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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

A few fresh figs previously steeped in any fruit syrup from canned fruit and garnished, if desired, with whipped cream and maraschino cherries, will be a good dessert.

Where flavor is desired, bacon fat is one of the finest things for frying.

To fricassee is to braise but using heavier stock or sauce for the liquid. Stewing, braising or fricasseeing are practically the same thing.

To pan broil is to cook an article on a dry, hot surface.

Large fish are sometimes stuffed and baked but if there be gravy they are in reality roasted.

Grilled chops are one of the best and most healthly dishes to give children. They are better for them than fried.

A fruit salad is easy to eat and refreshing after a large meal.

Never ask your husband for something expensive before dinner, always wait until after a fine meal.

A little salt and pepper, judiciously used will make all the difference in a dish.

To remove finger marks from painted wood, moisten a soft piece of cheesecloth with clean water. Rub off the mark and wipe dry with second cloth.

When drying clothes, hang them straight, placing like garments together on the line. This organizes it for sprinkling.

Lumpy or wrinkled ironing board covers will mark silks, woolens and artifical fabrics.

It is well to know how to remove stains from fresh table linen. This is for all fruit stains except peach. First place a bowl under the stain. Then pour boiling water through stained linen. Wipe off excess water after stain is gone. Shape linen and when half dry, press with warm iron to glaze linen.

Chamois or washable gloves may be washed on wearer's hands, or laid flat on the basin and scrubbed. Use a soft brush and soap suds with cool water.

Every time a washing machine is used it should be rinsed with hot water and wiped dry. Wipe the wringers dry and loosen rolls.

Ironing boards should be clean and smooth. Wash and bleach them to save garments.

To clean an electric iron, use no water as it causes short circuits. Use beeswax, salt, or abrasive cleaner with a soft crushed paper.

A nice hors d'oeuvres is made by braising tiny onions with a little sugar and serving them cold.

Onion soup is good at any time but tastes best as a midnight snack.

A fine fish dish is made by pouring a sauce made of white sauce, seasoned well with salt and pepper, four ounces of grated Gruyere cheese, all melted and poured over some fried or broiled fillets of sole in a buttered casserole and bake in the oven until brown.

Braised veal is best when accompanied by mashed potatoes and spinach.

The common way of preparing rabbits is to boil, stew or make a pie of them. Few people realize that a rabbit is capable of bring roasted.

When preparing a vegetable plate, for the sake of color, place the vegetables in the following order; a heap of new potatoes, a heap of green peas, a heap of carrots, a heap of turnips and a heap of green peas, a heap of a piece of butter and sprinkle copiously with chopped parsley.

Covered vegetable fresherners must be cleaned frequently to remove excess moisture.

Only good steel knives take or keep an edge. Appreciate a good knife—it is not a saw.

For A More Filling Salad Serve One Of Macaroni

There are always those of us who don't find a frozen salad, or a fruit salad satisfying enough for a main dish—but fortunately, like cheese, there is a salad for every occasion and every palate, so—if it's something filling you want, plus tastiness and attractiveness here it is:

MACARONI SALAD

1 package elbow macaroni
1 cup celery, diced
¾ cup cabbage, shredded
1 tablespoon parsley, minced
1 tablespoon lemon juice
½ teaspoon salt
¼ teaspoon paprika
1 cup mayonnaise
1 head lettuce
Radish roses

Boil the elbow macaroni for nine minutes in four quarts of rapidly boiling water to which 1 tablespoon of salt has been added. One or two minutes more may be allowed for extra tenderness. Drain and chill. Combine the elbow macaroni, celery, cabbage, parsley, lemon juice, salt and paprika. Add the mayonnaise dressing, chilled. Toss together with a fork and serve on crisp lettuce leaves. Garnish with radish roses. Slices of lemon served with this salad add both to the taste and appearance of this delightful dish.

Splurging Permissable When Left-overs Are Considered

If the housewife who is on a rather strict budget has the desire to "splurge" once in awhile she really should feel perfectly free to do so. That is, she should feel free if she can arrange it so there are left-overs so the next night's meal will cost practically nothing. If she has "splurged" with a breast of veal as the meat course, her next night's dinner will be a treat. She can serve—veal tartlets. The tartlets are made like this: Use 1½ pounds left over breast of veal. Cut in pieces 1 inch long. Make a cream sauce of 2 tablespoons of butter and 4 tablespoons of flour adding 1 cup of milk and 1 cup of veal broth, stirring constantly. Season with salt and pepper. Add meat, 2 tablespoons chopped green pepper and 2 tablespoons chopped pimento and 1 hard cooked egg chopped. Bake 4 pastry shells and fill with the meat mixture. Sprinkle over sifted bread crumbs and brown under the boiler. Serve at once.

