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

Stone dates or prunes and stuff them with fondant which has been colored pink and flavored with rose water. A whole nut-meat should be inserted with the fondant.

All glandular organs (meat) require careful cooking at low temperature. Overcooking toughens them and destroys their delicate flavor, making them almost tasteless.

Use cookie cutters in any small design to cut sliced bread for toasting on a cookie sheet or large pan. Or use the cutters on biscuit dough and bake or fry in deep fat. These make very nice soup accessories.

Fish stews are made of milk and the juice of the fish which gives flavor to the soup. They differ from the cream soups in that they need not be thickened, though they often are, and from the chowders in being less complex in composition.

Mix peanut butter with chili sauce to form a paste. Spread slices of hot brown bread or toasted graham bread with butter, add the mixture and put the slices together with crisp lettuce leaves between. Garnish with slices of dill pickles.

A slow drip ,from one faucet can waste ten gallons of water a day. That water may cost you money on your water bill. If it's hot water, you're wasting the fuel needed to heat it.

Warm air heating systems will give more satisfaction if grills are removed from the registers from time to time, and accumulated dirt thoroughly wiped off the inside. These should be replaced tightly to prevent streaks on the walls. If your warm air system does not have a return duct in each room, you must leave room doors open in order to get proper air circulation and warmth. And don't block duct outlets with pieces of furniture.

The hose you now have will give you good service "for the duration" if cared for and repaired. Get extra life from garden hose by these seven simple "stunts." 1. Drain thoroughly after using. 2. Roll into large loose coil, avoiding sharp bends. 3. Store coil flat in a cool dry place, preferably the cellar. If hose is hung, put over gasket or rounded object to prevent sharp bends. 4. Don't let the hose trail through oil drippings when using. Oil eats rubber. 5. Don't pinch, bend or double hose up to stop water flow, even for a minute. This strains and wears out the hose. Walk over to the valve instead. 6. Don't step on, drive over, or roll things across your hose, whether or not in use. 7. Don't leave hose exposed in sun; the rubber wears out.

When pan broiling, the meat is placed in a sizzling hot skillet and browned on both sides. Reduce temperature and cook until as well done as desired, turning from time to time.

One should always read paint labels for special instructions before using. Many modern paints have been developed for certain purposes only, or are compounded so that special instruction must be followed for highly satisfactory results. Take advantage of the manufacturer's research to make your painting jobs easier.

Protect the finish on tables, etc., by occasional waxing, following directions on cans or bottles labeled for furniture or automobile use. Keep good furniture away form open windows or hot radiators as heat and moisture hurt wood.

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Steamed Vegetables

Squash — White Potatoes
Sweet Potatoes — Beets — Carrots
Parsnips — Spinach

Cut prepared vegetables into serving size (except beets) and place in perforated upper part of steamer. Cover tightly and fit into lower part of steamer which should be filled with rapidly boiling water. Steam until vegetables are just tender. Steaming requires a little longer than boiling. The time varies according to the size of the pieces into which the vegetables are cut. In general, allow from ¼ to 1-3 longer for each vegetable than the time specified. Remove from steamer, add salt, butter, and any other seasonings. Serve immediately.

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BUY MORE BONDS!

Cream Cheese Fine For Junior's Lunch

You can't give a toddler pork, even when the butcher's counters are short of the traditional staples for Junior's lunch these wartime days. But from an appetite standpoint as well as from the angle of nutrition, it's easy to solve the problem by investing one ration point in cream cheese. This ration point bargain is also one of the most economical and adaptable of health foods. Made from cream and milk solids, cream cheese is rich in muscle-building proteins and rates as one of the most easily digested of foods—so it's an ideal choice for the juvenile set. Cream cheese is high in butter fat, too, so when you use it in sandwiches you won't need to use a bit of your precious butter quota for a spread.

