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

Think before you buy new furniture. You can save money—and help preserve the nation's stockpile of such durable goods, by refinishing or repainting pieces you are now using, or old pieces lying unusued in cellar or attic. And anybody who can do a good paint job with a little care and thought.

A metal mold chills more quickly than one of enamel or earthenware. When ready to unmold, di pthe mold up to the edge in warm, not hot water. Hold in the water a moment. Remove and dry outside. Cover mold with serving plate. Turn both upside down. Raise one side of mold slightly and give mold a sharp shake.

Keep baking powder fresh by keeping the container tightly covered and in a cool place. Never use a wet spoon for measuring baking powder. If moisture is absorbed the powder may react prematurely to such a degree that it loses its efficiency or "gas strength" for baking. And be sure to store baking powder where there are no strong odors.

When baking a cake, place the filled pans near the center of the oven. Do not place one pan directly over another, do not crowd the oven full, and do not place pans too near the oven walls. Heat must circulate through the oven freely for even baking. Usually it is most even in the center of the oven, so that a cake placed near the center of the oven will rise evenly and brown satisfactorily. If the oven heat is uneven, find the position where cakes will bake best by placing oven racks at different levels and pans in different sections. A few such baking experiments will give the answer.

Use the right hanger for all garments, to help them keep shape and stay young. Have small hangers of the right size for children's clothes, special hangers for skirts and trousers. Garment bags or individual hanger covers protect clothes in closets. Clothing tossed onto or draped over chairs loses shape and neatness, requires more pressing—wears out quicker!

The texture of ice cream is affected by the manner of freezing. If the mixture is frozen too rapidly, it will be coarse and have a rough texture, while a slower freezing tends to improve it's texture. This smoothness is not entirely due to the rate of freezing, however, but to the amount of whipping or beating which takes place before and during the freezing. If frozen without any beating, the product will be coarse even though made from a rich cream. The air that it is beaten into the mixture in freezing produces a light smooth consistency.

For banana rolls, peel bananas and cut in halves crosswise. Roll puff or flaky paste one-eighth of an inch thick. Cut into pieces. Dip each piece in ice-water and wrap around a half banana. Place on a baking sheet and bake in a quick oven (450 F.) Serve with strawberry sauce.

Put shoe trees into your shoes the minute you take them off, not the next morning. This is the only way in which shoe shape can be maintained properly. Trees that support the entire inside of the shoes are better than wire strip type for holding in shape. Change shoes daily to make them last. If shoes air for a day between wearings, accumulated perspiration will not tend to rot linings and leather. It is a proved fact that you can get twice as much actual wear—plus greater comfort—by following this plan.

Avoid waste of electricity, turn out lights and disconnect appliances by pulling out the plug, when not in use.

Stop the loss of small items such as nuts or washers in the home tool chest by keeping each kind separate, on a large safety pin. Make it easy to find nails or screws of different sizes by using a number of small containers (preferably metal for sturdiness) such as typewriter ribbons or some types of camera film come in. Small screw-top glass jars with wide mouths are equally suitable.

When windows stick, don't try to force them open, else you may break the glass. Sticking is caused by moisture swelling the wood. Wait for a dry period—then when windows slide easily, coat the guide rails of the frame with soap, paraffin, stick lubricant or the special liquid brush-on lubricants sold in the stores. It is a good idea to use one of these methods even if your windows don't stick—to seal the wood pores and make sure that they won't.

V

Some of the precious food American farmers raise is going forward now in even smaller packages. Not only is the food dehydrated, but to get the dehydrated food into still less space it is further reduced in bulk by compressing into small bricks.

Plan To Serve The Next Roast Barbecued And Make It A Very Extra - Special Treat

'Oh my goodness," say some, "are they still talking about rationing points?" "Well," say we, "those who can forget it are the lucky ones these days." There was a time when it was said that it was father who pays and pays and pays—but now we divide it between mother and father—he still pays the bills, but she pays in her own way with the worry of stretching those points over a lengthy period of time. So, we continue to talk about ration-points!!

