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

To prepare tasty sausage canapes, toast rounds of graham bread on one side, butter the other side. Broil thin sausage patties on one side. Place on buttered side of toast rounds and brown under broiler, garnish with parsley.

Keep cocoa tightly covered, cool and dry. Dampness causes deterioration of the quality of the cocoa.

Woolens including blankets should be washed in lukewarm water bearing four inches of mild suds (don't presoak), not over three minutes in the washing machine. Longer washing and hot water make many wool fibres come out—quick laundering saves your woolens. Clean soiled bindings by brushing with suds. Rinse well three times to remove all soap, wring gently through wringer don't squeeze or twist. Fold over line to avoid drying out of shape. Do not use clothespins.

Do not use hot water on blood stains. Soak in cold water or rub with a clean cloth wet with cold water.

The most effective and cheapest soultion is made by dissolving 7 ounces of borax and 3 ounces of boric acid in 2 quarts of hot water. To speed dissolving of the boric acid, first make a paste of it with a small quantity of the water.

The best way to apply is to spray on dry fabric, using a garden sprayer or small window cleaning sprayer.

The second best method is to use solution as sprinkle water before ironing, dampening well and permitting to be nearly dry before ironing. If the iron is too hot, some of the solution may srystallize on it, requiring wiping off of the iron.

Third method is to work fabric in the solution, wring out well, and allowing to hang until dry.

Left-over beef, lamb or chicken make excellent croquettes, curried dishes, deep dish pies with biscuit, pastry or mashed potato crust, individual pies, stuffed peppers mixed with rice, bread crumbs, or mixed vegetables.

If your hosiery rubs and wears through at the back of the ankle, a good protector and preventive of friction is to attach small cushion pads to the inside backs of your shoes. These may be found at foot-comfort counters.

Cover children's books with the paper or transparent jackets to be found in most stores—or paste down the ends of the original jackets inside the covers, like lending libraries do. Or covers may be protected against dirt and soiling by brushing quickly with white shellac dilluted slightly with alcohol. Hold book by inside pages to protect binding. Stroke shellac on outside with a 2-inch brush; let book stand on end until dry. You'll be surprised how much longer books last, how much cleaner they stay, when one of these methods is used.

Polish furniture with a clean soft cloth or cheesecloth dampened with furniture polish or lemon oil, after cloth has first been soaked in hot water and wrung dry. Get at crevices in carved pieces by using an orange-wood stick or skewer wrapped in cotton.

Repair little faults promptly by having the most-needed tools and staple supplies always on hand in a convenient tool chest.

Apple Fritters

4 firm apples
1½ cups flour
2-3 cup milk
1 egg
1 teaspoon baking powder
¼ teaspoon salt
Powdered sugar
⅛ teaspoon nutmeg

Core and peel apples, and cut in ⅛ inch slices crosswise. Make a batter of flour, salt, nutmeg, and baking-powder, beating in the egg and adding milk. When smooth dip the apple rings in the batter and drop into hot fat. Fry to a golden brown; drain on unglazed paper and dredge well with powdered sugar. Serve at once.

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.

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 curlded dressing. At times a dressing may be quite firm when left, only to be found curdled when ready for use. This third egg process will usually restore it. Equal proportions of vinegar and lemon juice may be used. Tarragon vinegar is sometimes used to give an inteersting flavor.

Clam Chowder

1 quart chowder clams with their juice
¼ pound fat salt pork
4 medium-sized onions
3 medium-sized potatoes
2 new carrots
1 sprig parsley
3 tomatoes
1 quart water
1 stalk celery
1 bay leaf
pinch of thyme
pepper
pinch of salt

Chop onions fine and put them in the saucepan with the salt pork, which has been cut into small dice. Cook over a low fire until the onions are just beginning to color. Add tomatoes, which have been peeled and chopped, carrot cut in dice, sprig of parsley, stalk of celery, bay leaf, thyme, water and a little pepper. Cook slowly in a covered saucepan 1¾ hours, adding potatoes, cut in dice, at end of first hour.

Strain the juice from the clams through a cheese-cloth, and put clams through a meat-grinder. Add clams and juice to the chowder, and cook all together 20 minutes longer. Remove bay leaf, celery and parsley, and add salt, if necessary.

