*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

Electric irons last longest when used safely. A flexible guard to prevent kinking of the wire is liked by many women. A base plate should always be used to rest the iron and avoid scorching the ironingboard cover. The iron should never be allowed to rest on the cord. No wax or other substance should be puton a electrion iron. Making it a habit to pull out the plug when you finish ironing will help to avoid the danger of a fire.

Cheese, though rationed, continues to be a good food to know about and to use often. It is an excellent source of protein and is also high in calcium and contains a liberal amount of vitamins as well. It is therefore a good practice, nutritionally, to serve a cheese dish instead of meat at least once or twice a week.

Prevent clogged drains by weekly use of a small amount of drain cleaner, according to instructions on the can. A 25 cent can serves the average household two to three months, ussually avoids all trouble. Make it a rule never to throw solids or fabrics into toilet bowls. If they clog the sewage line, it's a dirty, expensive job to repair in most cases. Resolve never to pour grease, fat, drippings or coffee grounds down the kitchen drain-you're only looking for plumbing trouble when you do.

Leftover scrambled eggs or omelets can bet cut into tiny cubes to be added to thick soups.

Fruits, especially grape-fruit and melons, have a sweeter taste when sprinkled lightly with salt. Season other fruits and vegetables with salt to emphasize their delicate flavors.

"Age" your soap by buying a liberal supply, removing all wrappers and storing away on a shelf for at least several weeks.

To remove grease, oil or tar, rub washable materials with lard or kerosene, then launder in hot, soapy water. Fixed fabrics should be sponged with carbon tetrachloride. If fabric is heavily saturated with grease or oil, first pour on cleaning fluid and soak up with blotter, then sponge.

Avoid exposing rubber goods to sunlight, which destroys the rubber life. Rubber articles made for outdoor use are protected by resistant compounds.

Dents and gouges on table tops may be repaired almost invisibly with the use of wood putty or plastic cement carefully applied to dry surface according to directions. Prestain filler to match wood.

Gas logs and portable oil burners provide quick local heat, at little cost. If they are to be used for extended periods of time, they should be connected to an outside flue to avoid poluting room air. A pan of water on top of such an appliance makes the heat more healthful.

Apartment dwellers can help too—if you live in an apartment you can help save fuel—just as well as home owners. If it's too hot in your apartment, don't open the window and let the heat escape. Turn off the radiator valves until the temperature suits you. Every shut-off radiator means less fuel is used in the furnace room. Helping to save fuel in these ways may not put money in your pocket but it does help prevent unnecessary waste of fuel needed for defense.

Save three-quarters of your table linen laundry cost by adding place mats—paper, fabric or plastic—to cover soiled spots. Now each side will last twice as long, and you'll need to launder only one-quarter as often.

—V—

## Curried Rice Is Ideal For A Meatless Menu

Lenten season, during war times, isn't the complicated affair it used to be. And at that, it was only complicated for certain women—particularly women who did not have a repertoire of dishes suitable for meatless menues, but rationing has fixed all that and most women are now experts on the subject of meatless menues. Here is a dish suitable for such a menu, and spicy enough to be an ideal "cold weather" dish as well.

CURRIED RICE

2 cups cooked rice
1 green pepper, diced
1 onion, minced
2 cups canned tomatoes
4 tablespoons fat
1½ teaspoons curry powder

Mix all ingredients. Bake in a greased casserole in a slow oven (325 F.) about 30 minutes. Serves 6.

## It's Easy To Build Up A Dinner Menu Too Low In Proteins

It's good wartime thrift tactis to plan desserts as a definite integral part of the menu, chosen carefully from the point of view of nutritional value as well as appetite appeal. Cream cheese topping for pies, for instance, is a popular and highly nutritious way to add protein value to a wartime dinner menu that's on the skimpy side. With the investment of only one red ration point you can obtain a six-ounce wedge shaped cut of cream cheese that will make a thick, toothsome topping for two pies of the custard type of a baked pie shell filled with ripe fruit. And with only two red points you can obtain three of the six-ounce wedge shaped cuts which are packaged to last several weeks in the refrigerator, if unopened. This means only ⅛ of a point per serving. Made from whole milk and cream, plentiful cream cheese is rich in vitamin A, calcium and phosphorus in addition to being an excellent source of muscle-building proteins; so it qualifies as a top nutritional bargain as well as a ration-wise investment.

