Sardine fritters, cauliflower perfect meatless Lenten meal

Wondering what to serve for meatless meals?

Tempting recipes from the Carnation Company will solve the problem. Crisp fish fritters are featured with a quick-as-wink cheese sauce which requires only three minutes cooking time.

THE BETTER blending qualities of Carnation evaporated milk make the cooking miracle possible, and homemakers know the sauce will always be smooth-textured when evaporated milk is the basic ingredient.

Simply heat the milk with salt to just below boiling, add grated cheese and stir until the cheese melts. That's all there is to it! Watch plates come back for seconds which fish fritters with Three - Minute Cheese Sauce are on the menu.

FOR SARDINE FRITTERS with Cauliflower use two cups (drained and finely chopped) tuna, one teaspoon seasoned salt, one egg, two-third cup (small can) undiluted Carnation evaporated milk, two tablespoons lemon juice, one and one-fourth cups sardines (two three and fourth ounce cans drained), one-fourth cup finely chopped onion; one-fourth cup finely chopped green pepper, two one-half cup chopped celery; fat on oil for frying, three cups cooked cauliflower and chopped chives.

Blend biscuit mix, seasoned salt, egg, Carnation evaporated milk, and lemon juice in bowl. Add sardines, onion, green pepper, parsley and celery and blend well. Drop from teaspoon into deep hot fat (375 degrees F.) or into one-half inch hot fat in frying pan. Fry one and one-half to two minutes. Turn and fry on other side. Drain on absorbent paper. Serve at once with Three-Minute Cheese Sauce. (Recipe at bottom).

Three - Minute Cheese Sauce is made with one and two-third cups (large can) undiluted Carnation evaporated milk, two cups (about eight ounces) grated process American cheese, and one-half teaspoon salt.

Simmer Carnation evaporated milk and salt in saucepan over low heat to just below boiling (about two minutes). Add cheese. Stir until cheese melts (about one minute longer).

Mushroom Fritters with Cheese Sauce require two cups all-purpose biscuit mix, one teaspoon seasoned salt, one egg, two-third cup (small can) undiluted evaporated milk, two tablespoons lemon juice, one and one-half cups diced mushrooms, two tablespoons chopped parsley, one-fourth cup finely chopped canned pimientos, one-half cup chopped scallions, and fat or oil for frying.

Blend biscuit mix, seasoned salt, egg, evaporated milk and lemon juice in bowl. Add mushrooms, parsley, pimientos and scallions and blend well. Drop from teaspoon in to deep hot fat (375 degrees F.) or into one-half inch hot fat in frying pan. Fry one and one-half to two minutes. Turn and fry on other side. Drain on absorbent paper. Serve at once with Three-Minute Cheese Sauce. (Recipe at bottom).

Three - Minute Cheese Sauce is made with one and two-third cups (large can) undiluted Carnation evaporated milk, two cups (about eight ounces) grated processed American cheese, and one-half teaspoon salt.

Simmer evaporated milk and salt in saucepan over low heat to just below boiling (about two minutes). Add cheese. Stir until cheese melts (about one minute longer).

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SUGAR CURED SLAB BACON	lb. 25c
PURE LARD	3 lbs. 25c

BEST BUYS:

Eggs for taste and economy during the Lenten season

By VIRGINIA L. MCLUCKIE

March is National Egg Month. For health, for taste and for economy, plan to make more use of eggs since the tags are low, says Virginia McLuckie, Food Economist, Baltimore Office, University of Maryland, Department of Markets.

During the Lenten season many families will change their dietary habits and use meat alternates in meals. This is an ideal time to make use of eggs. Eggs furnish biologically complete protein which means they contain all the amino acids essential for building and maintaining body tissues in good proportion to each other.

EGGS ALSO contain the minerals iron, calcium and phosphorus, Vitamin A, B1, B2, and D are also found in eggs. This is one of the few food sources of Vitamin D, the sunshine vitamin. With such nutritive value they are certainly health building when included in the normal everyday diet.

