ACTIONS IN
Estate

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During Lent, Let 'em Eat Pancakes...

By CECILY BROWNSTONE
Associated Press Food Editor

For a quickly assembled Lenten lunch or supper, serve buckwheat pancakes with creamed eggs or creamed fish. Be sure to season the creamed accompaniment well — a little lemon juice, a teaspoon or two of finely minced parsley, a few drops of Worcestershire sauce, a scanting of onion juice, a dusting of paprika will all do a lot for the eggs or fish. Here's how to make the pancakes in no time at all:

PANCAKES WITH CREAMED EGGS OR FISH

Ingredients: 2 cups buckwheat read pancake mix, 2½ cups milk, unsalted fat for greasing griddle, creamed eggs or fish.

Method: Add milk to unsifted pancake-mix all at once and stir lightly. Pour ¼ cup batter for each pancake onto a hot lightly greased griddle. Bake to a golden brown, turning only once. Serve pancakes topped with creamed egg or fish. Makes 14 to 16 medium pancakes.

For a quick change on this pancake theme make the buckwheat pancakes according to the rule given above but use only 2⅓ cups milk and fold in ⅓ cup grated American cheese after the milk has been stirred in. Serve immediately with piping hot applesauce.

Another delicious way to vary these pancakes is to fold a little leftover whole-grain corn into the batter before baking, then serve with maple syrup.

Apple pancakes are a tasty dessert. Fold chopped apples into the ready-mix buckwheat batter and bake them in miniature sizes. Then sprinkle with brown sugar if you like and serve with thick sour cream.

One Griddle Tip that will stand you in good stead no matter which variety of these pancakes you choose to make is to have the griddle just hot enough so that a drop of water will bounce about a second before evaporating. Then POUR the batter onto the griddle. Don't spoon it on, because if you do the first spoonful will start to bake before the second one can be added. Bake pancakes until the edges look dry and the top is covered with tiny bubbles. Turn and bake on the other side until brown. Don't "pat" pancakes or turn more than once. It goes without saying that pancakes taste best when they're served hot off the griddle.

CHEESE PANCAKES ... are eaten with applesauce

BUCKWHEAT PANCAKES ... with creamed eggs or fish

New Ideas Presented For Busy Housewives

By RUTH CURRENT
State Home Demonstration Agent

Most refrigerators require at least a weekly defrosting and general cleaning. Freezers, too, must be washed out occasionally. To sweeten and deodorize refrigerators and home freezers, clean inside surfaces with a baking soda solution, using about three tablespoonfuls of baking soda to one quart of water. Or wash them with baking soda sprinkled on a clean cloth dampened with warm water. Wipe again with cloth rinse in clear hot water and then dry with a clean, dry cloth.

At the same time the refrigerator is cleaned, all ice trays should also be washed and cleaned using a similar baking soda solution.

Bread boxes, cooky jars, or other receptacles used for storing food need similar care.

After washing such containers in hot soapy water, rinse with a baking soda solution. Finally, rinse again with clear water and dry thoroughly. Because such containers are always kept closed, small bits of food may be overlooked and become moldy. Baking soda used as a cleanser sweetens and keeps these pieces of food storage equipment clean.

Black marks on dish towels are usually caused by wiping cooking utensils, especially aluminum and cast iron. These marks are very hard to remove. Bleaches lighten them but do not entirely remove them. They must be rubbed very hard with soap directly on the stain. After as much as possible is removed this way, wash and bleach the towels.

Decorative objects in the home are beautiful only when well cared for. To remove the brown stains which develop in vases or bowls used for cut flowers or for plants growing in water, apply baking soda with a moistened cloth or brush. Rub gently until the stain disappears. Rinse in clear water. Wipe dry. A fine soft brush moistened in water and dipped in baking soda is excellent for cleaning dainty figurines and other ornamental china or glass objects. Rinse with clear water and wipe dry.

Pewter that has become dull ... can be ... by dipping into ... soda solution ... tablespoonful of baking soda to ...

