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 it comes to nutrition, the experts say that meat is meat, a fancy cut is no better for us than a thrifty one. It contains protein, minerals, and vitamins too valuable to lose. So never waste a morsel.

To dry herbs, tie stalks with leaves loosely in small bunches; hang in a well ventilated sunny room or attic (Parsley should be dried on trays in the oven, repeating several times.) After several day's drying, strip off leaves and rub them through a sieve, or pound in a mortar. Store in tightly covered glass jars.

One should buy coffee only when needed, and only one pound at a time. Keep coffee in original container, tightly covered, in a cool place. Use the right grind, the one suited to your coffee maker. This means, drip grind for drip pots and vacuum-type glass coffeemakers; regular grind for percolator and boiled coffee; Drip grind may be used for percolator, using a little less coffee; the coffee will make only as much coffee as your need; measure both coffee and water accurately. Find the proportions you like. You can use less coffee than usual. With drip pot use extra filter or repour coffee through grounds once. With percolator, percolate 3 or 4 minutes longer. With vacuum-type maker, stir coffee in upper bowl and let stand 4 to 5 minutes longer. Those methods are especially helpful in making small amounts of coffee, such as 1 or 2 cups. Serve coffee in warmed cups, or cups rinsed with hot water. Scour and air coffee-maker; keep it scrupulously clean. Scald before using to remove all stale odors.

When you go searching for food-point bargains do not overlook the point-values of quick-frozen fruits and vegetables. These quality, quick-frozen foods are farm fresh, free from waste, ready to use. The package weight is the weight of actual food. It means full value for food points and your money.

If a sauce is lumpy, because proper precautions have not been taken in mixing and cooking the thickening agent with the liquid, the sauce should be strained; but such a sauce never has the creamy, smooth texture of a well-made one.

To prepare rice croustades, cook one cup of washed rice in white stock instead of in water. Drain well, mix with a thick white sauce, and spread in a greased pan to the depth of about two inches. Cover with oiled paper and place weights on top, so that the mixture may become very compact when cold. When it is perfectly firm, cut it in circles, make a cavity in the center of each, dip the case thus made in fine breadcrumbs, then in egg, and again in crumbs, and fry in deep fat (375-390 F.)

Learn to measure accurately—all the measurements in most modern cook-books, magazines and newspapers are level. It will not do to use a heaping teaspoon or tablespoon or cup when a level one is meant. To change proportions by wrong measuring causes poor results.

Keep on hand a supply of fresh, washed, crisp green in refrigerator container, and enough well-seasoned French dressing so that you can toss together a green salad for any meal. Replenish the green every market day or as the Victory garden supplies them. But before putting them away, wash the green very clean and dry or drain well. Chill, tightly covered, in refrigerator.

If fat that has been fried out from scraps and drippings needs to be clarified, let it harden, remove it from the container, scrape away and discard any sediment that has settled in the bottom of the cake and melt it by pouring boiling water over it. Boil this mixture thoroughly, strain through several thicknesses of cheesecloth placed over a strainer, and set away to cool. When the fat is cold, remove the solid cake from the liquid. Discard impurities in the bottom of the cake. If this process is repeated two or three times a cake of clean fat may be obtained. If fat acquires through use, a slight burned or disagreeable flavor, melt it and for each pound or pint add a medium sized potato cut in quarter-inch slices. Heat gradually. When the fat ceases to bubble and the potatoes are well browned, strain the fat through several thicknesses of cheesecloth placed over a strainer, and set away to cool. When ready to use scrape away and discard sediment from bottom of cake. Potato helps to clarify fat as well as purify it, for the potato is porous and gathers into its pores much of the sediments in the used fat.

—V—

Any excuse you can give for not upping your payroll savings will please Hitler, Hirohito and puppet Mussolini.

Up To The Minute Recipes

After that first confusion of rationing—and to some it was no joke—we are settling down to normal. We are now point-wise as well as pennuy-wise and where there was once confusion, everything is now again running smoothly. At first, we all grant that it didn't look like we would have enough to eat.

What no meat for dinner? Could anything seem worse and more heart-rending? Or should we say "stomach-rending?" Well, we've all lived through it to date and nine chances out of ten, feel and look a heap better than we did this time last year. Most of the new slenderness around the waist-line we can credit to the Victory garden—plus the fact that we can't pile our desserts sky high with that real thick gooey whipped cream, but every day new and tasty and granted—more healthy dishes are being presented, tried and approved.