Egg prices are low, averaging about ten cents a dozen less than last year at this time. Hence, a very economical source of protein.

WHEN YOU purchase eggs, you buy on a pound basis, since size is determined by weight per dozen. Extra large 27 oz., Large 24 oz., Medium 21 oz., Small 18 oz. The hens in the laying flock have reached maturity and are laying large eggs of high quality.

The grade of egg is determined by interior quality which is judged by candling. The position of the yolk, the condition of the thick and thin white and the size of the air cell determine interior quality. As all eggs lose quality, the air cell becomes larger due to moisture loss. The white becomes thin. The yolk floats to the side.

When broken out on a plate, the lower quality egg has a flattened yolk and the white is watery and thin. Check the eggs you buy to see that you are getting the quality for which you paid. Grade A Large eggs are recommended.

THIS IS the season when more fish and seafood is consumed. Suggested fresh whole fish are croakers, butterfish, and rock. Available on the market is an item in the fish department that may be new to many shoppers. Marketed in shell clams. These clams are shucked, packaged in 12 ounce cans and are ready for use. These are Manninose or small steaming clam. They can be fried, made into fritters, chowders, and casserole dishes.

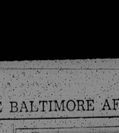
At the produce counters the best buys will be found in carrots, sweet potatoes, cabbage, and tomatoes. Carrots, sweets, and cabbage are good buys in old friends that should be welcomed budget items.

These are versatile vegetables that make interesting eating with cookery imagination. Tomatoes are coming from Cuba, Mexico, and Florida and are priced reasonably. In green salads, tomatoes are important for color and flavor.

AT THE fruit counter, the best buys are grapefruit and bananas. Select grapefruit that is thin skinned and heavy; if you want juicy fruit. Bananas are a staple fruit, enjoyed by all ages no matter how they are served.

At more luxury prices, there are strawberries from Florida and plums, nectarines and honeydew melons from South America. Fresh pineapples are available.

VEGETABLE - CHEESE BAKE is made with four eggs, separated, one cup milk, three slices white bread, crusts removed, three fourths teaspoon salt, one half teaspoon dry mustard, one fourth teaspoon monosodium glutamate, one eighth teaspoon pepper, two cups finely chopped, cooked vegetables, egg, minced small onion, two tablespoons minced green pepper or snipped parsley, one can (undiluted condensed cream of mushroom soup, two tablespoons butter or margarine, and one cup cottage cheese.



Tourin' Turner

By E. S. McDANIEL

The annual Sweethearts Ball has come and gone and a good time was had by all. The ladies were charming as they tripped across the highly waxed floor of the United Steel Workers Hall on Dundalk Ave. on last Saturday evening.

Relatives and friends of the Turner Station residents came from near and far to join in the fun of this special affair that is held once a year.

The girls wore short frocks, tight frocks, voluminous frocks, ballerina frocks, in fact there were all kinds of frocks on the floor.

Did they have fun? Yes, I was standing at the door and I could see who came in and what they were wearing. All of them looked their finest. They did the "Madison," the slop, the waltz, the jitterbug and some things that I don't even know the name for it. Everybody was happy.

As a result of the dance, we were able to realize a clear sum of $595.27 to be donated to the Building Fund of the Turner Station Health Committee. Orchids to all who helped me to make the affair a success.

Everything went well at the dance until it was discovered that two ladies wore identical coats to the dance except for the fact that one coat was a little smaller than the other. The young lady who wore a black cloth coat with a small round collar is urged to contact me at once as it is definite by a little small for her at all.

Mrs. Pearlie Jones, Turner captain for the Heart Fund says she is grateful to all the ladies who helped her to collect the contributions from door to door. And to her fellow citizens who contributed to the Heart Fund.

To solicitors who have not returned their kits, Mrs. Jones asks they mail them to the Heart Fund at the address on the kit.

