

MEATLESS MEALS FOR LENT

Miss Johnnie Camp Outlines Diet For Lenten Season

By MISS JOHNNIE CAMP

For the meatless Lenten meals spaghetti, macaroni or noodles often solve the problems of what to serve for the main dish. These are rich in nutritive food elements and when combined with a complete protein food such as milk, eggs or cheese, as is usually the case, they make excellent meat substitutes.

By carefully following a few simple rules in preparation the result is fit for a king or—a man. To preserve the full flavor of the product cook in as little water as possible. About a quart of water is sufficient for an average sized package of macaroni or noodles. The water should be salted before adding food—the amount will vary to tastes—but you will be safe in using one and one-half teaspoons of salt to one quart of water. These foods should be boiled until they are perfectly tender, but not so long that they are flabby and shapeless. Always have the water boiling before adding the product, with unit turned to High, then turned to Medium to keep boiling slowly. Drain the water off as soon as done to halt the cooking process. Some directions for cooking this type of food suggest blanching, but with a good quality product this is not necessary since the excess starch will be drained off with the cooking water.

I'd like to pass on a few interesting macaroni, spaghetti or noodle recipes that are acceptable meat substitutes—

Spaghetti Rarebit

- ½ pound spaghetti
- 1½ Teaspoons butter
- 1½ Tablespoons flour
- ¼ Teaspoon mustard powder
- ½ Teaspoon salt
- 1 Cup milk
- ½ Pound strong American cheese
- 2 Eggs
- 1 Tablespoon tomato catsup
- 1 Teaspoon Worcestershire sauce

Cook spaghetti until tender, drain, make a creme sauce with butter, flour, milk and seasonings. When thick add shaved or grated cheese and cook until cheese melts. Add well beaten eggs and cook about five minutes, more, stirring constantly. Place spaghetti on a platter and pour rarebit over it. This serves four.

Macaroni Corn Fritters.

- 2½ ounces macaroni
- ½ cup milk
- 1½ cups canned corn drained
- 1 teaspoon salt
- 1½ cups flour
- 4 teaspoons baking powder
- 1 egg

Use macaroni rings or break macaroni in short pieces.

Cook until tender and drain. Mix macaroni, corn, slightly beaten egg yolk and milk together. Add to dry ingredients which have been sifted together. Fold in stiffly beaten egg white. Drop by spoonful into deep, hot fat or on a greased griddle and fry brown. Serves four.

Scalloped Spaghetti and Oysters

- ½ pound spaghetti
- 1 quart oysters
- 2 tablespoons flour
- 1½ cups milk
- 2 tablespoons butter
- Salt and pepper
- Buttered crumbs

Cook spaghetti until tender and drain. Macaroni or noodles may be used instead of spaghetti. Place spaghetti and oysters in alternate layers in a baking dish. Make a white sauce of butter, flour, milk

and oyster liquor. Season well. Pour this over the spaghetti and oysters. Cover with buttered crumbs. Bake in a hot oven (400 degrees) for about 20 minutes, or until top is browned and ingredients bubbling hot. Serves six.

G. T. Watkins of Holly Springs, Wake County, reports one of his best crops of tobacco grown on deep, sandy land following a crop of lespezea.

Sixteen farm families are now selling regularly on the newly organized curb market at Lenoir in Caldwell County.

Nine Cases Tried Before Recorder At Court Tuesday

At the March 7, 1933, term of Recorder's Court, 9 cases were tried. There were 3 cases of larceny, 2 liquor cases, two of assault, one of speeding, and one of destroying personal property.

Jordan Pierce was tried for speeding. He plead guilty. Judgment was suspended on payment of costs.

G. B. Bunn was tried for assault with deadly weapon. He plead not guilty but was found guilty of simple assault. Prayer for judgment continued on payment of costs.

Lewis Felts was tried for larceny. He pleaded not guilty but was found guilty and sentenced to 61 days.

Joe Joyner was tried for destroying personal property. He pleaded not guilty and was found not guilty.

Johnny Joyner, Herman Cook and Milton Garner were tried on liquor charges. They plead not guilty but were found guilty. Joyner and Cook were sentenced to 4 months, suspended on condition they appear first Tuesday of May and every other month for 1 year and pay two-thirds costs. As to

Garner, prayer for judgment continued on payment of one-third the costs.

Richard Scott was tried on liquor charges. He plead not guilty but was found guilty and sentenced to 4 months.

Stephenson Richardson was tried for larceny. He plead guilty and was sentenced to 6 months, suspended on payment of costs and good behavior.

Jimmie McNeil was tried for assault. He plead not guilty but was found guilty and sentenced to 5 months.

Charlie Harding was up for larceny. Defendant called and failed. Judgment visi sci fa capias and continued.



FAITH and CONFIDENCE

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FOOD and MARKET PRICES GOOD FRIDAY -- SATURDAY, MARCH 10th -- 11th

CARNATION MILK Tall Can	5c	CORN FLAKES	2 for	15c	
SEELOX	Per Pkg.	5c	SAUSAGE Home Made	2 lbs.	25c
ONIONS	3 lbs.	25c	HAMBURGER	2 lbs.	25c
LETTUCE	3 Heads	25c	ROUND STEAK Western—lb.		15c
PURE LARD	4 lbs.	25c	PINEAPPLE 2 No. 2 Cans		25c
PEANUT BUTTER 2 lb. Jar		19c	RICE 3 Pounds		10c
SALMON 2 Cans		15c	CELERY 2 Stalks		15c
Loose Ground COFFEE 2 lbs.		25c	NAVY BEANS 4 Pounds 10c		

