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

If fish is dressed, it will keep in good condition if placed on ice, or in a refrigerator well covered.

To make a good sour cream salad dressing, mix fresh one pint and a half of thick sour cream and season to taste with sugar, salt and pepper. Add two tablespoone of white vinegar and chopped chives or onions. Serve on sliced cucumbers.

Nut meats stored in a covered glass container, placed in the refrigerator or as cold a place as possible, keep over the longest period of time. This is probably due to the fact that the temperature checks deterioration of the fat in the nut meats.

Wall paper can be kept fresh and bright by frequent dusting. One should use soft cloths for this, or soft, long-handled hair brooms. Use firm, even strokes, trying to have the cloth take the soil. Be sure, however, that you do not scratch the paper. Gum and paste cleaners are like erasers, but too often smear.

Beef steaks for broiling should never be cut less than one inch in thickness, an inch and a half or two inches is better. Single lamb chops are best cut about three-fourths of an inch thick, double chops are best cut about two or three inches in thickness. It is much easier to obtain the well-browned exterior and the medium-done interior if steaks and chops are cut thick.

Spring decorating, especially if several rooms have to be done, involves more upsetting than is necessary with ordinary house-cleaning. This, of course, cannot be helped as the decorators have to be allowed a reasonable freedom to do their work as quickly and uninterruptedly as possible. Depending upon circumstances, the cleaning may be done while the house is torn up or it is sometimes better to settle the rooms temporarily as the decorating is finished, leaving the thorough house-cleaning to be done later and in a more leisurely manner.

Perspiration stains may be removed from washable garments by soaking in a solution of salt before washing. Use a handful of salt to each quart of water.

To make an ammonia solution for removing stains—one-quarter cup household ammonia; one-quarter cup cold water. Mix and bottle. Using a tight-fitting cork. Then label the bottle "Half Strength Household Ammonia." Ammonia used too strong weakens colors.

Peaches are cheaper when bought by the basket than by the pound, and usually they are not all in the same state of ripeness, which is an advantage if they are not all to be used at one time.

Now days, it is quite the thing for the housewife to buy odd pieces of unpainted furniture for her home and to finish them herself. Before painting these pieces though, it is a good idea to buy a fileed stained to match the wood. Apply the filler with a wad of excelsior or rough cloth. Rub across the grain of the wood. Let the filler dry and then rub length-wise of the wood. When thoroughly dry proceed with the next process—paint, varnish or wax. Filling the wood gives a much better top surface.

Blood stains are set by hot water, so treat them before washing. For washable fabrics, sponge until the stain is loosened. Then with cold water. If stain remains, soak in dilute ammonia solution until stain is loosened. Then launder. For non-washable fabrics sponge with cold water. If the stain remains, bleach with hydrogen peroxide. Hydrogen peroxide should not be used on colored fabrics without first testing on an inconspicuous place. Rinse the bleach from the fabric thoroughly.

Quick-frozen fresh foods can be purchased in many localities. These foods are ready for cooking. This eliminates need for preparation, such as shelling peas and beans, trimming meats, etc. These frozen foods are a marvelous help to the working wife and also give the housekeeper more time away from home.

—V—

Clam Casserole For Friday Feasting

Friday dinner can be just as interesting a meal as on any other day. We all know that fish dinners can be sad affairs and cause us a great deal of worry and make us wish that Friday came once a month instead of every week. There are a great many women, however, who can make their Friday dinners an occasion of great goodness. These women have tried recipe after recipe and have gathered together several that are choice and well liked by the family. We all tire of fried or broiled fish so to get away from this we serve something like this:

CLAM CASSEROLE

1 pint clean clams finely chopped
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
2 tablespoons flour
½ teaspoon salt
2-3 cup sliced carrot
1 cup chopped celery
½ cup drained canned tomatoes
3 cups mashed and seasoned potatoes
Bread or cracker crumbs
Grated cheese

Butter a casserole and cover the bottom with the chopped clams. Add the lemon juice and Worcestershire sauce. Sprinkle with flour and salt. Add the vegetables in layers. Cover the potato with the crumbs and cheese mixed, and bake for 20 minutes in a moderate hot oven.

—V—

Treat Yourself To An Inexpensive Dinner

When one speaks of a "treat" we usually are flooded with ideas of quite expensive dishes—possibly a broiled lobster, or a choice bit of fillet mignon smothered with mushrooms—but never let it be said that you can't treat yourself to an inexpensive dish, because such dishes as this one of beef can be anyone's treat and a very special one at that:

SAVORY BEEF

2 pounds beef, plate, shank, rump or round
3 large onions, sliced
3 tablespoons flour
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon ground cloves and thyme
1 pint brown stock or boiling water and meat extract
1 tablespoon catsup
2 tablespoons vinegar

Brown the onions slowly in the fat. Increase the heat. Cut meat into slices desired for serving, add it to the onions and brown. Mix the flour and the dry seasonings. Sprinkle this mixture over the meat. Add the stock, vinegar and catsup. Cover closely. Simmer until meat is tender, allowing at least two hours for shank or plate and one and one-half hours for rump or round.

