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

It is an established fact that the dirtier clothes are, the harder they must be washed. Long machine time or extensive rubbing and scrubbing weakens all fabrics, besides wasting power. So even if Dad's shirt doesn't "look dirty," even if undies seem fresh—toss them into the hamper every night. If you do—all garments will last longer.

The blades of your kitchen knives should be used only for food purposes. If you insist on cutting paper and string, metal or bone with them, you dull them quickly. Never put a good knife blade into a flame, else the steel will lose its temper and cannot be kept sharp thereafter. To make knives last, buy one of the grooved hangers which permits each knife to hang all alone in its own partition. Banging against other metals in a drawer dulls a knife.

Sharp blades are time savers. Keep blades sharp for most service. The little multi-wheel devices are good enough for low-priced knives, but if you have really good steel you should (1) use a tapered steel sharpening rod or (2) an oil stone sharpener. Directions for use are packed with these helpers and in a few minutes a week you can keep good steel in prime condition. Never let a street-walking scissors grinder sharpen your good knives—he'll only eat away the steel and ruin them. When good knives become dull, take them to a reliable cutlery or hardware store for sharpening. Stainless steel knives can seldom be made very sharp.

To best keep peanut butter, keep it out of the sun and away from heat.

In cutting up the meat of cooked lobster, always use a silver knife or one of stainless steel, if possible, as an ordinary steel knife discolors or darkens the meat.

Electric mixer beaters should be removed, washed and dried thoroughly after each use.

If your doorbells are operated by dry batteries, you may find it difficult to get replacement batteries lafer on. A small "doorbell transformer" connecting the doorbells to your electric system, uses almost no current and saves battery replacement as well. Mount it securely in the position where the batteries formerly, were, connecting two of the wire to the house current and the other to bell circuit. If no electric outlet is close by it will be safer to have an electrician make the installation.

Small bulbs should be in decorative wall candelabra fixtures. Do not use 40-60 watt bulbs in these fixtures, with or without shades for room lighting. It is wasteful. Rely on floor or table lamps, or ceiling fixtures, for reading or working light. Put 25-watt or smaller, fancy shape or colored bulbs, in your wall fixtures. Use them only for a soft light while listening to the radio, or for conversational evenings when no reading is done.

Milk should never be omitted from the school lunch. It may be carried in a special container provided for the purpose or it may be included in a hot dish.

If cereal is cooked in the evening for the following breakfast, it may stand in the double boiler all night and be heated in the morning. It is well not to stir it in the morning until it is thoroughly hot, because stirring when cold is apt to cause lumps which resist being made smooth.

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Chocolate Pudding

3 squares unsweetened chocolate cut in pieces
3 cups milk (or 1½ cups evaporated milk and 1½ cups water)
¾ cup sugar
4 tablespoons cornstarch
¼ teaspoon salt
1 teaspoon vanilla

Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar, cornstarch and salt. Add a small amount of chocolate mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Then cook 20 to 25 minutes longer, stirring occasionally. Add vanilla. Serves 6.

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Plain boiled icing on cake may be decorated with a sprinkling of chocolate shots or other colored sugar sprinkles which may be purchased at the grocer's; it may also be colored with vegetable colorings. Grated coconut may be sprinkled on top for coconut frosting. The decorations must be sprinkled on the frosting before it hardens. Chopped nuts or nut halves are a decorating addition to any frosting.

Bean Loaf

Here is another dish using beans that can be served as well with meat as without—it will make a grand foundation for that meatless menu if desired; or served with strips of broiled bacon:

BEAN LOAF

1 pint cold cooked beans
1 egg, well beaten
2 tablespoons tomato catsup
1 cup bread crumbs
1 tablespoon chopped onion
Salt and pepper to taste

Combine ingredients in order given. Shape into loaf, and bake in a moderate oven 25 minutes.

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Nut and Cheese Loaf

1 tablespoon chopped onion
1 tablespoon fat
1 cup grated cheese
1 cup chopped nuts
½ cup milk
1 cup cooked cereal
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon paprika
1½ tablespoons 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.

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Then there's the trick of adding some lemon slices, a little bay leaf, and a few peppercorns to the water in which fish is boiled. It gives a certain savoriness that the bland flavor of fish seems to need. Lemon slices help out black bean soup, and spinach and steak, too. Another practice to which we are partial is the use of bouillon cubes. We find their spicy blend of seasonings adds to sauces, cream soup souffles, and patties brings out the best qualities in these bland foods and provides an interest they often lack.

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Upsidedown Cake Can Appear In Variety

Many is the housewife who decides to bake a cake, but has no special cake in mind. She produces her favorite cook book and starts thumbing through the "cake" section. This one sounds good, the picture of that one looks wonderful—but the frosting for the other one takes too much butter, or father isn't particularly partial to that kind, and anyway there's a little too much work connected with the making of that one. Ho hum, an upsidedown cake is always good, everyone in the family likes them and they're soooo quick and easy to make, and they too, can appear in variety—there's no need to serve one topped with pineapple, if that's what you had the last time—just try a—

COCONUT BUTTERSCOTCH UPSIDE DOWN CAKE

1¼ cups sifted cake flour
1¼ teaspoons double acting baking powder
¼ teaspoon salt
¾ cup granulated sugar
4 tablespoons softened shortening
1 egg, well beaten
½ cup milk
1 teaspoon vanilla
6 tablespoons butter
2-3 cup brown sugar, firmly packed
2 tablespoons water
1 cup coconut, toasted

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Add butter. Combine egg, milk, and vanilla. Add to flour mixture, stirring until all flour is dampened; then beat vigorously 1 minute.