Besides the plain variety of cream cheese, he six-ounce wedge-shaped cuts are flavored with chives, relish or pimento, and they are packaged to keep several weeks, if unopened, in the refrigerator. So it's easy to achieve varied sandwich fillings and salad combinations that will rate high in luncheon appetite for the adult contingent as well as Junior and his sister.

CREAM CHEESE
NUT AND ORANGE SPREAD

Blend half a six-ounce wedge cut of cream cheese, 2 tablespoons orange juice and pulp and 2 tablespoons finely chopped nut meats with a silver fork. Makes ½ cup.

CREAM CHEESE
AND PEANUT SANDWICHES

½ six-ounce wedge cut of cream cheese
½ cup chopped salted peanuts
½ teaspoon lemon juice
⅛ teaspoon salt
6 slices white or whole wheat bread

Cream the cheese until soft. Add nuts, lemon juice and salt. Spread between slices of bread. Makes three sandwiches.

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Eggs In Baked Potatoes

There are certain dishes and combinations of foods that one need only read about to know that here is some thing that will suit the family to the well-known "T". Such a one is the combination of eggs in baked potatoes—oh yes, there is cheese included too—try if 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 the inside 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.

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Butter for sandwiches should be thoroughly creamed before being used, or it will not spread evenly over the bread. To cream butter, place it in a warm bowl and mash and beat it until it is soft. It will then spread well, even on fresh bread. Sandwich butters are often made by creaming one cup of butter with one-half cup of cream. One half-cup of butter, creamed will spread 40 to 45 slices of bread.

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Chocolate Drink Fine For The Youngsters

On warm days you'll find the youngsters ready for baseball. You'll find too, that they're always ready to raid the refrigerator for milk and chocolate syrup, and if you have ice cream stored away, that too can go towards making a very extra-special drink. You'll be the toast of the "gang."

CHOCOLATE SYRUP

3 squares unsweetened chocolate
2-3 cup water
½ cup sugar
Dash of salt
½ cup corn syrup
½ teaspoon vanilla

Place chocolate and water in saucepan. Cook sugar and salt; bring to a boil and boil gently 2 minutes, stirring constantly. (For a thicker sauce boil 4 minutes). Add corn syrup and bring again to a boil. Remove from heat. Cool slightly, then add vanilla. Turn into jar; cover tightly. Keep in refrigerator. Makes about 1½ cups syrup.

COCOA SYRUP

1 cup breakfast cocoa
½ to ¾ cup corn syrup
½ to ¾ cup cocrn syrup
¼ teaspoon salt
1 cup cold water
2 teaspoons vanilla

Combine cocoa, sugar, syrup, and salt in saucepan. Add water slowly and place over low flame, stirring until smooth; then boil gently 3 minutes, stirring constantly. Add vanilla. Turn into jar; cover tightly. Keep in refrigerator. Makes about 2 cups syrup.

CHOCOLATE MILK SHAKE

1 cup chilled milk
2 tablespoons chocolate or cocoa syrup

Add milk slowly to syrup, stirring constantly. Beat or shake well. Pour into tall glass and serve at once. Serves 1.

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Coventry Tarlets To Replace The Usual Pie

In place of the usual pie, which we grant is a very popular dessert, try serving a tasty tartlet, such as these—

COVENTRY TARTLETS

½ pound cream cheese
½ cup sugar
¼ cup butter or substitute
2 egg yolks
½ teaspoon salt
¼ teaspoon nutmeg
1 tablespoon orange-juice

Mix the cheese with the other ingredients until creamy. Line a dozen deep molds with puff or flaky paste. Prick and fill with the cheese mixture Bake in a hot oven (450 F.) for ten minutes. Then reduce the heat to (325 F.) and bake until golden brown and firm. When done, turn upside down on a sheet of paper and leave to cool. Spread each tartlet with apricot or currant marmalade, quince or apple jelly or greengage jam.

