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

Fats that can be creamed readily give best results in cake making and in most home baking. So choose the solid, plastic shortenings for cake —butter, margarine, hydrogenated vegetable shortenings, or good quality lard. Or use combinations of these. For the sake of flavor, always be sure that shortening is fresh and sweet.

Thorough rinsing is one of the most important laundry steps because soap left in fabrics may cause yellowing or weakening of the fibers. Rinse clothes in at least two clear waters. Change the rinse water frequently to keep it clean and fresh of soapsuds. The first rinse should be the same temperature as the wash water and, like the wash water, should be softened if the water is very hard. Cold water hardens the soap and causes it to adhere to fabrics. This makes clothes difficult to rinse. The second rinse may be lukewarm or cooler. Wring the clothes thoroughly after each rinse. Do not leave clothes in the tub while the rinse water is being drained off or soil may be deposited on them. If clothes are rinsed in the washing machine, run the washer 5 minutes for the first rinse and 3 to 4 mniutes for the second.

The seasoned stock in which any fish or sea food is boiled should be used for Court Bouillon, for fish jelly or molds, and other fish dishes. It may be used instead of milk or water in any recipe calling for the former. Besides the fine flavor, this stock is high in sea minerals and should not be discarded. If fish is fried or baked the heads and bones may be used in Court Bouillon.

To garnish cream-style soups, add croutons or a spoonful of breakfast cereal of the puffed variety, first crisped in a hot oven. When whipped cream is again available, there is nothing handsomer than a spoonful of whipped cream floating atop the soup with a sprinkling of paprika, minced parsley or chopped egg yolk.

As soon as you return home after buying fish, rinse it quickly in cold water, pat dry between absorbent papers and store in the refrigerator in a covered container.

For a fluffy tomato rarebit, heat 1 cup condensed tomato soup over boiling water. Add one pound sharp cheese, grated. Continue cooking until cheese is melted, stirring constantly. Add beaten yolks of two eggs, one teaspoon Worcestershire sauce, one-half teaspoon dry mustard. Remove from heat, fold in beaten whites of two eggs. Serve on toast or crackers.

Boil beets until very tender. Peel and set aside to cool. Slice, marinate in French dressing and chill. Arrange on crisp lettuce leaves and serve with horse-radish dressing. Garnish with celery curls. If desired, canned beets may be used for this tasty salad.

Many Tasty Food Combinations Are The Result of Rationing

Housewives who have always stayed on the same menu track—meat, potatoes, vegetables, etc., have found it quite difficult to readjust their menu building to war-time restrictions. It's a known fact though that some very interesting combinations have come out of the food rationing. And many tasty and very nourishing meals have been produced completely minus meat. One food is substituted for another and before you know it—a meal is prepared and the required proteins, vitamins, etc., are eaten.

Take for example the following recipe—it's good. And when served with hard rolls, a chopped raw vegetable and a fresh fruit dessert—plus milk as the beverage—well, there you have a very satisfying meal.

SPANISH RICE WITH PEANUTS

¾ cup rice
3 tablespoons drippings
2 tablespoons chopped onion
1 tablespoon chopped green pepper
1 cup cooked or canned tomatoes
½ cup water
½ cup chopped celery
1 teaspoon salt
½ cup Spanish peanuts
Grated sharp cheese

Wash and drain rice. Heat drippings in saucepan, add chopped onion and pepper, cook until tender. Add rice, tomatoes, water, celery, salt and peanuts. Stir well; cover and when boiling point is reached recide heat, simmer 40 minutes longer. Serve topped with grated cheese. Serves 6.

If necessary to reheat any cream style soup for a second night's serving, the reheating should be done in top of double boiler over boiling water.

Termination of the War Food order which chickens have been set aside for government purchase has been announced, effective on August 27.

Coconut Candies Require Little Or No Sugar

Children still love to make and eat candy. Unfortunately, they don't understand what a sugar shortage means and when they want to make candy and it's next to impossible to convince them that the sugar on hand has to last a long, long time. So, rather than have them think that parents are not understanding and sometimes inclined to be "meanies"—we suggest coconut candies they will love —and they require little or no sugar.

INNER SECRETS

½ pound marshmallows
¼ pound walnut halves
1½ cups coconut, chopped

Melt marshmallows in double boiler. Dip nuts into marshmallow, coating well. Roll in coconut. Makes 48.

COCONUT APRICOT CANDY

¾ cup dried apricots
¾ cup coconut
½ cup nut meats
½ teaspoon grated orange rind
½ teaspoon grated lemon rind
1 tablespoon lemon juice

Wash apricots and steam 5 minutes. Put apricots, coconut, and nut meats through food chopper. Add orange nad lemon rind and lemon juice and knead mixture until blended. If candy is dry, add enough orange and lemon rind and lemon work in small amount of confectioner's sugar. Shape into balls about ¾ inch in diameter. Roll in granulated sugar. Makes 18 to 20 balls.