More of the nourishing necessary foods are being introduced into diet—more cereals and vegetables and fresh fruits. We now know that we can sit down to any meal of the day and in spite of not having meat, we can eat that meal and leave the table feeling well filled and well satisfied with our fare.

On occasion we might even feel it well worth while to do a whole week without meat so that, come the week-end we can splurge on a choice roast or a two-inch thick steak, but that, of course is up to the individuals involved. Most people would prefer a bit of meat every night or so and to serve it simply—making it go a long way with the aid of a "stretcher." Here are some very modern, up to date recipes—exactly what is needed for these days of rationings.

VEGETABLE CHOP SUEY

1 cup (¼ pound) sliced mushrooms
1 cup sliced onions
2 tablespoons fat
2 cups chopped celery
½ cup chopped celery leaves
1 cup green beans, cut in 1-inch pieces
2-3 cup sliced green pepper
3 cups beef stock, or
3 cups water and
3 bouillon cubes
¾ teaspoon Worcestershire sauce
1¼ teaspoon salt
3 tablespoons quick-cooking tapioca

Saute mushrooms and onions in fat until onions are golden brown. Add remaining ingredients except tapioca. Cover and simmer until vegetables are tender, but still crisp. Drain; measure stock and add water to make 2¼ cups. Add stock and quick-cooking tapioca to vegetables and bring to a brisk boil, stirring constantly. Remove from fire. Serve with well-seasoned noodles or rice. Meakes 4 to 6 servings.

QUICK SPAGHETTI

6 to 8 ounced broken spaghetti, cooked and seasoned
½ pound chopped beef or diced liver
Salt and pepper
¾ cup thinly sliced onions
½ cup green pepper, cut in thin strips
2-3 cup tomato paste or sauce
1¼ cups condensed consomme or 1¼ cups water and 2 bouillon cubes
½ teaspoon salt
Dash of cayenne
¾ teaspoon Worcestershire sauce
3 tablespoons grated Parmesan cheese
1 teaspoon vinegar

To cook the spaghetti—drop it into a large amount of boiling salted water. Lift or stir with fork frequently to keep spaghetti from sticking to the pan. Boil until just tender. Drain well. Season with salt and pepper.

Separate meat into small pieces with a fork and season lightly. Place in hot skillet and heat until red color just disappears, tossing with fork. Remove meat, leaving drippings in skillet. Add onions and green pepper to drippings, cover, and cook gently 5 minutes. (Add more fat if necessary). Then add meat, tomato paste, and remaining ingredients. Simmer gently 10 minutes. Add spaghetti and reheat. Serve with additional Parmesan cheese, if desired. Makes 6 to 8 servings, depending upon the amount of spaghetti used. Grated American cheese may be used instead of Parmesan.

3 slices bacon
1 pound uncooked liver, cut in small pieces
1 cup sliced onions
3 cups meat stock, or 3 cups water and 3 bouillon cubes
1 cup dried celery
⅛ cup chopped celery leaves
1 cup diced carrots
1½ teaspoons sat
2 tablespoons quick-cooking tapioca
¾ teaspoon Worcestershire sauce
Dash of pepper
Dash of sage
Meat pie crust

Fry bacon until crisp. Add meat and onions and brown lightly. To meat stock, add celery, celery leaves, carrots, and salt and cook until vegetables are tender. Drain; measure liquid and add water to make 2 cups. Add quick-cooking tapioca and remaining seasonings and bring to a full boil, stirring constantly. Combine with meat mixture and vegetables in greased large shallow casserole. Fit crust over top. Bake in hot oven (450 F.) 20 minutes, or until crust is brown. Makes 6 to 8 servings.

Eggs Are Fine At The Dinner Table

It wouldn't be a bit surprising if chickens suddenly went on strike because if anything has been working overtime these past few months, it's the poor chicken. We are not only eating the chicken itself as often as we can lay hands on one, but are consuming eggs at an unthought-of rate, thereby keeping her working overtime to supply us. But who won't admit that a good egg is something entirely in a class by itself, and when properly handled can and will do itself credit.

Where we once served eggs for breakfast, and on occasion for luncheon or supper, it rarely appeared on the dinner table, but now we see eggs any time of the day or night, and, as long as they are available, it is proving a happy habit.

