Food, of course, must be well seasoned to be worthy of its piquancy

THREE MEALS A DAY

Copyright by SIDNEY SNOW, 1935

Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

When baking eggs, the eggs may be broken either into individual baking dishes or into a single large shallow dish, buttered to prevent sticking. A sprinkle of salt and a dash of paprika with two tablespoons of cream for each egg should be added. You may add buttered crumbs to cover the eggs if you wish. Place the dish or molds in a pan containing enough water to rise about one-half the height of the mold and bake in a moderate oven (350 degrees F.) The temperature should be kept low so that the water in the pan will not boil. Cook about ½ hour or until the whites are firm. If you like eggs very soft they may be served in the molds. If sufficiently firm, unmold and serve with bacon and parsley.

An undermixed biscuit will not be nearly so light as it should be. The surface should be rough and it will tend to be solid. The crumbs will not be white and it may have little yellow spots in it, due to the imperfect mixing of the baking powder. Overmixed biscuit dough, on the other hand, tends to be tough. Biscuits are more often undermixed than overmixed.

The special appeal of salads lies in their freshness and crispness, hence they must be cold. The salad greens —lettuce, romanine, chicory, escarolle, cress—should be washed and placed in the refrigerator to become crisp. If they are to be used that day they may be placed in a salad bag or cloth; if they are to be kept longer, in an automatic refrigerator, they should be placed in a covered jar or bowl so they will not lose their moisture in the cold dry air.

If creamed soup must stand after being made, place it in a double boiler over hot water. It is almost impossible to keep it hot over a direct flame without scorching, and a scorched cream soup is an abomination.

The skin of a young chicken is smooth and soft. If carefully dressed, the skin should be unbroken and free from blothes or bruises. Pin feathers are a sign of youth; long hairs of old age. Look well at the neck; it becomes rough and the skin becomes loose as the bird grows up.

Salt being heavier than ice tends to slip down to the bottom of the freezer and then has no effect upon the ice. For this reason, a layer of ice about 3 inches deep should be put into the freezer before salt is added. Then add the ice and salt mixture, 1 measuring cup of salt to each 2 quarts of ice (that is 1 part of salt to 8 of ice).

A puffy omelet should be at least four inches thick when folded (2 inches thick before folding). It should be golden brown on the under side, (which becomes the upper side as well when folded); cooked throughout (not raw in the center) moist and tender, (not dry and tough). The secret of making it lies primarily in cooking it at a low temperature. Remember the need for a low temperature in egg cookery, whether they are to be boiled, souffled or meringues. A high temperature causes the egg whites to become tough and leathery and to shrink. To cook an omelet therefore, the skillet should be hot when the eggs are poured in but the heat beneath it should be kept low as the omelet cooks, and the oven should be only moderate (350 degrees F.) when the omelet is put in for the last few minutes of cooking. The omelet should be served as soon as it is done, since standing even at a low heat, will cause it to shrink and toughen.

Perhaps the very first preparation for housecleainng should be the selection of the supplies, for efficient tools make any task easier. Modern vacuum cleaners, brushes especially designed for walls, floors and radiators, together with soaps in bar, flaked and powdered form have all contributed their share toward making housecleaning easier. Any household which does not possess a vacuum cleaner should make a tremendous effort to get one. It not only saves back-breaking work with a broom, but it helps to do away with the dangers which always accompany the stirring up of dust. The brushes referred to are simply conveniences for removing the surface dust from places which cannot be reached without considerable effort—long handled ones for walls, ceiling; short especially designed ones for radiators, Venetian blinds, etc.

One pound of solid fish can usually be estimated to serve three persons. When skin bones, head and tail are included, however, one pound should then be estimated to serve only two persons.

Luncheon Tongue Sandwich

1 large loaf rye bread
butter
6 slices tongue
3 tomatoes
12 slices bacon
lettuce
Mayonnaise
mixed sweet pickles

Spread slices of bread, allowing two for each serving. On one slice place sliced tongue. One the other thinly sliced tomatoes and broiled bacon. Fill lettuce cups with mayonnaise and pickles to garnish.

Buffet Sandwich Loaf

Finding dishes for a buffet lunch isn't always as easy as it sounds. In fact, it's rather difficult. It's easy to give someone else ideas, but when the party happens to be our own, my, oh my, what a difference.

