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

Combine thick unsweetened applesauce with 1 tablespoon of honey for each cup of sauce, pour into baked tart shells and top with honey whipped cream.

To remove grass stains from white cottons or liens, rub with hydrogen peroxide. Rinse well. From washable colored or fine fabrics, wash in lukewarm suds. Treat stubborn stains with diluted alcohol or hydrogen peroxide. Rinse well. From nonwashable fabrics, sponge with benzene or diluted alcohol. Test fabrics first to be sure the solution will not change the color of the fabric.

Always hang clothes outdoors, if possible. Adjust the clothesline to the proper height to avoid extra reaching. For the average woman, this is about 6 feet from the ground. To avoid stooping and lifting, place the clothes basket on a stool or a child's wagon. Hang a clothespin bag on the line and slide it ahead as you go. Use clean, splinter-free clothespins. Shake clothes well before hanging to prevent excessive wrinkling. Hang white clothes in the sunshine, colored clothes in the shade. Hang clothes from firmest portion or in such a way as to avoid stretching. Place sheets over line with hems together. Or fold with hems together, 8 to 18 inches, and fasten securely then turn hemmed edges over line with clothespins placed about one foot apart. Straighten by running fingers down selvages at the sides.

Prepare pans before mixing cake; grease pans for cakes made with shortening. Do not grease pans for cakes made without shortening as the batter needs to cling to the sides of the pan in order to reach top volume.

To pan-briol chops, cut some of the fat from the edge of the meat and use it to grease the pan. This adds flavor to the gravy. Sear chops on each side; then reduce heat so the outside of the meat won't become crusty before the inside is done.

Shrimps have their shells on, but it's no job to get rid of the shells. Cook shrimps in briskly boiling salted water for fifteen minutes if you plan to use them in salads or other uncooked dishes. If they are to be used in cooked dishes, reduce cooking time to ten minutes. When shrimp is cooked, break the shell on the under side, open from front to back, and slip out shrimp, all in one piece. Then remove the little black line that runs down the back.

If you are a beginner in gardening plant the things easiest to raise—beans, carrots, Swiss chard, turnips, beets, tomatoes, onions, etc., Cabbage and potatoes are easy to grow but cabbage does not stand long after heading, so plant it in small amounts. Potatoes require considerable space so are not recommended for a small garden.

Heating elements for some room heaters, some toasters, and some irons are available in the stores and can be replaced in the home. Room heater elements generally screw out like a light bulb; toaster and iron elements are often connected to screw terminals. If you can't see exactly how the old element may be taken out, don't try. Take the appliance to a dealer or repair man and let him fix it in the right way.

You can make your screens last another year! Reinforce weak corners with angle brackets or by hammering in crimped metal "joiners." If the wood is too weak or rotted, a triangular wooden block may be inserted in the inside corner of the frame and nailed in position.

If your screens are hanger type and the hanging brackets pull out, plug holes with wood putty and reset hangers a little.

Patches for screen holes will avoid buying new wire.

Glue, small nails, paints and cements will repair most toys good as new. Don't wait until the damage gets too serious.

—V—

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 dessolved 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.

Dried Limas Appear In Casserole With All The Trimmings

Those who overlook dried lima beans when considering the vegetable for one menu or the other, are indeed overlooking a promising thing. A very substantial, and very tasty dish can be made from them—something really filling and quite to the liking of everyone who tries

SPANISH LIMAS

1 onion, chopped
1 green pepper, chopped
2 tablespoons fat
2 cups strained cooked tomatoes
2 cups cooked dried Lima beans
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
1 cup grated American cheese

Saute onion and pepper in fat. Add tomatoes and simmer 10 minutes. Add beans and seasonings and cook 20 minutes. Place beans and cheese in a greased casserole and bake at 350 F. 20 minutets. Serves 6.

—V—

Woodwork within the house is usually either painted, enameled or varnished—and as with walls frequent dusting is advisable to avoid the necessity for refinishing. Well-enameled woodwork has generally been treated with three or four coats so that wiping off soil with a damp cloth hardly affects the finish at all. Never use strong soap or cleaners on painted surfaces. It will take off the dirt and the paint too. Colored enamel or painted woodwork may be further protected by applying either a liquid or paste wax. Varnished woodwork can be heightened in luster by polishing with lemon oil and a soft cloth.

—V—

For a very hearty vegetable soup, add macaroni, spaghetti, rice, or barley to the soup during the last one-quarter to one-half hour of cooking.

—V—

Veal Pot Pie

It's spring again and everyone, including mother, will want to spend every possible moment outdoors—so again—another good reason for a dinner-in-a-dish. This particular one, isn't one that you can put on and leave indefinitely to shift for itself, but it's a "quickie" and will certainly cut down on the pots and pans to be washed.

