

# Business Mothers Prepare Canned Dinners

## Eating Out Of A Can Not So Bad At Times: Miss Camp

Canned foods, judiciously used, are certainly one of the blessings of modern times, for modern mothers in business. There is hardly anything that you can't buy in cans, and keep for unexpected guests as well as the family.

Some of the most delicious dinners I have ever eaten were prepared by a friend of mine in a neighboring city who works in an office eight hours each day.

She gave me some of her canned-dinner secrets. She always keeps lettuce in the refrigerator for a crispy salad to supply vitamins. The two children who attend school regularly prefer "eating in", and gladly help with breakfast and dinner—luncheons they buy at school cafeterias and restaurants. The "professional" mother does not spend all her precious late-afternoon leisure cooking. She builds her menus on a foundation of fresh vegetables, raw fruit, fresh milk, lots of lettuce.

Here are some of the dinner menus.

- I  
 Tomato Juice Cocktail  
 Lamb Chops Potato Chips  
 Canned Peas Currant Jelly  
 Fruit Salad  
 Crackers Cheese  
 Coffee  
 (Milk or cocoa for the children).

- II  
 Canned Tomato Soup  
 Broiled Steak Baked Potatoes  
 Succotash Watercress  
 Banana Shortcake  
 Coffee or Milk

- III  
 Grapefruit Juice Cocktail  
 Hot Baked Ham Spaghetti  
 Tomato Sauce  
 Spinach Pickle  
 Canned Pear and Cheese Salad  
 Toasted Crackers  
 Coffee or Milk

- IV  
 Oxtail Soup  
 Cold Baked Ham  
 Broiled Pineapple  
 Egg Noodles, buttered  
 Creamed Asparagus on Toast  
 Chocolate Pudding  
 Coffee or Milk

- V  
 Fruit Cup  
 Broiled Pork Chops  
 Candied Sweet Potatoes  
 Stewed Tomatoes  
 Canned Apple Sauce  
 Hot Biscuit  
 Lettuce, Russian Dressing  
 Coffee or Milk

Once or twice during the week, this family has a meal made up entirely of fresh foods, nothing that has ever seen the inside of a can. Then seasonable vegetables and fresh fruits are included in; potatoes are cooked and left to scald for another day—a roast is cooked which may be eaten cold later on. A favorite home-made dessert, too, is usually made on this non-canned day. And all this is placed in the automatic oven and allowed to cook without any "peeping." The temperature is controlled by this modern servant and nothing ever burns.

- Oven Meals  
 Fresh Fruit Cup  
 Chuck Roast  
 Mashed Potatoes Harvard Beets  
 Fresh Snap Beans  
 Apple Crisp Pudding  
 Coffee or Milk  
 II  
 Veal Cutlets en Casserole  
 Scalloped Sweet Potatoes  
 and Pineapple

- Baked Tomatoes  
 Cold Slaw Salad  
 Peach Polly  
 Coffee or Tea  
 III  
 Tomato Canape  
 Meat Loaf  
 Potatoes au Gratin  
 Buttered Carrots and Peas  
 Salad  
 Steamed Pudding

The other day a New York department store sold 12,000 pounds of nuts in three and a half hours.

A group of New York mothers complained that these blood and thunder radio sketches are doing their children no good.

Advertising signs have found their way into the interior of the Grand Central Station in New York for the first time.

## Revenue Collections Show 4 Million Drop

A drop of more than \$4,000,000 is shown in general fund and highway collections for the first nine months of the present fiscal year, as compared with collections of the first nine months of the fiscal year. General fund collections are \$12,918,675, as compared with \$14,835,244 a year ago, and gas and auto collections are \$14,659,233, as compared with \$16,846,047 a year ago, the report of Commissioner of Revenue A. J. Maxwell shows. License plate income is half a million below that of a year ago, \$4,126,800, as compared with \$4,636,362 a year ago. Income taxes in March reached \$4,699,267.42, as compared with \$5,758,169.26 in March, 1932, exclusive of \$120,442.09 in checks not deposited on closed banks. The

income tax, particularly of foreign corporations, is holding up remarkably well. The Reynolds Tobacco Co., paid more than 2,000,000 of it.


## ADMINISTRATOR'S NOTICE

Having qualified as the Administrator of the estate of Ruth M. Rainey, deceased, late of Halifax County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Washington, North Carolina, on or before the 17th day of March, 1934, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will lease make immediate payment.

This 15th day of March, 1933.  
 T. B. ATTMORE,  
 Administrator of the Estate of  
 6t-4-20-TBA Ruth M. Rainey

## Stanley Winborne Is Appointed to New Job

Stanley Winborne, junior member of the present Corporation Commission, was named by Governor Ehringhaus as Utilities Commissioner, the new position created by the present General Assembly, which abolished the Corporation Commission, along with the jobs of the other two members, Chairman W. T. Lee and George P. Pell, effective next January 1. The Senate by unanimous vote confirmed the appointment of Mr. Winborne. Two men to sit with the Utilities Commissioner on call are to be named at the will of the Governor, by January 1. Mr. Winborne was appointed, then elected, to fill an unexpired term, then last fall was elected to a full six year term, all in about three years. He is considered an excellent appointee.



# SAVE!

Four little letters that have become the "watch-word" of the Nation: "S-A-V-E" . . . and the buy-word of hundreds of thrifty shoppers at the "M" System. Come down this week-end. See Our "New Deal" Values and Prices and SAVE on every purchase!

Specials for Friday and Saturday, April 7th-8th at the "M" Store

<b>FRESH CREAM</b>	Guaranteed to Whip 1/2 Pint <b>12c</b>
<b>APPLE SAUCE</b>	No. 2 Cans <b>3 for 25c</b>
<b>PURE PRESERVES</b>	Large Jars <b>30c</b>
<b>GRAPEFRUIT &amp; ORANGE JUICE</b>	<b>10c &amp; 15c</b>

<b>NORTHFIELD MILK</b> 2-Large Cans <b>9c</b> 4-Small Cans <b>9c</b>	<b>SOUTHERN PINES FLOUR</b> 24 Pounds <b>55c</b>
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Snap BEANS 2 lg. cans <b>25c</b>	BEETS No. 2 Cans <b>10c</b>
EGGS Fresh Country, each <b>1c</b>	COFFEE Pure-Loose Ground — lb. <b>15c</b>
New POTATOES Red Bliss Pound <b>5c</b>	WEENIES 2lbs. <b>25c</b>
OLEO Margarine — Lb. <b>10c</b>	PICKLE Sour — Quarts <b>15c</b>

**HOME MADE SAUSAGE** Made from Fresh Country Hogs. Try it—per lb. **12 1/2c**

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