THE ROANOKE RAPIDS HERALD-Roanoke Rapids, N. C., Thursday, March 9th, 1933

## MEATLESS MEALS FOR LE

## Miss Johnnie Camp Outlines Diet For Lenten Season

By MISS JOHNNIE CAMP often solve the problems of what to serve for the main dish. These 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 everage 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 receipes that are acceptable meat substitutes-

Spaghetti Rarebit

- 1/2 pound spaghetti
- 1½ Teaspoons butter
- 1½ Tablespoons flour
- 1/4 Teaspoon mustard powder
- 1/2 Teaspoon salt
- 1 Cup milk
- 1/2 Pound strong American cheese 2 Eggs
- 1 Tablespoon tomato catsup
- Teaspoon Worchestershire 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.

and oyster liquor. Season well. Nine Cases Tried For the meatless Lenten meals Pour this over the spaghetti and spaghetti, macaroni or noodles oysters. Cover with buttered crumbs. Bake in a hot oven (400 are rich in nutritive food elements degrees) for about 20 minutes, and when combined with a com- or until top is browned and inplete protein food such as milk, gredients 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 lespedeza.

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

EREA

## **Before Recorder** At Court Tuesday

At the March 7, 1933, term of 61 days. Recorder's Court, 9 cases were

ceny, 2 liquor cases, two of as- not guilty and was found not guilsault, one of speeding, and one ty. of destroying personal property. Jordan Pierce was tried for

costs.

ment continued on payment of costs.

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

Joe Joyner was tried for destroytried. There were 3 cases of lar- ing personal property. He pleaded for larceny. He plead guilty and

Johnny Joyner, Herman Cook good behavior. and Milton Garner were tried on speeding. He plead guilty. Judg- liquor charges. They plead not sault. He plead not guilty but was ment was suspended on payment of guilty but were found guilty. Joy- found guilty and sentenced to 5 ner and Cook were sentenced to 4 months.

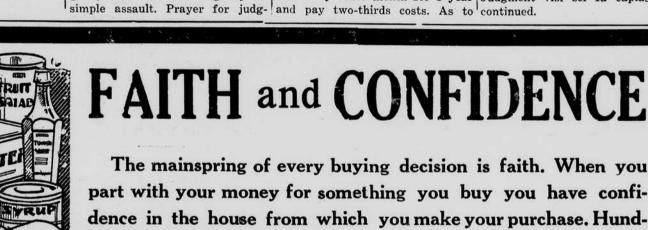
G. B. Bunn was tried for assault months, suspended on condition Charlie Harding was up for larwith deadly weapon. He plead not they appear first Tuesday of May ceny. Defendant called and failed. guilty but was found guilty of and every other month for 1 year Judgment visi sci fa capias and

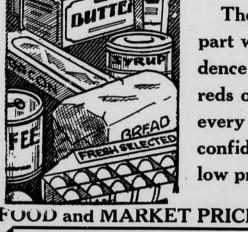
Garner, prayer for judgment continued on payment of one-third the costs.

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

Stephenson Richardson was tried was sentenced to 6 months, suspended on payment of costs and

Jimmie McNeil was tried for as-





part with your money for something you buy you have confidence in the house from which you make your purchase. Hundreds of our customers show their faith in the "M" System Store every day by their purchases here. We have won their faith and confidence by honest merchandising methods — quality foods, low prices, a clean store, courteous attendants and full weights!

		5		AY, MARCH 10th	
CARNATION		CORNFLAKES 2 for			15c 25c
		SAUSAGE Home Made 2 lbs.			
Fall Can	5c	HAMBURGER 2 <sup>lbs.</sup>		25c	
Lan		ROUND STEAK Western-lb.			15c
LOX	Per Pkg.	5c	PINEAPP	LE 2 <sup>No. 2 Cans</sup>	<b>25</b> c
ONS	3 lbs.	25c	RICE	<b>3</b> Pounds	10c
TUCE	3 Heads	25c	CELERY	2 Stalks	15c

272 ounces macaroni 1/2 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 1/2 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