Household fabrics may be treated with a simple fireproofing solution that does not affect strength or appearance, yet prevents the fabric from supporting flame. Fabrics so treated will char under direct flame, but will not burn or spread fire.

Club And Layer Sandwiches Make Fine Suppers

Since everyone likes a sandwich, no one is very disappointed to see them appear for that Sunday supper. Also, there is such a large variety from which to choose that no one need ever bore the family with repetitions.

CHEESE CLUB SANDWICHES

Grated cheese
Tomato jelly
Mayonnaise
Bacon curls
Lettuce

Mold plain tomato jelly in a shallow dish. On bottom slice of buttered bread place a lettuce, then a slice of tomato jelly cut to fit, and sprinkle generously with grated cheese. Cover with mayonnaise and add a second slice of bread. Or toast may be used. Garnish with bacon curls.

LAYER SANDWICH

1 loaf sandwich bread
1 large can deviled ham
24 large olives, chopped
½ teaspoon paprika
1 cup fine-chopped nut meats
3 teaspoons mustard
½ teaspoon salt
9 tablespoons salad dressing

Trim crust from loaf and cut in three lengthwise slices. Mix all ingredients for filling. Butter bread and spread filling on lower slice. Cover with second slice and spread with filling. Lay on top buttered slices. Press layers together, wrap in a damp cloth and cut in vertical slices. Makes about twenty sandwiches.

Place food on refrigerator shelves so air circulation is not impeded. Avoid putting large trays or packages on the shelves. Keep milk close to the side of the froster. The more food you store the oftener you open the refrigerator door—letting cold air out and warm air in—the most frost on the froster, and more power required.

Something Tasty, Something New That's Savory Vegetable Pie

Something tasty, something new—that's what we are all looking for these days. Friend husband might take menu planning for granted but never the housewife—because meat or no meat, his meal must be just so, and prepared in such a way to make him forget that the menu is meatless.

Here is something to try very, very soon—and it's just bound to be so popular that you'll be asked to "serve it again soon."

SAVORY VEGETABLE PIE

1 tablespoon fat
2-3 cup thinly sliced onions
2-3 cup thinly sliced celery
12-3 cups cooked vegetables (peas, string beans and carrots)
3½ tablespoons cake flour
½ teaspoon salt
Dash of pepper
2 tablespoons melted fat
2¼ cups milk and vegetable stock
1 teaspoon vinegar
1 teaspoon Worcestershire sauce
3 hard-cooked eggs, sliced
½ recipe savory biscuits

Melt fat in skillet, add onions and celery, and cook gently 10 minutes. Add cooked vegetables.

Combine flour, salt and pepper; add to melted fat in saucepan and blend. Add liquid gradually and cook gently until thickened, stirring constantly. Add the vegetables, vinegar and Worcestershire sauce. Turn half of mixture into shallow baking dish Cover with egg slices, sprinkle with salt and pepper, and top with remaining vegetable mixture. Drop or place biscuits on vegetable mixture. Bake in hot oven (425 F.) 25 minutes. Serves four.

SAVORY BISCUITS

2 cups sifted cake flour
2½ teaspoons double acting baking powder
¾ cup milk
1 tablespoon melted shortening or oil
¾ teaspoon curry powder or
½ teaspoon celery seed or
¼ teaspoon poultry seasoning

Sift flour once, measure, add baking powder and salt and one of the seasonings and sift again. Add milk and melted shortening. Then stir quickly and lightly until all flour is dampened. Drop from tip of teaspoon or place biscuits on top of vegetable mixture.

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 corn starch; 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.

Deviled Oysters

Here is another oyster dish to put on file for any meatless night—or you might just possibly want to serve it to your family as something you know they'll like.

DEVILED OYSTERS

1 pint oysters
3 tablespoons fat
2 tablespoons flour
1 cup milk or cream
2 egg yolks
Salt and pepper
1 tablespoon chopped parsley

Drain the oysters, chop them, not too fine, and drain again. Make a white sauce with two tablespoons of the fat, flour and the milk, remove from the fire and add the beaten egg yolks, the salt, pepper and parsley, and then the oysters. Fill small ramekins with the mixture, sprinkle lightly with soft bread crumbs, dot with fat, arrange in a baking-pan, and brown in a quick oven (400-425 F.) for about seven minutes

Oyster Soup

4 tablespoons tapioca
1 teaspoon salt
Dash of cayenne
Dash of paprika
4 cups milk
1 cup oysterss, 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.