—V—

Cracked Wheat Muffins

1 1-3 cups whole wheat flour
2-3 cups cracked wheat flour
2 teaspoons baking powder
1 teaspoon salt
3 tablespoons sugar
1 cup milk
3 tablespoons shortening
1 egg, well beaten

Sift whole wheat flour, baking powder, sugar and salt. Blend melted shortening, egg and milk, add ggradually to sifted flour. Mix well-greased muffin tins about two-thirds full. Bake in a hot oven (425 F.) for about 20 minutes. A half cup of raisins may be added if desired.

GRAHAM BREAD

2 cups milk
4 tablespoons molasses
4½ cups graham flour
2 teaspoons salt
1 yeast cake

Scald milk and add shortening, salt and molasses. Cool. Dissolve yeast cake in mixture and beat well. Add graham flour, unsifted, mix well. Set to rise in a warm place until double in bulk. Make into rolls or loaf. Let rise again until double in bulk. Bake in oven (425 F.) until brown, 25 to 30 minutes.

—V—

Baked Oysters In Shells Serves Few Or Many

Those tasty little edible marine bivalve mollusks—oysters— are the grandest little things imaginable. Being very nourishing and so easily digested they are recommended for sick people and convalescents as well as for good healthy people. The fact that they require little cooking makes them a favorite with many women and their fine flavor makes them a favorite with the men as well as the women.

There are many towns that don't sell oysters in the shell but they come freshlly shucked from a nearby town, this, of course, makes it impossible to serve this dish.

Here is one very good way to make baked oysters: Wash scrub with a brush four or five fresh unshelled oysters for each service. Arrange the oysters in a dripping pan, deep shell downwards, and bake in a hot oven until the shells separate. Do not bake too long or the oysters will become tough. It may be necessary to open some of them when done. Remove to a hot serving dish, and pour on each oyster a teaspoon of the following mixture: Cream two tablespoons of butter, add a few grains of salt, a dash of paprika or a drop of tabasco sauce and two-thirds teaspoon of emon juice.

This means a nice thing to serve for a party when people are dropping in every now and then as a few or many can be prepared at once. They must be served immediately though.

—V—

Five Story Pancakes

5 large pancakes
Butter
¼ pound cooked sausage meat
3 tablespoons maple butter
3 tablespoons chopped cooked bacon
3 tablespoons apple jelly

Spread each cake with butter. Cover first pancake with sausage patties. Cover with second pancake. Spread with maple butter made by creaming together butter and maple sugar or syrup. Cover third pancake with bacon and the fourth with apple jelly. Top with fifth cake. Place in a hot oven for a few minutes. When serving cut in pie shaped wedges and serve very hot, or make cakes and serve one five-story cake per person.

—V—

Onion Souffle

6 medium sized onions
3 eggs
1 cup milk
1 tablespoon flour
1 tablespoon butter
Salt

Peel and cut the onions in quarters and boil them until very soft, changing the water once. Drain well by allowing to stand in a sieve for about five minutes; chop very fine and rain again. Season with salt and a very little pepper. Cream the butter and flour together. Bring the milk to a boil and pour it on the mixture of butter and flour, gradually, to avoid lumping. Beat the yolk of egg to a palle lemon and add them to the cream sauce, then add the onion pulp, and finally fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake in a moderate oven 25 to 30 minutes. Serve at once. This is fine with beefsteak.

—V—

Sunday Night Supper Served By Fire

There will always come a time Sunday evening, provided, of course, that we didn't have a very late dinner, that the family will start showing signs of hunger. This is the "get up and go" sign to mother because when her family is hungry there's only one thing to do about it.

How nice it would be on this particular Sunday night to serve supper in the living room for a change—on little tables before the fire for instance—and with a supper that is simple it's no trouble at al to serve there.

TOMATO AND BOSTON BEAN SALAD

6 firm tomatoes
1 small can oven baked beans, Boston style
3 tablespoons India relish
2 tablespoons stuffed olives chopped
Mayonnaise
Lettuce

Cut a thin slice from top of tomatoes, remove seeds, sprinkle with salt and invert to drain. To the oven baked beans, add relish and olives. Moisten with mayonnaise. Mix thoroughly and stuffff tomatoes. Top each with a spoonful of mayonnaise and place a narrow strip of tomato crosswise over the top as a garnish. Serve in a nest of crisp lettuce.

Nearly all of us have a pet recipe for biscuits so we'll skip over them this time and go on to the desert—and that's really something—caramel ice cream, made right in your own refriggrator and not a difficult recipe either—in fact, very simple once you learn how it's done.