Let's suppose the family is craving one of those roasts that appeared on the table so unconcernedly in the good old days!! It couldn't possibly be as large as it used to be—something around three or four pounds. And it must do for at least two meals, and if we can stretch it into three—so much the better. Then, to make it very extra-special, just to be different—plan to prepare it in a slightly different manner—something like a

BARBECUED ROAST

3 or 4 pound roast, lamb, pork or beef
½ cup salad oil
2 tablespoons vinegar
1 cup water
1-3 cup flour
4 cups beef stock (bouillon cubes)
¾ teaspoon dry mustard
Dash pepper
⅛ teaspoon celery salt
Salt

Select meat which can be easily sliced across the grain. Mix salad oil and vinegar together and let meat stand in the mixture over night. Place meat in a baking dish, add water to mixture in which meat was marinated. Bake, uncovered in a 350 F. oven for 1½ to 2 hours or until tender. Baste several times during the roasting period and turn once so meat will be browned on both sides. Add additional water, if necessary. About ½ hour before serving time, remove 1-3 cup fat from the baking dish, to a skillet, blend in flour and cook until flour is brown. Add beef stock or its equivalent in canned soup or dissolved bouillon cubes, gradually, stirring constantly. Add remaining seasonings. Serve sliced, in a heated covered dish, with the sauce in a separate hot bowl.

V

Low On Sugar—Low On Shortening And It's Apple Pandowdy

Try as we will, so many of the things we decide to serve seem to just take huge chunks out of our rationed items. Of course, we more often than not, change our plans a bit but now we hate to scrimp on desserts and how thankful we are for those packaged ones that take none of our points. When a really home-made dessert is in order though, a good one, low in sugar and shortening is the answer to the problem. Here is one that is almost as popular as pie, and oh so good.

APPLE PANDOWDY

4 to 6 apples, thin sliced (5 cups)
½ cup sugar
⅛ teaspoon salt
¼ teaspoon cinnamon
⅛ teaspoon nutmeg
1½ tablespoons lemon juice
2 tablespoons water
¼ teaspoon grated lemon rind
½ recipe low-shortening biscuits
1 tablespoon sugar

Combine apples, sugar, salt, spices, lemon juice, water, and rind. Turn into 8x8x2 inch pan. Cover and bake in hot oven (450 F.) 20 minutes.

Mix low shortening biscuit dough as directed, adding 1 tablespoon sugar to flour mixture. Turn out on lightly floured board and knead gently 8 times Shape and roll into 8x8 inch square.

Carefully fit dough over apples steam. Return to hot oven (450 F.) in pan. Cut slits to permit escape of and bake 25 minutes, or until crust is browned and apples are done. Serve warm, plain or with cream. Makes 8 servings.

LOW-SHORTENING BISCUITS

2 cups sifted cake flour
2½ teaspoons double acting baking powder
¾ teaspoon salt
2 tablespoons cold shortening
½ cup plus 1 tablespoon milk

Sift flour once, measure, add baking powder and salt, and sift again. Cut shortening in small pieces and add to flour. Cut in shortening, using pastry blender or finger tips, until mixture is as fine as meal.

Add milk all at once and stir carefully until all flour is dampened. Then stir quickly and lightly until mixture forms a soft dough and follows spoon around bowl.

V

Out of every hundred pounds of meat we will produce the next year 12 pounds will go to lend-lease, 2 pounds will go into a reserve for emergencies, 1 pound will go to our own possessions and friendly countries, and 85 pounds will go to our own people—civilians and soldiers.

Hare Or Rabbit Make Fine Stretcher For Meat Points

Along with Victory gardens, many people this year have started raising rabbits for the table Aside from being very good eating they will certainly do more than their share to stretch those most precious meat points.

