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

It's the heat that does the ironing, not your hand pressure—so have ironing energy. Save fuel on electric by switching off or removing plug when iron is hot enough, reconnecting when it cools. Keep bottom of iron clean, using mild scouring powder or very fine steel wool if necessary (when iron is cool). Never let the iron drop.

Leather book bindings may be preserved permanently if wiped with a conditioning preparation (providing fresh oils for the leather) twice yearly. The time to give such treatment is while bindings still appear in good condition; once dried and cracked, it will be difficult to save the leather.

Over-cooking not only toughens oysters but destroys flavor and valuable food elements. Curdling, a common problem in oyster stew, is prevented by joining cooked oysters and hot milk with seasonings and butter added at the last.

Prevent scarring of table tops by using table pads, mats or doilies when ever possible. Putting coasters under beverage glasses is cheaper than refinishing a stain later. Hot-plate mats are a good precaution even for 'heat-resistant' wood finishes.

Almost every household has a couple of chairs tucked away in a closet or half-concealed in a corner that are seldom used because they're wobbly. Rungs or points are loose. If such chairs are used, they may cause serious accidents—why not fix them now? (1) Remove loose rungs, scrape old glue off push-in dowel, scrape old glue from inside of hole, apply strong new glue, push in rung tightly, bind chair firmly with twine until glue has set and hardened. (2) If rung fits too losely for gluing, get small metal 'rung fasteners' at the hardware store counter, slip over end of dowel and put it into place.)3) If several legs are unsteady, use either method 1 or 2, plus the attachment of X-shaped wire braces between legs. These are sold at low prices as 'chair-bracing sets'.

Breaks in plaster walls, if not too large, may be patched. Break out all loose plaster, undercutting the edges of the area to give the new plaster a firm hold." Make a stiff mix with two parts of patching plaster and one part sand, applying with trowel or putty knife working well into spaces between laths and filling to ⅛ inch from wall surface. When hard, roughen the surface by scratching with nail or screwdriver and fill up with plaster, smoothing off with trowel and dusting with sifted dry plaster. Large areas require replastering had better be entrusted to skilled workmen. White lead in oil, stiffened to putty-like consistency with whiting, may be used to fill small blemishes.

When pot roasting, the meat is seasoned and dredged with flour, placed in a heavy skillet or dutch oven, and searing for 15 minutes or until meat is nicely browned. A small amount of water or stock is then added, and heat lowered, the pan covered tightly and the meat allowed to simmer until tender.

Vegetable Loaf Requires Gentle And Loving Care

One of the greatest mistakes a house wife can make is to carelessly toss together a meatless meal. If anything, such a meal requires very gentle and loving care—such care that the family will be attracted by the appearance and flavor—not sit there feeling sorry for themselves because no meat was available and they are therefore forced to eat this dish of "what is it?" Be conscientious and artistic with a meatless meal and on occasions serve a—

VEGETABLE LOAF

6 tablespoons margarine
½ cup dry bread crumbs
1 cup cooked peas
1 cup mashed potatoes
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon nutmeg
2 tablespoons flour
½ cup milk
2 hard cooked eggs
1 can condensed tomato soup
Dash of Worcestershire soup

Melt 2 tablespoons of the margarine, add crumbs and brown slightly. Sprinkle ½ crumbs on bottom and sides of greased loaf pan. Mash peas, add potato, remaining crumbs, salt, pepper and nutmeg. Melt 2 tablespoons margarine, add flour and blend Add milk gradually, cook and stir until thickened. Blend with potato mixture. Place ½ mixture in loaf pan top with egg slice. Add remaining mixture. Bake in moderate oven (350 F.) 25 minutes. Unmold, garnish with additional egg slices. Serve with

TOMATO SOUP SAUCE

Heat together the soup, remaining margarine and Worcestershire sauce.

Surprise Casserole Calls For Chicken Spinach & Mushrooms

This particular dish will indeed be a surprise to one and all, and a most pleasing surprise at that. The combination of chicken, spinach and mushroom is so good that the family will ask for it again and again and all plates will be licked clean.

SURPRISE CASSEROLE

1 pound spinach
Salt
1 cup white sauce
Slices of left-over chicken
½ cup mushroom caps
1 teaspoon finely minced onion
1 tablespoon butter or margarine

Wash spinach well through several waters. Place in pan and cook over medium heat 10 to 12 minutes, or until done. Season with salt. Drain and chop very fine. Blend with ½ cup white sauce. Place ¼ cup white sauce in the bottom of a shallow baking dish. Heat chicken slices in remaining sauce. Saute mushrooms and onion in butter. Reserve a few mushrooms for garnish, spreading the remainder over sauce in baking dish. Add spinach and top with chicken. Garnish with mushrooms. Bake in a moderate oven (350 F.)10 minutes. Serves 3.

