

the painted box

by Wendy Thomson

When people ask how I'm making out with my budgeting, I'm afraid I have to reply "I don't know!"

For a few weeks, it looks as though I'm doing fine but then the next shopping day I honestly feel like taking the groceries and trundling off into hiding rather than face my husband with the bills.

The main difficulty, now that the freezer's empty, is having to fit meat onto the shopping list without an overall increase in spending. And with the big meat-eaters I've got here, that isn't easy.

However, last week I did it. I bought three pounds of ground beef, 2 pounds sausages, a pound each of bacon and wieners, and 10 chicken breasts. That came to just over \$10. I forget what I DIDN'T buy, but we managed.

The wieners went with beans for Thursday's supper (much to everybody's horror) and the bacon was had with griddlecakes for Sunday's lunch.

I weighed the ground beef out into one pound lots and used it in chop pizza, cabbage rolls, and pizza (with the "crust" made out of meat).

One pound of sausage went into a spaghetti sauce and the other into Irish Sausage Pie. After a lot of hassling, I got the chicken breasts off the bones, and threw the bones into a pot for chicken broth. The meat was flattened a bit, spread with a moist bread dressing (with onions, celery, and mushrooms and everything) rolled up and baked. They were very nice, with some left over to slice for sandwiches. There was no real recipe for that, but here's the rest.

RIGATONI WITH SAUSAGE

1 pound mushrooms
1 pound rigatoni (or just spaghetti)
1 pound sausage
1/4 cup olive oil
1 chopped onion
1 bay leaf
1 (15 oz) can tomato sauce
1/2 cup grated Romano cheese (or parmesan)
1 clove garlic
salt and pepper to taste.
Brown sausages well on all sides under broiler. Heat olive oil in large skillet. Add onion, sliced mushrooms, garlic, salt, pepper. Simmer 15 minutes. Add tomato sauce, bay leaf, sausages. Cover and simmer for one hour. Remove bay leaf.

Cook rigatoni in 5 quarts salted water for about 20 minutes. When tender, drain and place in baking dish. Add sauce, mix, and sprinkle with cheese. Bake 350 degrees for 10 or 15 minutes.

IRISH SAUSAGE PIE

1 pound sausages
2 apples, sliced
2 onions, sliced
1 Tbsp flour
1 cup stock or water
Mashed potatoes made with milk and butter
Melted butter or margarine
Brown sausages well under broiler. Pour 1/4 cup drippings into skillet; add apples and onions and brown lightly. Remove apples and onions and keep hot.

Four off all but 2 Tbsp fat. Stir in flour and brown it. Stir in stock or water and cook till blended and smooth.

Put sausages, apples and onions in baking dish. Pour over this the thickened stock. Cover with a crust of the hot mashed potatoes. Brush with butter and brown at 350 degrees. Serves five or six. (NOTE: all kinds of little budget ideas were incorporated into all these recipes — like using leftover potato soup in the mashed potatoes instead of milk and butter. However, I'm not going to enumerate these for fear of an uprising at the dinner table.)

CABBAGE ROLLS

12 large cabbage leaves
1 small chopped onion
1 pound ground beef
1/2 cup uncooked rice
1/4 tsp each, basil, oregano, thyme, pepper
1 tsp salt
Simmer the cabbage leaves

for 3 or 4 minutes until pliable. Combine rest of ingredients and saute until meat is half-cooked. Divide into 12 portions. Shape each into a roll and place in centre of a cabbage leaf. Roll up loosely, folding in the sides and fastening with a toothpick.

Place rolls seam side down in baking dish. Pour 2 or 2 1/2 cups tomato juice over them. Sprinkle with a crushed bay leaf. Cover tightly and bake at 350 degrees for 1 1/2 to 2 hours. Serve with their own sauce. Five or six servings.

(NOTE: It's a good idea to have the toothpicks handy when you start instead of having to hunt for them with a cabbage roll held lightly in one hand, knowing if you lay it down it will spring undone in all directions).

I've run out of room, so will save the other recipes till next week. Besides, I have to go console a cat who just discovered I've given her favorite kitten away.



