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

Fresh mushrooms are white or creamy in color, firm to the touch, and moist, not dry or rubbery. The veil on the under side, connecting the stem and cap, is unbroken. As mushrooms mature, the small round button tops flatten out, the veil breaks, and the gills underneath darken in color, changing from white to pink and finally to brown and almost black. Spotting usually indicates decay; specked mushrooms should be avoided. Because the caps are more prizer for broiling than the stems, fancy mushrooms are cut with short stems. The less expensive long-stemmed ones are excellent for creaming for soup.

One pound makes four generous servings of broiled mushrooms, or five to six servings of creamed mushrooms.

Cake mixtures are not only aides to amateur cooks, but are sugar savers as well. One of the most popular mixes being gingerbread. It's easy to mix up the cake following the directions on the package and to have it baking while you're setting the table.

Scallops more frequently appear on the table, fried to a delicate brown and are served with Tartar sauce. But scallops a la Newburg with a bit of sherry is something to be considered. Everyone will enjoy the treat.

Select fruits and vegetables which are fresh, unwilted, sound, and free from decay. The waste from cheaper foods which are not in good condition may make the cost of the portion you use higher than that of more expensive sound products.

Small or medium-sized eggplants are best. When too large they are apt to be pithy. For slicing and frying, the long cylindrical type of eggplant is preferable to the thicker, more chunky varieties. The eggplant should have a smooth skin. Wrinkles often denote age and the development of a bitter flavor. Since eggplant does not keep well after being cut, it is well to buy no more than is to be cooked at one time. An eggplant weighing about 1 pound yields, 11 slices cut ¼-inch thick, or 4½ cups raw eggplant, diced, or 1¾ cups cooked eggplant, diced.

A freshly laid egg has practically no odor when broken, has a thick white, and a rounded yolk. As an egg becomes older, the white becomes thinner and slightly colored, and the yolk flattens.

Too much flour makes a dry crumbly cookie and in some degree conceals the flavoring qualities of the other ingredients. Not enough flour makes a dough which is difficult to handle and one which is apt to spread too much in the baking. The cookie is apt to be porous and fragile.

What would a salad be without a salad dressing? Dressing adds that final touch so essential to appetizing salads. Most dressings may be kept for some time in a refrigerator, so don't use just the old stand-bys but vary your dressings—try mint or fruit salad dressing with a fruit salad; Russian or peanut butter dressing with a vegetable salad. By changing the type of salad dressing you can vary the taste and appearance of any salad.

Plan A Stag Party For The Home-Comers

With so many men leaving the service, and others coming home after so long away—entertaining will be in full swing.

Of course, there will be mixed parties, but the popular ones will be for just the boys!!! Good oldfashioned get-togethers—with possibly a card game. So, reserve some meat points for the occasion—prepare the food and then disappear—planning possibly such a menu.

Cold meats
Strong cheese
Potato Salad
Spaghetti Casserole
Rolls
Pickles - Olives
Rum cake and coffee
or
Beer without dessert

The spaghetti casserole can be all ready to pop into the oven—and friend husband can take time out from the "man talk" to do that much himself.

SPAGHETTI CASSEROLE

2 cups spaghetti, broken in short lengths
¼ pound grated cheese
Salt and pepper
2 tablelspoons butter or fat
1½ cups milk

Boil and drain spaghetti. Arrange a layer in bottom of a casserole. Over it sprinkle some of the cheese and scatter bits of butter or fat over this. Add a sprinkling of salt and pepper. Fill dish in this order, having spaghetti on top, well oiled with fat, but without cheese. Add just enough milk to cover well and bake in a moderate oven (350-400 F.) about one-half hour. Serve in the dish in which it was baked.