VEAL POT PIE

3 pounds veal, (Neck, knuckle, breast or shoulder)
2 onions
Salt and pepper
5 potatoes

Cut the meat into two-inch cubes and place them in a kettle with the onion, salt and pepper, and just enough water to cover them. Simmer until the meat is tender, about an hour usually being sufficient. Strips of salt pork are sometimes cooked with the veal and add much to the flavor. Half an hour before serving, add the potatoes, cut in halves, and cook them with the meat.

Place dumplings around the edge of platter and lift the meat and potatoes from the kettle and lay them in the center. Thicken gravy in the kettle with a little flour stirred to a thin smooth paste with water. Pour gravy over meat and dumplings.

DUMPLINGS

2 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
¼ teaspoon pepper
1 egg, well beaten
3 tablespoons melted shortening
Milk (about 2-3 cup)

Sift dry ingredients together. Add egg, melted shortening and enough milk to make a moist, stiff batter. Drop by teaspoons into boiling liquid Cover very closely and cook for 18 minutes. Makes 2 dozen dumplings.

—V—

Scalloped Eggs With Cheese

For luncheon or supper, goodness and nutrition in a dish of eggs and cheese. The whole family will enjoy this combination and the housewife can feel that her family has been well fed after such a meal—

SCALLOPED EGGS WITH CHEESE

2 tablespoons butter or substitute
2 tablespoons flour
1½ cups rich milk
Salt and pepper
4 hard-cooked eggs
½ cup grated cheese
Dry bread crumbs

Melt butter in top of double boiler, add flour and blend until smooth. Add milk gradually, stirring constantly. Season. Place over boiling water and cook 10 minutets longer, stirring occasionally. Arrange eggs in casserole. Cover with sauce. Sprinkle with cheese and crumbs. Bake in moderate oven (350 F.) 15 to 20 minutes, or until browned. Serves 2.

—V—

Women's fabric covered shoes are best cleaned with carbon tetrachloride cleaning fluid.

—V—

BUY MORE BONDS

A Half Pound Of Sausage And Dinner For Three

Just a mere half pound of sausage is all that is needed in the way of meat for this fine menu. Just imagine, sausage with apples, mashed potatoes and a salad and there's dinner in the well-known nut-shell. Plus, if you like, one of your favorite desserts, though many people are inclined to think of the fruit as a sort of a double duty doer and have it do for dessert too.

APPLES WITH SAUSAGE

3 medium sized apples
½ cup sugar or light corn syrup
½ cup water
3 inch piece stick cinnamon
Red vegetable coloring
½ pound sausage

Core and peel apples. Combine sugar, water and cinnamon. Bring to a boil and add vegetable coloring. Simmer the apples in this syrup until just tender. Baste, and turn carefully, to keep the apples whole. Remove the apples from the syrup; cool, and cut in half crosswise. Form sausage into three cakes. Cook in frying pan 12 to 15 minutes, or until done. Place sausage cakes between apples halves and heat in a moderate oven (375 F.) about 10 minutes. Garnish each apple with a sprig of mint. Serves 3.

—V—

Oysters Will Successfully Fill In For April Menues

Again we have to give the unrationed oyster a good pat on the back as it were, because there will be numerous times during the month of April when meat will be unavailable, and fish will decide not to be on hand when we want it—but there will be ye oyster, all set and ready for use We are assuming of course, that all three of the mentioned things will not be absent at the same time.

OYSTER FRITTERS

1½ cups oysters
2 eggs
1 cup milk
2 cups flour
2 teaspoons baking powder
½ teaspoon salt

Chop the oysters. Make a batter of the eggs, milk, flour, baking powder and salt. Stir the oysters into the batter and drop by spoonsful into deep hot fat (360-370 F.)

OYSTER CROQUETTES

1 pint oysters
1 tablespoon fat
2 tablespoons flour
1 egg yolk
1 teaspoon salt
1 tablespoon parsley
1½ tablespoons lemon juice
Egg and crumbs

Clean the oysters. Heat in their own liquid until the edges begin to curl, stirring all the time. Strain the liquor and chop the oysters. Rub together fat and flour. Add the oyster liquor and cook until thick. Then add the chopped oysters and the well-beaten egg yolk. After taking them from the fire, add salt, minced parsley and the lemon juice. When stiff, mold into desired shape. Dip in crumbs, beaten egg and crumbs again, then fry in deep fat (375-390 F.) from two to five minutes. Serve with horseradish sauce.

