded towel under right shoulder, raise right arm above head. With flat of fingers of left hand feel inner half of right breast.

4. Remain in same position, bring right arm down to side, gently feel outer half of right breast, giving special attention to upper outer section. Repeat procedures 3 and 4 with left breast.

Examinations should be made the day after the menstrual period, and should continue as a monthly habit after the menopause.

See your doctor at once if you feel a lump or thickening, or any change in your breasts. Doctors stress that about two-thirds of the lumps found in breasts are not cancers. But only a doctor can distinguish between benign and malignant tumors.

Advantages in Cafe curtains

The term "cafe curtains" is on the tip of everyone's tongue these days when speaking of window treatment.

The curtains are in magazines. Department stores and decorators feature them in all types and colors why? Possibly, because of the many advantages of the curtains, answers Vivian L. Curnutt, extension specialist in home furnishings, University of Maryland.

They allow easy control of privacy, light and air. In this day of picture windows and large expanses of glass for windows with the entire room exposed to the public, something is needed to give privacy and yet light. The cafe curtain is the answer, says Miss Curnutt.

A SECOND advantage is the fact that the curtains may be shifted to the center of the window, or to the outer side of the window. This is important in admitting air through casement type windows on either side of a fixed center or neither side of glass. Also, both upper and lower panels may be opened or closed, or one open and the other closed.

Another advantage is that almost any type of fabric may be used — the lightweight fabric that is sheer and transparent or translucent—and the heavier type of fabric which is neither sheer nor transparent, but translucent. Both can add interest in pattern and texture to a room.

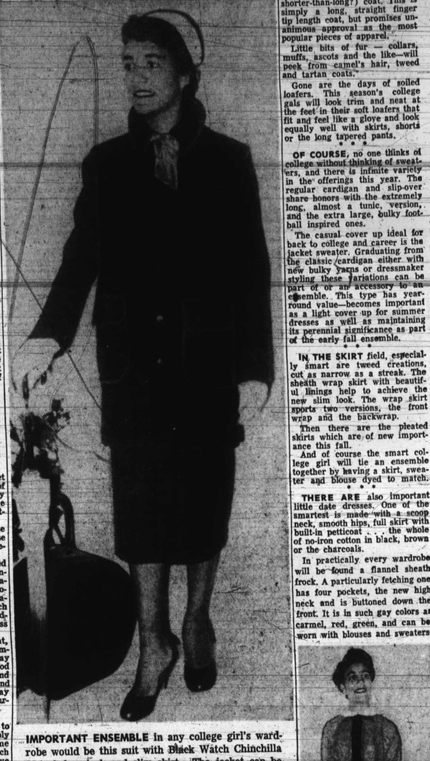
Still another advantage lies in the fact that the cafe curtain is a simple type of dress, usually in the form of skirts — slim and long, plaid and patterned stockings make their advent with pleated skirts for week-ends or off campus.

The new almost classic Bermuda shorts promise to continue to be a favorite.

Knee length socks, patterned and plain still hold the spotlight.

'Neat and Nifty' is theme of this year's college set

College youngsters never had it so good — fashion wise, that is. Everything that can be mentioned can be worn by the college crowd. Separates, always a hit with the school set, get attention this season. These are of-



IMPORTANT ENSEMBLE In any college girl's wardrobe would be this suit with Black Watch Chinchilla 32-inch-box jack and slim skirt. The jacket can be worn as a separate topper. With it is worn a beige cloche of angora with gold braid trim. Miss Jacquelyn Rourke, models clothes from Charm Center, Baltimore.

Self-examination of breasts may be life-saving routine

A movie may save your life. Its name is BREAST SELF-EXAMINATION and it teaches simple methods for detecting abnormalities of the breast, which may mean cancer at the very onset — while the disease is still curable.

At present only four out of

THIS ATTRACTIVE DATE DRESS is of chromespun, in mauve and black. The princess line is flattering to young figures. The very full skirt has built-in petticoat. The Peter Pan collar and velvet bow are enhancing features.

Check those reluctant feet before buying school shoes

Millions of reluctant young feet will be dragging back to school during the next few weeks as the all-too-short summer vacation comes to an end.

Before school starts is a good time to make sure that your reluctant scholar isn't dragging his feet because they hurt. As we know only too well, youngsters' feet grow at an unpredictable pace, and it's a good idea to check their shoes before they return to school.

