THREE MEALS A DAY

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

Copyright by SIDNEY SNOW, 1935

Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

In a small kitchen, there is hardly room for a sink with more than one drain board. Where space permits, however, the sink with a drain board on both sides is far better for speed and order in dishwashing. The dishes may be stacked at the right hand side immediately on being brought from the table, washed, and placed on the left-hand drain to be dried.

Boiled beef and pot roasts lend themselves to morning preparation and are still excellent on reheating with gravy.

When substituting shortening for butter in a recipe, use the same quantity shortening as butter called for, adding 1 teaspoon of salt for every cup of shortening used.

Fruits which are to be cooked need not be absolutely ripe. In fact, they retain their form better when cooked if they are just a little under-ripe. Peaches, however, peel better when ripe. Berries which are overripe may be saved by cooking and using in sauces and drinks. Rhubarb should have an unwrinkled skin.

When cooky dough is to be rolled on a floured board with a floured rolling pin, care should be exercised to use just the right amount of flour. There must be enough to keep the dough together without sticking to the board or pin, so that the cooky will cut easily and can be easily lifted with a spatula from the board, yet not so much flour as will make the dough tough. More flour will be needed than the recipe calls for in some instances, and, in such a case, add it slowly, a little at a time, until the right consistency is reached. Flour board lightly as in pie making. Some of this flour will be incorporated in the dough, but try to limit this to as little as possible. It takes longer to make rolled-dough cookies than the other two kinds and the dough is more troublesome. However, such a dough makes a large quantity of cookies at a time and they stay fresh longer than the other varieties.

Fresh pineapple, softened by standing, or canned fruit, mixed with cut-up marshmallows and chopped nuts and held together with whipped cream is a good dessert, simple to prepare and delicious to eat. The pineapple and marshmallows should be prepared early in the day and left standing in the refrigerator to blend well. The cream and finely chopped nuts are added just before serving.

Form cold mashed potatoes into medium sized balls, and flatten on top and bottom. Roll in flour and fry in butter and chicken fat, just enough to cover the bottom of the skillet and to keep the potatoes from sticking. Fry brown on one side, then turn with a spatula and brown on the other side. If the potatoes seem dry or it is desired to increase the quantity add a whole egg and mix with flour to make potato dough dry enough to form into balls.

When a portion of a cup of shortening is called for in a recipe fill the measuring cup with water to amount of difference between fat called for and a full cup. Add fat to bring water up to the full cup measure. Throw off water and the required amount of fat remains. For example; if ¾ cup of shortening is wanted, fill cup ¼ full of water, add fat until the water reaches the full-cup level. You then will have ¾ cup of fat.

When carving a steak, run the knife along each side of the bone to separate the meat from it. Cut the meat in oblong strips so that each piece contains a portion of meat nearest the bone and a portion of the other part of the meat.

To beat egg whites, separate the yolk from the white and use a rotary beater vigorously until the whites are very stiff and no liquid is left in the bowl when it is tipped. Lacking a rotary beater, a fork or wire whip may be used. The whites beat better if cold, and when stiff, should come out of the bowl in one mass.

Switches are a desirable convenience in all rooms, particularly the dual control type for stairways, one switch at the head of the stairs and other at the foot, but in the bathroom or other places where the hand may be wet when turning on the light, they are a necessity.

Casserole meals of lamb, veal, or chicken lend themselves to morning preparation and take care of the vegetable cooking at the same time, so that last-minute heating is all that is necessary for the evening meal.

The broth from boiled beef is ideal to use as the base for leek soup, and, if it does not seem strong enough, a bouillon cube or two may be added. Dissolve the cube in boiling water and add to the broth.

American Cheese Dishes Are "Tops"

It is really amazing to discover that despite the fact that there are many of our old favorite cheeses not available, we can still take our reliable American cheese—yellow cheese—store cheese—sharp cheese—mild cheese—whichever you choose and go right on preparing old favorites, such as macaroni and cheese, Welsh Rarebit, au gratin potatoes, etc.

It might just prove interesting to serve a Welsh Rarebit soon, particularly if your family has been on a cheese strike, moaning the loss of some pet cheese—instead of looking around to see what is available and then doing the best thing with it. Then when Welsh Rarebit has been succcessfully served, not long afterwards try another such as these.

