

PINK. PALE GREEN and yellow scraps are combined to make a lovely quilt, "Arkansas Centennial" The quilt was designed to

commemorate the hundredth birthday of the Bear State Be sure to allow for seams. (Copyright: Weekly Star Farmer)

Macaroni Foods Stretch Budget, **Add Welcome Variety to Meals**

not, let macaroni foods work find this familiar dish on the magic for you during the next table few weeks If you are looking for ways to prepare interesting meals

without meat, consider the many possibilities offered by macaroni, noodles and spaghetti Combine macaroni foods with

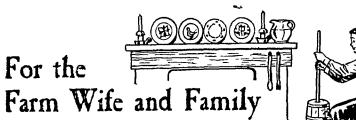
fish, sea food, cheese and eggs for Lenten meals with welcome variety Mild-flavored macaroni

Whether you observe Lent or Your family will be pleased to

You can serve macaroni foods foods many times during the week and not tire of eating them Recollect, for example, how often That's ample proof of their eatability

Economical in themselves, macaroni foods also can save money by "stretching" foods that are expensive of scarce This is a good tip to remember when the food budget runs low.

Versatile macaroni foods arc convenient to store, and easy to prepare Just by keeping several different shapes of macaroni noodles and spaghetti on hand, you can contribute much variety Italians eat macaroni foods to your favorite casseroles You can substitute macaroni, noodles and spaghetti for each other,



8-Lancaster Farming, Friday, March 14, 1958

weight for weight. Not to be overlooked is the food guides. Foods in this group are important because of their many-sided nutritional contribution at relatively low cost rather than on large contributions of one or two nutrients.

The following recipe offers meat balls and noodles, always popular foods, in an exciting combination with a sweet-sour sauce. This is plain fare, but that's why it's certain to go over with a variety of tastes.

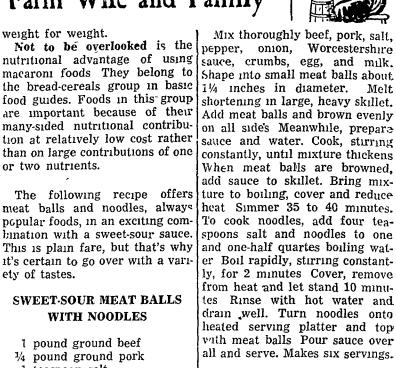
SWEET-SOUR MEAT BALLS WITH NOODLES

- 1 pound ground beef
- 1/4 pound ground pork
- 1 teaspoon salt 1's teaspoon pepper
- 2 teaspons dried minced onion
- 1 te a spoon Worcestershne sauce
- 1/2 cup enriched bread crumbs 1 egg
- 2 tablespoons milk
- 2 tablespons shortening
- 2 tablespoons light corn sirup 1 teaspon salt
- ¹'s cup brown sugar
- 2 tablespons cornstarch
- s cup cider vinegar
- 2 teaspoons soy sauce
- 2 cups water
- 8 ounces bload noodles

HEAR

The Mennquite Hour Each Sunday

Lancaster WLAN 12:30 P. M Norristown WNAR 8:00 A. M. Hanover WHVR 1:00 P. M.



(Continued on page 9)