SELECTING A BACK-TO-SCHOOL shoe that will meet your youngsters' demands for health and durability and your youngsters' demand for style will be no pointed out.

The home demonstration agent said the canning clinic included talks by Mrs. Ruth Lattimore, visiting home economist from St. Louis, Mo., on canning problems and on freezing fruits and vegetables. Also, demonstrations on the selection, preparation, and preservation of fruits were given by Mrs. Arietta Walker, Twelve-Mile Bend community, Mrs. Eunsie Matthews, Gordon Community, and Mrs. Carrie Simmons, Woodville.

The canning clinic was sponsored by the Chatham County Home Demonstration Club Council.

BATHING BEAUTY WINNER

ASHEVILLE, N.C. — Miss Mecklevese was first place in the bathing beauty contest at the Fighter's Tassel tiers, gorged sip-ons, loafers, wing-tips and U-wings are most popular. Low-top lines in two-eyelet styles will probably be the most sought after shoe among boys this fall.

THE BROWN FAMILY is still No. 1 with boys although black is coming up fast. Black leather is making a comeback mainly because of the greys and blues which are being featured in boys suits. Cordovan color which is a sort of happy medium - is also being shown widely.

The most popular leathers are in the fine grains. They are being used in both dress and sports shoes. An innovation is high-walled leather welting - which adds a real fashion note to the sturdy boys' oxford.

trick this fall. The stores have what is perhaps the greatest selection of children's leather shoes ever produced.

Just make certain that the shoes are well constructed, with leather soles and uppers, as recommended by foot specialists. After that, give your youngsters their heads and let them have the fun of selecting real grown-up shoes which have been skillfully scaled down to look like Mom and Dad's, but provide the support needed by growing feet. Generally, shoes for both boys and girls are slimmer and lighter this fall, as a result of the lightweight leathers for both uppers and soles.

HERE IS A BRIEF RUNDOWN on what you and your youngsters will find in the shoe shops:

Leather pumps are a big thing for little girls. The single strap shell silhouette is still the most popular single type in dress and party shoes. Little girls' feet will really twinkle in the new luster leather pumps. Patent, of course, is a perennial in girls' party shoes, but primed leathers, metallic finishes and the lusters are taking some of the play away from it.

For school shoes, fine crushed grains and soft glove leathers are most popular. Suedes are used in some school shoes, frequently in combination with smooth leathers.

Boys' shoes—more than ever before fighter's Tassel ties, gorged sip-ons, loafers, wing-tips and U-wings are most popular. Low-top lines in two-eyelet styles will probably be the most sought

Shirred eggs on spinach

For a mid-week that is different and tasty, try shirred eggs on spinach as a main dish. Serve a fruit salad, and cheese cake or pie with cheese.

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FOR THE SHIRRED eggs and spinach you will need one to one-and-a-half pounds spinach, a half teaspoon of salt, two slices of bacon, salt and pepper and four eggs.

Wash the spinach thoroughly, place in pan and add salt. Cover and cook without water until wilted, about five minutes.

Chop bacon and bacon fat with spinach and season to taste with salt and pepper.

Place hot spinach in a baking dish. Make four depressions in spinach, and break an egg into each.

Cover dish and bake at 350 degrees F. (moderate oven) for 10 to 25 minutes or until eggs are firm. If desired sprinkle grated cheese over the eggs during the last 10 minutes.

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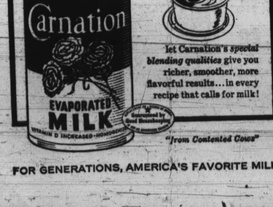

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Needlecraft News

by Alice Brooks

A nonstamp collects stamps, a lepidopterist collects butterflies, and a cerophilist collects bottle caps. This last statement may seem odd if you are not familiar with the clever tricks a crocheter can do with a good collection of bottle caps and a little crochet cotton. By crocheting little covers for the caps and sewing them together in various shapes and designs, you can make the most unique place mats and hot plate mats ever—and they surely will be heat-resistant.

You can let your imagination run wild and form squares, triangles, rectangles or diamonds with these crochets-covered bottle caps, and make striped, checked or tiggag designs when using two or three colors of cotton in the arrangement.

