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

For a fine fish canape, flake fish and mix a little lemon-juice. Season with salt and paprika and moisten with mayonnaise. Spread rounds of bread with butter, cover with the fish mixture, then sprinkle with grated cheese Put under broiler until cheese melts and is slightly browned.

Put all trimmings from lamb (left-over bones from roast or chops) in a kettle with left-over gravy, an onion, 1 bay leaf, a few pepper-corns, celery seed, or the dried celery leaves. Add any left-over vegetables and enough vegetable water or plain water to cover. Boil slowly several hours and strain. Add necessary seasonings, such as salt, pepper, or kitchen bouquet. A little boiled rice may be added to the broth.

If crusts are to be removed from sandwiches, it should be done before the bread is sliced. They should be removed for dainty sandwiches but always left on for picnic or school use. Cutting off the crusts before slicing ensures uniformity in size and shape of slices and does away with wasting butter on crusts. The crusts may be used in various ways.

A blend of almond and vanilla flavorings is often better than almond alone, and a blend of lemon and vanilla better than lemon alone.

In so far as possible one should buy fruits and vegetables by weight rather than measure or count. A pound of string beans is a definite quantity but a quart will vary, depending upon whether the dealer packs the measure or fills it loosely.

Fresh fish should be free from strong odors the flesh firm, not flabby; the gills red, the eyes fresh firm, clear and moist. If scales are dull and come off easily, reject the fish. Other characteristics apply to special varieties and should be learned from a reliable dealer. Since fresh fish is very perishable, it is best to buy for not more than one day ahead. Keep in the coldest part of the refrigerator. Allow ½ pound fish, as bought, per person. One pound of fish without waste should produce about two cups of cooked flaked fish.

The nut and oleo margarines are less expensive than butter but are nicely flavored and salted for table use. They should really not be considered a substitute but rather another product suitable for the same use as butter. In the manufacture of these products, liquid fat, either of animal or vegetable source, is churned with milk. The oil may be principally olein from meat source, giving the name oleo margarine; or it may be dericed from peanuts, coconut or other nuts, making a true vegetable margarine. They are purchased uncolored to distinguish them from butter, but they may be easily colored at home for table use.

In the maidless household, the hostess will find great convenience in a tea wagon or any other kind of serving table that may stand at her right, ready to help.

For the average family, two carving knives are desirable; one with a long, keen blade for large roasts, and a smaller, lighter one for steaks, cutlets and poultry. One two-pronged fork can be used with both knives.

An appetizer should always be served in small portions because the purpose of this course is to whet but not to satisfy the appetite. Each portion must be arranged so that it may be lifted from the tray by the guest and transferred to his plate without trouble. Suitable silver service—usually a tablespoon and large fork—must be laid on each tray.

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Peter Pan Ears Of Corn

1 cup yellow corn meal
1 teaspoon salt
2 tablespoons sugar
1 cup boiling water
½ cup sifted flour
2½ teaspoons baking powder
1-3 cup milk
1 egg, well beaten
¼ cup melted butter or other shortening

Combine corn meal, salt, and sugar. Stir in boiling water and set aside to cool slightly. Sift flour once, measure, add baking powder, and sift again. Add milk, egg, and shortening to hot meal, then add flour, beating only enough to dampen all flour. Bake in greased corn-ear or muffin pans in hot oven (425 F.) 20 minutes. Makes 12 ears of corn.

MARVIN V. WILLIAMS
Funeral Director
Phone 66
Chestertown, Maryland

Chicken Aspic For Special Occasion

There always comes that very special occasion when we are inspired to serve something very extra-special. Something that will take hours of preparation but will be so tasty and attractive that everyone will know and appreciate our efforts.

The occasion can be any of a number of things—possibly a shower for a very special friend about to be married. Possibly for our pet soldier home on leave—but no matter what the occasion this is one of those dishes that will keep people talking for ages to come.

It is well when planning such a dish as chicken aspic to start the preparations the day before, but the results are so gratifying that it is worth all the care bestowed upon it.

