

## MEATLESS DINNERS ONCE A WEEK SAVES

To my mind one of the most valued facts in substituting a less costly dish than meat is the tying of a substantial rock to the tail of a budget when it starts skyrocketing. A meatless day has a soothing, stay-at-home influence upon the contents of one's purse. However, do let me caution you! Don't let the meatless dinner be drab unattractive one, and equally, don't designate the same day each week (early, middle or late) for this particular meal. Surprise your family, tax your ingenuity. Substitute colorful dishes, these that appeal to the eye as well as the palate. Now for a few helpful hints as to dishes that will serve a meat substitute in the family menu.

### Spanish Rice

1 c. Rice, 1 med. sized onion, Pimiento, Fat, Salt.

Mince onion and mix with washed rice. Fry rice until a golden brown in hot fat. In a buttered casserole put a layer of onion and a layer of rice and continue until the ingredients are used and place a layer of pimiento on top and fill casserole with

water. Bake for one hour in electric oven 325 deg. F.

### New England Baked Beans

Soaking, parboiling and oven baking eliminated.

1 lb. navy beans, 6 T. Sugar, 2 T. Molasses, 1 t. salt, 1-2 lb salt pork or bacon, 4 c. water.

For 2 lbs. of navy beans use 6 cups of water. Measure dry beans. Wash thoroughly, mix with all ingredients except water and meat. Add water and meat. Cover and cook on "Low" heat 8-12 hours.

### New England Baked Beans

1 lb. navy beans, 1 t. salt 1-2 lb. salt pork 2 T. molasses or Maple Syrup, 6 T. sugar, 4 c. water.

Wash and pick over beans, mix with all ingredients and place in cooker on electric range. Add water and turn current to "low". Cook for 8-10 hours.

### Rice Filled Apples, Baked

Wash 6 to 8 apples, core and scoop out centre. Chop the portion of apple removed. Add 1 1-2 c. steamed rice, 2 T. melted butter, 1-2 c. brown sugar, 1t. vanilla, 1-3 c. canned milk or light

cream and 1-4 t. nutmeg and mix well. Fill apple with mixture, heap high, dot with butter dice moisten with lukewarm water. Sprinkle with brown sugar and bake in a moderate oven until apples are tender. Serve with a sauce made by heating together 3-4 c. lukewarm water, 2 T. butter and 1-3 c. brown sugar.

### Peppers Stuffed with Cheese

4 green peppers, 1 1-2 c. cheese, 1 3-4 c. bread crumbs, 1 t. grated onion, 2 T. butter, 1-4 t. salt, 1-8 t. pepper, Paprika to taste.

Cut off thin slice from stem end of peppers, remove seeds and pitd. Parboil peppers in salted water 2 min., drain and fill with mixture of remaining ingredients. Put as much stuffing in each pepper as it will hold and cover the top with grated cheese. Place in a greased baking dish and bake 20 min. in a moderate oven, increasing the heat the last 5 min. to brown the tops.

### Cauliflower a la cheese

Place a whole cooked cauliflower on a dish for serving. Pour over and around the cauliflower 2 cups of:

### Cheese Sauce

2 T. butter, 4 T. flour, 2 c. milk, 1-2 t. salt, few grains pepper, 1 c. cheese.

Melt butter in saucepan, add flour mixed with seasonings and

stir until well blended; pour on the milk and stir constantly, cooking until thick. Then add the cheese which has been carefully grated, cook slowly until the cheese is melted. Additional cheese grated and sprinkled over the cauliflower makes an attractive garnish.

### Card of Thanks

We wish to thank our many friends and the doctors and nurses for their kindness during the recent illness and death of our daughter.

Mr. and Mrs. Sam Hasty.

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## Uncle Sam Studies South's Great Problem, Plight of Broken Sharecroppers



A farmer who owns no tools, no livestock, and no land. Here, from the "doorway" of his tiny tumbledown shack, a sharecropper, bereft of home and job because of the drop in cotton production, gazes out hopelessly on a bleak future.

THE Agricultural Adjustment Administration is hip-deep in efforts to solve a problem that affects the welfare of the entire south—the heart-rending plight of the "sharecroppers."

Throughout Dixie, thousands of these erstwhile cotton farmers with their families, are adrift without homes or jobs, and with a bleak future in store. And they are only a part of 8,000,000 Americans in the south whose living conditions are worse than those of low-paid Europeans.

The sharecropper problem goes back to post-Civil War days. The south then was destitute; nobody had money. There was only one thing of value—land on which to grow cotton.

So planters made a bargain with stranded farmers; each sharecropper would be provided with land, tools, food, shelter, clothing, and any other needed supplies. In return for his work, he would receive half the value of the crop at market time, after the planter had de-

ducted all that had been spent for food, clothing, medical attention, etc.

The result was that, at the season's end, the cropper seldom actually got any money. He owed so much to the planter that his profits had vanished.

The tenant farmer—who supplied his own equipment, and received two-thirds of the crop—fared little better. Debts ate all his earnings, too, unless the price of cotton was high.

TO many of the distressed sharecroppers, the New Deal has proved an unlucky one. Thousands have been evicted from their squalid homes because planters withdrew great areas of land from production, in compliance with requirements of the AAA cotton crop reduction program.

This, even though a clause of the federal contract demands that no cropper be evicted without cause. Planters contend that good cause, and not replacement by cheaper Negro labor, lies behind every eviction.

Efforts to unionize the cotton workers have met with bitter protests by planters, who believe that nothing good can come of organizing the sharecroppers most of whom their bosses characterize as shiftless and indifferent.

Nevertheless, the work of building the Southern Tenant Farmers' Union, though perhaps retarded by local opposition to "outside agitators," goes steadily on.

The miserable croppers look with hope to their champion, Alabama's Senator John H. Bankhead. Very wealthy, independent of the great cotton interests, Senator Bankhead has fought for federal loans to the southern "peons" which would enable them, on an easy installment plan, to own their own small plots of land.

And results of investigations recently concluded by AAA may bring some forward-looking measures for relief of this great tattered army of southern workers.



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As required of all banks operating under the laws of this State by the Act of the General Assembly (duly ratified and known as House Bill No. 185) this bank hastens to give you due notice of the effect of this legislation, according to the following statement specifically set out in the Act:

"That on and after July 1, 1935, by virtue of Chapter —, Public Laws of 1935, the additional or double liability heretofore imposed by Statute upon the stockholders of banks, in the event of the liquidation of such banks, doing business under the laws of North Carolina will be no longer imposed."

R. P. THORNE, Cashier