EGGS A LA CARACAS

1 tablespoon fat
¼ pound dried beef
1 tablespoon grated cheese
1 cup tomatoes
Salt and pepper
4 eggs
Onion juice

Melt the fat in a frying-pan, and, when hot, add the dried beef and cheese. Toss lightly until the beef is slightly frizzled, add the tomatoes, the seasonings, and the eggs beaten until light. Stir and cook gently until of a creamy consistency.

SPANISH EGGS

1 slice onion
1 tomato
1 tablespoon fat
6 eggs
1 teaspoon salt
¼ teaspoon pepper

Rub the onion over the inside of a frying-pan. Pare the tomato and cut it into small pieces. Melt the fat in the frying-pan, add the tomato and cook for five minutes, stirring it now and then. Beat the eggs well and add to the tomato, then add salt and pepper and cook slowly, stirring constanty, until the eggs thicken like scramble eggs. Pour into a hot dish and serve at once.

Stuffed Tomatoes

8 tomatoes
5 medium sized onions
4 cloves garlic
1 piece thyme
1 bay leaf
½ teaspoon salt
⅛ teaspoon pepper
5 tablespoons fat
2 tablespoons flour
½ pound sausage meat

Cut off the tops of the tomatoes and remove the pulp. Cook the pulp and four of the onions chopped fine, with the seasonings for twenty-five minutes, then add three tablespoons of the fat mixed with the flour. Cook the mixture for twenty minutes. Brown the rest of the fat in a pan and fry a chopped onion in it, add the sausage meat to it, cook for ten minutes and add this mixture to the tomato pulp. Stuff the tomatoes with the mixture and bake at (350 F.) for twenty-five minutes. Serve in the baking dish.

TOMATOES WITH BROWN SAUCE

4 tomatoes
½ teaspoon salt
Pepper
1½ tablespoons butter or other fat
Brown sauce

Plunge tomatoes in boiling water for one minute. Peel, slice and put in a baking dish. Add seasoning and fat in small pieces. Bake in a moderate oven (350-400 F.) for ten minutes. Add brown sauce and again bake for 10 minutes.

—V—

Baked Bean Croquettes

2 cups baked beans
1 minced onion
1 teaspoon salt
¼ teaspoon pepper
1 egg, beaten
2 tablespoons water
Cracker crumbs, sifted

Mash the beans with a fork, add onion, salt and pepper and shape into croquettes. Mix egg and water. Roll croquettes in crumbs, then in egg, again in crumbs and fry in deep fat (375 F.) until brown. Drain on unglazed paper. Serves 4.

—V—

Invasion Costs More Money—Up Your Payroll Savings today

Money To Lend—

If you want to secure a Long Term First Mortgage at a very low interest rate to aid you in purchasing a good farm, consult

THOMAS D. BOWERS,
Mortgage Loan Solicitor,
Court St., Chestertown, Md.
Office Phone 252j

MARVIN V. WILLIAMS
Funeral Director
Phone 80
Chestertown, Maryland

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

AS *Baltimore* AS CRAB CAKES

What a baked bean is to Boston, a crab cake is to Baltimore . . . and what a crab cake is when you're hungry, National Bohemian Beer is when you're thirsty . . . And now, during the last few years, people are saying . . .

NATIONAL BOHEMIAN BEER

is as Baltimore as crab cakes . . . and life's worth while. It's indelibly a part of Maryland's charming life and tradition!

THE NATIONAL BREWING COMPANY • BALTIMORE, MARYLAND

LATEST NEWS
every hour on the hour
Station WBAL
12 midnight through 5 a. m.
Monday through Saturday

PURE ENJOYMENT TIME
Station WITH
7:05 to 7:30 p. m.
Monday through Saturday

By the way—Tune In
NATIONAL SPORTS PARADE
with Bailey Goss
Station WBAL
every evening 6:05 and 11:05 p. m.
Monday through Saturday

OLD KENT

"The Eastern Shore of Maryland"
by
GEORGE A. HANSON, M.A.

We still have a limited supply of this famous history of Kent County and the Eastern Shore as published from the original in the Chestertown Transcript. of 1875 and 1876.

★ ★

We feel that no library is complete without this valuable book on its shelves. Set in legible type and bound in a stiff red leather binding, it is a priceless gem of History.

★ ★

PRICED AT
$15.00 per copy
WRITE, PHONE OR CALL THE

TRANSCRIPT

Phone Chestertown, No. 2 for Orders

©Maryland State Archives msa_sc3326_scm8232-0694