MEXICAN RAREBIT

½ tablespoon fat
½ green pepper
2 cups grated cheese
1 egg
1 cup canned corn
¼ teaspoon salt
½ cup canned tomatoes
½ cup bread crumbs
6 slices buttered toast

Melt the fat in the top of the double boiler over direct heat. Add the chopped pepper and cook until slightly softened, but not browned. Set over hot water, add the cheese and stir constantly, until the cheese is melted. Mix beaten egg, salt and corn and stir into the cheese mixture; then add the chopped tomatoes and crumbs. Allow the mixture to heat through and serve on toasted bread.

CHEESE FONDUE ON TOAST

1 cup grated cheese
3 tablespoons melted fat
½ teaspoon salt
Paprika
6 eggs
6 slices taosted bread

Mix the grated cheese with the fat and add salt and paprika. Beat the eggs until light, add to the cheese mixture, pour into a saucepan, set the pan in another pan of boiling water and cook, stirring constantly until the cheese is smooth and creamy. Lay the toast on a hot plate, pour the fondue over it and serve at once.

V

Tasty Bits Are Short Cut To Compliments

Fishing for compliments in a round about way isn't at all successful or for that matter complimentary — but oh me—she who gets spontaneous compliments by the simple expedient of serving something simple and delicious, really knows what a compliment is. Little need be said actually—just the sight of a certain food being very thoroughly and whole-heartedly consumed is a very special compliment. And—to demonstrate some short cuts to compliments here are:

BEATEN BISCUITS

4 cups flour
¼ teaspoon soda
1 teaspoon salt
2 tablespoons shortening
½ cup cold milk
½ cup ice water

Sift together the flour, soda and salt. With two knives cut in the shortening. Add milk and ice water to make a stiff dough. Turn out onto a board and knead thoroughly. Then beat with the fat end of a rolling pin until the dough blisters and cracks, about 30 minutes. Keep the dough in a thick mass by folding it over after each two or three whacks with the rolling pin. Roll the dough 1-3 to ½ inch thick, cut biscuits 1½ inches in diameter. Prick three times with four-pronged fork. Bake in a moderately hot oven (375 F.) 30 minutes or until light beige in color. Usually served cold. Makes 32 biscuits.

SPICED GLAZED APPLES

Core 8 small red apples; pare 1-3 way down from top. Stud with whole cloves and broken stick cinnamon. Add water to cover bottom of pan. Cover; bake in a moderate oven (350) until tender (25 to 30 minutes). Remove apples to shallow pan. Add ½ cup sugar to juice in baking pan; cook to syrup. Baste apples with syrup; sprinkle each with 1 teaspoon sugar. Glaze until broiler flame. Serves 6 to 8.

V

Baked Bean Roast

Whether or not the housewife keeps a budget, ther always comes the day when she glances in her change purse and discovers that the finances are getting a wee bit low. The usual thing at such a time is to economize on dinner—maybe baked beans and hot dogs seem cheap enough, or possibly macaroni and cheese—but then comes that quilty feeling of "squeezing"—of obviously showing that we are economizing. Now fortunately, there are dishes that will cost us next to nothing, but will look and taste fine. Take for example baked beans—they are certainly inexpensive, but can be dressed up to make friend husband cry for more—particularly this way.

BAKED BEAN ROAST

2 tablespoons minced peppers
2 tablespoons minced onion
4 tablespoons fat
4 cups mashed baked beans
2 eggs, slightly beaten
2 cups crumbs
1 cup tomatoes
Salt and pepper
½ teaspoon paprika

Cook pepper and onion in fat. Add other ingredients in the order given. Bake in an oven (350 F.) in a greased baking dish for thirty minutes. Serve with brown sauce or tomato sauce.

V

Salmon Stuffed Idahos

6 medium sized Idaho potatoes
1-3 cup hot milk
1 egg, well beaten
1 teaspoon salt
¼ teaspoon paprika
1-8 teaspoon cayenne
1 tablespoon lemon juice
1½ cups cooked salmon, flaked
1-3 cup minced onion
2 tablespoons butter

Bake the potatoes. When baked, remove from oven and split in halves lengthwise. Scoop out the potatoes, taking care not to break the shells. Mash the potatoes and add the milk, well beaten egg, salt paprika, cayenne, lemon juice, salmon and the onions which have been sauted in the butter. Mix well. Refill potato shells, sprinkle with buttered crumbs and bake in a moderate oven (350 F.) for 20 minutes.