Here is an old reliable that everyone likes and it really isn't as hard to make as one would think:

SANDWICH LOAF

Remove the crusts from a loaf of unsliced bread and cut into four slices lengthwise. Spread each slice with softened butter. Prepare three separate sandwich fillings, spread one filling between the first and second slices of bread, another between the second and third slices and a third between the third and fourth slices. Press firmly together. Wrap in waxed paper and chill. Spread cream cheese, softened with cream and seasoned with salt over top and slices of the loaf. Garnish with pimento, parsley or sliced olives in any attractive design and chill in ice box at least an hour before serving. If you desire several such loaves, tint the cheese in different colors for varieties' sake. Here are fillings for one loaf.

Chicken, nuts, mayonnaise and shredded lettuce—chopped egg and mayonnaise — chopped ham and mayonnaise.

Sandwich Butters

Raisin Butter—Cream half a cup of butter and work in one cup of chopped raisins.

Lemon Butter—Cream together one half cup of butter, grated rind of 1 lemon and 2 tablespoons of lemon juice.

Date Butter—Mix to a smooth paste one half cup fo butter, a few drops of lemon oil and one cup of mashed dates.

Olive Butter—Stone and chop ripe olives and work them into enough butter to bind. Use one tablespoon mayonnaise to each three ounces of butter. Season with salt and use with dark breads.

Raspberry Butter—Soften three ounces of sweet butter to mayonnaise consistency, then place bowl on cracked ice and whip in 1 teaspoon of powdered sugar, one teaspoon lemon juice and one tablespoon crushed raspberries.

Orange Butter — Cream together thoroughly four to six tablespoons sweet butter, one-half teaspoon lemon juice, one tablespoon orange juice, one teaspoon grated orange rind and one teaspoon powdered sugar. Use only on thinly sliced white bread.

Grilled Grape Fruit Grand First Course

Take halves of grapefruit. Remove the seeds but not the dividers of the center core. Spread with dots of butter. Then over the butter, sprinkle a tablespoon of brown sugar. Then put under the broiler, using a high flame. The trick is to grill the grapefruit so rapidly that the butter and sugar melt down into the grapefruit, while the grapefruit still retains its shape and texture. Serve immediately as a first course. This is a surprising delicacy which you will want to serve often at luncheon or for dinner.

Prepare For Future With Added Recipes For Picnic Treats

With real summer weather just barely around the corner—it's none too early to prepare for the days when the great out-doors will be calling one and al lto picnic. Here is a grand recipe for stuffed eggs that you will surely want to use for several of those gay outings:

STUFFED EGGS

5 eggs
1 tablespoon mayonnaise
1 tablespoons chopped green pepper
1 tsp. Worcestershire sauce
1 teaspoon onion juice
1 coffeespoon dry mustard
2 teaspoons finely chopped celery
1 teaspoon tarragon vinegar
1 dozen capers
Salt and pepper

Put the eggs in tepid water and boil for ten minutes. Peel, and when cold cut in half, lengthwise. Take out the yolks and mash them in a bowl thoroughly with a fork, adding all the seasonings. When very smooth add the mayonnaise and mix well. Fill the scooped out whites with this mixture and place a caper on each half egg.

Tasty Sandwich Filling

Are you interested in a delicious sandwich filling that will come in handy on many occasions when a snack is in order? Then try this:

1 lb. American cheese
¼ lb. dried beef
1 cup condensed tomato soup

Run cheese and beef through food chopper, then moisten with the tomato soup. You will find that this filling will keep deliciously moist and fresh if stored in the clean-washed, properly moist atmosphere of a modern ice refrigerator.

Baked Oysters or Clams

Another excellent cocktail idea consists of taking oysters or clams on the half shell, dotting each with a half-inch bit of bacon, seasoning with paprika and setting into the oven to roast.

And for cocktails, even in homes which serve the alcoholic variety, it is quite proper to have a non-alcoholic cocktail as well. And this can consist of a clam juice cocktail, tomato juice cocktail or a "moderation cocktail" consisting of Rhine wine in cocktail glasses with a bit of lemon peel, or sherry wine with a dash of orange bitters.