Whether you grow your own, or can buy some from someone alse—be sure to try one of these:

HARE OR RABBIT EN CASSEROLE

Hare or Rabbit
3 tablespoons fat
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
Garlic, if desired

Rub the frying-pan with garlic, if it is not objectionable. Dress and cut up the rabbit and cook in the fat in a frying-pan until brown. Remove the meat from the pan, stir the flour into the fat, add two cups hot water, salt and pepper, and let it come to a boil, stirring it constantly. Place the meat in a baking-dish, pour the gravy over it, cover closely and bake in the oven or fireless cooker (350 F.) until tender. If the garlic is not used, a teaspoon of currant jelly may be added to the gravy before serving

RABBIT SALMI

1 rabbit
1 slice onion
1 bay-leaf
1 stalk celery
2 tablespoons oil
2 tablespoons fat
2 tablespoons flour
2 cups water
1 teaspoon salt
1 tablespoons Worcestershire sauce
1 tablespoon capers
12 stoned olives
Chopped parsley

Clean and dress and place in a baking pan. Add onion, celery cut fine, and bay-leaf, brush with oil, then bake at 450 F for thirty minutes. Lift the meat from the pan, add the fat and the flour and stir until a rich brown. Add hot water, stir well, and when smooth, add salt, Worcestershire sauce, capers and olives. Lay the meat again in the pan, cover closely and bake at 350 F. for 30 minutes. Dish the game, strain the sauce over the meat, arrange the olives as a garnish, sprinkle the whole with finely chopped parsley and serve.

V

Scalloped Turnips

Any vegetable, when served too many times in one way, will lose its appeal in time, so why not try variety in everything, even turnips—try them like this—

SCALLOPED TURNIPS

2 bunches young white turnips
1 tablespoon butter
1-3 cup cream
Salt
A little pepper
Buttered bread crumbs

Peel and wash 2 bunches white turnips and cut them in quarters. Cook until tender in boiling salted water; drain well and mash through a sieve. Add 1 tablespoon of butter and 1-3 cup cream, salt, and a little pepper. Put into a baking-dish; sprinkle with buttered bread crumbs, and bake in oven until brown on top.

V

Home Canned Sauerkraut

One of the old reliables for winter menues was spare ribs with sauerkraut—but woe is us, woe is us, they tell us now that we must make our own sauerkraut. It sounds so complicated too!! But actually it isn't at all— in fact, it's one of the simplest things to can, like all the vegetables we put up, it will certainly be worth it, when the time comes that we are yearning for just that certain thing.

SAUERKRAUT

Remove outside leaves from fresh, hard, sound cabbage. Quarter. Discard cores. Shred. Thoroughly mix 1 cup salt (approximately ½ pound) with 20 pounds cabbage. Pack firmly into stone jar or tight keg. Cover with a wooden lid or dinner plate which fits down on the inside of the container. Place a jar filled with water on the lid to hold the kraut under the brine which forms as the salt draws juice from the cabbage. Keep at a temperature of about 86 degrees F. Remove scum each day. Sauerkraut is cured and ready to can in from 10 to 20 days, depending upon the temperature at which it is kept. Pack into hot jars which seal with glass lids or vacu-seal closures. Should there not be enough juice to cover the kraut, add brine made by dissolving 2 tablespoons of salt in 1 quart of water. Process 30 minutes in hot wafer bath; then complete seal.

Sauerkraut may also be made by mixing 1 scant tablespoon salt with 1 quart shredded cabbage and packing directly into jars. Do not seal jars. Remove skum as it forms When cured, process 30 minutes in hot-water bath, then complete seal

V

A good many communities already have worked out successful milk-truck saving programs. Other communities will need to do the same thing to keep their milk moving to market during the war emergency. Probably half the trucks now carrying milk are getting pretty ricgety.

Cream Cheese Sandwiches Play A Large Part In The Lunch Box Drama

By Susan Snow

It would be almost impossible for anyone to try to number the times they have eaten a sandwich. Many or even most people can't tell when they had their first one, and some have told us that if they were in a great hurry they would even have a sandwich for breakfast—two pieces of toast with bacon.

Sandwiches for lunch are always the popular thing, and sandwiches for afternoon or night snacks—I have often wondered what people did before they were invented.