CALVINETTES POSE for a group portrait during their Mother and Daughter banquet last Friday in the Christian Reformed church. Back row, left to right, Jocelyn Lamberink, Nancy de Graaf, Pat Corvers, Meryl Zavitz, Renate Voskamp, Michele

Kremer, Evelyn Druit, Ann van der Laan, Betty Kamminga. Second row, Betty Verbeek, Patricia Ensing, Nancy Voskamp, Sandra Timmerman, Sandy Wyga, Helen Kuiken, Karen Bollert, Judy Krul. Third row, Grace Kuiper, Frances Barends, Irene Hofstede, Mary Kroes, Janet Kuiken, Hennie Venema, Cindy Kleine Deters. Front, Counsellors, Miss Mary Dulker, Mrs. Corry Vos, Mrs. Dorothy Corvers, Mrs. Nellie Harbers, Mrs. Lynda Ensing, Mrs. Marjorie Blyasma.

Free Press Family Page

Calvinettes fete mothers at banquet last Friday

The annual mother and daughter banquet of the Acton Calvinettes was a wind-up for the year, held last Friday evening at the Bethel Christian Reformed Church. After a delicious banquet supper as prepared by an eight-lady church dinner committee, the girls presented a variety program of plays, skills and humorous commercial take-offs, planned especially for their mothers' entertainment.

Craft night

Mrs. J. McCulloch was hostess for the May meeting of Greenock Women's Institute. Mrs. J. McCulloch, the president, presided.

Harold and Carol Smith and granddaughter Leslie of Willowdale spent Victoria day holiday with their mother and sister on Lake Ave.

Mr. and Mrs. Henry Deveau went to Halifax for the funeral of his mother last week. Mrs. Deveau Sr. lived in Acton from 1951 until 1956 before moving to Montreal. She had been hospitalized since breaking her hip in 1964.

Mr. Wayne Bowen, who moved to Nova Scotia in 1963, returned to the Acton area last week on a business trip. He visited with his parents Mr. and Mrs. Stan Bowen and his grandparents Mr. and Mrs. Gordon Bowen. Wayne is married with two children and has become a successful real estate agent in Nova Scotia.

There was a supper and evening of games and songs at Blue Springs for the scouts and cubs who planted trees in April.

Trisha Last, who has been working for the past year for the City of Westminster in a home for emotionally disturbed children, returned home from Britain last Saturday. She has been away for a year.

David and Brenda Watson moved from Acton to Sault Ste. Marie, David, who has been assistant manager at the Toronto-Dominion bank here, is transferred to the Sault Ste. Marie branch. Brenda was on the staff of the Bank of Montreal.

Other Watsons in the news are John and Mary, with casts on injured arms.

Best wishes from many friends go to Tom Watson in Guelph General Hospital.

Various crafts were displayed which the girls had been working on for a number of months. Based on the theme of a recent rally, Growing Beautiful, the girls showed posters of their earlier baby pictures along with others as they are today.

On completion of the program which ran from the 6.30 p.m. dinner hour until approximately 9.30 p.m., Mrs. Dorothy Corvers closed with prayer.

Plans were made with regard to the annual rummage sale to be held with the Y's Men's auction sale on June 15 at the Community Centre.

Harris's celebrate 50 years of marriage

Half a century has passed since that May 27 in Moffat when Ivan Harris and Ethel May Simpson tied the knot. The result of 50 years has been a "lovely married life."

While living in Moffat, Mr. Harris drove a team for Doug Campbell. After moving to Acton in 1933, Ivan Harris worked at a number of places including the Lindsay Mill for six years, the former Woolcombing plant for 12 years and Micro Plastics for

five years. He worked as a security guard for five years and he owned the Smoke Shop on Mill Street for five years.

The couple met in Moffat at a church meeting. When Mr. Harris got up to leave, she winked at him and then he winked at her. He didn't need any more hints than that!

The Harris's both enjoy gardening, bridge, euchre and cribbage.

Family dinner Their 50th anniversary was celebrated Saturday evening at Acton Meadows Golf Course with a family dinner.

On Sunday a reception at the Parish Hall was held between two and four p.m. and between seven and nine p.m.

Met in church The anniversary couple have three daughters and one son. They are Mrs. Jean McPhail of Acton, Mrs. Mable McCreery of Peterborough, Mrs. Freda Perkins of Acton and Merle Harris of Guelph. They are grandparents to 10 and have one great-grandchild.