Egg Dumplings For Soup

½ cup flour
½ cup milk
¼ cup butter
1 egg
1 teaspoon salt
¾ teaspoon nutmeg

Melt the butter in a pan and add to it the flour; mix thoroughly and add the milk gradually, being careful to avoid lumping. Cook until quite thick, and then take from the fire and let cool. Add well beaten egg, salt, and nutmeg and beat hard. Drop from a spoon into gently boiling soup and cook from 4 to 5 minutes.

Good Recipe For Spring That Has Many Variations

A Large Assortment Of Fillings Will Bring Delight To The Heart Of Any Woman

A wise woman will choose one good recipe with many variations for the spring and summer. Something that will make a full and interesting meal.

A bread basket will answer this purpose wonderfully, and when filled with one of a large assortment of fillings will bring delight to the heart of any woman:

To make this bread basket, cut the side and top crusts from a loaf of unsliced bread and hollow out the inside, leaving a thick shell. Add one cup of the crumbs from the center of the loaf to one cup of milk and cook over a low fire, stirring constantly, for five minutes. Remove from fire, add 1 tablespoon butter and salt and pepper to taste. This is the basic bread white sauce for filling the loaf. Choose the rest of your ingredients from these suggestions. Brush the outside of the loaf with melted butter and fill with mixture, piping hot. Bake in oven 425 F., until brown.

LAMB BASKET

3 cups cooked diced lamb
1 cup canned peas, drained
1 tablespoon minced onion
1 egg, slightly beaten
bread white sauce
salt and pepper

Combine ingredients, season, heat fill bread basket and bake.

SALMON OR TUNA BASKET

1 can salmon or tuna fish, flaked
bread white sauce
1 tablespoon minced sweet pickle
1 egg, well beaten
2-3 cup mayonnaise

Combine fish and pickle with sauce, heat, fill bread basket and bake. Mix well beaten egg with mayonnaise. Cook over low fire, stirring constantly, until mixture begins to thicken. Serve as sauce.

There are any number of other things that may be used. Only they must be cooked before being put in the basket. This is really one grand way of using up leftovers.

Delicious Cottage Pudding

2 cups cake flour
2 teaspoons baking powder
½ teaspoon salt
3 tablespoons butter or other shortening
1 cup sugar
1 cup milk
½ teaspoon vanilla

Sift flour once, add baking powder and salt, and sift again. Cream butter, add sugar gradually and cream together well. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8x8x2 inches, in moderate oven (350 degrees F.) 45 minutes. Serve hot with Crimson Sauce. Serves 8.

Frozen Foods

Do not thaw out frozen foods until they are to be used. Once thawed, the food should all be used.

DR. H. W. FALLOWFIELD, JR.,
Dentist
237 High St., Chestertown, Md.
Mon., Wed., Fri., 4 to 8 p. m.
(Practice limited to denture service)
Phone 252-W

Millington Office
Mon., Wed., Fri., 9 a. m. to 3 p. m.
Phone 2521

USILTON and WELLS
of
RALPH H. USILTON, INC.
Funeral Service
and
Ambulance Service
Chestertown, Maryland
Phones 72 and 378

Most beautiful tribute to one departed is the offering that expects no reward save its own evidence of lasting worth. Whether simple or imposing in character, memorial problems of yours become ours from the day you consult us.

J. W. KIRBY
CROSS STREET
Chestertown Maryland

FRESH DRAUGHT
BEER
DIRECT FROM THE KEG
CHESTERTOWN RESTAURANT
HEADQUARTERS OF ROTARY CLUB
Phone 207 Chestertown, Maryland

HOW MUCH IS ENOUGH?

When it comes to Vitamins A and D, *ENOUGH* is more than many people normally get. Make sure that you and your family get a normal supply of these necessary vitamins by taking

ONE A DAY
VITAMIN A AND D TABLETS

Each "One-A-Day" brand Vitamin A and D Tablet is *equivalent in Vitamin A and D potency to one and one-half teaspoonfuls of Cod Liver Oil* meeting minimum United States Pharmacopeial Standards.

Convenient — You take only one tablet a day. *High in Vitamin Content* — Each tablet contains 5000 Units of Vitamin A and 500 Units of Vitamin D. *Easy to take* — No fishy or oily taste — no after-taste.

Guaranteed by Good Housekeeping
COMMENDED PARENTS MAGAZINE CONSUMER SERVICE

Developed, distributed and guaranteed by the makers of Alka-Seltzer.

DR. W. H. MOYER
Chiropractor
X-Ray Laboratory
201 Washington Ave.
Office closed Every Wed.