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Grapefruit Pie

1 cup sugar
⅛ teaspoon salt
4 tablespoons cornstarch
½ cup water
1 cup grapefruit juice
1 tablespoon butter
2 egg yolks, beaten
1 baked pastry shell

MERINGUE

2 egg whites
6 tablespoons confectioners' sugar
2 tablespoons grapefruit juice

Combine sugar, salt and cornstarch add water and grapefruit juice and cook slowly, stirring constantly, until thick. Simmer 5 minutes, add butter and egg yolks and remove from heat. Beat well; cool. Turn into pastry shell. Beat egg whites until stiff, add sugar slowly and stir in grapefruit juice. Cover top of pie with meringue and bake in slow oven (300 F) 10 to 15 minutes or until meringue is browned lightly. Makes one 9-inch pie.

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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.

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Fried Vegetables

Eggplant - Potatoes - Onions

Fried Eggplant. Pare, cut in ¼-inch slices, and sprinkle with salt and pepper. Dip in flour, then in egg, and last in sifted bread crumbs. Fry in deep fat (370 F.) until tender and brown. Drain on unglazed paper. Serve immediately .

French fried potatoes. Wash and pare small potatoes. Cut lengthwise into eigths. Soak in cold or ice water 1 hour (if desired, parboil 2 or 3 minutes to shorten frying time; then drain), Dry thoroughly between towels Drop, a few at a time, into deep fat (390 F.) and fry until crisp and brown (about 5 minutes). Drain on unglazed paper. Sprinkle well with salt and serve immediately.

French Fried Onions. Peel onions and cut in ¼-inch slices. Separate into rings. Dip in milk, drain, then dip in flour. Fry in deep fat (370 F.) until brown. Drain on unglazed paper sprinkle with salt, and serve immediately.

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Store ham properly wrapped in a dark, cold, well-ventilated place. Wrap the ham first in strong, absorbent, greaseproof paper, then enclose in a muslin bag. Keep this way until you are ready to cook it. If the ham has been cut, grease it well, including the cut surface, with salad oil and store in refrigerator. This helps prevent mold.

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In making soup stock, cut the meat in small pieces and saw or crack the bone. This is done to increase the surface exposed to the action of hot water.

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The terms "surprise attack," "invasion," "task force," and the like, are not new to producers of food crops. From the time the crop is planted until it reaches the consumer, the producer must plan to outwit the insect and disease enemies of the crop, and also out-guess the weather. Extension specialists and agents are continually advising growers on better cultural practices.

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A ton of early cut hay will produce the most milk. Likewise, an acre of early-cut hay will produce the most milk.

To Make Mayonnaise Dressing In Kitchen

Many housewives who have never done so, or at least not for years, are now making their own mayonnaise. And the wonderful part, aside from the fact that the mayonnaise is good is that it isn't at all difficult to make. There are times, however, when in spite of all we do, it curdles but this can usually be remedied as shown:

MAYONNAISE DRESSING

2 uncooked egg yolks
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
⅛ teaspoon mustard
3 tablespoons vinegar or lemon juice
2 cups salad oil

To yolks, add dry seasonings, beat thoroughly add vinegar or lemon juice and beat again. Add oil gradually (drop by drop at first) beating hard after each addition. The mixture should be thick and creamy. Should it curdle, begin with a third egg yolk, add a small quantity of oil to the egg and then by very small quantities add the curdled dressing. At times a dressing may be quite firm when left, only to be founnd curdled when ready for use. This third egg process will usuaally restore it. Equal proportions of vinegar and lemon juice may be used. Tarragon vinegar is sometimes used to give an interestinng flavor.