V

Creamed Mushrooms For A Tasty Luncheon

It is really a treat to many women to be served a luncheon of mushrooms—just lots of fried

MUSHROOMS ON TOAST

1 lb. mushrooms
3 tablespoons butter
Juice of ½ lemon
1 teaspoon chopped parsley
Buttered toast
Satl and pepper

Leave the mushrooms unpeeled if desired, can them and let stand in cold water for ten minutes. Drain thoroughly. Put butter in frying pan and when hot add the mushrooms, saute for six or seven minutes tossing, constantly. Add lemon juice and chopped parsley, salt and pepper and place on the pieces of buttered toast which have been arranged on hot platter.

CREAMED MUSHROOMS

2 tablespoons butter
1 tablespoon flour
½ cup cream
¼ teaspoon pepper
1 teaspoon salt
½ cup boiling water
2 cups mushrooms

Make a sauce of the fat, flour cream and seasoning. Prepare mushrooms and stew them in boiling water until tender. Add without draining, to cream sauce. Serve very hot.

V

Left Over Baked Ham In Two Of Many Uses

When we serve a baked ham, we can nearly always be certain of having a goodly amount left over. This we use for excellent sandwiches, either plain or grilled for lunch the next day. Then we skip a day and serve the remains in either of these two ways:

CREAMED SHREDDED HAM

1½ ounces shredded cold ham
1 tablespoon minced pimento
1½ cups thin creamed sauce
1 tablespoon chopped olives
½ teaspoon salt and pepper, mixed

Add ham and seasonings to cream sauce. Serve on toast or in patty cases. Serves six.

HAM CUTLETS

2 cups minced cold ham
1 cup thick white cause
Few grains cayenne
1 tablespoon minced green peppers

Add sauce to ham, then add seasonings. Spread on a plate to cool. Shape in the form of cutlets, dip in crumbs, egg the crumbs again and fry in deep fat at a temperature of (350F.) for 1½ minutes. Drain, garnish with green leaves. Serves four.

V

Plain Muffins With Several Variations

Being familiar with a recipe shortens the time for the preparation of a dish considerably, even though it might be necessary for a quick check-up now and then to be sure things are proceeding as per schedule. This being the case one good muffin recipe with several variations will put the housewife in a position to serve either plain or filled muffins, with as much ease as she prepares the rest of her meal.

BAKING POWDER MUFFINS

2 cups sifted flour
2 teaspoons double action baking powder
2 teaspoons sugar
½ teaspoon salt
1 egg, well beaten
1 cup milk
4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Combine egg, milk, and shortening, add to flour beating only enough to dampen all flour. Bake in greased muffin pans in a hot oven (425 F.) 20 minutes. Makes 12 muffins. Cake flour can be used giving especially fine-textured and delicate muffins

For Currant Muffins— Add ½ cup currants, washed and drained to flour mixture.

For Date Muffins— Add 2-3 cups dates, seeded and finely cut, to flour mixture.

For Apricot Muffins— Add ½ cup dried apricots, washed, dried and cut to flour mixture.

For Nut Muffins — Add ½ cup nut meats, coarsely broken, to flour mixture.

V

Cookies On Hand During The Holidays

With Thanksgiving just around the corner, but going in the opposite direction, we already feel that the Christmas holidays have started. At least, we start Christmas shopping—making up lists for cards and gifts and planning on the foods we'll have on hand—We plan the supper parties we'll have, and in general just be as busy as can be for the next month, but it's such a nice kind of a way to be busy. So much excitement in the air, and the stores so attractively decorated, and yet with so much to be done at home, one is absolutely torn between the desire to spend all her time down town and a desire to "get things going" at home.

But concentrating on the things to be done at home we simply must take the cookie situation in hand. The children will be home, their friends (eternally hungry) will be dropping in and out all day long and there are always some people to whom we give lovely tins of cookies as gifts, and we ourselves aren't above a good cup of tea and a dish of cookies long about four in the afternoon. So taking all into consideration, cookies are a "must and here are just a few of the dozens and dozens that could be suggested.

SAND TARTS

½ cup shortening
1 cup spgar
1 egg
1 3-4 cups flour
2 teaspoons baking powder
¼ teaspoon cinnamon

Cream shortening, add sugar slowly then the unbeaten egg. Sift in the flour and baking-powder, and add more flour if necessary to make a stiff dough. Roll out very thin. Cut with a doughnut cutter. Sprinkle with sugar and cinnamon.
If desired, decorate with nuts or fruit. Bake in a moderate oven (350-375 F.) 10 to 12 minutes.

SUGAR COOKIES

2-3 cup shortening
1 cup sugar
2 eggs
3 cups flour
2 teaspoons baking powder
1-3 cup milk
½ teaspoon salt
½ teaspoon vanilla

Cream the shortening and mix well with the sugar, add the beaten egg, then the flour, baking-powder and salt sifted together, alternating with the milk. Roll and cut in any desired shape. Sprinkle with sugar before baking. Bake in a moderate oven (350-375 F.) 10 to 12 minutes.

