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

Salad For Luncheon Or Quick Supper

A stuffed tomato salad has always been a popular one-regardleses of the ingredients used for the stuffing. Many stuff them with Waldorf salad, or tuna fish—but for a change try—

TOMATO STUFFED WITH KIDNEY BEANS

1½ cups boiled red kidney beans
1 cup celery, cut in pieces
6 tomatoes
2 tablespoons India relish
½ teaspoon salt

Mix beans with celery, India relish and salt. Moisten with mayonnaise and let stand in refrigerator until well chilled. Fill tomatoes from which centers have been removed. Arrange in nests of crisp lettuce leaves and serve with additional may onnaise.

V

Broccoli With Cheese

If you haven't already been serving broccoli occasionally you will soon as the markets are showing quite a bit of it, and very beautiful broccoli it is (we'll skip the price)—but one time soon serve

BROCCOLI WITH CHEESE

1 bunch broccoli
1 cup white sauce
1 teaspoon chopped parsley
1 teaspoon lemon juice
1 slice onion
Grated Parmesan cheese
Salt and pepper
Bread crumbs

Wash the broccoli and cut off the coarse part of the stalks. Let stand in cold salted water 1 hour; drain and put in enough boiling salted water to cover. Cook until tender. To the white sauce, add the lemon juice parsley, and onion slice. Let simmer 2 or 3 minutes; season to taste with salt and pepper; beat in ½ cup grated Parmesan cheese and the yolk of egg. Butter a baking dish; lay in the well-drained broccoli; cover with the sauce; sprinkle with sifted bread crumbs and a little more grated cheese, and brown in a hot oven.

V

Nut and Cheese Loaf

1 tablespoon chopped onion
1 tablespoon fat
1 cup grated cheese
1 cup chopped nuts
½ cup milk
1cup cooked cereal
1 teaspoon sugar
¼ teaspoon paprika
1½ tablespoon lemon juice
½ teaspoon Worcestershire sauce
Buttered crumbs

Cook onion in fat until delicately brown. Mix with all the other ingredients and moisten with milk. Cover with buttered crumbs and brown in oven (400 F.) Serve hot with tomato sauce.

V

Julienne Salad

We have long since passed the point where we consider salads as things to be eaten because they're good for us. Far from it—they are now so attractively served and deliciously combined that we eat them because we enjoy them—they are a "must" with nearly every dinner.

1 green pepper
2 cups shredded cabbage
¼ teaspoon salt

Remove outside leaves from a small, firm head of cabbage. Cut in halves or quarters and slice very thin. Put in ice water until crisp. Drain and dry in towel. Remove seeds and partitions from pepper and cut in fine shreds. Cut cooked carrots into strips and marinate in French dressing. Mix one shredded pepper and one cup carrot strips with each two cups of shredded cabbage. Serve on leaves of cabbage or romaine or on one of theother cabbage leaves with the following dressing:

To ¾ cup French dressing, add ½ teaspoon mustard, ⅛ teaspoon Worcestershire sauce, ½ teaspoon onion juice and 2 drops tabasco sauce. Mix well. This sauce is also fine with onion salad, or any fish salad.

V

A fruit salad can be sometimes take the place of a desert in a simple dinner.

V

Canned foods usually are sold by brand. Study brands, and learn their characteristics. Some canners pack fancy products under one brand name choice under another and standard under a third. Every can label must tell certain facts about the contents of the can. But at the present time there is no standardized system of labeling to indicate quality and style. Some labels carry much more information than others and help the buyer to choose the food best suited to her purpose.

Vegetable Chowder Minus Meat Is Tasty

Vegetable chowder, made completely minus meat is as tasty a soup as one would desire. This will be found particularly desirable for fish days and as a starter for a meal when ration points are low.

VEGETABLE CHOWDER

2 tablespoons fat
1 tablespoons minced onion
2 tablespoons chopped green pepper
1 cup peas
1 cup diced carrots
1 cup water
2 tablespoons quick-cooking tapioca
½ teaspoon sugar
1¾ teaspoons salt
1 cup cooked corn
3½ cups milk

Melt fat in saucepan; add onion and green pepper and cook 10 minutes, stirirng frequently; then add peas, carrots, .and water, and cook slowly 20 to 30 minutes, or until vegetables are tender. Add quick-cooking tapioca, salt, corn and milk Bring mixture quickly to a full boil stirring constantly. Serve, or keep hot by placing over boiling water Makes 6 servings.

V

Black Bean Soup

2 cups black beans
1 small onion, sliced
3 tablespoons butter
2 quarts cold water
2 stalks celery, diced
1½ tablespoon flour
¾ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon mustard
Dash of cayenne
1 tablespoon lemon juice
2 hard-boiled eggs, finely diced
1 lemon, thinly sliced

Wash beans and soak overnight Saute onion in 1½ tablespoons butter 5 minutes. Drain beans. Add cold water, onion, and celery. Simmer 3 to 4 hours, or until beans are tender, adding water as needed. Remove from fire and force through fine sieve. Melt remaining 1½ tablespoon butter, add flour, and stir until smooth. Add a small amount soup mixture, stirring well. Combine with remaining soup mixture. Reheat to boiling, stirring frequently and add seasonings. Add lemon juice to eggs add slowly to the hot mixture. Cook and let stand a few minutes to season. Serve soup, garnishing each portion with a small amount of egg and a slice of lemon.