Poached Eggs With Mushrooms

Poached eggs definitely do not have to be just poached eggs—sitting on a buttered piece of toast or corned beef hash or spinach, as the case may be. They can do even better than that—they can appear on the luncheon or supper table as

POACHED EGGS WITH MUSHROOMS

6 large mushrooms, halved
1 tablespoon butter
Salt and pepper
1 cup rich white sauce
2 tablespoons Madeira, if desired
6 eggs

Melt butter in saucepan; lay in mushrooms, season, and fry for a few minutes, then cover closely, reduce heat, and smother. Make the white sauce of cream or evaporated milk. Pour the mushroom liquor into the sauce; add Madeira. Poach eggs in a poacher and drain well; season with salt and pepper. Pour the sauce into a hot dish and lay the eggs on top of it, and garnish with the mushrooms.

Cheese And Olive Sandwich Filling

There's nothing new about a cheese and olive sandwich filling—but there is something different about this one—it's made with American cheese and quick-cooking tapioca which keeps the sandwich filling moist without soaking into the bread.

CHEESE AND OLIVE SANDWICH FILLING

3 tablespoons quick-cooking tapioca
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon dry mustard
1 cup milk
2½ cups (½ pound grated American cheese
1 teaspoon Worcestershire sauce
¾ cup chopped stuffed olives

Combine quick-cooking tapioca, salt, pepper, paprika, mustard, and milk in top of double boiler. Place over tightly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add cheese slowly, stirring until melted. Remove from boiling water. Then add Worcestershire sauce and olives. Cool—mixture thickens as it cools. Makes 2¼ cups sandwich filling. Spread on thinly sliced white or dark bread.

Egg Sandwiches In The Southern Style

Egg sandwiches have been popular and rate very high in the list of favorites—from egg salad sandwiches right on to a good old fried egg sandwich—not forgetting the very wonderful Western egg that so many people found so appetizing as a midnight snack. Now we move on to another brand—this time the

SOUTHERN EGG SANDWICH

For each sandwich, allow:
1 tablespoon butter or chicken fat
½ tablespoon minced onion
1 egg
1 tablespoon thin cream or rich milk
1 tablespoon minced chicken or chicken livers
2 slices buttered toast

Melt butter or chicken fat in frying pan. Add minced onion, cover and cook until onion is soft. Meanwhile beat together egg and cream, using a rotary beater. Season with salt and pepper and add the chicken and turn into pan. Cook over low heat, stirring constantly, until firm but not hard. Serve between slices of hot buttered toast.

Potato Salad Suitable For Your Best Party

If you are planning a buffet supper party, or whether you just want something in the "special" class for your family, make this potato salad —it's just right for any occasion and is worth the time required for it's preparation.

PARTY POTATO SALAD

2½ cups diced hot cooked potatoes
2 teaspoons grated onion
3 tablespoons vinegar
2 tablespoons salad oil
1¾ teaspoons salt
Peppe r

1 package lemon flavored gelatin
1¼ cups hot water
3 tablespoons vinegar
Dash of salt
5 tablespoons mayonnaise
½ cup finely diced cucumbers
¼ cup sliced radishes
½ cup thinly sliced celery
2 tablespoons ½-inch strips green Pepper

Combine potatoes, onion, vinegar, salad oil, salt, and pepper. Mix carefully. Let stand ½ hour to marinate, stirring often.

Dissolve gelatin in hot water. Add vinegar and salt. To 2-3 cup of gelatin mixture, add 3 tablespoons water. Turn into 1½ quart ring mold or loaf pan. Chill until slightly thickened. Arrange garnish of a few cucumbers and radish slices in mixture. Chill until firm.

Chill remaining gelatin until slightly thickened. Place in bowl of ice and water and whip with rotary egg beater until fluffy and thick like whipped cream. Fold in mayonnaise; then fold in remaining ingredients and potato salad mixture. Turn onto firm gelatin in mold. Chill until firm. Unmold. Garnish with border of lettuce, deviled eggs, or sliced tomatoes, sprinkled with French dressing Make 8 to 10 servings.

An adequate supply of burlap bags for potatoes, feed, and other agricultural commodities has been virtually assured for the third quarter of 1945, according to the U. S. Department of Agriculture.

If Chickens Are Available Serve Them In Variety

It seems that hatcheries have been doing a huge business this year—and it is now quite apparent that chickens are appearing on tables right and left. The reason for this seems to be that everyone who can possibly raise a few chickens has done so since early spring. They are being raised in garages—in little coops in some inconspicuous corner of the garden and goodness knows where else—but we have talked to dozens of housewives who admit "growing their own." But though we may frown on a young rooster trying out his lungs in the wee small hours of the morning, we can't blame anyone for raising chickens to eat. It leaves the few in the markets for apartment house dwellers too—who couldn't possibly raise any—(we havn't found any there yet.)

