

Norma's: A Laurinburg Institution With The Best Food Around

By Debbie Johnson
Special to THE LANCE

There are times when cafeteria food gets monotonous, when all the hamburgers in town begin to taste suspiciously alike, when Italian pastas have done quite enough to your protruding beltline. There are times when you are haunted by memories of the kind of honest, old-fashioned cooking you used to get at Granny's at Thanksgiving or Aunt Mabel's on Sunday afternoons. An old building near Belk's on Main Street may have the cure for your "Bored Belly Blues."

Norma's is a Laurinburg tradition so well-known that it doesn't even have a sign out front. Plain and simple, warm and honey, Norma's is a place full of the kind of family-like chattering and proudly presented dishes you'd expect to find at the family reunion. Vegetables that taste field-

Milk Germs?

A while back there was an ad on the cafeteria bulletin board for a new kind of milk. It's called "Sweet acidophilus" and, while the name sounds exotic, all it really describes is milk with an added natural ingredient: lactobacillus acidophilus. However, that agent is said by numerous doctors to aid victims of diarrhea, flatulence and numerous other intestinal ailments. Dairmen are using terms such as "revolutionary" and "the greatest thing since vitamin D" to describe it.

The man responsible or "sweet acidophilus" is Dr. M.L. Speck of the food sciences division at North Carolina State University. Dr. Speck spent five years trying to sweeten the taste of the normally sour-tasting bacteria, which aids in maintaining the balance of micro-organisms in the digestive tract. (Acidophilus milk was first discovered 75 years ago by a Russian scientist, Ellie Metchnikoff, who maintained that the longevity of certain Balkan people was a result of drinking the milk.)

Only a year after its development, sweet acidophilus is being produced by 24 dairies in a dozen states, and the cultures are in such demand that Mils Laboratories has begun mass-producing them. The major marketing problem has been the product's name, and some dairies simply decided not to use it at all. However, Pine State met the problem head-on, advertising the low-fat product with such slogans as "The milk that sounds like the problem it's supposed to take care of" and "The best germs you ever tasted." After six months, sweet acidophilus represents 10 percent of the company's sales.

Meanwhile Dr. Speck, who has turned his development over to the North Carolina Dairy Foundation, disavows any extravagant medical claims for sweet acidophilus, but does admit that he carries a supply of it when he travels in foreign countries.

fresh, juicy meats, cold tea, yummy desserts are all served in a setting as pleasant as Granny's kitchen.

The inimitable Norma serves you herself, watching over your weight by serving low-calorie sugar and over your health by encouraging you to eat every last bite of the

country-fresh food. When the meal is over, guests carry their own plates back to the kitchen just as they would at home. The over-all effect is good food served in a relaxed and familiar atmosphere.

Norma's has been in Laurinburg for quite some time and has been written up in such

publications as the Charlotte Observer and the Washington Post. It is run by a group of elderly ladies and, of course, Norma. Their accumulated experience with food and the emphasis on "back home" cooking make for some of the best food you'll ever eat. And going to Norma's is as

satisfying as going home again.

SERENDIPITY
Natural Foods & vitamins
Large Variety of Cheeses
Fine Wines
S. MAIN ST.

Bigger Picture Turns Out Smaller

A count by staff members of THE LANCE indicates that The Bigger Pictures turned out to be a smaller one.

The picture, a photograph of the college community assembled on DeTamble Terrace, was taken on September 29 as part of THE LANCE'S fifteenth anniversary celebration. It was a sequel to "The Big Picture," taken in November 1975 for the yet-to-be published "Whole St. Andrews Catalog."

Attendance for this year's picture was around 350, said editor Lin Thompson, com-

pared to 475 last year. He attributed the lower attendance to the threatening weather that day and the loss of the novelty the concept enjoyed when proposed for the first time last year.

"We were still pleased with the turnout," Thompson said, "and plan to make it an annual event. We're hoping a lot of St. Andrews people will take advantage of the opportunity we are offering for them to get an 8 by 10 inch color print for just \$3.00."

Orders, he noted, should be sent - with payment included - to Box 757, Campus Mail.



Series To Open With Orchestra

The Piedmont Chamber Orchestra, under direction of Nicholas Harsanyi, will be the first program of the 1976-77 artist series sponsored by the Special Events Committee of St. Andrews Presbyterian College at 8 p. m. Oct. 29 in Avinger Auditorium.

Tickets for the single performance are \$3 for adults and \$1.50 for those under 16 years of age. They are available at the door or may be purchased by contacting Dr. Arthur McDonald, chairman of the Special Events Committee.

According to McDonald, the 1976 October tour of the Piedmont Chamber Orchestra will feature Haydn's Nocturno No. 8, Mozart's Concerto for Clarinet in A Major featuring clarinetist Robert Listokin, Vincent Persichetti's Symphony for Strings and Brahms' Variations and Fugue on a Theme by Handel, arranged by M. Popkin.

The orchestra was formed in 1968 with a Rockefeller Foundation grant to the North Carolina School of the Arts and is supported by the National Endowment for the Arts, the Southern Federation of State Art Agencies, and the North Carolina School of the Arts' Foundation.

The 25-member orchestra has a basic strength of 19 strings, augmented by solo winds, brass and percussion when needed. Based at the North Carolina School of the Arts, the core of the orchestra is drawn from the faculty of the School of Music.

Harsanyi, the Hungarian-born conductor and dean of the School of Music of the North Carolina School of the Arts, was founder, music director and conductor of the celebrated Princeton Chamber Orchestra and recently

served as music director of the Interlochen Arts Academy Orchestra.

Listokin, the featured clarinetist in the Mozart concerto of the program, is a graduate of the Juilliard School of Music where he studied with Daniel Bonade.

Is It Sick To Love A Pen?

No way can we believe that students from Maine to California are storming the stores in search of the rare elusive Pilot pen, which, according to the manufacturer has started a cult on campuses around the country.

To support its cult theory, Pilot has spread some t-shirts around with the thought-provoking slogan (based on its national ad campaign), "Is it Sick to Love a Pen?"

This picture was taken a Yale with real live students.

The company says it will send a free shirt, and a box of pens to the writers of the best 100 letters on "Why I Love My Pen".

Okay, you weirdos out there, here's your chance to develop that meaningful relationship at last.

Pilot Pen Corporation is located at 41-15 36th Street, Long Island City, N. Y. 11101. Write to Ron Shaw. He loves to get mail, almost as much as he loves his pen.

News From Across The Street!

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SALE PRICE OF \$39.95

REDUCED FOR CLOSE OUT FROM
\$79.95

*If there were ever a time for
a party... it's Now.*

Dave

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