Dolls' house tour delight

A very enjoyable evening was spent by the Acton Y's Monettes at the Doll's House in Elora on May 13. Dolls of every kind, shape and size are on display, together with nursery rhyme dolls, antique dolls and dolls from many different countries.

The meeting adjourned to the home of Sally Leatherland for business discussions. It was reported that the annual fashion show was a great success with approximately \$90 being made. A new project was discussed, the printing of a recipe book consisting of the favorite recipes of the members.

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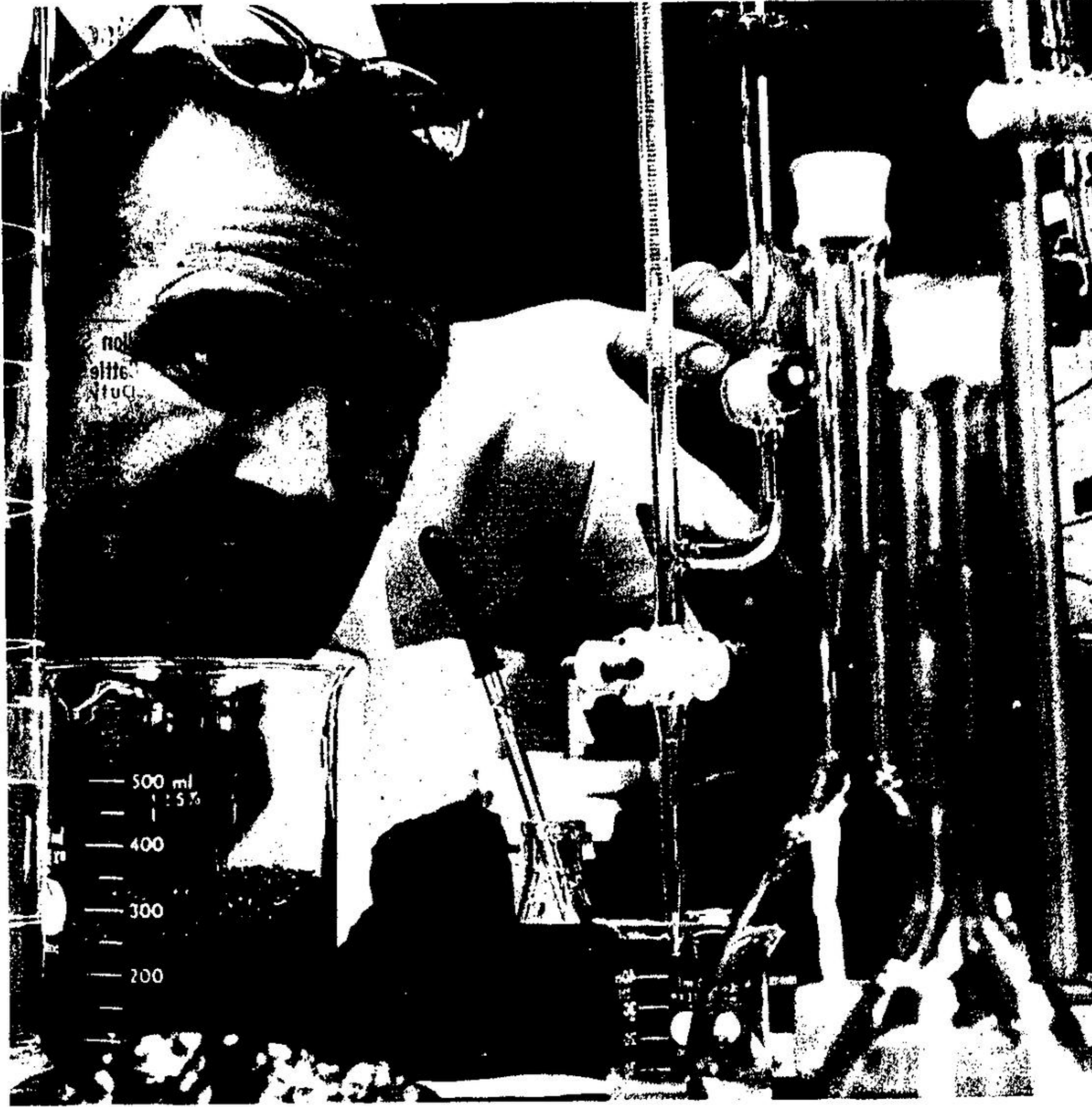
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