Different Dishes From Left-Over Potatoes

It is a wise woman who boils five or six extra potatoes when in the process of doing so for a night's dinner. This will mean that much done toward the potato dish for another night. Also many of the choicest dishes have boiled potatoes as the foundation.

HASHED BROWN POTATOES

2 tablespoons oil or drippings
6 boiled potatoes
Salt and pepper

Chop the potatoes, adding salt, and a dash of pepper. Heat the fat in a frying-pan, and add the chopped potatoes to a depth of one inch. Press the potatoes down in the pan, packing them firmly. Cook slowly, without stirring, until the potato is brown. Then begin at one side of the pan and fold the potatoes over on the other like an omelet, packing closely together. Turn out on a hot serving platter and serve at once.

POTATOES AU GRATIN

2 cups cold boiled potatoes
1½ cups medium white sauce
Salt and pepper
1 teaspoon minced parsley
1 cup buttered crumbs
2 to 4 tablespoons grated cheese

Cut potatoes into small dice and mix with white sauce. Add parsley and cook together gently until potatoes are heated through. Season to taste. Turn into greased baking-dish, sprinkle with cheese, cover with buttered crumbs and bake in a hot oven (400 F.) until crumbs are brown.

Stuffed Cabbage

1 cabbage
Fat
Butter
Parsley
1 cup bread crumbs
Spices
3 eggs
1 chopped onion

Place a thin piece of cheese-cloth in the bottom of a bowl and lay the large cabbage leaves in it. Chop the middle of the cabbage fine and saute it in the fat until it is yellow. Remove it from the fire, add a little chopped parsley, spices, bread-crumbs, eggs and onion. Place this mixture inside the large cabbage leaves, and tie up the cabbage by tying together the four corners of the cloth.

Place in a pan of boiling salted water and boil until the cabbage leaves are tender (about 35 minutes.) When done, remove from cloth, pour a little melted butter over it, and some fine bread crumbs and bake for five minutes. Serve with tomato sauce.

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.

Cold Vegetable Ring With Salad Filling

This particular salad, or to be exact—two salads, will make a meal in itself:

COLD VEGETABLE RING

2 cups cooked vegetables (celery, peas, carrots, beets, etc.)
2¾ tablespoons gelatin
½ cup cold water
2½ cups water

Rinse out a ring mold in cold water Arrange vegetables in it and pour over them an aspic made by dissolving gelatin in ½ cup cold water. Blend with 2½ cups water (use water vegetables were cooked in or the water fish was cooked in if vegetable ring is to surround a fish or shrimp salad). Let gelatin and water come to boil to dissolve thoroughly. Season to taste and pour over vegetables in mold. When cool, set in refrigerator. When firmly set, unmold on a bed of lettuce and fill center with fish, shrimp, chicken or potato salad. This takes from 2 to 3 hours to set in a mechanical refrigerator. Serves 6 to 8.

Pork Skillet Meal

4-6 pork chops
Salt and pepper
1 lb. string beans frenched
1½ cups cooked hominy (not grits) or 3-4 potatoes, sliced
½ cup water

Brown chops on both sides in large skillet. Add hominy or potatoes, water, and string beans (fresh or canned). Season with salt and pepper. Cover and cook slowly for about 45 minutes or until done. If canned beans are used, use liquid from beans instead of water.

The flavor of any beverage—hot, cold, sweet or sour is improved by adding a pinch of salt in the making.

Plastic Uses

Eighty per cent of all plastics produced today go in planes that have hundreds of plastic parts and must withstand temperature changes from 130 degrees on the ground to 30 below in a matter of moments; in battleships which use thousands of plastic items; and in projectiles engineered to precision dimensions.

Spinach Gains In Popularity When With French Touch

There are surprisingly few men who like to "eat out" and though this might be a thorn in the side of many a housewife—still, when she stops to consider it—it's really a compliment to her cooking. It just all goes to prove what a little thought and time will do.

