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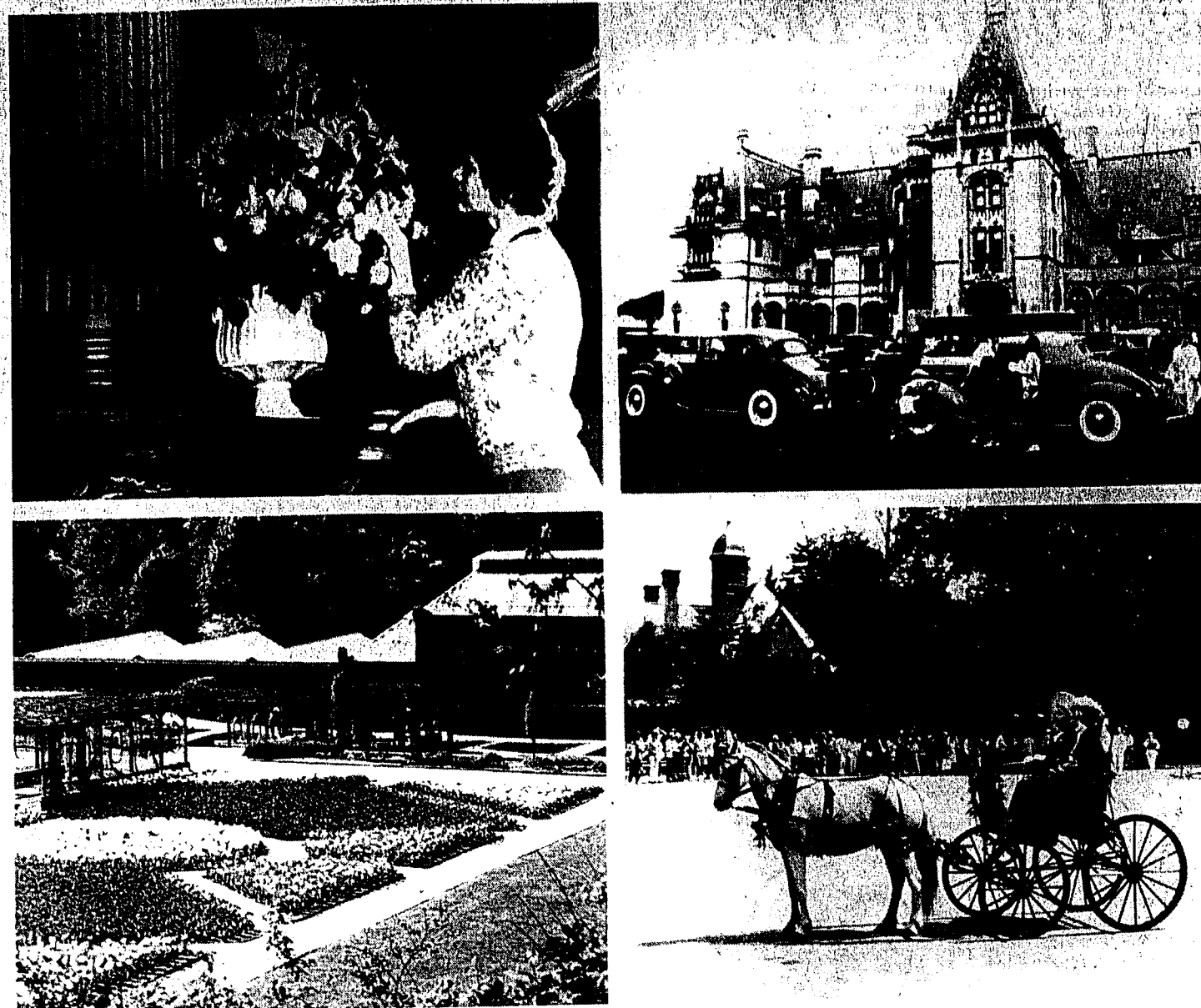
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Assorted beauty, pageantry on tap at Biltmore Estate during month-long Festival of Flowers

Biltmore Dressed Up For Spring

Biltmore Estate will usher in spring with its annual celebration of Festival of Flowers, scheduled in 1991 for April 6 through May 5. This year's festival will include lavish Victorian floral decorations throughout Biltmore House, the annual show of blooms across George Vanderbilt's gardens and woodlands and special events and activities.