—V—

Cook one can of sweetened condensed milk and two tablespoons of peanut butter over boiling water for five minutes or until thick, stirring until blended. Cool. This makes enough delicious frosting to cover the top and sides of 1 8x8 inch) cake.

—V—

Brown Bread And Raisin Bread

Assorted breads for sandwiches—whether for home or for lunch boxes, are just as pleasing as variation in the fillings. Here are two to try:

BOSTON BROWN BREAD

1 cup corn meal
1 cup rye flour
1 cup graham flour
¼ tablespoon soda
¾ cup molasses
2 cups sour milk or
1¾ cups sweet milk

Mix and sift the dry ingredients. Mix the molasses and milk and add to the dry ingredients. Beat thoroughly and turn into well-greased molds, filling each mold about two-thirds full. Cover and steam three hours. Remove the covers and bake the bread (375 F.) long enough to dry it off.

RAISIN BREAD

2 cups corn meal
1 cup Graham flour
1 teaspoon salt
½ teaspoon soda
1 cup raisins
1½ cups sour milk
1 egg
½ cup molasses
3 tablespoons baking powder

Mix and sift the dry ingredients, add the raisins and toss lightly together. Add the other ingredients. Mix thoroughly and steam for two and three-quarter hours.

PRODUCE MORE FOOD FOR FREEDOM
the CONSERVATION WAY

Now is the time to make plans for controlling gullies and washes and draining the low places in crop fields. The Supervisors of the Kent Soil Conservation District state that gully and sheet erosion removes large quantities of plantfood from the soil. Fertilizer, lime and manure that has been applied on a field cannot do the plants any good if it is allowed to wash away along with tons of valuable topsoil. Poor drainage also causes considerable damage to farm crops. Drowned-out crops yield no return. A farmer not only looses his crop because of poor drainage but all his fertilizer, lime, seed and labor as well.

The 1945 Agriculture Conservation Program will make unlimited payments to farmers for establishing erosion control and drainage practices. Payment will be made for using cover crops, establishing premanent pasture, contour cultivation, strip cropping, and the construction of drainage ditches. All of these practices are very beneficial and helpful in controlling erosion and improving drainage. Anyone planning to esbtablish any of these practices should secure the approval of the County Committee so that payment can be made for establishing the practice.

The Kent Soil Conservation District Supervisors urge all farmers, having sloping or poorly drained land to establish these conservation practices where needed and take advantage of these practice payments.

The Kent Soil Consevation District has technicians available to assist farmers in laying out and establishing these conservation practices. The Soil Conservation District will be glad to assist anyone who needs help with these practices.

Land left bare over winter is subject to erosion and leaching which removes both topsoil and plant nutrients. The use of cover crops prevents erosion and leaching and adds organic matter and plant nutrients to the Soil when plowed under.

Permanent pasture is one of the cheapest sources of livestock feed. Sloping and poorly drained land will yield a greater return per acre in pasture than in cultivated crops. Pasture is an excellent erosion control practice as well as a cheap source of feed.

Contour cultivation and strip cropping will increase crop yields 10 to 25 percent on sloping land. Both of these practices are easy to establish measures.

Drainage ditches are important conservation measures when properly constructed and imperfectly or poorly drained lands. Crop yields can be increased 25 to 100 per cent by providing adequate drainage through the use of open drainage ditches or tile. In many cases, proper drainage means the difference between success or failure of a crop.

Conservation and drainage of farm land will pay a big dividend if given a chance. Productive soil is the backbone of a prosperous agriculture.

—V—

Queen Pudding

Though most men will claim that their favorite dessert is pie—just let them come home and finda pudding of some sort on hand—right then, all thoughts of pies depart and that pudding is "tops"—particularly if it happened to be a

QUEEN PUDDING

2 cups stale bread crumbs
1 quart scalded milk
3 eggs
½ cup sugar
Currant jelly or plum jam
2 tablespoons sugar for merigue

Soak the crumbs in hot milk until soft; then add the egg yolks mixed with the sugar, pour into a baking-dish set in a slow oven (250-350 F.) for about an hour, or until the custard is set. When cool, spread a thick layer of the jelly or jam over the top. Beat the egg whites until stiff, add the sugar gradually and beat until stiff, spread this meringue on top of jam and place in oven until a decate brown. Serve hot or cold with cream.

NOTICE

Application has been made to the undersigned by Samuel G. Hoxter For a Beer License, Class D, on sale, generally, at the premises known as 332 Cannon Street, Chestertown, Maryland, 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 May 1, 1945 at 2 P. M., at which time any exceptions to the application will be heard.

THE BOARD OF LICENSE COMMISSIONERS FOR KENT CO.
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THE EDITORS

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