THE BERNADETT SMITH School of Dance is sponsoring a benefit at the Community Center, 411A New Pittsburg Avenue on March 12 at 1 p.m. for the benefit of the Turner Health Committee. The admission is $.25, a sum that most anyone can afford to pay to see the students of the community demonstrate their skill.

Please show your appreciation for a young lady who at first was very ill but helped into the streets of this community while she attended the public schools.

She has gone on to college and made a name for herself, but she has not forgotten this community. Congratulations Bernadett!

SOUTH BALTIMORE NOTES

South Baltimore cagers are tops

The South Baltimore Playground won its fifth basketball league crown in competition this year when its strong Unlimited Team defeated the stubborn Cherry Hill Bisons 52 to 45 in a South Baltimore Playground League championship playoff.

Coach J. W. Smith entered three of the teams in the city-wide playoffs this year and all three are still in the running.

The Midgets, the Juniors and the defending champion Intermediates, are all in city-wide play-offs.

THE RED-HOT intermediates haven't lost a game yet and are seeking to build on a string that stands at 42-0.

Coach Smith single-handedly handles all the teams.

More than 60 young men participate in the basketball program at the South Baltimore Playground.

Douglass class in colorful reunion

Wilton's Restaurant was the scene of fond memories, laughter, fellowship, and many serious thoughts on Saturday, Friday evening.

The occasion was the 20th reunion of the February 1940 Class of the Frederick Douglass High School.

Over the decor of the headtable to the individual name cards worn by each guest, the colors of orange and blue predominated.

Mrs. Lillian M. Parrott, principal of Douglass, Miss Essie M. Hughes, the class advisor, and Dr. Robert Hill, president of the Douglass Alumni were special guests of the group. Toastmaster of the occasion was T. Herman Briscoe, class president.

POLLOWING a delicious repast, Mrs. Parrott and Miss Hughes spoke to their former students. A presentation of a class contribution to the 75th anniversary Alumni Scholarship Fund was made by Edna DeCoursey Johnson, chairman of the affair, to Dr. Hill. He urged each person present to become an active alumnus. Prior to an evening of dancing and more fellowship, President Briscoe had a moment of silence in remembrance of the deceased members of the class.

A MEMORIAL and redemption service was held at Bethel AME Church on Sunday. The class heard the Reb. Dr. George Singleton in the absence of the Rev. Harrison J. Bryant.

MRS. JOHNSON, who headed the committee, was aided by T. Herman Briscoe, Samuel T. Daniels, Lloyd Milton, Clifton Cox.

Mrs. Alice Ford, James Maddox, Mrs. Romaine Hasslor, Mrs. Edna Atkins, Mrs. Edna Cox, James Owings, Dr. George Woodland, Mrs. Helen Hill and Mrs. Charlotte Murray.

CLASS MEMBERS attending were:

Mesdames Philomena Sutton, Verdie Johnson, Romaine Hasslor, Anna Belle Green, Evelyn Marks, Edna E. Jones, Virginia Washington, of New York City;

Mesdames Hilda Smith, Fanny Brooks, Alice Ford, Anna Dorsey, Emma Davis, Edna Cox, Agatha Parrott, Lorraine Dugger, Ruth Williams.

Mesdames Bernadine Johnson, Burroughs, Audrey Spencer, Alberta Carter, Anna Tyler, Irma Thomas, Ola Carter, Pauline Lenhardt, Kitty Mae Hamilton, Vera Jones.

Mesdames Louise C. Robinson, Rosa Lee Purnell, Hayes, Mrs. Anna Allen, Florence Blue of Philadelphia.

Mesdames Elizabeth Jones, Emma Williams, Irene Hill, Adelaide Robeson, Williams.

Mesdames Mirriam Grandison, Phyllis Cole, Orlando Mitchell, Dorothy Carter, Addie Taylor, Dorothy Dunbar.

Mesdames Mi