Established at the turn of the century by Vanderbilt, Biltmore Estate now encompasses 8,000 acres of ingeniously planned formal and informal gardens, all bequeathed to future generations by Vanderbilt's friend and co-planner, Frederick Law Olmsted. Each spring, as Olmsted originally intended, forsythia, dogwoods, Japanese cherry, hyacinths, azaleas, Dutch iris and 50,000 tulips bloom.

In addition to nature's show of flowers, Biltmore House will feature special music and seasonal activities during the festival period. Some of the planned events for this year's festival include the following:

• An Easter Egg Hunt for children ages 2 through 11 years old will be held March 30, rain or shine, immediately before the opening of Festival of Flowers. Children participate in Egg Hunts and hunt on the lawn in front of Biltmore House. Registration is from 9 a.m. until 1 p.m. and activities begin at 1 p.m.

• A crafts weekend, April 6 and 7, featuring artists from some of the region's top crafts schools, will be held during Festival of Flowers. Artists from Arrowmont and John C. Campbell Folk Art School, as well as members of the Southern Highlands Handicrafts Guild, will display their talents on the front lawn of Biltmore House.

• An antique car show will be held on the estate April 13 featuring vintage automobiles from the early 1900s.

• A "fun and games" day will also be held April 20, offering special activities for all ages. Young guests will be particularly interested in a stunt kite-flying exhibition by the East Carolina University Kiting Club and the opportunity to make their own kites. Other events this weekend will include a Biltmore Estate Grape Stomp, pansy planting, storytelling and music and magic shows.

• Also throughout this year's festival, artists from the Asheville Art League and Asheville Gallery of Art will be painting landscapes and floral works at various locations in the estate gardens. Visitors will be able to see artists at work capturing the beauty of the estate's English Walled Garden, its Italian Garden, and its colorful Azalea Garden.

• An elaborate carriage parade, much like the one the Vanderbilts held in the early 1900s, is a tradition that is recreated this year on April 27.

Put on by the Southeastern Coaching Group, antique horse-drawn carriages, ranging in size from a single horse vehicle to a four-in-hand, are decked with ribbon, garlands and flowers and make the journey up the estate's three-mile approach road to the front of Biltmore House.

• Music will be an integral part of this year's Festival of Flowers, with performers scheduled each weekend. A special spring concert will be given the weekend of May 4-5. Details of the performance will be announced later.

• A special Mother's Day celebration, featuring Mother's Day brunch and a Victorian Fashion show, is scheduled for the weekend of May 11 and 12. Both the fashion shows and brunches will be held at Deer Park Restaurant.

Biltmore Estate is located near the intersection of Interstates 26 and 40. Entrance to the estate is three blocks north of Exit 50 or 50B on Interstate 40.

The estate is open daily from 9 a.m. until 5 p.m., except Christmas Day, Thanksgiving Day and New Year's Day. Extended hours on weekends from July 4 through Labor Day and Saturdays in October, offer guests the opportunity to enjoy summer and early fall evenings at Biltmore. Special celebrations also take place Christmas, when the house is fully decorated in the Victorian Tradition.

Admission to the estate includes Biltmore House, gardens and winery and enables the estate to remain private and self-sufficient, receiving no governmental funding or grant monies. Tickets are \$19.95 for adults and \$15 for students ages 12 through 17. Children age 11 and under are admitted free when accompanied by a parent. For guests who enjoy visiting Biltmore every season, 12-month passes, providing year-round admission, are available. Prices for Christmas evenings at the estate are not included in regular admission.