You can use cream cheese to build up the nutritional value of salads, too. If your menu's meatless, try a salad served with mayonnaise with assorted cream cheese balls—the chive or pimento cream cheese wedge is a happy choice with a tomato or tossed green salad. A further builder-up of the salad course is a cream cheese dressing, made by mixing whipped cream cheese with an equal amount of mayonnaise.

CREAM CHEESE PIE

¾ six-once wedge cut of cream cheese
½ cup thin cream or top milk
½ cup sugar
1 tablespoon flour
⅛ teaspoon salt
Grated rind of ½ orange
2 eggs
¾ teaspoon vanilla
Pastry

Blend cream cheese with cream or top milk thoroughly. Mix together sugar, flour, salt and orange rind. Blend with cheese mixture. Add egg yolks and vanilla. Mix well. Fold in stiffly beaten egg whites. Pour into a pie pan lined with unbaked rich pastry. Bake in a slow oven (350 F.) twenty-five to thirty minutes or until firm. Serve cold.

WHIPPED CREAM CHEESE

½ six-ounce wedge cut of cream cheese
3½ tablespoons (about) of top milk

Add top milk to cream and beat with a rotary egg beater until light and fluffy, like whipped cream. Use as a topping for gingerbread, fruit pies, and moulded fruit and vegetables salads. For a delicious pie, put a layer of corn-starch pudding in a baked shell, then a layer of blueberries and a topping of whipped cream cheese.

—V—

## Meat And Potato Casserole

3 cups mashed potatoes, seasoned
2 cups diced cooked meat
Gravy
½ teaspoon onion juice
1 tablespoon butter

Cover bottom of shallow baking dish with a layer of mashed potatoes over this spread any kind of left-over meat, left-over gravy and onion juice. Cover with layer of mashed potatoes. Dot with butter and place in hot oven (400 F.) 20 miuutes or until heated through and brown on top. Serves 6.

—V—

## Break A Conventional Meal Pattern—Plan A Dinner Around Waffles

There are ever so many people who actually can be called "in a rut"—at least as far as menu planning is concerned. For the life of them, they can't seem to break away from the sameness of meat, vegetables, potatoes and dessert,—day in and day out—it's always the same sort of thing. Of course, rationing has changed these people to a certain extent—but still not enough. A change from the conventional meal pattern would do the housewife and her family a world of good—so saying—break the convention by planning your dinner around waffles or pancakes, with a goodly crisp green salad, or, when possible, a tart fruit salad—and serve plenty of both.

CRISPY WAFFLES

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
3 egg yolks
1 cup milk
4 tablespoons melted shortening
3 egg whites

Sift flour once, measure, add baking powder and salt, and sift again. Beat egg yolks well and combine with milk. Add to flour, beating until smooth. Add shortening. Beat egg whites until stiff and fold into batter. Bake in hot waffle iron. Makes four 4-section waffles.

## Crisp Corn Bread Using Sour Milk

Of course we don't waste a thing these days—and when that half quart of milk sours—as it occasionally will—we turn it into a tasty dinner time treat by adding this and that—and producing corn bread—crispy corn bread to be exact.

CRISP CORN BREAD

2 cups corn meal
teaspoon salt
1 teaspoon baking soda
1 tablespoon shortening, melted
2 cups sour milk

Mix corn meal, salt and soda together, add shortening and sour milk and mix well. Pour to a depth of not over ¾ inch in a greased shallow pan. Bake in a moderate oven (375 F.) without browning. When it begins to shrink from the sides of the pan, remove from the oven, brush top with melted butter and return to hot melted butter and return to hot hot oven (425 F.) to brown. Repeat twice in order to get a good brown crisp crust. Serves 6.