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Icebox Cookies

¾ cup butter or substitute
¾ cup shortening
2 cups medium brown sugar
4 eggs
1 teaspoon salt
1 teaspoon cinnamon
2 teaspoons baking-powder
5 cups flour

Cream the shortening together and with the sugar. Add the well-beaten eggs and beat well. Sift all the dry ingredients together and add to the first mixture. Pack the dough into a butter carton, or form into roll. Wrap in wax paper and put in the coldest part of the refrigerator for several hours. Slice as thin as possible with a very sharp knife, place on a greased baking- sheet, and bake for ten minutes in a moderate oven (375 F.) A part of the mixture may be baked and the remainder kept in the refrigerator for later use.

PEANUT COOKIES

¼ cup shortening
1 cup brown sugar
2 eggs
¼ cup milk
½ teaspoon salt
2 cups flour
2 teaspoons baking powder
1 cup chopped peanuts ,

Melt shortening; add brown sugar, eggs and milk. Add sifted salt, flour and baking powder, and chopped peanuts. Drop by teaspoonsful on greased pans, an innch or two apart. Place a half peanut on each and bake in a quick oven (400 F.)

Four – Fruit Sherbert

After a heavy meal, between meals or at bed time there is always something particularly cooling and pleasing about a sherbet. And much to everyone's surprise, a sherbet is a simple thing to make, even one as fancy as this—

FOUR—FRUIT SHERBET

4 cups sugar
4 cups water
1 1-3 cups orange juice
1 cup lemon juice
½ teaspoon salt
4 bananas, mashed
6 maraschino cherries, finely cut
1 egg white, slightly beaten

Cook sugar and water together 5 minutes. Cool. Add fruit juices and salt, then bananas, mashed with silver fork. Let stand 1 hour. Rub through coarse sieve. Add cherries and egg white. Freeze, using 8 parts ice o 1 part salt. When hard to turn, clear away ice from top of freezer. Remove dasher. Pack ice solidly into can, cover with waxed paper, adjust lid, and fit cork into hole at top to keep out brine. Repack freezer, using 4 parts ice to 1 part salt. Let stand until ready to serve, draining and repacking if necessary. Makes 3 quarts sherbet.

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Home Made Mint Jelly

When fresh mint is available, and a lamb roast available, try making mint jelly—the two go hand in hand.

MINT JELLY

1 bunch mint
2½ cups boiling water
1 cup sugar
2 tablespoons gelatin
½ cup water
1 teaspoon lemon juice

Chop mint and cook rapidly in 2½ cups boiling water. Add 1 cup sugar and the gelatin which has been dissolved in ½ cup water. Cool and add 1 teaspoon lemon juice. Strain and color green, if desired, with vegetable coloring. Let stand in individual molds until firm.

NOTICE

Application has been made to the undersigned by
WILLIAM MILFORD DUKES
For a Beer License, Class D, on sale, generally, at the premises known as Gibson's Betterton Yacht Club, Betterton Md., which shall authorize the holder thereof to keep for sale and to sell beer at retail, at the place therein described, for consumption on the premises or elsewhere. A hearing on said application will be had by the undersigned at their office in the Court House on June 20 1944 at 2pm. at which time any exceptions to the application will be heard.
THE BOARD OF LICENSE COMMISSIONERS FOR KENT COUNTY
26my2t* Frisby N. Willson, Clerk.

RICHARD CARVELL, Attorney

Ratification Nisi

In The Circuit Court for Kent County
In Equity No. 3392

Richard Carvell, Assignee
versus
Virginia E.Parks

Ordered, this 18th day of May, 1944, by the Circuit Court for Kent County in Equity that the Auditor's Account and Report stated and reported by Herbert E. Perkins, Auditor, in the above entitled cause, be Ratified and Confirmed, unless cause to the contrary thereof be shown within three weeks from the date of the first publication of said notice, viz: June 9th, 1944; Provided, a copy of this Order be inserted in some newspaper printed and published in Kent County,, once in each of two successive weeks before the 27th day of May next.
True Copy,
ROBERT A. SHALLCROSS, Clerk
Test:
ROBERT A. SHALLCROSS, Clerk

—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.

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