For more information, contact The Biltmore Company, One North Pack Square, Asheville, NC 28801, or phone (704) 255-1700, or toll free at 1-800-543-2861.



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Tidbits on Food

Lettuce

Thanks to vacuum-cooling, speedy transportation and the workings of Mother Nature, you can buy the ingredient essential to crisp, refreshing salads the year round ... LETTUCE.

Lettuce is one of the earliest known vegetables, dating back 25 centuries ago when it was placed on the banquet tables of Persian kings. In 430 B.C., Hippocrates commented on its medicinal properties and in 365 B.C., Aristotle praised it.

Lettuce has been an important part of American cuisine from the days of Thomas Jefferson who grew 19 varieties of lettuce in his private gardens at Monticello. Americans are said to eat more salads today than people in other parts of the world, no doubt because of the greater variety of fresh salad ingredients available to them.

Something I'll bet you didn't know about lettuce, it is one of the few produce items you buy only fresh ... not canned, frozen or dehydrated. Another thing, solid food provides some of us with more water than we drink from the tap. For instance, milk contains 89 percent water, lettuce contains 95 percent water. It is from foods such as these, and beverages other than water, that we get the required daily fluid allowance our bodies require.

On that note, shop Cashon's and we will help you with your food allowance ... if you'll just "let" us.

ROBERT CASHON
 B.C., Hippocrates commented on its medicinal properties and in 365 B.C., Aristotle praised it.

WEDNESDAY, APRIL 3, 1991—MOORESVILLE, (N.C.) TRIBUNE—12

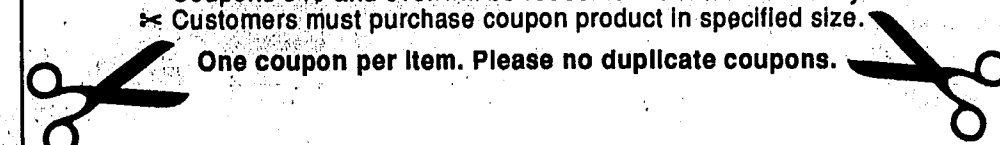
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Fri. - Sat. April 5th, & 6th

- A manufacturer's cents-off coupon is worth twice as much
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Vegetables:

Cut or French Style Green Beans, 16 oz. **2/99¢**
 Whole or Cream Style Corn, 16.5 oz.
 or Sweet Peas, 17 oz.

Fruits:

Lite Peaches - Sliced or Halves 16 oz., **79¢** ea.
 Pear Halves 17oz., Fruit Cocktail 17 oz.

Pudding Cups:

Chocolate, Vanilla, Banana, or Chocolate Fudge, 4 pk. **99¢** ea.

Juices:

Pineapple Grapefruit, Pineapple Orange, or Pineapple Mandarin 48 oz. **1.29** ea.

Vegetables Classics:

Santa Fe Corn, Country Green Beans Potatoes Au Gratin, or Peas & Mushrooms **99¢** ea.

Fresh Ground Beef

1.08
 lb.

5 lbs. or more

Whole Boneless Pork Loin

2.38
 lb.

Suitcase Miller Lite

10.88
 24 - 12 oz. cans

Best Buy Quality Sliced Ham

1.68
 (Save 71¢)
 10 oz. pkg.

Family Pak Cube Steak

1.98
 lb.

Phillips Pork & Beans

4/1.00
 16 oz. can

Washington Golden Apples

58¢
 head

California Lettuce

58¢
 head

US No. 1 Round White Potatoes

1.58
 5 lb. bag

Coca-Cola All Flavors

6 - 16 oz. N.R. bottles
1.68

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Luncheon Special
 Hamburger Steak, 2 Vegetables, Roll or Cornbread **2.88**

Oscar Mayer Tasty Light Ham **2.88** lb.
 Wilson Boiled Ham **2.88** lb.

Deli Fresh Chicken Salad **3.88** lb.

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