Lately, the sandwich has increased in popularity more than ever before—and where we once took them for granted, we now take them very seriously, trying to get the best possible into it. Particularly so for lunch boxes, whether it be for a school child, or for some one working in a defense plant. We want tasty and very nourishing ones—and right here is where we consider cream cheese—one little package can make quite a few sandwiches and combine with ent flavors: Here are just a few of the so many things for absolutely differmany:

CHEESE AND CELERY SANDWICH

2 tablespoons minced celery
1 tablespoon minced nuts
½ teaspoon minced parsley
1 tablespoon cream cheese
Oil to moisten
Salt and pepper

Mix thoroughly and use between thin slices of buttered brown bread.

CHEESE AND OLIVE SANDWICH

1 cup cream cheese
4 tablespoons chopped pimento
2 tablespoons stuffed olives
4 tablespoons chopped ripe olives
1-3 cup salad dressing

Mix ingredients and use between buttered slices of bread. Makes about 18 sandwiches.

CHEESE AND HORSERADISH SANDWICHES

1 package cream cheese
¼cup sour cream
1 tablespoons horse-radish
½ teaspoon salt
Juice of ½ lemon
½ small onion

Mix cheese and cream thoroughly and add horse-radish. Add seasonings and spread on rye or whole wheat bread.

CHEESE AND CARROT SANDWICH

¾ cup cream cheese
¼ cup grated raw carrot
Salt
Pepper

Mix and use between buttered slices of whole wheat bread. If desired, add chopped onion to the above mixture.

CHEESE - PEPPER - WALNUT SANDWICH

1 package cream cheese
1 green pepper
½ cup walnut meats
Salt and pepper
Worcestershire sauce
½ teaspoon lemon juice

Chop pepper fine after parboiling it and removing skin and seeds. Then mix all ingredients and spread between slices of white bread.

CHEESE AND TOMATO

1 package cream cheese
2 or 3 ripe tomatoes
8 stuffed olives
1 raw carrot
Mayonnaise
Salt

Put carrots and olives through food chopper and mix with cheese. Spread on slice of buttered white bread. Lay on a thin slice of tomato and cover with another slice of bread.

V

Cream Of Chicken Soup

There comes a time, ever so often when someone in the family expresses his or her desire for real chicken soup—you know the kind—with lots of good chicken flavor Well, when one member of the family makes the suggestion the whole family chimes in and seconds the motion—so plan a soup like this: and have chicken for something else

CREAM OF CHICKEN SOUP

3 pounds chicken
3 pints cold water
1 small carrot, sliced
15 peppercorns
1 cup cream
1 teaspoon beef or vegetable extract
1 onion, sliced
3 stalks celery
½ bay leaf
1 teaspoon salt
1 cup white wine

Cut up chicken and put into kettle with water, wine, and seasonings. Bring to boiling point gradually and cook until tender. Remove meat and strain stock. Cool, remave fat, and reheat; stir in the extract. Scald cream. Take soup from fire and pour with the cream at the last moment Season to taste and serve.

V

You can eat your cake and have it, too—if you invest your CHRISTMAS savings in WAR BONDS. Keep on BACKING THE ATTACK.

Chicken Croquettes

2 cups cooked chicken
4 tablespoons chopped mushrooms
1 teaspoon salt
½ teaspoon pepper
1 teaspoon parsley
½ teaspoon onion-juice
2 tablespoons fat
1 tablespoon flour
1 cup milk or cream
4 eggs

Mix the chicken, mushrooms, salt, pepper, parsley, and the onion and lemon juice. Make a white sauce with the fat, flour and milk or cream. Add the chicken, and cook for three minutes. Stir in two of the eggs beaten until light. Take from the fire immediately, pour into a greased, flat dish and set in a cold place for an hour or so. The colder the mixture becomes, the better it may be handled. Shape into cutlets, either in molds or with a knife, and sprinkle both sides of each cutlet with fine crumbs. Beat the other two eggs in a deep plate. Dip the cutlets in the egg, then in crumbs, put them in a frying basket, not crowding them, and cook in deep fat (375-390 F.) from two to five minutes. Serve with mushroom sauce.