RAISIN ROCKS

1 cup shortening
1 cup brown sugar
1 teaspoon salt
Flour
1 teaspoon ginger
1 teaspoon soda
2 cups mollasses
1 cup seeded raisins

Put the shortening, sugar, molasses, ginger and salt into a saucepan together. Stir the mixture until it boils then boil it for five minutes. Pour into a bowl and stir in flour and soda sifted together until it is just stiff enough to drop from a spoon. Add the raisins and drop by spoonfuls on to a greased shallow pan. Bake the rocks in a moderate oven (375-400 F.)

V

Home Made Freezer For Water Ice

The person who seldom makes home-made water ice is not very apt to keep a freezer in the house. However, this isn't important as she always has her refrigerator, either mechanical or ice filled and can make water ice with either type.

Grand water ice can be made by using a mold and a large pan. In this manner use three parts of ice to one part of cooking salt. The ice should first be placed in a sack or flannel bag and crushed with a wooden mallet. The container should be filled one-third with crushed ice. Then add the salt and ice in alternate layers, so that as the ice melts it dissolves the salt which trickles through the other ice to the bottom.

The molds used must, of course, have tight-fitting covers. A little butter may be rubbed along the edges before putting the mold into the mixture. This type of home made freezer will be just as grand when water ice is the favorite dish. It should be placed in a cool place and left for two hours before the water ice is to be served.

A novel ice is a pleasing thing to serve and apricot ice is probably as novel as anything.

APRICOT ICE

½ pound apricots
10 ounces castor sugar
1 pint water

Stone and crush the apricots and pass through a sieve. Make a syrup with the sugar and water. Mix well, cool and put in the freezer.

Poached Eggs With Spinach With The Frills

There is absolutely nothing new about plain boiled spinach with poached eggs, and no one is particularly impressed by the thought. However—a little fancy dressing with all the frills makes all the difference in the world. The eggs seem to sit up and take notice and the spinach puts on its best green make-up and all in all, it's a grand affair.

EGG AND SPINACH CASSEROLE

1 cup cooked spinach, drained and chopped
2 cups white sauce with bread crumbs
6 eggs
Salt and pepper
1 cup grated American cheese
Paprika

Line the bottom of a buttered baking dish with spinach. Pour the bread crumb sauce over it. Break eggs and drop them carefully in circular arrangement over white sauce. Season and sprinkle with cheese and paprika. Bake in moderate oven (375 F.) for fifteen minutes.

To make the sauce: remove the crusts from 3 slices of bread and then crumble the bread. Scald one cup of milk, add bread and cook slowly, stirring well, until the mixture thickens. Add 1 tablespoon of butter, salt and pepper to taste and beat until smooth.

V

Irish First

It is believed that the Irish were the first to can salmon in Cork, Ireland, 1845. Instead of cutting the fish to fit in the can, however, the can was built around the fish.

V

Lighthouse 'Killers'

Hundreds of deaths have been caused by lighthouses for every life saved. Millions of birds have been lured by the beacons and crashed against the lights to fall to their deaths.

WOMEN AT WAR

Betsy

The little girl tugged gently at her mother's sleeve

"Now, Mother?" she asked. "Now can't we write my letter?"

"Why, of course, Betsy," Mrs. Carson grinned. "Are you going to write it or am I?"

"Well," Betsy said. "Maybe you'd better kind of say it to me. Only I'd love to write it."

"All right, then, Miss Carson, take a letter," her mother said, walking slowly up and down the room. "Ready? 'Dear Mr. Morgenthau: The way I save money for War Stamp buying is to steer all the small household jobs toward my daughter, who is eight years old. She is so keen about buying War Stamps that I know all the money I might have paid to someone else for doing the jobs will go toward Victory when paid to her.'

"Now make a list, Betsy. 'Windows washed, 60 cents. Apples picked from under the tree, 25 cents. Emptied trash cans, 4 cents. Sold string beans from the garden, 15 cents. Sold strips of spoiled film to children for sungazing, at one cent a yard, 20 cents. Total, $1.24. Yours helpfully, I hope,'—and then I'll sign it at the bottom."

Betsy was puffing like a grampus from her labors. The tall, painstaking letters tottered bravely across the sheet of paper. Gravely Mrs. Carson took the pen to sign.

"Mother, would it be the proper etiquette if I signed it too?"

