

# Switch to savory and saucy after all that turkey

Right now is the time to switch to savory and saucy meals after tucking away all those festive dinners of white and dark meat. About this time one begins to feel as withered as a dried-up leaf and longs for something red and juicy. Of course, steak is out of reach for some of us, so here are two family-style recipes from my economy-designed Family Cooking book. Spaghetti with Meat Sauce and Mushrooms is classified as a three-star recipe for the average budget, while Aunt Sadie's Savory Bean Stew is two stars for low budget.

**Spaghetti with meat sauce and mushrooms**  
set 14 LM / UR  
1½ lbs. minced beef  
1 can (10 oz.) mushroom stems and pieces, drained  
1 large clove garlic, finely minced  
1 can (28 oz.) Italian plum or plain tomatoes  
½ cups water (liquid from mushrooms included)  
1 can (5½ oz.) tomato paste  
Salt, pepper, dash paprika  
½ tsp. Italian seasoning  
Pinch hot red peppers  
2 bay leaves  
1 tsp. sugar  
1 tbsp. lemon juice  
1 pound spaghetti, cooked

In a 2 qt. saucepan brown minced beef in ¼ cup oil. Push to one side and saute garlic. Add drained mushroom pieces. Season with salt, pepper and paprika. Stir in tomato paste and cook for a few minutes. Add tomatoes and water. Add all other seasonings and stir well. Bring to boil, then lower heat. Cook slowly 1 hour, then allow to simmer for another hour until sauce has cooked down one-third. Serve over hot spaghetti cooked "al dente" and sprinkle generously with grated Parmesan or Romano cheese. Serves four.

**Aunt Sadie's Savory Bean Stew**  
Set 14 LM / UR  
1 lb. dried beans or peas  
1½ cups cold water  
½ cup diced salt pork  
½ cup chopped onion  
½ cup chopped onion  
½ lb. lean minced beef  
3 cups canned tomatoes  
Salt and pepper  
Wash beans or peas. Cover with cold water and soak overnight. Next day cook until tender. In a skillet, fry the salt pork until crisp. Push to one side and brown onion in fat. Add beef; stir and cook slowly 5 minutes. Combine meat, onion, salt

pork and tomatoes with beans or peas. Add salt and pepper to taste and simmer until meat is tender and the flavor blended. Serve immediately. Serves five-six.  
From Family Cooking on less than \$5 a day, used by permission of Pagurian Press Ltd., and McGraw-Hill Ryerson Ltd., Toronto.  
About our Week  
Goodbye 1974 - our year of

misfortune. I hope we never see the likes of you again. Welcome 1975, and may your touch be gentle, peaceful and loving.  
If I could have three wishes they would be:  
That municipalities would provide free snow removal this winter for the elderly and disabled.  
That Midland's beautiful Little Lake Park could be

converted into a programmed winter playground. A place where adults could enjoy some old-fashioned pleasure skating and little kids darting in-between. A hot drink kiosk, good skating music, benches to sit on and flood lights would also be welcome. Am I asking for too much?  
That non-smokers be given some consideration in public places. Some of us are allergic, you know, but hesitate to complain.

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"He who requires urging to do a noble act will never accomplish it."

Operating within the town of Midland is a much appreciated, necessary service to our senior and handicapped citizens. Meals-On-Wheels is preventative medicine, providing a well-balanced, nourishing, hot meal four days a week. When people reach later years, they usually eat much less; therefore, it is essential that what they fill their nutritional requirements.

This service began with the concern of a few people out of St. Andrew's Hospital, particularly Suzanne O'Halloran, food administrator, and her staff, who cared very much that patients leaving the hospital needed their meals during convalescence and to maintain their good health.

I attended a meeting at which I asked me if I would coordinate this service through Contact to get it off the ground in Midland. We started the service in May 1973 and also were instrumental in encouraging groups to start the service in Penetanguishene and Victoria Harbour. It has been an ongoing, growing service, thanks to a chain of great volunteers who not only deliver the food but who take a personal interest in the recipients. Volunteers are always welcome and needed for driving and delivering the meals.