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A FAMILY PROJECT—If the whole family is interested in do-it-your-self projects, here's another one to keep all hands busy. Father and son could be designated as the bottle cap hunters to help keep mother, the crocheter, in supply.

As the bottle cap covers are completed, daughter could sew them together in interesting formations. Mom may have to take some sidetrips while in her search for the caps, but that makes it more enjoyable for everyone concerned.

GRAPES THRIVE in a warm climate as do these hot plate mats made of bottle caps covered with crochet. These grape clusters gladly absorb the heat from hot dishes and pans and prettily protect your table top. The cap covers are done in shaded purples and are joined together to form the juicy-looking bunches.

Green leaves are crocheted at least one to each hot pot holder (center) is made with circles of felt instead of bottle caps, and covered with the same purple crochet cotton. The instructions for crocheting this GRAPE ARBOR set may be obtained from the Needlework Department of this paper. Simply send a stamped, self-addressed envelope, and 25c in coin for your copy of Leaflet No. 5-406.

COOKING FUN

The days are hot and long. Appetites are flagging. It's time to think up something new for dessert to add sparkle to these hot-day meals.

New flavors are sometime hard to find. We often get into flavor ruts, not wanting to branch out. We use the same spices, for instance, over and over again in the same dishes. We forget that one of the nicest things about spices is that they give us a chance to experiment.

Cloves are a case in point. The most familiar way of using them is in studding the diamond-shaped squares on a roast ham. We say ham and cloves practically in the same breath, but sometimes we are inclined to forget that cloves come in ground form as well as whole and that the pungent flavor of the ground spice adds an interesting taste treat to desserts!

This summer, when the fruit hangs heavy on the bough, experiment with ground cloves. Try them with fruits. Try them instead of other spices in a topping for coffee cake. Try them in puddings.

You'll find that the flavor is delightfully unexpected. It is a familiar flavor, but served "out of contents" as it seems, it is almost like a brand new invention.

Your family and friends will appreciate the new taste treats that you offer them.

To start you on the way to clove experimentation, the following recipes have been developed by the America Spice Trade Association.

Spiced-lemon cream with spiced chocolate sauce requires 1 package lemon gelatine, 2 cups hot water, 2/3 cup sugar, 1/4 cup fresh lemon juice, and 1/4 teaspoon grated lemon rind, 1/8 teaspoon salt, 1/2 cup heavy cream whipped 1/4 cup graham cracker crumbs, 1/8 teaspoon ground cloves.

Dissolve gelatine in hot water. Add sugar, lemon juice, lemon rind and salt. Mixx well. Chill until mixture begins to thicken. Beat until fluffy. Fold in whipped cream. Lightly butter individual gelatine molds. Combine graham cracker crumbs and cloves.

Sprinkle over the bottoms and sides of buttered molds. Pour in gelatine mixture. Cover with remaining crumbs. Place in freezing compartment of refrigerator. Just before serving, turn out onto dessert dishes. Top with Spiced Chocolate Sauce. Yield: 8 servings.

For the spiced chocolate sauce, use 2 squares unsweetened chocolate, 1 tablespoon butter or margarine, 1 cup sugar, 1/2 tablespoon cornstarch, 1/8 teaspoon salt, 1/8 teaspoon ground cloves, 3/4 boiling water, 1/4 teaspoon pure vanilla extract.

Melt chocolate and butter or margarine over hot water. Mix sugar, cornstarch, salt and ground cloves together and blend with melted chocolate and butter or margarine. Stir in boiling water. Boil until slightly thickened, about 3 minutes. Cool. Add vanilla extract. Serve over Spiced Lemon Cream, ice cream or plain cake. Store in covered jar. Yield: 1¼ cups.

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SPICY CHOCOLATE frosting gives bought cake a homemade flavor. To make: use 1 package semi-sweet chocolate pieces, 1 square unsweetened chocolate, 1 can (12 oz.) sweetened condensed milk, ¼ teaspoon ground cinnamon, 1/8 teaspoon ground cloves.

Melt chocolate over hot water. Stir in milk and spices. Cook over low heat 5 minutes. Cool. Spread between layers and over top and sides of bought cake. Yield: Sufficient frosting for two 8 or 9-inch layer cakes.