Salads That Women Will Like And Men Will Really "Go For"

It seems that women are just naturally salad eaters—and so are men when they are served salads that they like. Most of them will eat the dainty little frozen salads that women find so appetizing—but they'd much rater have a salad that they can "sink their teeth in." Hearty vegetable or meat salads—like the following—and though they are on the "hearty" side, women will like them too:

LIMA BEAN, OLIVE AND EGG SALAD

2½ cups cooked lima beans
2 chopped hard-boiled eggs
½ cup chopped ripe olives
Mayonnaise

Combine all ingrediatens with enough mayonnaise to hold together. Chill well before serving.

HAM ROLL SALAD

6 medium slices boiled ham
½ cup peanut butter
½ cup cream cheese
1 minced pimento
1 minced green pepper
1 tablespoon chili sauce

Mix together all the ingredients except the ham. If too stiff, add a little milk. Form into rolls about three inches long. Wrap in slices of cold boiled ham and chill. Serve on bed of crisp lettuce.

Potato Drops And Spanish Potatoes

Left-over potatoes are handy things to have around the house—as so much can be done with them. If, however, your family isn't the kind to permit any left-over potatoes, then prepare enough extra and put them away for future use. Either mashed or cold boiled—both make wonderful dishes.

POTATO DROPS

2 cups mashed potatoes, without any milk
2 eggs
Salt
Pepper

Mix the mashed, seasoned potatoes and the beaten eggs. Drop the mixture from a spoon into hot fat (375-390 F.) and fry until a golden brown (2 to 3 minutes) then drain on unglazed paper and serve with a garnish or parsley. If the spoon is dipped into boiling water after each using, each drop will retain the shape of the spoon.

SPANISH POTATOES

1 tablespoon minced onion
2 tablespoons chopped green pepper
2 tablespoons chopped pimento
4 tablespoons oil or fat
2 cups cold boiled potatoes, diced
½ teaspoon salt
½ teaspoon paprika

Saute onion, pepper and pimento in the fat until light brown, add diced potatoes, chopped ham and seasonings and cook until thoroughly heated through.

Creole Fish With Rice

Fish day in any household can be something very wonderful—as there are ways to prepare fish that are too numerous to mention. Perfectly delicious ways that will make many a family who has previously viewed "fish day" with a resigned attitude, sit up and take notice, and wonder where fish dishes have been all their lives.

CREOLE FISH

1½ pounds fish
1 lemon
1 tablespoon butter or other fat
Finely chopped onion
Salt
Pepper
½ cup tomato juice
Grated lemon-rind
- small pimento
6 tablespoons uncooked rice

Select a fish with firm flesh, clean the skin and rub well with a slice of lemon. Melt the fat, add the onion and the fish and cook to a golden brown. Season with salt and pepper, add the tomato-juice, a bit of grated lemon-rind, and the pimento finely cut. While the fish is cooking, cook the rice in boiling salted water until tender. Make a crown of the rice on a platter, place the fish in the center, pour the gravy over it, and garnish with thin slices of lemon.

To make ice shells; fill glass custard or souffle cups with water. Place a thickness of waxed paper on the freezing tray and put the cups on top of the paper. Allow the water to freeze about one-quarter inch all around. Pour off the water from the center and return the cups to the freezing tray for a short time. Remove the ice shells from the cups and place in the tray or under the freeze. These may be colored or not as you desire. Ice shells make attractive cups for serving friut cocktails.

When making cakes or cookies always use cake flour if possible. The results will be well worth the slight extra cost.

If frozen desserts are kept a second day in a refrigerator tray, cover the tray with waxed paper to prevent accumulation of frost particles.

Salads For The Main Course

The popularity of salads for the main course of a luncheon or hot-weather dinner is still the same—everyone likes them, but everyone also likes variety—so serve salads that are a bit different—serve

SHRIMP WITH CUCUMBER

1 pound shrimp
½ cup French dressing
½ cup finely chopped cucumber
½ teaspoon salt
1 teaspoon onion juice
⅓ cup mayonnaise
Salad greens
Cucumber slices

Cook shrimp in briskly boiling salted water about fifteen minutes. Cool. Remove shells and black line with sharp, pointed knife. Add French dressing and chill in refrigerator. Combine finely chopped cucumber, salt and onion juice and press lightly to remove excess liquid. Fold into mayonnaise. Arrange chilled shrimp on salad greens in bowl and garnish with the cucumber-mayonnaise mixture and very thin unpeeled cucumber slices. Serves 2.