MARVIN V. WILLIAMS
Funeral Director
Phone 68
Chestertown, Maryland

DR. H. C. HUGHES
Dentist
Office in the Telephone Exchange Bldg., Chestertown
Phone: Office 223

A HEARTY dinner, or midnight lunch, a little too much smoking, perhaps a cocktail or two—great fun tonight; a miserable letdown, headachey feeling tomorrow morning.

You people who occasionally attend a party and enjoy good fellowship and good food, often pay next day for the fun you had.

Why don't you try Alka-Seltzer for that "Morning After" feeling? Alka-Seltzer is one medicine useful in the relief of many minor ailments because Alka-Seltzer combines a reliable analgesic pain-reliever with buffered alkalizing salts.

Try it whenever you have Headache, Acid Indigestion, Cold Symptoms, Muscular Fatigue, Neuralgia, Muscular Pains.

Alka-Seltzer is non-laxative and pleasant to take. Your druggist sells Alka-Seltzer by the glass at his soda fountain and in convenient packages for home use. Why not get a package the next time you are in a drug store.

Be Wise — Try Alka-Seltzer

To Relieve Misery of COLDS take 666
LIQUID, TABLETS, SALVE, NOSE DROPS

That Nagging Backache
May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try *Doan's Pills*. *Doan's* help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. *Ask your neighbor!*

DOAN'S PILLS

Washington College
FOUNDED 1782
A Grade A, Co-educational College
Limited Enrollment

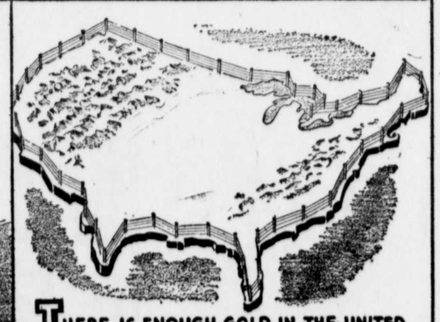
PICTURES
APPEARING IN
THE TRANSCRIPT
FOR SALE

For Further Information
Write or Phone
THE TRANSCRIPT OFFICE
Court Street, Chestertown
Phone No. 2

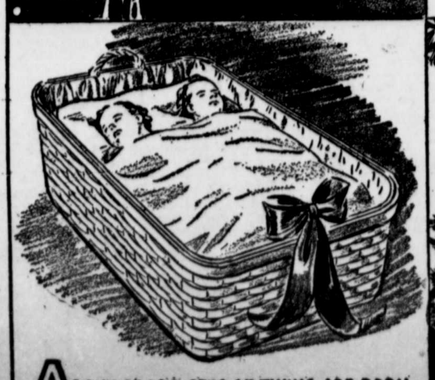
The World's News Seen Through
THE CHRISTIAN SCIENCE MONITOR
An International Daily Newspaper
is Truthful—Constructive—Unbiased—Free from Sensationalism—Editorials Are Timely and Instructive and Its Daily Features, Together with the Weekly Magazine Section, Make the Monitor an Ideal Newspaper for the Home.
The Christian Science Publishing Society
One, Norway Street, Boston, Massachusetts
Price $12.00 Yearly, or $1.00 a Month.
Saturday Issue, including Magazine Section, $2.60 a Year.
Introductory Offer, 6 Saturday Issues 25 Cents.
Name _____
Address _____
SAMPLE COPY ON REQUEST

Our Great America ☆ by Tryon

THE U.S. ARMY ANTI-AIRCRAFT SEARCHLIGHTS HAVE A RANGE OF 5½ MILES AND CAST A BEAM OF 800,000,000 CANDLE POWER.



THERE IS ENOUGH GOLD IN THE UNITED STATES TODAY TO MAKE A "GOLD FENCE" OF 20 HEAVY STRANDS AROUND ALL FOUR BORDERS OF THE COUNTRY.



ABOUT 25,000 SETS OF TWINS ARE BORN EVERY YEAR IN AMERICA.

BY LEAVING SEED TREES STANDING, MODERN LOGGERS PROVIDE FOR THE FUTURE. A SINGLE MATURE PINE TREE MAY DROP AS MANY AS 10,000 SEEDS IN A SINGLE SEASON!

©Maryland State Archives msa_sc3326_scm8232-0166