"Perfectly proper, I think," Mrs. Carson said without a smile, and handed the pen back to Betsy.

(Letter from an actual communication in the files of the Treasury Department.)

• • •

Every member of the family should invest in America's future. Make certain at least 10 percent of the family's total income is pledged to victory no later than New Year's Day. *U. S. Treasury Department*

Play Safe

According to the best authorities, the minimum daily A, D and B Complex Vitamin requirements of the average person are: A 4,000 USP Units, D 400 USP Units, B1 333 USP Units, B2 2,000 Micrograms, and approximately 10,000 Micrograms Nicotinamide. The required amounts for other B Complex Vitamins have not yet been established.

Many people do not get enough of these essential Vitamins. DO YOU? Why not play safe by taking ONE-A-DAY BRAND VITAMIN TABLETS

Each ONE-A-DAY Vitamin A and D Tablet contains 25% more of the cod liver oil vitamins than the minimum daily recommended quantity.

Each ONE-A-DAY Vitamin B Complex Tablet contains full minimum daily requirements of Vitamins B1 and B2 and 10,000 Micrograms of Nicotinamide together with a substantial amount of other B Vitamins.

When you buy Vitamins, compare potencies and prices. Note how ONE-A-DAY Tablets conform to the average human requirements. See how reasonable the cost.

Get them at your drug store.

CHRISTMAS SNAPSHOTS IN Color

KODACOLOR FILM

• This Christmas you can take snapshots of the holiday festivities in color. Simply load your camera and shoot with famous Kodacolor Roll Film. After the film has been processed, select the negatives from which you wish prints and leave them with us. Later you will receive Kodacolor Prints . . . full-color snapshots on paper made by Eastman. Kodacolor Film is available in 616, 620, 116, 120, 127, and 122 sizes. Makes an ideal gift to the "family photographer" in your home.

NELSON J. FORNEY, JR.
(Successor to J. S. Kreeger)
CHESTERTOWN
Maryland

NEW FARM MACHINERY
ON HAND

1 Model "WC" Allis-Chalmers Tractor
1 Model "14" New Idea Tractor Manure Spreader on rubber
1 Model "11" New Idea Horse drawn Manure Spreader on rubber.
1 Model "10" Flare Board New Idea Manure Spreader.

Used Equipment

1 Model "B" John Deere Tractor with Cultivators
2 No. 8 New Idea Manure Spreaders.

JEWELL BROS.
Lynch, Maryland
Phones:—Chestertown 819F3; Still Pond 49J

LOVE POINT FERRY

To and from the HEART of BALTIMORE
(Standard Time)

LEAVE LOVE POINT
(B. & E. R. R. PIER)
DAILY ex. Sun. 1:00 a. m. · DAILY 9:35 a. m. · DAILY 6:00 p. m.

LEAVE BALTIMORE
(PIER 5, LIGHT STREET)
DAILY 7:00 a. m. · DAILY 3:00 p. m. · DAILY ex. Sat. 9:00 p. m.

Passengers, Automobiles and Trucks Handled on All Trips

PASSENGERS:
55c ONE WAY · 94c ROUND TRIP (4-day limit)
72c ONE DAY EXCURSION
AUTOS INCLUDING DRIVER $2
TRUCKS INCLUDING DRIVER $3 to $6
SHORTENS THE WAY BETWEEN BALTIMORE & THE EASTERN SHORE

BALTIMORE & EASTERN R.R.

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

YOUR NEEDS

32% CONCENTRATES with your Home Grown Grains.
Produce more milk for less money.

ROSE BUD EGG for better egg production and bigger profits

SALT for curing your meat

BROOKS' MILL
Phone 80 Chestertown, Md.

Kidneys Must Work Well-
For You To Feel Well

24 hours every day, 7 days every week, never stopping, the kidneys filter waste matter from the blood.

If more people were aware of how the kidneys must constantly remove surplus fluid, excess acids and other waste matter that cannot stay in the blood without injury to health, there would be better understanding of why the whole system is upset when kidneys fail to function properly.

Burning, scanty or too frequent urination sometimes warns that something is wrong. You may suffer nagging backache, headaches, dizziness, rheumatic pains, getting up at nights, swelling.

Why not try *Doan's Pills*? You will be using a medicine recommended the country over. *Doan's* stimulate the function of the kidneys and help them to flush out poisonous waste from the blood. They contain nothing harmful. Get *Doan's* today. Use with confidence. At all drug stores.

DOAN'S PILLS

©Maryland State Archives msa_sc3326_scm8232-0427