MEAT SALAD

½ cup cooked peas
½ cup diced cooked carrots
½ cup diced celery
½ cup cooked ham
¼ cup French dressing
½ cup mayonnaise
½ cup cottage cheese

Mix lightly peas, carrots, celery and ham. Add French dressing and chill in refrigerator ½ hour. Drain and toss together with mayonnaise. Serve on lettuce. Garnish with cheese Serves 2.

Beef Hash A La Normandie

Any homemaker who is in the habit of preparing vegetable soup with a marrow bone that also boasts a good chunk of meat, has at one time or the other wondered if something special couldn't be done with that good meat, aside from serving it either cut in the soup, or with horseradish. Well, here is the anwser—all wrapped up in a French name—

BEEF HASH A LA NORMANDIE

3 onions
1 tablespoon fat
2 cups cold moiled beef
2 cups cold boiled beef
½ cup meat stock
Salt and pepper

Cut the onions into cubes and fry in the fat until brown. Slice the beef and add to the onions, then add the potatoes and stock. Season and cook for about fifteen minutes, or until well heated through.

Left-Over Veal Becomes Masterpiece When Prepared With Professional Touch

A roast veal for Sunday—it's a delicious dish—but what of the left-overs? Well, there is quite a variety of dishes from which to choose for using up what is left. However, that left-over veal becomes a masterpiece when it is prepared with the professional touch—which every amateur can duplicate, by the way.

VEAL SUPREME

3 cups diced cooked veal
1 tablespoon butter
1 tablespoon flour
1 cup milk
3 hard-boiled eggs, coarsely chopped
Salt
Pepper
½ teaspoon lemon juice
¼ cup sherry
Small potatoes, peeled and boiled
3 hard-cooked eggs, quartered

Brown flour and butter together in saucepan, add milk and stir and cook until smooth. Add veal, season, and simmer 10 minutes. Add chopped eggs and lemon juice; simmer five minutes longer. Stir in the sherry and serve at once, garnish with the potatoes and quartered eggs.

Raisin Brown Bread

A home-made bread can be the making of many a meal—particularly the lighter type meals that are so popular during summer months. And, come cold weather—the same breads are equally as popular both for dinner or for the luncheon sandwiches. One such bread that will have a dozen places in menu planning is—

RASIN BROWN BREAD

1½ cups boiling water
1½ cups whole bran
1 tablespoon shortening
1 teaspoon salt
1 cake compressed yeast
¼ cup lukewarm water
¼ cup molasses
4 cups sifted flour (about)
½ cup raisins (if desired)

Pour water over whole bran, add shortening and salt, and let stand until lukewarm. Combine yeast and lukewarm water, stirring until smooth. Add to bran mixture. Add molasses and 2 cups flour. Beat well. Add raisins. Add flour to make a soft dough. Knead until smooth. Place in a greased bowl, cover, and let rise in a warm place until double in bulk. Shape into loaf. Let rise again until double in bulk. Bake in a hot oven (400 F.) 1 hour, or until done. Makes 1 loaf brown bread.

Baked Beans Make Excellent "Left-Over" Dishes

For many people, baked beans are the Saturday night stand-by—and for others, they are something to be served at parties, right in the bean pot. They are always popular when well prepared and the housewife who owns a bean pot is as popular as the one with a good old-fashioned cookie jar. Her family has a fondness for both.

This popular American dish has other good qualities too—they don't have to be eaten just as "baked beans"—reheated in the pot for a second nights serving—but make excellent left-over dishes that are as good as new.