Eggs In Baked Potatoes

There are some people whose breakfast consists of a cup of coffee and a piece of toast. This may be alright for the person who is required to eat an early breakfast, before they are quite awake.

Here is a little different way of having potatoes and eggs:

EGGS IN BAKED POTATOES

6 potatoes
6 eggs
6 tablespoons grated cheese
6 tablespoons butter

Bake the potatoes, cut off the top and remove half of the inside of the potato, in its place drop a raw egg, salt, cayenne pepper, 1 tablespoon butter. Put back into a hot oven and bake for 4 minutes.

Pickled Vegetables Add Flavor To Bland Menues

Housewives who have a vegetable garden are really busy this time of the year, picking and canning vegetables. Some of them will be pickled, others just cooked and canned, but empty shelves will soon be loaded with jars of assorted fruits and vegetables for next winter's use.

Now, the housewife who doesn't have a garden can keep close watch on market prices and when some certain thing she particularly likes reaches low, can purchase in large quantities and go to work.

Pickled vegetables are really good and make a tasty addition to bland meals.

PICKLED CAULIFLOWER

4 heads cauliflower
1 cup salt
2 quarts vinegar
2 cups sugar
¼ cup mixed pickle spices

Separate flowerettes of cauliflower, add the salt and let stand overnight. Place in collander, rinse with cold water and let drain. Tie spices in a thin bag and boil with the vinegar and sugar, throw in the cauliflower, boil a few minutes and pour to overflowing in wide mouthed, sterlized jars. Seal air-tight.

PICKLED BEANS

1 peck string beans
1 quart vinegar
1 quart water
1 pound sugar
1 tablespoon cloves
1 stick cinnamon, broken

Wash and pick over the beans, string and cut. Boil in saltwater (1 teaspoon to 1 quart of boiling water), until tender. Drain and spread out to dry; then pack into air-tight jars. Boil the rest until a nice syrup is obtained. Let cool, then pour into jars, and seal.

PICKLED CARROTS

2 pounds prepared carrots
2 tablespoons salt to 1 quart water
¼ cup mixed spices
1 pint vinegar
1 pint carrot water
4 cups sugar

Wash medium sized carrots, cut in half lengthwise, then crosswise in 2-inch pieces. Cook in boiling salted water until tender but not broken. Drain, mix 1 pint liquid from carrots with the vinegar, sugar and spices and boil to a syrup. Add boiled carrots. Let simmer slowly for several hours, until clear. Bottle while hot, and seal.

Fr'nkf'rter-Cheese Kabob Can Replace The Usual Sandwich For Summer

Though the children are more than pleased that school is over for the summer—many housewives are beginning to worry about the noon-time meal. There used to be only breakfast and dinner to worry about; but now, out of a clear sky, there comes a hungry pack at noon-time as well. Of course, there are always sandwiches—but we all tire of them if too many are served and require a change—such a change as this, that is so simple to prepare, yet filling and ever so tasty.

FRANKFURTER - CHEESE KABOB

2 large frankfurters
½ pound American cheese

Cook the frankfurters in boiling water. Split the frankfurters; then cut slices of American cheese the size of the frankfurters and place on two skewers in the following order: ½ frankfurter, 1 slice cheese, ½ frankfurter, etc. Broil on both sides only for a moment and serve piping hot. Make as many of these as desired and serve on skewers on a round platter placed lengthwise around dish. Fill the center space with relishes or whatever the children like.

A Sandwich Assortment For Garden Suppers

In spite of hot weather, one must eat. This does seem difficult at times, but taking a tip from a clever housewife have on hand the ingredients for many assorted sandwiches, and the ingredients for cooling beverages. This particular housewife of whom we speak informed us that she never tries to force a meal on her family. If it seems too hot to sit down to the table—she merely prepares pitchers full of iced tea, o rsome punch—then makes up a large platter of tempting sandwiches and serves them right out in the yard. She doesn't believe that a sandwich supper is going to hurt her family occasionally and she certainly is right. Here are a few of her collection of sandwiches:

BEET AND SARDINE FILLING

Mash sardines and hard cooked eggs together. Moisten the mixture with beef juice to give a pink color.

EGG AND CHUTNEY SANDWICH

Mash the yolks of as many hard cooked eggs as desired and chop the whites fine. Mix chutney with the yolks to make a spreading paste and spread on thin slices of buttered bread. Sprinkle with the finely chopped whites, and, if liked, lay a very tender lettuce leaf on all. Place another slice of buttered bread on top, press together, trim off crusts and cut in triangles.