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SPICED APPLE crumb cake, another delestable desert requires 1/4 cup butter or margarine, melted, 2 cups graham carcker crumbs, 1/4 Seaspoon ground cloves, 2 tablespoons sugar, 2 cans (4 cups) applesauce, 1/4 teaspoon ground mace, 1/3 cup heavy cream, whipped, 2 teaspoons sugar.

Combine butter or margarine with garham carcker crumbs, cloves and the 2 tablespoons sugar. Lightly grease an 8 by 8 by 2-inch pan with butter or margarine and sprinkle sides with some of the graham cracker crumbs. Fill with alternate layers of crumbs and applesauce mixed with mace, having crumbs as bottom and top layers.

Chill overnight or 10 to 12 hours. Cut into squares. Top with whipped heavy cream sweetened with the 2 teaspoons sugar.

Yield: 6 to 8 servings.

Tamale limas

Want to lift your meals out of the routine? Try giving them a Mexican slant with this casserole of "Chicken Tamale Limas."

The rich reddish brown sauce that goes over the buttery big limas and chicken chunks makes a colorsal meal, especially if you serve it out with golden yellow squares of corn bread and crisp, green shredded lettuce. It tastes as good as it looks, too! Incidently, that Worchestershire sauce is mighty good — a teaspoons is right out. A bit too hot.

To make Chicken Tamale Limas, you will need, in cups California large dry limas, 1 (5-pound) stewing hen, 2 tablespoons chicken fat, 3 onions, 2 cups chicken stock, 1 cup tomato puree or catsup, 1 teaspoon cayenne, 1/4 teaspoon pepper, 1/4 teaspoon chili powder, 1 teaspoon sugar, 1 bay leaf, 4 teaspoons Worcestershire sauce.

Rinse limas and cook in 1 quart boiling water until tender, about 2 hours. Add 1 teaspoon salt last half hour. Meanwhile, cut chicken in serving-size pieces. Simmer in salted water to cover until tender, about 2 hours.

Remove meat from bones in large pieces. Melt chicken fat; peel and slice onions; cook until soft and yellow. Stir in chicken stock, tomato puree, seasonings and Worchestershire sauce; cook 20 minutes. Add chicken and limas; heat through.

Makes 8 servings.

Curried chicken with carrots

For curried chicken with carrots you will need a stewing chicken cut in pieces and simmered or steamed, three tablespoons of chicken fat, a pint of chicken broth, a medium sized onion, three tablespoons flour, one-fourth teaspoon curry powder, two cups cooked shredded carrots, and salt.

Take cooked chicken from the broth. Skim off fat and measure quantities of fat and broth needed.

Make sauce: Cook onion in fat for a few minutes. Blend in flour and curry powder. Add broth, and cook until smooth and thickened, stirring constantly.

Mix chicken and carrots with sauce. Add salt to taste. Left-over cooked lamb, pork, or veal may be used instead of chicken.

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Crayton Sausage Co. closes local plant

The $5,000 manufacturing plant of the Crayton Sausage Co., which opened in Baltimore in 1946, will be sold at auction at 10 a.m. Tuesday, on the premises at 1700 Eiting St.

All of the sausage for the Maryland area will be shipped here from Cleveland.

When the company opened here originally, it was headed by Leroy Crayton of Cleveland; William L. Adams, vice president and Henry Parks, secretary.

MR. ADAMS left the company in 1950 and Mr. Parks left in 1952 to start the Parks Sausage Co.

Officers now beside Mr. Crayton are Charles P. Lucas, vice president, and Nancy Stovall, secretary - treasurer, both of Cleveland.

Mrs. Spears stated that Crayton Sausage has a million dollar manufacturing plant in Cleveland and also one in Pittsburgh. Since January, she said, the local company has been getting its sausage from Cleveland.

The equipment to be auctioned includes all of the plant equipment, a 1950 panel truck, a 1952 panel truck, typewriter, adding machine, two gas heaters and a steam gas heater and 10 fluorescent light fixtures.

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Heinz Relish	for Hamburgers	11-oz jar	29c
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ROLLS	Va. Lee Barbecue or Frankfurt	pkg	19c
BEVERAGES	Bala Club 2 cans 25c	qt bot + dep.	10c
POTATO CHIPS	Virginia Lee 6-oz pkg		29c
WAXED PAPER	Price cents	2 rolls	45c
NAPKINS	Princess	pkg 80	10c

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