Chicken Aspic

1 chicken (3½ pounds)
1 tablespoon salt
6 peppercorns
1 minced shallot
1 sprig parsley
1 sprig celery (leaves only)
1 cup white wine
Juice of ½ lemon
6 anchovies
6 stuffed olives
1 hard-boiled egg
1 cooked carrot
1 egg shell, crushed

GARNISHINGS

1 head celery
12 red radishes
3 small tomatoes, sliced
12 lettuce leaves
12 asparagus tips
1 green pepper, sliced
3 tablespoons French dressing
3 cups potato salad

Place the chicken in a saucepan, cover with boiling water, not more than three quarts. Add seasoning, cover closely, and cook until very tender. During the last stage of cooking add the wine and lemon juice. Let the chicken cool in the liquor until lukewarm, then take out, and when cold, put in the refrigerator until needed.

Strain the liquor through a cloth, bring to the boiling point again, and clear with crushed egg shell. When the liquor settles, skim carefully into a bowl, leaving the sediment behind. Cool and put in the refrigerator. When thoroughly chilled, take off all fat, turn out and scrape off any remaining sediment. (It should have jellied sufficiently, but if not, it will be necessary to heat it to boiling again and add 1 teaspoon of gelatin which has been soaked five minutes in 1 tablespoon of cold water.)

Select a flat-bottomed mold and set it in ice. Have the chicken liquor just under jellying temperature. Pour a thin film of it over the bottom of the mold and let it set. Slice egg and carrot. Place an egg slice in center of mold, with carrot slices, and anchovies curled around olives, in any pattern desired.

With a spoon, put in another layer of the liquid, being careful not to disturb the pattern. Let this set.

Cut the chicken meat, dark and light separately, into inch-long pieces and arrange a decorative layer of the contrasting colors in the mold. Cover with liquor and allow to set. Repeat this process until all the chicken and liquor is used up. Place mold in refrigerator.

Have garnishings well chilled; the tomatoes and asparagus marinated in French dressing and drained.

Turn the aspic out into the center of a large platter and arrange garnishings attractively around it.

This may be made in individual molds if preferred.

—V—

Simple Sauces With Any Dish Helps

As we plan the day's menu and take stock of what we have on hand and what is available in the stores, we sometimes decide that the evening meal looks rather plain and slightly bland. Of course, a sauce is the answer! It dresses up almost any dish. On the other hand, the schedule for the day might be heavy, leaving not much time to prepare an elaborate one, but fortunately it can be a simple one and still do the trick. Just take that old reliable white sauce and add this or that to make the sauce suitable for that particular meal.

WHITE SAUCE

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
¼ teaspoon salt
Dash of white pepper

Melt butter in saucepan. Add flour and stir to a smooth paste. Add milk gradually, stirring constantly, and continue cooking and stirring until thickened. Season with salt and pepper. Makes 1 cup of sauce. (This make a sauce of medium thickness; for a thinner sauce use 1½ tablespoons flour.)

CHEESE SAUCE: Add ¾ cup grated American cheese and a few drops of Worcestershire sauce. Stir until cheese is melted. Serve with egg or vegetable dishes. Makes about 1½ cups sauce.

PIMENTO SAUCE: Add ½ cup pimento, forced through sieve. Serve with egg, cheese or fish dishes. Makes about 1¼ cups sauce.

CAPER SAUCE: Add 1-3 cup capers. Season to taste. Serve with fish Makes about 1¼ cups sauce.

PEA OR ASPARAGUS SAUCE: Add 2-3 cooked peas or asparagus, cut in small pieces. Season to taste. Serve with omelet. Makes about 1½ cups sauce.

PARSLEY SAUCE: Add 1 tablespoon season to taste. Serve with potatoes or other vegetables, or with fish. Makes 1cup sauce.

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Potato Soup

Here is a quick and easy soup that will make a very tasty and filling first course.

POTATO SOUP

2 tablespoons quick-cooking tapioca
1 teaspoon salt
Dash of cayenne
Dash of pepper
2 cups hot mashed potatoes
½ small onion
3½ cups milk
1 tablespoon parsley, chopped
4 tablespoons butter or margarine

Combine dry ingredients, potatoes, onion, and milk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Add parsley and butter, remove onion. Serves 4 to 6.

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Glazed Cinnamon Rolls

1½ tablespoons sugar
1 cup milk, scalded
1 cake compressed yeast
4 cups sifted cake flour (about)
1 egg, slightly beaten
¾ teaspoon salt
1½ tablespoons butter or other substitute
½ cup currants
½ cup sugar
½ tablespoon cinnamon
4 tablespoons butter
1-3 cup sugar
2 tablespoons butter

Add sugar to milk, cool to lukewarm, add yeast, and stir until smooth. Add ½ of flour, then egg. salt, and butter, beating well. Add remaining flour (enough to make as soft a dough as can be handled.) Knead gently until smooth. Place in greased bowl, cover, and let rise in warm place until double in bulk. Press edges of dough to center, working it down slightly. Turn dough over and let rise again until double in bulk.