V

Jellied Vegetable Salad

Since salads have no season— we serve any type all year round. Of course, there are some that are seasonable, but such ones as jellied vegetable salads are served all year around. Here is one that will be suitable for almost any menu:

JELLIED VEGETABLE SALAD

1 tablespoon gelatin
3 tablespoons vinegar
¼ cup cold water
½ cup boiling water
1-3 cup sugar
1 teaspoon salt
¾ cup diced celery
1 cup cooked peas
1 cup shredded cabbage
2 tablespoons lemon juice

With a little gelatin and a few left-over vegetables, you can do marvelous things:

Soak gelatin in cold water five minutes and dissolve in boiling water. Add vinegar, lemon juice, sugar, salt and vegetables and mix thoroughly. Turn into a ring mold which has been dipped in cold water. Chill. Remove from mold to a salad plate. Fill center with crisp lettuce & serve with mayonnaise or thousand island dressing. Thin slices of cooked meats may be arranged around the jelly.

V

Red Cherry Pie

Home canned red cherries will now be appearing on the table either as they are, or in something ike this—

RED CHERRY PIE

2½ tablespoons quick-cooking tapioca
1 cup sugar
⅛ teaspoon salt
1 tablespoon melted butter
2½ cups canned red cherries, drained
1 cup cherry juice
1 recipe pie crust

Combine quick-cooking tapioca, sugar ,salt, butter, cherries, and cherry juice: let stand about fifteen minutes, or while pastry is being made. Line a 9-inch pie plate with ½ of the pastry rolled ⅛ inch thick. Fill with cherry mixture. Moisten edges of pastry with cold water. Adjust top crust. Bake in hot oven (450 F.) 15 minutes; then decrease heat to moderate (350 F.) and bake thirty minutes longer, or until filling is cooked.

Apricot Tapioca

Something quick and something good—every housewife has a time when such a dessert is what she needs—so try this

APRICOT TAPIOCA

1-3 cup quick cooking tapioca
½ cup sugar
¼ teaspoon salt
2 cups boiling water
2 cups cooked apricot pulp
2 tablespoons lemon juice

Combine dry igredients; add to water in top of double boiler, bring to brisk boil; stirring constantly. Place over rapidly boiling water, cook 5 minutes, stiering occasionally. Cool slightly—mixture clears and thickens as it cools. Add sweetened apricot pulp and lemon juice. Chill. Serves 6.

V

Up the Aisle

Most important 40 feet of walking a man may do in his life is on the strip of carpet up the center aisle.

Joseph N. Wheatley & Co.
GENERAL INSURANCE
Chestertown, Maryland

NAGGING BACKACHE
May Warn of Disordered Kidney Action. Don't Neglect It!

Modern life with its ceaseless hurry and worry, irregular habits, improper eating and drinking, exposure, contagion *whatnot*, keeps doctors busy, hospitals crowded. The after effects are disturbing to the kidneys and oftentimes people suffer without knowing that disordered kidney action may cause the trouble.

After colds, fever and similar ills there is an increase of body impurities the kidneys must filter from the blood. If the kidneys are overtaxed and fail to remove excess acid and other harmful waste, there is poisoning of the whole system.

Symptoms of disturbed kidney function may be nagging backache, persistent headache, dizziness, getting up nights, swelling, puffiness under the eyes—a fesling of nervous anxiety and loss of strength and energy. Other signs of kidney or bladder disturbance sometimes are burning, scanty or too frequent urination.

In such cases it is better to rely on a medicine that has won world-wide approval than on something less favorably known. Use *Doan's Pills*. They have been winning new friends for more than forty years. Be sure to get *Doan's*. Sold at all drug stores.

THE REASON DOAN'S ARE FAMOUS
All over the country grateful people tell others: "*Doan's have helped me; I recommend them to you.*" That is why we say, *Ask your neighbor!*

DOAN'S PILLS

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_scm8232-0850