A Glenn Dale homemakers' club member, Prince George's County, sent a copy of her clubs study program of the year to a woman in England, in a "good neighbor' letter. It was so enthusiastically received, the English woman wrote in acknowledgment, that the British equivalent of the Maryland homemakers' clubs is using the program as a model in the planning of their activities in the future.

Meat Goes A Long Way When Made In A Loaf

Every point-conscious housewife is continually on the lookout for recipes that will make a little meat go a long long way—and indeed—here is just such a one.

Not only does this recipe call for just one pound of ground beef that will serve six to eight people, but it is combined with a tasty stuffing to form a very attractive loaf. And don't the men love stuffing. Just ask them and see—the more things the housewife can "stuff" the better they seem to like it—so right there, both father and mother are happy, so be very sure to try this—

STUFFED MEAT LOAF

1 pound ground beef
3 tablespoons finely minced green pepper
4 tablespoons finely chopped onion
1 teaspoon salt
½ teaspoon Worcestershire sauce
¼ teaspoon sage
½ cup soft bread crumbs
¼ cup water, tomato juice, or soup stock
1 egg

Combine all ingredients. Line a loaf pan with one-half the meat mixture. Cover with the following stuffing, and press remaining meat mixture over the stuffing. Bake in moder erate oven (350 F.) 1 hour. Serves 6-8. Serve hot or cold.

STUFFING

2 tablespoons butter or meat drippings
1 cup soft bread crumbs
½ cup water or stock
2 tablespoons chopped onion
2 tablespoons chopped celery
Salt and pepper

Melt fat. Add remaining ingredients and mix lightly.

Toasted Rolled Sandwiches

These toasted dainties are very intriguing for every and all occasions, but are especially nice served with crisp salads or a cup of hot tea.

16 slices graham bread
½ cup butter
½ cup pimento cheese
⅛ teaspoon paprika
½ teaspoon salt
⅛ cup chopped sweet pickle or pickle relish

Cream the butter and cheese and add the paprika, salt and sweet pickles. Spread on the slices of bread, which have had the crusts removed. Roll up, place in a pan and toast directly under the broiler or place in a moderate oven until delicately browned. Serve immediately.

Eggplant Stuffed With Ham

Those last bits of boiled ham that cling so stubbornly to the bone can be cut away and served with eggplant It certainly is a good example of a little ham going a long, long way.

EGGPLANT STUFFED WITH HAM

1 large eggplant
Salted water
1 onion, minced
1 green pepper, chopped fine
2 tomatoes, quartered
2 tablespoons butter or other fat
½ teaspoon salt
⅛ teaspoon pepper
1 cup diced boiled ham
Bread crumbs

Wash and dry eggplant and cut off a slice from top. Scoop out inside to within ½ inch of skin. Cover shell with salted water and set aside. Chop eggplant pulp and combine with onion, pepper and tomatoes. Cook in a small amount of boiling salted water until tender. Drain and mash. Add butter, salt, pepper and ham. Drain shell well and fill with mixture. Sprinkle top with bread crumbs and bake in a moderate oven (350 F.) about 25 minutes. Serves 4 to 6.

Muffins

2 cups sifted flour
4 teaspoons baking powder (not double action)
½ teaspoon salt
2 tablespoons sugar
1 egg
1 cup milk
3 tablespoons oil or melted fat

Mix and sift all the dry ingredinets. Beat the egg until light; add the milk and oil. Pour all the liquid into the dry ingredients at once. Stir quickly and just enough to dampen the flour. Fill greased muffin pans 2-3 full and bake in a 325-degree oven 25 minutes, or until a golden brown.

VARIATIONS

1. Add ¼ cup chopped black walnuts or pecans.
2. Add ⅓ to ½ cup shopped dried fruit, such as raisins, prunes, dates, etc., and place a piece of fruit on top of each muffin.
3. Substitute 1 cup unsifted whole wheat flour for 1 cup plain flour; increase salt ¼ teaspoon, and use 3 tablespoons brown sugar.
4. Substitute 1 scant cup pineapple juice for milk. Add ½ cup crushed pineapple; use 1 additional tablespoon fat and 4 more tablespoons sugar.

12 muffins.

Frozen Lime Pudding

1 box lime gelatin
1 cup boiling water
1 cup sugar
2 large lemons, rind and juice
1 quart milk

Dissolve gelatin in hot water; add sugar and stir. Cool. Then add lemon juice, grated rind, and milk. Pour in freezing tray of Gas Refrigeraotr. Stir several times after it begins to freeze. Servings: 8.