St. Andrew's Hospital prepares regular and special diets: the dietician staff are caring, committed people, with the best interest of the patient at heart.

Mr. Charles Vent, a fine active senior citizen, is our efficient bookkeeper.

Route, volunteer lists, and menus for regular and special diets are all prepared through Contact.

We need help, however, with Meals-on-wheels. Contact is a supportive service for any worthwhile project and we are constantly being approached to assist with useful innovative projects. Once established, however, as with Big Brothers, Contact remains only a support. Our first priority is with the individual needs and requests for information through our calls received.

We would very much appreciate a group or church approaching us with the desire to take over the Meals-On-Wheels program. It runs smoothly, there are great



satisfactions and you come face-to-face with many grateful people who really appreciate the personal interest and contact given by the Meals-On-Wheels volunteers. It has been a fulfilling experience for us, but we need more time with our small staff of four to fulfill the in-depth needs of people.

Gordon Smith, MPP Smith will be available from 6:30 to 8 p.m. this Wednesday at the Midland Civic Centre (Armoury), East Side entrance, if anyone wishes to see him. He will continue to be here the second Wednesday of each month. Young people's A.A.

Something new has happened recently due to the growing problem of alcohol among young people. A new Alcoholics Anonymous group has formed for young people with support from senior A.A. Members. These are open meetings, so if you think you have a problem and want to do something about it, drop in to St. Margaret's Church basement, Hugel and Third, Midland, side entrance, Monday nights at 8 p.m. Come yourself or bring a friend who may have need for support.

### In basketball action

## MSS down St. Theresa's

Midland Secondary School midget and junior boys basketball teams posted twin victories over St. Theresa's boys in games played Monday at MSS.

The MSS midgets downed St. Theresa's 56-29, on the strength of the 21 point

performance of Glenn Bannon. Jim Moreau chipped in 9 points for MSS.

In junior action MSS trounced St. Theresa's 93-13. MSS was led by high scorer Dean Anast who hooped 19 points. Angelo Kosmidis added 11.

## Mustangs edged

In Simcoe County Intermediate Men's basketball action Monday night the Barrie Brassmen overcame the Midland Mike's Mustangs in the dying seconds of the game to win by two points, 76-74.

The Mustangs, down 18 points at the half, came back

and passed the Brassmen in the fourth quarter, but couldn't hold on to their lead. The Barrie squad scored with only seconds left to end the Mustang's hope for a victory.

Chester Graham hooped 30 points for the Mustangs, and Jim Bales chipped in for 11.

## Recreational hockey

In the Midland Recreational Hockey League last Monday, RCA downed Snider's 5-2. Picking up goals for RCA were Ken Labatte, Wayne Simpson, Clarence Copegog, Richard Lefaive, and Larry Leroux.

The Snider's marksmen were Rick Duval and George Weatherall.

In the second game Bausch and Lomb walked over Duggan's by a 5-1 score. Leading the scoring for Bausch and Lomb was Jim

Holden with two markers, followed by Glen Leonard, Garnet Rourke, and Brian Philips who all found the net once. The sole scorer for Duggan's was Gary Lizotte.

The third game spotted a 4-1 score board with Mr. Car Wash on top of Uncle Bobby's. Ken Edgar managed a hat trick for the Car Wash Kings and the fourth goal was picked up by Ken Edgar. Finding the mark for the Pizza House gang was Bill Smith.

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## Notice of Meeting

TO ELECT FRENCH SPEAKING RATEPAYERS TO THE FRENCH LANGUAGE ADVISORY COMMITTEE OF THE SIMCOE COUNTY BOARD OF EDUCATION

A meeting of FRENCH-SPEAKING RATEPAYERS of this school division will be held in the PENETANGUISHENE SECONDARY SCHOOL AT 7:30 P.M. ON WEDNESDAY, JANUARY 15, 1975. Special guest speaker this year — Mr. Gerard Raymond, Chairman, Council on French Language Schools.

This meeting is arranged in order to elect six French-speaking ratepayers to the French-language Advisory Committee of the Simcoe County Board of Education in accordance with Bill 72 (The Education Act 1974) Section 256.

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