At the same time most men aren't "fussy." Though right there arises a point of contention! What we mean by "fussy" is that they don't require or demand a large selection of complicated or elaborate dishes. Just give them good, substantial food, but make it attractive and put in all the flavor possible and they'll be happier than that well-known "bug in the rug."

Another thing that is noticeable among the men is their keen interest in the vegetables. And when one common vegetable is served all dressed up and ready for town, well, their appreciation is amazing. They may not say too much, but the relish with which the vegetable is consumed is sufficient, and speaks louder than words. Though if it were possible for her to hear—many a housewife would be flattered and pleased at her husband's complimentary remarks about that dish at the office.

A very good example of the common vegetable all dressed up, can be set with spinach—take a tip from the French and prepare it gently like this:

SPINACH WITH CHEESE

1 quart spinach
2 tablespoons chopped parsley
4 tablespoons fat
½ teaspoon paprika
4 eggs
2 cups milk
1 cup Swiss cheese
1 teaspoon salt

Wash and chop the spinach. Add the parsley and cook in the fat for ten minutes. Add well-beaten eggs to the milk, and pour over the spinach. Add cheese and seasoning; turn into greased baking-dish and bake in a moderate oven (350 F.) one half-hour.

SPINACH WITH SHRIMP

½ tablespoon chopped onion
½ tablespoon fat
1 quart spinach
1 tablespoon flour
1 cup milk
Salt and pepper
3½ tablespoons grated cheese
3 eggs
6 cooked shrimp

Cook the onion in the fat, add the spinach, which has been washed and chopped, and fry quickly. Add flour and milk, and cook until it thickens. Season with salt and pepper and add the grated cheese. When it starts to boil remove from the fire and add well-beaten egg-whites, then the beaten yolks, turn into a baking-dish and bake in a very hot oven (350-500 F.) for ten minutes. Garnish with the shrimps.

NOTICE

In sending changes of address for The Chestertown Transcript please give the old address as well as the new. This will facilitate the necessity of searching through our mailing lists to find the old address. Your cooperation will speed the delivery of your papers and will also aid our office.

THE EDITORS

ALKA-SELTZER BRIGHTENS MY DAY

OCCASIONALLY, I wake up in the morning with a Headache. It sometimes wears off along the middle of the forenoon, but I don't want to wait that long, so I drink a glass of sparkling ALKA-SELTZER. In just a little while I am feeling a lot better.

Sometimes the week's ironing tires me and makes me sore and stiff. Then it's ALKA-SELTZER to the rescue—a tablet or two and a little rest makes me feel more like finishing the job.

And when I eat "not wisely but too well," ALKA-SELTZER relieves the Acid Indigestion that so often follows.

Yes, Alka-Seltzer brightens my day. It brings relief from so many of my discomforts, that I always keep it handy.

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Office Hours:—9:00 to 12:00 A. M
1:00 to 4:00 P M
Phone 132-W

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.

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YOUR Clothing Needs for THE NEW YEAR

MEN'S TOP COATS	$20.00 to $35.00
MEN'S MACKINAW	$12.50 to $12.95
MEN'S SUITS	$27.50 to $40.00
MEN'S LEATHER COATS & JACKETS	$12.50 to $22.50
MEN'S SPORT JACKETS	$10.50 to $12.00
MEN'S DRESS PANTS	$5.95 to $8.50
MEN'S HATS	$2.95 to $6.50
MEN'S SHOES	$4.95 to $6.50
MEN'S UNION-SUITS	$1.75 to $4.95
MEN'S LOAFER SHOES	$3.50 to $4.95
MEN'S TIES, Wool or Silk	50c to $1.50
MEN'S SCARFS whit, wool plaids	$1.00 to $2.95
BOYS' FINGER TIP COATS	$10.95 to $12.50
BOYS' MACKINAW	$10.50
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BOYS' & YOUTH'S SUITS	$10.95 to $23.95
HANDKERCHIEFS	15c to 55c
GLOVES	$1.50 to $3.50

...LOTS OF ITEMS TOO NUMEROUS TO MENTION...

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

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