V

Eggs A la Duchesse

1 onion
Fat
1 cup milk
6 hard-cooked eggs
2 uncooked egg yolks
2 teaspoons chopped parsley
4 tablespoons grated cheese
Paprika
Salt and pepper
1½ tablespoons lemon-juice

Slice the onion and cook it in very little fat until brown, then add to it the milk and the eggs cut in halves. Stir over the fire for three or four minutes, then add the slightly beaten eggyolks, the parley, cheese and seasonings. Stir over hot water for about eight minutes, add the lemon-juice and serve very hot.

V

The Juice From The Fruit Jar Becomes A Dessert Sauce

With nothing wasted and nothing discarded, we now take the juice from canned fruit, combine it with this and have a tasty, pleasing sauce to serve with many a desert.

FRUIT JAR JUICE

2 tablespoons cake flour
3 tablespoons sugar
¼ teaspoon salt
1 cup syrup from canned fruit and water
Bits of left-over canned or fresh fruit
1 to 2 tablespoons lemon juice
½ teaspoon grated lemon or orange rind
Dash of nutmeg

Mix flour, sugar, and salt together in small saucepan. Add fruit syrup gradually, stirrng well. Boil gently 2 minutes, stirring constantly. Add lemon juice, rind, and nutmeg. Serve warm. Makes about 1¾ cups. (for a plain lemon sauce, omit fruit; in crease lemon juice to 3 tablespoons.)

V

Lemons lend themselves to all sorts of fancy cut shapes with which to decorate a platter of meat, fish, or salad. They may be cut in slices half slices, quarters, eighths, baskets or halves with the edges cut saw tooth fashion, the slices may be reshaped to form a Maltese cross; the slices may be sprinkled with minced pimento, etc. The lemon juice squeezed on the food also has good food value. Orange slices may be used in the same way as the lemon. Maraschino or green cherries are used to decorate fruit cups, melon halves, fruit salads, puddings, etc.

V

Eggs In Baked Potatoes

There are certain dishes and conbinations of foods that one need only read about to know that here is something that will suit the family to the well known "T". Such a one is this combination of eggs in baked potatoes—oh yes, there is cheese included too—try it for any meal soon.

EGGS IN BAKED POTATOES

6 potatoes
6 eggs
6 tablespoons grated cheese
6 teaspoons butter

Bake the potatoes, cut off the top and remove half of theinside of potato, in its place drop a raw egg, salt, cayenne pepper, 1 tablespoon cheese and 1 teaspoon of butter in each. Put back into hot oven and bake for 4 minutes.

V

Oyster Soup

4 tablespoons tapioca
1 teaspoon salt
Dash of cayenne
Dash of paprika
4 cups milk
1 cup oysters, cut in pieces
4 tablespoons butter

Combine tapioca, seasonings, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) cook 5 minutes, stirring frequently Add oysters and butter; reheat Serves 4 to 6.

Sour Cream Pie

1½ cups sour cream
2 eggs
1 cup sugar
½ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg
4 tablespoons flour
1 cup chopped raisins
1 teaspoon vanilla
2 tablespoons sugar

Scald one cup of the cream in a double boiler. Mix egg yolks, spices flour, sugar and remaining cream and add slowly t the hot mixture. Cook fifteen minutes. Add raisins and vanilla. When partly cooked, pour into a baked crust. Cover with meringue made from stiffly beaten egg-whites and 2 tablespoons sugar Brown in a slow oven (300-350 F.)

V

Bran Griddle Cakes Means Any Day Well Started

Since it has been proclaimed that breakfast is a vital and most necessary meal for the health of the nation it should certainly not be overlooked by any housewife. If not before, let her now start serving in addition to fruits, such hearty foods as—

BRAN GRIDDLE CAKES

1¾ to 2 cups milk
1 cup whole bran shreds
1½ cups sifted flour
3 teaspoons double acting baking powder
1 teaspoon salt
2teaspoons sugar
2 eggs, well beaten
1 tablespoon melted shortening

Pour milk over bran. Sift flour once, measure, add baking powder salt, and sugar, and sift again. Add flour and blend. Add shortening. Bake on hot greased griddle. Serve with maple flavored syrup. Makes 2 dozen griddle cakes.