Melt 6 tablespoons butter in 8x8x2 inch pan or 8-inch skillet over low flame. **Add brown sugar and water** and cook and stir until thoroughly mixed. Sprinkle coconut on this. Turn batter out on contents of pan. Bake in moderate oven (350 F.) 59 minutes, or until done. Turn upside down on dish with coconut on top.

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Cabbage With Sausage

One can take a few links of sausage, combine it with mashed potatoes and cabbage, and for few points have as fine a dinner as one could want for the fall of the year.

CABBAGE WITH SAUSAGE

6 sausages
1 quart minced cabbage
½ teaspoon pepper
Salt if necessary

Fry the sausages crisp and brown. Take from the frying pan and keep hot. Pour off all but 3 tablespoons of fat from the pan. Put the cabbage in the pan and cook until tender. Arrange in a hot dish and garnish with the sausages. Serve with mashed potatoes.

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BUY MORE BONDS!

Coffee Nut Muffins

Special meal-time treats are always a sure way to keep the family happy—they love little surprises like these:

COFFEE NUT MUFFINS

3 cups sifted cake flour
4 teaspoons baking powder
¾ cup brown sugar
½ teaspoon salt
1 cup pecan meats, broken
1 egg
1¼ cups cold strong coffee
2 tablespoons shortening, melted

Sift dry ingredients together and add meats; beat egg, and coffee and shortening and add to dry ingredients. Mix only enough to dampen all flour. Bake in greased muffin pans in hot oven (400 F.) 20 to 25 minutes. Makes 16 large or 30 small muffins.

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Sugar Crisps

½ cup fat
¾ cup sugar
1 egg, beaten
2-3 cup molasses
½ teaspoon vanilla
1 teaspoon baking powder
2 teaspoons cinnamon
½ teaspoon soda
⅛ teaspoon salt

Cream fat and sugar together. Add beaten egg, molasses and vanilla. Sift dry ingredients and bake in a moderate oven (350 F.). These cookies are espically good when made with sorghum molasses. The tops may be moistened with **water and sprinkled with sugar before baking.**

This recipe makes about 4 dozen cookies 2 inches in diameter.

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Just as soon as cake is thoroughly cold, it should be placed in a cake safe of other covered storage box to prevent drying. If first set on a large square of heavy waxed paper, the cake can be lifted easily in and out of the storage box by grasping corners or ends of paper.

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Baked Fish With Stuffing

Many a fine meal is missed because so many housewives just wont cook a fish, or else don't thing about it but many a meatless dinner could be made intriguing and satisfying by just such an addition. Plus the fine flavor of fish, one can make stuffing for treat:

BAKED FISH

1 (3 pound) fish cleaned and trimmed
¼ cup minced onion
½ cup diced celery
⅓ cup fat
3 cups bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons chopped parsley
2 tablespoons butter

Clean fiish wash and dry well. Rub inside with the 2 teaspoons salt. Saute onion and celery in fat, add crumbs from day-old bread, seasonings and parsley. Mix thoroughly. Stuff fish. Close opening in fish with toothpicks and lace with string or sew with needle and stout thread. Place in greased baking pan or dish, brush with softened butter. Bake in moderate oven (375 F.) 40-45 minutes or until golden brown. Remove to hat platter, garnish with watercress. Serves 4 to 6.

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Silks, rayons and similar fabrics should not be pre-soaked. Wash quickly with thick suds of mild soap in lukewarm water only. Hand washing is preferable—or not over 4 minutes in the washing machine. After two lukewarm water rinsings, squeeze out water—don't wring or twist—and roll up in a bath towel, crushing fowel gently to remove more water. Iron at low heat while damp.

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A nice touch is added to a roast leg of lamb by covering the meat with pineapple slices 1 hour before the meat is done. Brush with melted fat so that the pineapple will brown.

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Egg whites help to make a cake light. That's because a lot of air can be enclosed in them by beating. For best results, remove eggs from refrigerator a little while before using so that they may be at cool room temperature (65 F. to 70 F.) Eggs beat up lighter and more quickly when not too cold. This is, of special importance in making angel food cake. Underbeaten or overbeaten egg whites make cake of poor volume.

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To keep your windows bright and clean on the inside during the winter, merely wipe them off with paper napkin each week. This will remove the moist dirt and polish at the same time.

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If lemon juice is sprinkled over bananas after they are sliced, they will not darken.

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Ruskin Said It

"No amount of pay ever made a good soldier, a good teacher, a good artist or a good workman."

When Your Back Hurts - And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

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