Roll into sheet ¼ inch thick, sprinkle with currants, sugar, and cinnamon. Dot with butter. Roll as for jelly roll, cut in 1-inch slices. Place cut-side down in pan that has been sprinkled with sugar and dotted with butter. Let rise until double in bulk. Brush with additional melted butter and sprinkle with sugar. Bake in a hot oven (400 F.) 40 minutes, or until done. Let stand in pan for several minutes. Invert pan to remove them. Makes 18 rolls.

—V—

Sandwiches For Summer Suppers

Since everyone likes a sandwich, no one is disappointed to see them appear for that Sunday supper. Also, there is such a large variety from which to choose that no one need ever bore the family with repetitions.

CHEESE CLUB SANDWICH

Grated cheese
Tomato jelly
Mayonnaise
Bacon curls
Lettuce

Mold plain tomato jelly in a shallow dish. On bottom slice of buttered bread place a lettuce, then a slice of tomato jelly cut to fit, and sprinkle generously with grated cheese. Cover with mayonnaise and add a second slice of bread. Or toast may be used. Garnish with bacon curls.

LAYER SANDWICH

1 loaf sandwich bread
1 large can deviled ham
24 large olives, chopped
½ teaspoon paprika
1 cup fine-chopped nut meats
3 teaspoons mustard
½ teaspoon salt
9 tablespoons salad dressing

Trim crust from loaf and cut in three lengthwise slices. Mix all ingredients for filling. Butter bread and spread filling on lower slice. Cover with second slice and spread with filling. Lay on top buttered slice. Press layers together, wrap in a damp cloth and set a light weight on top for one hour. Remove cloth and cut in vertical slices. Makes about twenty sandwiches.

—V—

Stuffing Can Act As "Stretcher"

By taking a small chicken, duck or meats—and adding a tasty stuffing you have added a "stretcher" that is also a treat. For stuffing pork, chicken ducks, green peppers, or tomatoes, try an

ONION STUFFING

1 cup onion, finely chopped
½ cup boiling water
2 teaspoons poultry seasoning
3 cups soft bread crumbs
1 egg, slightly beaten
½ cup melted butter or margarine
¾ teaspoons salt
Dash of pepper

Parboil onions 10 minutes in boiling water, add poultry seasoning, and cook 2 minutes longer. Use day-old bread. Combine bread crumbs, egg, butter, salt, and pepper. Add onion. Mix well.

For vegetables, lamb, veal, beef, or poultry use a

CELERY STUFFING

3½ cups soft bread crumbs
½ teaspoon salt
¼ teaspoon sage
⅛ teaspoon thyme
Dash of marjoram
¼ teaspoon pepper
4 tablespoons melted butter or margarine
2-3 cup hot milk
¾ cup celery, finely cut

Combine bread crumbs and seasonings. Add butter, tossing with fork, then add milk and celery. Mixing lightly.

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Take slices of cold tongue, not too thin, dip in beaten egg, then roll in bread crumbs, and brown in butter. Garnish with creamed spinach, or cream any vegetable you have on hand.

—V—

Meat & Vegetable Pie

1 onion, diced
2 tablespoons fat
2 cups cubed cooked meat
1½ tablespoons flour
1¼ cups milk or gravy
1 tablespoon Worcestershire sauce
1 cup cooked peas
1 cup sliced cooked carrots
1 cup sauteed mushrooms
Salt and pepper
½ recipe pastry

Brown onion in fat and add meat. Brown well. Remove meat and onion from skillet and add flour, milk or gravy and Worcestershire sauce to remaining fat. Blend well. Fill greased baking dish with meat, vegetables and sauce; season and cover with pastry. Make several gashes in pastry to permit steam to escape. Seal around edges by pressing with a fork. Bake in a hot oven (425 F.) until crust is brown, about 30 minutes. Serves 6.

—V—

Canning Pears

Unlike other fruits, pears should be removed from the tree before ripe and stored in a cool place (60-65 F) until ripe, but not soft. The Bartlett is considered superior to other pears for canning, but the Keifer and similar varieties are satisfactory if properly ripened and then cooked until almost tender in plain water before sugar is added to make syrup.