Young chickens don't stay young forever though, so, if you want to eat all you have before cold weather sets in—or if you are fortune enough to have connections—serve them (the chickens) in a variety of ways—

CHICKEN PAPRIKA

3½ pound fryer, cut as for fricassee
1½ cups boiling water
2 teaspoons salt
⅓ cup chicken fat
½ cup sliced onion
1 tablespoon paprika
2 teaspoons flour
¼ cup cold water
1 cup sour cream

Have chicken separated into pieces as follows; legs, second joints, wings, wing tips, neck, 2 breast sections and 2 back sections. Clean, singe and wipe with damp cloth. Simmer wing tips, neck and back sections in boiling water with 1 teaspoon of the salt for 1 hour. Remove chicken and measure the broth; there should be 1 cup. Melt fat in heavy skillet, add onion, fry to a golden brown. Sprinkle with paprika, simmer 3 minutes. Add the chicken broth. Sprinkle uncooked chicken with the remaining salt and place in skillet. Cover and simmer until tender. Just before serving add flour moistened with the cold water. Cook and stir 5 minutes; add sour cream, heat without boiling.

BAKED CHICKEN IN CREAM CURRY SAUCE

1 large frying chicken
½ cup milk
½ cup flour
1 teaspoon salt
¼ teaspoon paprika
½ cup margarine
1½ cups curry sauce

Cut up chicken as for frying. Dip each piece in milk, then in the flour which has been mixed with salt and paprika. Heat margarine in a heavy skillet; lay in floured chicken. Cook just until chicken is nicely browned Place chicken in heat-resident glass baking dish. Pour curry sauce over chicken. (If sauce does not almost cover chicken, add a little boiling water.) Bake in slow oven (325 F.) 2 hours or until very tender. Baste occasionally with sauce in pan. Serves 6.

CURRY SAUCE

Cook 1 tablespoon minced onion in 2 tablespoons of the fat remaining in the pan. When soft, but not browned, add 1 tablespoon curry powder mixed with 2 tablespoons flour, ½ teaspoon salt and a dash of cayenne. Blend thoroughly, add 1½ cups rich milk. Cook and stir until smooth.

A Special Brown Betty To Save The Sugar

Another sugar stamp is good, so many households will find themselves with a supply that hasn't been around for months—and the temptation to run wild with desserts will be hard to resist. But we must all remember that we have been warned that sugar will remain on the ration list and that five pounds per person will have to last for some time to come—which doesn't allow cups of sugar per day for desserts, as much as we'd like to treat the family every night for a week to something special. Save it for the Sunday or special occasion cake or whatever it is you might want. The family will feel very well treated with something so simple yet low in sugar as this

BROWN BETTY

3 cups thinly sliced apples
2 tablespoons butter or margarine
¼ teaspoon salt
⅓ cup granulated sugar or firmly packed brown sugar
1½ cups cereal flakes
½ teaspoon cinnamon

Arrange apples in a greased baking dish. (If apples are not tart, sprinkle with a little lemon juice). Cream together butter, salt, and sugar Add cereal flakes and cinnamon and mix well. Spread over the apples. Bake, covered, in a moderate oven (350 F.) 30 minutes; then remove cover and bake 15 minutes longer, or until apples are tender. Serve plain or with cream. Makes 4 to 6 servings.

Doors are less likely to swell and stick if both the door and frame are sealed thoroughly with good paint, says Helen Irene Smith, specialist in home management for the University of Maryland Extension Service. Present-day doors seldom warp or sag, she states, but settling of the house or warping of the door frame may cause the same result. Whatever the cause of the door sticking, the remedy must be applied to the door, she adds. Usually there will be rub marks to show where it binds. Remove the door from the hinges and plane down the high spots. Take only enough to prevent sticking, and repaint the planed portion to keep moisture from getting into the wood.

LOVE POINT FERRY

To and from the HEART of BALTIMORE (Standard Time)

LEAVE LOVE POINT (B. & E. R. R. PIER)
DAILY ex. Sun. 8:00 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: 85c 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.

We serve BEER only when we have it BUT

Our main business is FOOD!

and we ALWAYS have That

Chestertown Restaurant

Open Daily 7 A. M. to 8 P. M. Phone 207

Notice..

Poultry is now released. We can handle all kinds of poultry at our regular sale every Tuesday. Top market ceiling prices.

Harry Rudnick
Galena, Md.

OLD KENT

"The Eastern Shore of Maryland"

by

GEORGE A. HANSON, M.A

We still have a limited supply of this famous history of Kent County and the Eastern Shore as published from the original in the Chestertown Transcript. of 1875 and 1876.

★ ★

We feel that no library is complete without this valuable book on its shelves. Set in legible type and bound in a stiff red leather binding, it is a priceless gem of History.

★ ★

PRICED AT

$15.00 per copy

WRITE, PHONE OR CALL THE

TRANSCRIPT

Phone Chestertown, No. 2 for Orders

ROCK HALL PAINT & HARDWARE CO.

ROCK HALL 38

PURE LINSEED OIL PAINT

All Colors

ONLY $3.25 PER GAL.

This year see us for your Painting Needs. We have

A large supply of Paints, Varnishes, Stains, Enamels, Oil Colors, Turpentine, PURE Linseed Oil Etc.

We also carry a Complete Line of GOOD Brushes, Scrapers, Paint Cleaners, Sand Paper, Putty, Glass, Patching Plaster, Etc.

Plumbing Supplies

TOILETS . . SINKS TUBS

Pipe, Fittings, Valves

Notice—We have a complete Supply of RADIO BATTERIES

©Maryland State Archives msa_sc3326_scm8233-0763