V

Oyster Pie

2 dozen oysters
1½ cups oyster liquor
1 tabespoon finely chopped parsley
1 tablespoon finely chopped celery
2 tablespoons rolled bread crumbs
1 teaspoon onion juice
1 hard-boiled egg
1 tablespoon butter
Salt and white pepper
Pie dough

Strain the oyster liquor through a cheesecloth and bring it to a boil with the butter, parsley, and celery. Mash the egg with the bread crumbs and mix to a paste with a little of the oyster liquor; add the rest of the liquor; season with salt and white pepper, and let thicken for 2 minutes. Clean the oysters and wipe them dry; put them in a baking dish and pour the sauce over them. Cover with plain pastry rolled to ¼ inch thickness. Make several incisions in the crust; press down the edges with a fork; brush over with milk and cook in a moderate oven (350 F.) ½ hour.

V

Mushroom Creole

2 cups oysters
1 egg yolk
3 tablespoons butter or substitute
2 tablespoons sherry
3 large mushrooms, chopped
1 tablespoon flour
Salt and pepper
Lemon juice

Scald oysters in own liquor, drain and reserve liquor. Melt butter and fry mushrooms 3 minutes, add flour stir well; add oyster liquor stirring constantly. Put in oysters, season and when very hot remove from fire add beaten egg yolk, sherry, and lemon juice. Serve at once on toast

CELERIED OYSTERS

12 oysters
½ cup cherry
1 tablespoon cooked celery, minced
1 teaspoon butter of substitute
Salt, pepper
Toast

Melt butter in saucepan, add oysters and celery. Season, cook 3 minutes, add sherry and cook until oysters plump and edges curl. Serve immediately on toast.

The Mutual Fire Insurance Co.
OF KENT COUNTY, MARYLAND
Established 1845, at Chestertown, Md.
SAFE AND SOUND
Protection may be obtained for 3 or 5 years at a considerable saving over the yearly rate.
Directors of this Company
Betterton—Arthur H. Brice
Sassafras—Olin S. Davis
Millington—Paul Comegys
Church Hill—James P. Brown
Ingleside—Wm. R. Wilson
Rock Hall—G. Ellsworth Leary
Kent Island— T. Walter Denny
Chestertown—J. D. Bacchus, P. M. Brooks, Thos. W. Eliason, Frederick G. Usilton.
FRED. G. USILTON, Pres. GEO. E. GORSUCH, Sect'y-Treas.

BACK UP YOUR BOY
Buy an Additional Bond Today
2ND WAR LOAN

Not so long ago every farm . . . . HAD ITS OWN BAKERY
HAD ITS OWN BUTTERY
HAD ITS OWN BREWERY

Back only a few years ago, as time is counted, every farmer ate bread baked from his own grain—ground at the nearby mill. That bread was mixed in his own kitchen, set to rise behind the warm kitchen stove, and baked fresh and brown and crisp.

On it he spread generously the butter from his own cream, made in his own buttery. The slice of good, home-cured ham was sliced from a porker born and raised in his own pens. And to wash it all down, there was a mug of sturdy beer, brewed in his own brew-house, alongside the roomy kitchen.

This was quite natural, too—because both the cattle and the hogs were fed on grain the farmer grew. The bread was baked from the flour, milled from the grain he raised. And the beer was brewed from his own home-grown barley, flavored with hops grown in his herb patch. And the same yeast that he used in brewing his beer, he used, too, in baking his bread.

In time, the farmer became a specialist—raising only certain crops and buying in the market what he did not raise. Today more and more farmers buy bread from a nearby town bakery, buy butter from the store in town (five or ten minutes drive away)—his ham and bacon come from folks who specialize in pork products, and his beer, he buys by the case from a dealer in town.

WE ARE IN AN AGE OF SPECIALIZATION

Maybe it is best for all of us. In any event, it's a lot easier on the women folk on the farm. The modern bakery, the modern creamery, the modern packing plant, the modern brewery, lift great loads from the shoulders of the farmers' wives and daughters. Life on the farm is an easier life—the good fresh air, the active day-to-day exercise, and then the mere sight of the dinner and supper table—they all combine to make the country ham and the well brown bread and the fresh butter taste as of old—and the tall, slim glass of NATIONAL BOHEMIAN is as much a part of the home life at mealtime as when each farmer brewed his own beer.

From grain and hops and yeast and water we brew
NATIONAL BOHEMIAN BEER--for pure enjoyment

THE NATIONAL BREWING COMPANY OF BALTIMORE, IN MARYLAND

Distributor–R. B. BAKER & SON, Grasonville, Md.
PHONE GRASONVILLE 2555
—BY THE WAY—
NATIONAL SPORTS PARADE with Bailey Goss Station W B A L every evening 6:05 & 11:05 p. m. Monday through Saturday
PURE ENJOYMENT TIME Station W I T H 7:05 to 7:30 p. m. Monday through Saturday

Back The Attack!

Buy War Bonds and Stamps NOW!

THE FIRST NATIONAL BANK OF CHESTERTOWN
Members Federal Reserve System and Federal Deposit Insurance Corporation

©Maryland State Archives msa_sc3326_scm8233-0031