Wash, pare, halve, or quarter, and core pears. (The cores are not removed if the fruit is canned whole.) Drop the pared fruit into water containing salt and vinegar, (2 tablespoons of each to a gallon of water). Rinse. Boil gently from 4 to 8 minutes in syrup made of equal parts sugar and water. Pack into hot jars; layers overlapping, cavity side down. Cover with syrup in which cooked. Process 20 to 25 minutes in hot water bath; then complete seal. Use the longer period for large or hard fruit.

—V—

Uses For Left-Over Corn On The Cob

Since corn on the cob is the order of the day, everyone will want to know a thing or two to do with any that is left- over—here are two pleasing ways to use up every scrap:

WAFFLE CORN FRITTERS

½ cup milk
1⅛ cups flour
2 teaspoons baking powder
2 eggs, beaten
2 cups cooked corn
1 teaspoon salt
1 tablespoon melted fat

Put the milk and corn together. Add the flour, sifted with the baking powder and salt. Add the fat and the beaten eggs. Bake like other waffles.

CORN CHOWDER

1 slice salt pork
2 cups corn
1 potato, diced
1 onion
1 pint water
1 pint milk
Salt and pepper

Cut the pork into small dice and cook until brown, remove from fat and cook the onion, cut in slices. Put with the corn, milk and water and the diced raw potato and cook slowly until potato is tender.

—V—

Vegetable Salad Aspic

Using this recipe as a base for vegetable salads, one can choose any of the listed combinations and have large, but simple assortment.

1 package lemon flavored gelatin
1 cup warm water
3 to 4 tablespoons vinegar and cold water to make 1 cup
½ teaspoon salt

Dissolve gelatin in warm water: Add vinegar and cold water and salt. Chill. When slightly thickened, fold in desired vegetables. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 6.

Use 1 to 2 cups combination of vegetables, such as:

Grated raw carrot, cabbage, and green pepper
Cabbage, celery, pimento, and pickles
Cabbage and olives
Pickled beets, celery, and onion or prepared horse-radish (Substitute beet juice for cold water in recipe).
Peas, celery and cabbage.

—V—

Peanut Butter Cutlets

With the children home from school and so busy playing, they do either of two things—they might come home starving at noon time or they might be so engrossed in the playing that they don't want to stop for lunch unless something very appealing is offered. Well, one way or the other, here is a luncheon dish that will please the children and really bring them on the run:

PEANUT BUTTER CUTLETS

1½ cups peanut butter
1½ cups hot milk
1 teaspoon salt
Pepper
6 half-inch slices of bread

Mix peanut butter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Saute in hot fat. Garnish with pickles and olives.

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SOCIAL ITEMS OF IN AND AROUND KENNEDYVILLE

Mr. and Mrs. Conrad Robinson of Newark are visiting Mr. James Lusby and family.

Mrs. Granvil Ward and son of Annapolis and Mr. and Mrs. William Umflit of Wilmington visited Mr. and Mrs. William Dempsey on Sunday.

Mr. Joseph Weer of the U. S. Navy is spending a few days at home.

Betty Ann Lusby spent last week with her cousin, Marie Lusby.

Miss Marie Milller of Wilmington was a week-end visitor at her home.

Rev. and Mrs. Cursey have returned from a two week's vacation.

Mr. William Johnston of Wilmington and Mr. Walter Anthony and family were Sunday guests of Mr. and Mrs. William Anthony.

Mr. and Mrs. Paul Boggs returned to their home in Wyoming, Del., after a two weeks vacation with his parents.

Mr. Morgan Lusby, Mr. Stewart Groves and sisters spent the week-end at Rehoboth.

Miss Lillian Mathews returned to her home on Sunday after a pleasant visit with Mr. and Mrs. Charlie Miller.

Mr. Philip Pinder of the U. S. Army is visiting relatives here.

The Misses Emma and Sara Groves entertained over the week-end, Mrs. Margaret Lentz and Mr. Lentz of Baltimore.

Mr. Edgar Copper, son of Mr. and Mrs. Hope Copper is spending sometime at his home near Cecilton. Mr. Copper has not been home for seven years. He is in the U. S. Navy.

There will be services in the Methodist Church on Sunday morning.

Dorothy Sue Johnston spent a part of this week with her cousin Marie Weer.

Jane Rasin of Millington spent Tuesday with her grandparents.

Mrs. Kate V. Crew and daughter Mrs. Simpson are visiting Mr. Howell Crew and family.

—V—

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