—V—

## Mashed Potatoes Can Be A Pleasant Surprise

There aren't many things in the way of foods that can't be "dressed up"—; Of course, everyone likes mashed potatoes—some like them drowned in gravy—others just like a nice big gob of butter on them, but no matter which is the favored way, one would tire of them sooner of later if served too often in that one way. But fortunately—they too can be dressed up—in quite a few ways, but one of the nicest—(at least cheese lovers think so) is—

MASHED POTATOES AU GRATIN

3 tablespoons fat
½ teaspoon salt
½ teaspoon paprika
2 eggs
6 cooked potatoes, riced
¼ cup grated cheese
½ cup buttered crumbs

Add fat, seasonings and eggs to hot riced potatoes. Beat until light and arrange in greased baking dish. Cover with cheese and crumbs. Bake in a hot oven (400 F.) 10 minutes, or until crumbs are browned. Served 6.

—V—

## Brown or White Fricassee Of Chicken

Though some like it brown, and some like it white, others are so fond of a fricassee of chicken that they won't object to whether it is brown or white, just so long as it is good. However, every now and then there will appear some person who seriously objects to any dish that is "white," for their benefit, we offer both:

FRICASSEE OF CHICKEN
(White)

1 chicken
2 cups chicken stock
2 tablespoons flour
1 cup milk or cream
1 egg yolk
Salt and pepper
Salt pork
Rice or dumplnigs

Singe, clean and cut up the chicken Place in a stew pan, cover with boiling water, add salt, pepper, herbs and a few slices of salt pork. Simmer until tender (about an hour), strain and thicken one pint of the liquor with the flour mixed to a smooth paste with a little cold water add milk or cream beaten with the yolk of the egg. Heat again until slightly thickened( pour over the chicken and serve with rice or dumplings.

FRICASSEE OF CHICKEN
(Brown)

1 chicken
2 or 3 small slices of pork
2 tablespoons flour
1 pint boiling water
Salt and pepper
1 teaspoon onion juice if desired

Cut the chicken in pieces as directed for white fricassee. Place salt pork in a frying pan, and when hot put in the chicken, leaving plenty of room to turn the meat; cook until each piece is a rich brown. Remove the chicken and keep it warm. Add the flour to the fat in the pan, stir well and when it has cooked two minutes, add the boiling water. When the gravy is smooth and boiling, replace the chicken, season with salt and pepper, cover the pan, and simmer gently until the chicken is tender, then add a teaspoon of onion-juice, if desired, and serve at once. The gravy will be thick enough, and if the pan has a tight cover, it will not be diminished, even after long cooking.

—V—

Small leaks in pipes may be repaired with a coating of iron cement, rubber or leather gasket, and a pipe clamp. Shut off the water as soon as the leak is noticed, until the repair is finished.

—V—

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 vegetables you have on hand.

## Souffles Will Be As Popular This Lenten Season as in The Past

At last the time has come when no one can complain about the menu planning for the Lenten season!—Imagine it! There actually was a time when we were stumped at planning two meatless days a week! But now that is right in our stride—we are so accustomed to it that we have entered the Lenten season without batting an eye. Possibly the only change being the day which will see our table menu set minus the meat. It was possibly a Tuesday before, but it will be Wednesdays now.

Always popular in the past, and claiming just as much popularity now for this season, is the souffle—that light, tasty bit of deliciousness that so pleases everyone. Make at least one during the season like this:

CHEESE-CORN SOUFFLE

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
Few grains pepper
½ cup milk
¼ cup grated cheese
2 eggs, separated
½ cup cooked corn

Melt butter, stir in flour, salt and pepper. Add milk gradually, stirring constantly. Cook and stir until smooth and thickened. Add grated cheese. Cool. Add slightly beaten yolks, then the cooked corn, (when canned corn is used, buy the whole-kernel variety and chop fine before using). Fold in stiffly beaten egg whites. Turn mixture into six greased individual baking cups. Or the souffles may be cooked in paper baking cups or in muffin tin. Place filled cups in a pan containing about an inch of boiling water. Bake in moderate oven (350 F.) until puffed and golden brown—about 30 minutes. Serve in the baking cups. Serves 6.