Egg–Pepper–Cheese Sandwich

2 hard cooked eggs
2 pimentos
1 package cream cheese
1 tablespoon chopped olives
Salt
Red Pepper
1 tablespoon sugar
1 raw egg
1 tablespoon butter
2 tablespoons vinegar
½ cup cream
1 tablespoon flour

Chop pimentos, eggs, and onion, add cheese, and olives, salt and pepper. Heat vinegar in doubleboiler and stir in mixture of flour, melted butter, sugar and beaten egg. Cook until thick, remove from fire and add cream. When cool, stir in first mixture and use between thin slices of buttered white bread. Cut in fancy shapes.

Modern Vegetable Cookery

Vegetables should be cooked quickly and in a small amount of water to retain their delicious flavor and important food substances.

Prepare vegetables, add a small amount of water (about 1 inch); then cover and heat with full flame until water boils. Reduce flame to minimum or simmer flame, and cook until tender. Serve any vegetable liquid since it contains nutritive food elements.

Butter, cream sauce, or meat flavroings may be added.

Any type of pan with good-fitting lid may be used for this so-called "waterless" cooking.

You can save fuel by drawing down your window shades! The heat you pay for is dissipated when it hits cold window glass. Drawing the shades when chill night comes forms an insulating air pocket really keeps more heat in the house and saves fuel.

Deviled Shrimp

For a family or company luncheon, or Sunday supper, serve fresh or canned shrimp as

DEVILED SHRIMP

2 teaspoons minced onion
½ cup melted butter or substitute
2 cups chopped cooked shrimp, fresh or canned
1 teaspoon paprika
½ teaspoon mustard
½ teaspoon salt
Dash of vayenne
6 tablespoons flour
1½ cups top milk
3 hard-cooked eggs, diced
1 cup buttered bread crumbs

Saute onion in butter until delicately browned. Add shrimp paprika, mustard, salt, cayenne, and flour. Mix well. Add milk and cook slowly until thickened, stirring constantly. Add eggs. Place in small greased ramekins or scallop shells, sprinkle with buttered bread crumbs, and bake in a hot oven (425 F.) 15 minutes, or until brown. Serve at once. Serves 6.

Spinach Mold

Look spinach over carefully, removing roots, wilted leaves, and coarse stalks. Wash well in seven waters to remove sand, lifting spinach out of each pan of water. Use warm water for the first washing. Drain and cook in its own juce, 10-20 minutes or until tender. Drain, chop and season with butter, salt and pepper. Pack spinach into a buttered ring mold and keep in a warm place until time to serve. Unmold and fill center with Harvard or well-seasoned beets.

Two pounds—4 servings.

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.
There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. It is better to rely on a medicine that has won countrywide approval than on something less favorably known. Doan's have been tried and tested many years. Are at all drug stores. Get Doan's today.
DOAN'S PILLS

LOVE POINT FERRY
To and from the HEART of BALTIMORE (Standard Time)
LEAVE LOVE POINT (B. & E. R. R. PIER)
DAILY ex. Sun. 5:00 a. m. DAILY 9:35 a. m. DAILY 6:00 p. m.
LEAVE BALTIMORE (PIER 5, LIGHT STREET)
DAILY 7:00 a. m. DAILY 3:00 p. m. DAILY ex. Sat. 9:00 p. m.
Passengers, Automobiles and Trucks Handled on All Trips
PASSENGERS: 55c ONE WAY • 94c ROUND TRIP (4-day limit) 72c ONE DAY EXCURSION
AUTOS INCLUDING DRIVER $2
TRUCKS INCLUDING DRIVER $3 to $6
SHORTENS THE WAY BETWEEN BALTIMORE & THE EASTERN SHORE
BALTIMORE & EASTERN R.R.

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

Washington College
FOUNDED 1782
A Grade A, Co-educational College
Limited Enrollment

NOW!
as never before, is the time to
BUY WAR BONDS
We Must Back Up Our Boys
Yours to Serve
THE FIRST NATIONAL BANK OF CHESTERTOWN
Members Federal Reserve System and Federal Deposit Insurance Corporation

This nice thing about an awfully hot day is that it's the very finest day to get the most out of a delicious bottle of
NATIONAL BOHEMIAN BEER
FOR YOUR Pure ENJOYMENT
DID YOU BUY A BOND TODAY?
THE NATIONAL BREWING CO. • BALTIMORE, MARYLAND
Distributor–R. B. BAKER & SON
Grasonville, Maryland.
PHONE GRASONVILLE 2555

NEW Spring Suits
See for yourself the handsome tailoring of these Suits, specially presented for spring 100% all wool in Worsteds and Tweeds, in smart single breated styles, 3 buton front.
$27.50 to $40.00
Other styles and patterns for Boys, Students and Young Men from
$14.95 to $20.00
New Spring Shoes in plain and grain leathers, most all styles
$4.95 to $6.95

ALBERT L. WHEAT
THE MEN'S SHOP
Chestertown, :—: Maryland

©Maryland State Archives msa_sc3326_scm8233-0299