A Cheap Way To Sell—Want Ads

Fiddlers Convention To Be Held At Maggie

The third annual Fiddlers Convention will be held April 15 at the Maggie School.

But this session is not exclusively for fiddlers. Mrs. C. L. White, secretary of the Maggie Parent-Teachers Association, announced Wednesday that any family of musicians who want to compete for the prizes may contact R. P. Ferguson, Maggie School principal.

Entered so far are Robert Rich, Bill Moore and two of his sisters, all Maggie residents.

The Whidden family of Waynesville and Uncle ... of Maggie are expected to enter later.

Driving 200 miles a day, a person would have to drive for more than 75 years to cover all the 1,400,000 miles of improved roads in this country.

Principal Announces Clyde Honor Students

The Honor Roll for Clyde School covering the past six-weeks period has been announced by Principal Grady Livingston.

The Honor students are: twelfth grade "B" Doris Graham, Mara Hoover, Paul Sanford, and Helen Mac...; eleventh grade "B" Gerald ... and Martha Jenkins; tenth grade "B" Bob Medford, Blanche Bolden and Joanna Sue Burch.

Eighth grade "A" Mary Frances McCracken, Geraldine Smith, Bessie Jean ..., Ernestine O'Barne, and Grace Francis; "B", Mildred Green, ... Medford, Geraldine ..., and Elbert Burton.

Seventh grade "B", Harold Medford, Jack Revere, David Lavine, ... Robert Spurling, Kenneth McClure, L. W. ..., William Mann, ... and Shirle... and "C", Sue Stamey and ... Medford.

... grade ... Joanne ... Leigh ..., ... Sue Culver, ... Jean Justice, Allie Jean ..., ... McClure, Barbara ... and ...

Fifth grade "A", June Hen..., ... Hall, and Glenda ... "B", Howard Lane Jolly, ... Mary ... Harris, Mildred ..., Betty Sue ..., Donald ... and Kathleen Medford and Suzanne Moon.

Fourth grade "A", Janet ... and Mary Ella ...; "B", ... Curtis, Barbara Kelly, Helen ..., ... and Irene Parton.

Third grade "A", Judith Ann ..., ... Hipps, Rosalind Ammons, ... Leatherwood, and John ...; "B", William Green.

Second grade, "A", Patsy Mason, Patricia Lindsey, Robert Hall, Joe Neill Thompson, Carolyn Ratcliffe, Michael Rogers, and Wallace Lovelace.

First grade "A", Amelia Robinson and Pat Browning, and "B", James Glance, Gary Jackson, Ned Rogers, Gene Sizemore, Theresa Davis, Phyllis Hoxton, Jean Stephenson, and Frankie Jean Woods.

The American Chemical Society has more than 58,000 members.

ALLEN'S CREEK BAPTIST CHURCH

Thomas Erwin, Pastor

Sunday School at 10:00 a.m. with the Superintendent, Ezra Allen in charge. The subject of the lesson for this Sunday is "Jesus' Concern for All People." Everyone is invited to come and bring along someone. A warm welcome awaits everyone.

Morning Worship at 11:00 a.m. There will be ... and special music.

...

Even Hard Winter Fails Against Insect Pests

... insect ... This ... have swept the ... according to H. C. Manis, entomologist at the University of Idaho.

The cold wave will have little or no effect on hibernating insects, since heavy snow covers throughout the state serve as insulation against extreme low temperatures in the pests' winter quarters. Manis added that the hibernating stage usually is the period in the life cycle of an insect when it is most resistant to low temperatures.

The statue Vulcan in Birmingham, Ala., is second in size only to the Statue of Liberty.

