



WM Barbara Spencer
WP Joe Spencer

july



17th - OES T-N-T Bingo 1pm
24th - OES Tea 1pm
25th -TMRC Daylight Chapter 1145 at 1:30 pm .

July Birthdays

- 8 Annie Rutland
- 9 Robert Cagley
- 9 Ann George
- 12 Juanna McLerran
- 12 Don Sebastian
- 15 Tricia Henderson
- 19 Mary Tomlinson
- 28 Rowena DeLano



July Facts

Zodiac - Cancer (June 21 – July 22) Leo (July 23 – August 22)
 Birthstone – Ruby
 Flower- Lily

Grab a pencil and piece of paper. How many words can you make using the letters in “**Macaroni-n-Cheese**” We found 111!



Macaroni and cheese—also called mac and cheese in the United States is a dish of cooked macaroni pasta and a cheese sauce, most commonly cheddar. History ... Pasta and cheese casseroles were recorded in the 14th century in an Italian cookbook, a dish of Parmesan and pasta. A cheese and pasta casserole known was recorded in the 14th-century medieval English cookbook. It was made with fresh, hand-cut pasta which was sandwiched between a mixture of melted butter and cheese.

Thomas Jefferson encountered macaroni in Paris and brought the recipe back to Monticello. Jefferson later imported both macaroni and Parmesan cheese for his use at Monticello. In 1802, Jefferson served "a pie called macaroni" at a state dinner. The menu of the dinner was reported by Reverend Manasseh Cutler, who apparently was not fond of the cheesy macaroni casserole. Nevertheless, since that time, baked macaroni and cheese has remained popular in the United States. (...more next page)

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

SKAHY

PROMH

AGUTEO

BBOLEB

Print answer here

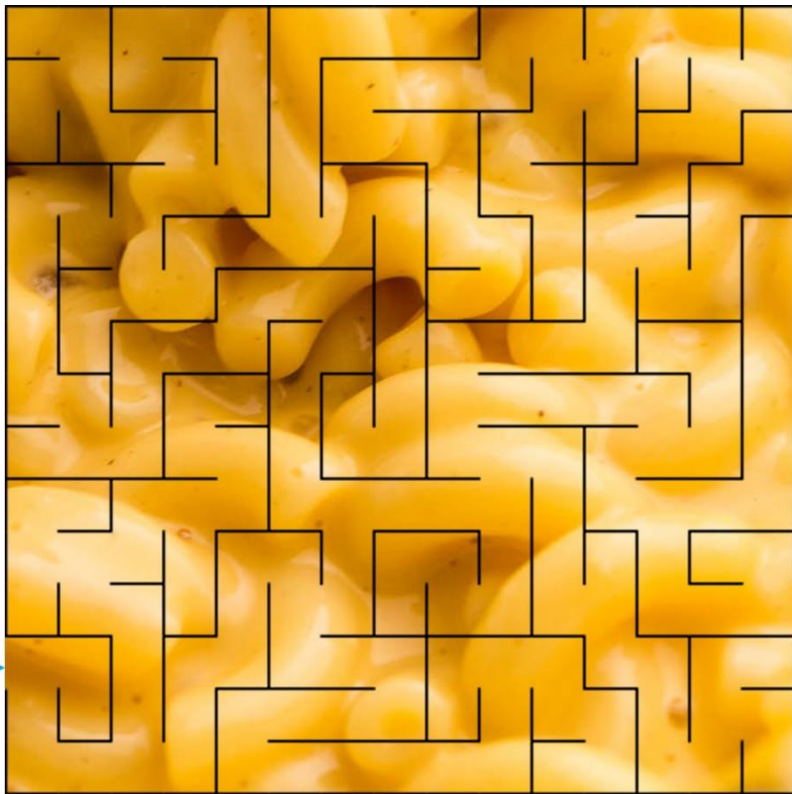


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

PASTA

I	T	L	A	S	A	G	N	A	A	T	A	A	N
R	U	G	A	F	E	T	T	U	C	C	I	N	E
F	A	R	F	A	L	L	A	A	A	D	M	U	I
N	N	C	I	L	I	N	G	U	I	N	E	I	N
S	P	A	G	H	E	T	T	I	T	I	Z	N	I
H	L	I	M	A	C	A	R	O	N	I	I	S	T
E	E	H	T	O	R	T	E	L	L	I	N	I	A
N	E	C	E	V	A	L	M	E	C	I	D	R	C
G	E	O	U	I	I	F	A	R	I	S	U	A	U
P	R	N	O	E	T	N	P	I	C	I	P	V	B
I	I	G	N	N	S	L	E	A	I	H	P	I	I
R	E	A	H	A	L	O	O	Z	R	O	I	O	I
R	P	A	P	P	A	R	D	E	L	L	E	L	I
V	E	R	M	I	C	E	L	L	I	O	T	I	M

- LINGUINE
- TORTELLINI
- RAVIOLI
- GNOCHI
- FARFALLA
- PICI
- LASAGNA
- FETTUCCHINE
- BUCATTINI
- MACARONI
- SPAGHETTI
- PAPPARDELLE
- ORZO
- VERMICHELLI
- ZITI



FIND 10 DIFFERENCES

(... cont'd) Baked macaroni and cheese

A recipe called "macaroni and cheese" appeared in the 1824 cookbook *The Virginia Housewife* written by Mary Randolph. Randolph's recipe had three ingredients: macaroni, cheese, and butter, layered together and baked in a hot oven. By the mid-1880s, cookbooks as far west as Kansas and Festus, Missouri, included recipes for macaroni and cheese casseroles. Factory production of the main ingredients made the dish affordable, and recipes made it accessible, but not notably popular.

Packaged macaroni and cheese are available in frozen form or as boxed ingredients for simplified preparation. Boston Market, Michelina's, Kraft Foods, Cracker Barrel, and Stouffer's are some of the more recognizable brands of prepared and frozen macaroni and cheese available in the United States.

A variety of packaged mixes that are prepared in a sauce pan on the stove or in a microwave oven are available. They are usually modeled on Kraft Macaroni & Cheese which was introduced in 1937 with the slogan "make a meal for four in nine minutes." It was an immediate success in the US and Canada amidst the economic hardships of the Depression. During the Second World War, rationing led to increased popularity for the product which could be obtained two boxes for one food rationing stamp. The boxed Kraft product is popular in Canada, where it is the most-purchased grocery item in the country.

Although high in carbohydrates, calories, fat, and salt, macaroni and cheese is a source of protein and certain variations of the dish can decrease the negative health aspects.

Powdered cheese sauce, very similar to what is found inside a box of macaroni and cheese mix, is also sold without the pasta.



- July 7: Tell the Truth Day, National Strawberry Sundae Day, World Chocolate Day
- July 8: National Video Game Day, Liberty Bell Day
- July 9: National Sugar Cookie Day
- July 10: Teddy Bear Picnic Day
- July 11: Marine Corps Creation Day
- July 12: Etch a Sketch Day, National Eat Your Jello Day
- July 13: National French Fry Day
- July 14: National Mac and Cheese Day

Jumble answers: SHARKY, MORPH, OUTAGE, BOBBLE
BABY BOOMERS

Please contact the Chapter Secretary tmrc.daylight1145@gmail.com if you have a change of phone number or address.