—V—

## Meringued Pears

Fruit desserts are always pleasing and always in place—suitable to follow any dinner. So, instead of serving—just fruit—try something like

MERINGUED PEARS

6 large pears
6 tablespoons sugar
Grated lemon rind or
Candled ginger
3 egg whites
¼ cup confectioners' sugar

Pare and core pears, place in a baking dish and fill the center of each with one tablespoon sugar and a little grated lemon rind or candied ginger. Add 3 or 4 tablespoons water and bake until tender. Cover with a meringue made with the stiffly beaten egg whites and confectioners' sugar. Brown quickly.

Use fresh peach or apricot halves instead of pears. Dip cooked prunes or figs in meringue, roll in coconut; bake in (350 F.) for 20 minutes. Dip currents, cherries, berries, or citrus fruit sections in beaten egg white roll in confectioners' sugar and dry out in a warm place.

—V—

## Apricot Sherbet

There are ever so many meals that are planned with great care and much elaborating—from the soup right on down to not necessarily the nut—but at least a good gooey dessert. Now this is all well and good, with one exception—some people—and particularly if you are having guests—just can't eat a large dinner and then do justice to that gooey dessert. If they do down it, they're apt to have indigestion and if they don't they might offend the hostess—all of which puts the guest in a very bad spot. We suggest therefore, the always popular sherbet—it's pleasing and light—is very good eating and quite easy on those prescious rations. Possibly squares of plain cake might accompany it—or some special kind of a cookie.

APRICOT SHERBET

1 cup apricot juice
1 cup apricot pulp
½ cup water
¼ cup granulated sugar
1½ tablespoons lemon juice
½ cup coffee cream
2 egg whites
1-16 teaspoon salt

Cook apricot juice, water, and sugar slowly for ten minutes. Cool. Force apricots through puree strainer. Add lemon juice and syrup. Chill. Pour into freezing tray of automatic refrigerator and freeze firm. Remove mixture to chilled bowl and beat until light. Add beaten egg whites and cream. Return to tray and finish freezing. If mixture separates after it is partly frozen, remove to chilled bowl and beat again.

—V—

Leaks at joints or couplings can be stopped by shutting off the water, unscrewing the joint, smearing the thread with thick paint, tar, or heavy oil compound, rescrewing tightly. Or the pipe may be coated with iron cement and a pipe clamp hammered snugly against the joint while being tightened.

—V—

Condiments, such as catsup and chili sauce, need not take up valuable space in your refrigerator.

Keep leftover pieces of cake or cookies in a covered metal box. Crumble into pieces or grind into crumbs; combine with cooked left-over fruits (with juice) for steamed fruit puddings. Serve with lemon sauce.

### 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**


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Eben F. Perkins, Jr., Attorney

## Ratification Nisi

James A. Nowland
vs.
James A. Nowland, Jr., etal

In the Circuit Court for Kent County
In Equity, No. 2509

ORDERED, this 21st day of February 1945 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: March 16th, 1945;

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 3rd day of March next.

ROBERT A. SHALLCROSS, Clerk.
True Copy. Test:
ROBERT A. SHALLCROSS, Clerk.


*Dr. Julian T. Power*
*Optometrist*
*Chestertown, Md.*
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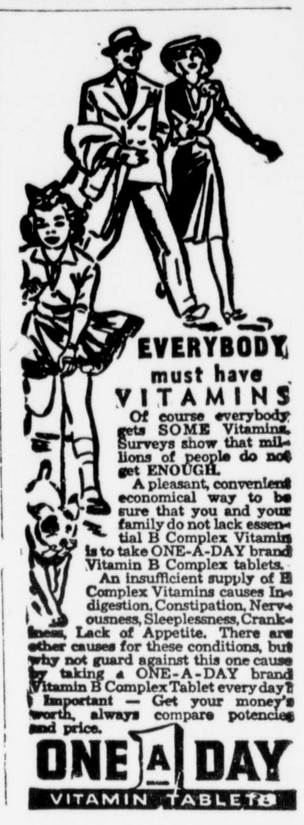

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