SCRAP BOOK By R. J. SCOTT

DIXIE HOME Super Markets — SELF-SERVICE

FRESH GROUND
Corn Meal . . 10 lb. bag 43c

FOR PERFECT BISCUITS — 25 POUND BAG
Dixie-Home Flour . . 1.93

MELLOW AGED
Daisy Cheese . . . lb. 37c

"Quality Tender Meats"

BOSTON BUTT
PORK ROAST . lb. 49c

SELECTO — WHOLE or HALF
SMOKED HAMS . . . . small sizes lb. 59c

Beef **SHORT RIBS lb. 33c** | Chuck Beef **ROAST .. lb. 49c**

- SEAFOOD -

FRESH TROUT lb. 53c
FILLET OF PERCH lb. 33c
Dressed BASS lb. 39c
FLOUNDER lb. 43c
Dressed Pan Trout . . . lb. 23c
Fillet of Haddock lb. 37c

- DAIRY -

Southern Gold (Colored) Margarine . . . lb. 39c
Sunlight ½ lb. Patties Creamery Butter ea. 34c
Philadelphia 3 Oz. Pkg. Cream Cheese . . 18c
Dixie-Home Margarine . . lb. 23c

Kingans K. P. MEAT 12 oz can 43c
Packers Label Chum SALMON . tall can 49c
Florida Grapefruit JUICE . 46 oz. can 23c
Phillips Tomato JUICE . 10½ oz. can 5c
Cello Package PINTO BEANS . . 2 lb. bag 29c
HAPPYVALE LIMA BEANS NO. 303 CAN 2 for 31c
Carnation MILK . 3 tall cans 38c
Tasty Rosedale No. 303 Can PEAS . . . . 2 for 25c

Miracle Whip Pint Jar Dressing . 35c
Del Monte Tomato 14 Oz. Bot. Catsup . . 21c
Van Camps No. 2 Can 2 FOR Pork Beans 31c
Meadors Peanut 1 Lb. Jar Butter . . 39c
Red Sour Pie No. 2 Can Cherries . 27c
Swt Mixed Playmates Qt. Jar Pickles . . 33c
Large Bar Candy Hershey . 21c
Evaporated 1 Lb. Cello Bag Peaches . 33c
Med. Del Monte 1 Lb. Pkg. Prunes . . 21c
Kelloggs 13 Oz. Pkg. Corn Flakes 18c

VERI-BEST Produce

FANCY SLICING — POUND **Tomatoes . . . 25c**
Veri-Best **YELLOW ONIONS . . . . . 2 lbs. 9c**
Tree Ripened Florida **VALENCIA ORANGES . . . doz. 31c**
Crisp Golden Heart **Celery, lg. stlk 15c**
Washington State Winesap **Apples 3 lbs. 47c**
Calif. Sunkist **Lemons doz. 39c**
U. S. No. 1 Irish **Potatoes 10 lb. 55c**
New Crop Red Bliss **Potatoes 3 lb. 23c**
Canadian Wax **Rutabagas 2 lb. 9c**

Libby Club 12 Oz. Bot. Sauce . . . 25c
Free Running Morton Salt . 26 oz. 9c
Fcy Blue Streak 3 lb. Bag Rice 43c
Midget No. 303 Can Libby Peas 25c
Fresh Shelled B'eye No. 303 Peas 2 for 29c
Campbells Tomato 47 Oz. Can Juice 28c
Sunshine Krispy 1 Lb. Box Crackers . 25c
Charmin Paper 60 Count Napkins . 10c
Ocean Spray Cranberry No. 300 Sauce . . . 19c

Scott **PAPER TOWELS 2 ROLLS 31c**
OH BOY SYRUP 5 LB. CAN 53c
Assorted Flavors **JELLO. . . 2 PACKAGES 15c**
Franco American **SPAGHETTI 15 OZ. CAN 15c**

Large Package Lux Flakes . 30c
Large Size Rinso 30c
Toilet Soap Lux, lg. size 12c
Soap 3 FOR Lifebouy . 26c
Toilet Soap Small Size Lux, . 3 for 26c
Soap Large Size Swan . 2 for 31c
Soap Med. Size Swan 9c
Large Size Silver Dust . 31c

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