CARAMEL ICE CREAM

2 cups milk
2-3 cup sugar
¼ cup hot water
2 tablespoons cornstarch
Dash of salt
3 eggs
1 cup whipping cream
1 teaspoon vanilla

Heat the sugar in a heavy frying pan stirring until melted and light brown in color. Add one-quarter cup hot water and stir until smooth. Scald 1½ cups milk in top of double boiler. Mix cornstarch, salt, then moisten with ½ cup cold milk. Add to hot milk and cook for 25 minutes, stirring occasionally, then add the caramel plus one tablespoon of sugar. Beat three egg yolks and one egg white, add the hot custard, return to the double boiler and cook for five minutes. Whip two egg whites until stiff and add vanilla and finally the cream which has been whipped until thick but not stiff. Freeze without stirring at a high temperature. When frozen, reset to lower temperature until used..

—V—

New Things To Do With Baked Potatoes

As days grow colder, appetites grow larger. But the hours in the kitchen needn't be overly long, if you do your cooking in the oven where you don't need to watch it every minute.

That doesn't mean just meats but vegetables too. For instance, what has more appetite appeal and less work involved than a steaming hot baked potato popped open and showing a heart of golden butter? Yes, it's hard to beat.

The important thing in baking potatoes is to choose dry, mealy white potatoes which will remain white after they're cooked.

Baking potatoes is perhaps the most healthful method of preparing them because those elusive minerals and vitamins which are found right next to the skin are sealed in. There's no trick to baking, but here are the rules to follow for greatest satisfaction: Scrub them. Set oven control at 450 (moderately hot) and put the potatoes in while the oven is just warming up, if you want the skins soft. If you prefer them crisp, then heat the oven to 450 F. before putting the potatoes in.

For interesting variations in this old standby—Idaho Baked Potatoes:

IDAHO SUZETTES

6 medium-size Idaho potatoes
½ cup hot milk
2 tablespoons melted fat
6 tablespoons buttered crumbs
1 tablespoon grated cheese
Salt and pepper

Select medium-sized or large potatoes and scrub them and bake at 450 F. When done remove a piece of skin from the side of each potato to make it boat shaped, or cut large potatoes in two lengthwise. Scoop out the inside, being careful not to break the shell. Mash very thoroughly. It is advisable to put them through the ricer—add butter, salt and milk, and beat well. Pile the mixture lightly back in the shells. Refill the shell almost to the top, break an egg into each opening, season with pepper and salt and sprinkle with buttered crumbs that have been mixed with grated cheese and bake in a slow oven (250-350 F.) long enough to set the egg and brown lightly—about six minutes.

Along this same line are Russet Half-Shells. Prepare the potatoes, as far as baking and mashing the "middles" is concerned, just as you do for Idaho Suzettes. Just before returning the mashed potatoes to their shells, whip in chopped Idaho Sweet Spanish onions which have been sauteed until tender in a little butter—two tablespoons for each potato. Then refill the shells and top with two or three small pork sausages which have been partially cooked. Return to the oven and bake until sausage is cooked through and brown.

A really quick stuffed potato is the one you will stuff before you bake it. The Dutch stuff them with frankfurters or link sausages. —Prepare Idaho Russett Potatoes in the usual way for baking. With an apple corer, make a hole through the potato length wise and stuff with the frankfurter or sausage. For an even richer flaver, make a mixture of finely chopped Idaho Sweet Spanish onions and ground meat. Put a slice of bacon or salt pork over the potatoes and bake as usual.

While speaking of ovens and baking we mustn't overlook good old fashioned scalloped potatoes, potato souffle and oven-fried. You will like these:

OVEN-FRIED IDAHOES

Prepare potatoes as for French fried Dip them in melted fat and lay them in a shallow pan, being sure that the pieces do not over-lap. Bake in a quick oven (400-500 F.) until brown on top. Turn carefully and continue baking until they resemble French fried potatoes. Baste them with more fat during baking, if necessary. When done, sprinkle with salt and serve piping hot.

RUSSET PUFF

2 cups hot mashed potatoes
2 eggs
1 cup milk
2 tablespoons butter or other fat
1 pkg. Liederkranz cheese

To the mashed potatoes add the fat, the egg yolks which have been beaten until very light, and the milk. Stir until well blended and then fold in the stiffly beaten egg whites. Mix lightly and pile the mass in a well-greased baking dish. Sprinkle top generously with grated cheese.

Notice.

BECAUSE of war time production curtailments, there is less National Beer — both National Bohemian and National Premium—than the general public requires.

HOWEVER—through a system of careful rationing which we have developed and put into operation, EVERY DEALER may have his full share, which he, in turn, can allot to his customers.

In this way, you are assured your quota of National Bohemian and National Premium—either or both.

Place your orders with your dealer. If for any reason you are unable to secure good service, please telephone us direct and give us dealer's name, so that we may co-operate with him.

Distributor–R. B. BAKER & SON, Grasonville, Md.

Phone Queenstown 2555

The NATIONAL BREWING Company

of Baltimore, Maryland

BY THE WAY—Tune in on Bailey Goss—NATIONAL SPORTS PARADE—Station WBAL every evening at 6:15 (Sundays 6:35 p. m.) and 11:05 p. m.

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

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.

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

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.

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_scm8232-0435