CHICKEN GIBLET SANDWICH

Boil the giblets of one chicken in salted water until tender. Put them and one hard cooked egg through the chopper, season with one teaspoon cream, half a teaspoon table sauce, half a teaspoon salt, a little pepper and one teaspoon tomato catsup. Spread on whole wheat bread.

Stuffed Club Steaks Fill The Bill Despite The Hot Weather

Despite the hot weather one still feels the need of hot meals, and in hot or cold weather there is nothing better than a good broiled steak and of course, the finer the steak, the more it is appreciated. Such a dish is a broiled stuffed club steak

BROILED STUFFED CLUB STEAKS

4 club steaks, cut 1 inch thick
1 cup toasted bread crumbs
2 tablespoons melted butter
1 small can mushrooms, finely cut
1 small onion, grated
Salt and pepper

Have a pocket made in the steaks from the side next to the bone. Combine toasted bread crumbs ,melted butter ,mushrooms and grated onion. Season with salt and pepper, and moisten with hot water. Fill pocket with dressing. Thoroughly pre-heat the broiling oven. Place steaks on rack so that there is a distance of about three inches between the top of meat and source of heat. If this distance must be less, reduce the temperature accordingly. Broil until one side is nicely browned, then season, turn and finish the broiling on the second side. Allow about twenty minutes for broiling.

Fruits Punches

Make a syrup by boiling onehalf cup each of sugar and water to a thread. Stir into this a tablespoon of Orange Pekoe tea, add the juice of one lemon and two oranges, with one-fourth cup each of shredded pineapple and preserved raspberries. Let the whole stand for an hour or, longer, strain, add cold water to make a quart and serve chilled.

CHOCOLATE JULEP

Add to one-fourth cup of chocolate syrup the juice of two oranges, one-half cup syrup from canned raspberries, and one cup of pineapple juice. Add one pint sparkling water. Serve chilled.

THREE FRUIT PUNCH

Mix the juice of one lemon, one-half cup of strawberry juice, and one-half cup of pineapple juice. Add one-fourth cup of sugar or more if fresh fruit is used. Add water, either plain or sparkling, to make a quart.

Chinese Fingerprints

Fingerprinting is by no means a new development in crime detection. The Chinese have long used it for documents and bank notes.

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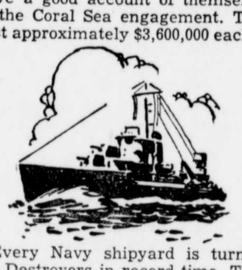

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ACTIVITIES IN AND AROUND MILLINGTON

Mrs. Warner Porter is visiting in Long Island City, N. Y., this week with friends.

Rev. and Mrs. Willard Everett and son ,Willard, Jr., are visiting this week at the home of his parents, Mr. and Mrs. Samuel Everett, near town.

Mrs. Millard Slaughter, of Elkton, Md., is visiting this week with her mother, Mrs. Kate Garton.

Mr. and Mrs. Jonathan Jones are attending the Rural Mail Carriers Convention in Salisbury, Md., this week.

Mr. and Mrs. Spencer G. Stevens and daughter ,Miss Ethel, of Baltimore spent the week-end with their mother, Mrs .Charles S. Stevens.

Mr. and Mrs. Jesse Slaughter, of Elkton, Md., and Mrs. Slaughter remains in town this week to visit relatives and friends.

Mrs. Elmer Bailey, Mrs. Milbon Cleary and Mrs. Clarence Gilpin all of Wilmington, Del., spent Sunday with Mrs. Gilpin's aunt, Miss Marie Vansant.

The Ladies Bible Class of Asbury Church will hold a lawn fete on the lawn of Cooper Dixon, near town. There will be a program rendered and ice cream and cake will be served. Be present and have an enjoyable time.

Little Prestige

The Supreme Court of the United States, for 2½ years after it was established in February, 1790, did not have an opportunity to try a single case. Almost two decades later, the court still had so little prestige that it once held its sessions in a tavern while a room was prepared for it in the basement of the Capitol.

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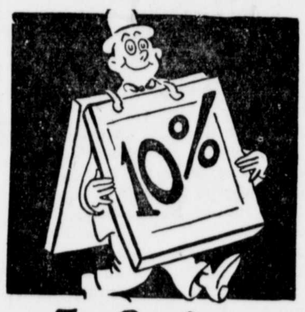

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You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

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