The fact that you now own a bean pot however, should never be the reason for not baking your own—use what you have—a covered baking dish will do—and one "batch" of beans will mean quite a variety of dishes.

BOSTON BAKED BEANS

1 pint pea beans
1 small onion
⅛ pound salt pork, part fat
½ teaspoon salt
½ teaspoon dry mustard
2 tablespoons molasses

Soak beans in cold water overnight In the morning drain and turn into a bean-pot; or simmer until skins begin to burst, but not long enough to be mushy, then turn into the bean-pot. Pour boiling water over salt pork. Scrape the rind until white, score in half-inch strips, and bury meat in beans. Mix salt, mustard and molasses in a cup, fill with hot water, stir until well mixed, and pour over the pork and beans. Add water to cover, and bake in a slow oven (250-350 F.) six to eight hours, adding more water to cover until the last hour, when pot cover is removed and pork raised to the surface to crisp.

Salt pork may be omitted and more salt, with one-third cup of fat used instead.

BAKED BEAN LOAF

2 cups left-over baked beans
2 cups bread crumbs
1 green pepper, minced
Melted butter or margarine to moisten
1 egg, beaten
½ cup walnut meats put through food chopper
Salt and pepper to taste

Mix well together and press into buttered baking dish. Bake in moderate oven ½ hour. Two or three slices of bacon may be put over the top, if desired.

STUFFED ONIONS

Parboil large Bermuda onions in salted water 15 minutes. Scoop out the centers and fill with the following: Left-over baked beans seasoned with a little catsup and an extra onion. Put onions in buttered dish. Over each onion put a strip of bacon. Cook in a moderate oven until bacon and onion are cooked.

BAKED BEAN SOUP

Put about 1 cup of left-over baked beans in 3 cups of water. Add a medium-sized onion cut in pieces and several slices of tomato or 1 cup canned tomatoes. Simmer for several hours, then strain through a sieve, and season with salt and pepper. If the tomato flavor is not strong enough add a bit of catsup.

This soup may be flavored with various flavorings—such as onion salt, celery salt, tomato catsup, chili sauce tabasco sauce, a little cream, or parsley.

Ragout Of Chicken

The next time you are planning chicken for the family dinner—plan to prepare it as a ragout—as the man of the family will find it absolutely something after his own heart.

RAGOUT OF CHICKEN

2 tablespoons butter
2 tablespoons cooking oil or fat
1 chicken
Salt and pepper
1 sliced onion
1 clove garlic
Sprig of parsley
1 cup stock
1 tablespoon vinegar

Clean and cut up the chicken into serving portions. Heat butter with the oil or drippings in a frying-pan. When hot, add the chicken. Season with salt and pepper and cook until the chicken is slightly brown. Remove the meat and add the onion to the fat in the pan and cook until brown, then add the garlic and parsley, and stock and vinegar. Return the chicken to the pan and simmer slowly until tender. Serve on a hot platter with gravy over the chicken.

Rabbit, hare, lamb, young partridge or duck may be prepared in the same way.

Now that the war is over and we understand the importance of military might let us resolve that the United States will be prepared for the next war, if it comes. Hope of peace is not synonomous with successfully defending the country.

The quick-cooking type of tapioca cream, when correctly made, will be thin when removed from the stove. It thickens on cooling to just the proper texture and consistency. It is not necessary to add more tapioca or cook it longer.

Fruit Salad With Banana Dressing

The rush on canned fruits has been so terrific that many housewives haven't been able to buy a single can, more or less two or three cans—but before long, everyone will have her share—so we can serve once more some of those delicious salads made with canned fruits. Such a one is this—

FRUIT CUP SALAD

1½ cups pineapple (diced)
1½ cups orange sections
1½ cups Royal Ann cherries (pitted)
¼ cup nutmeats
1 small banana
2 tablespoons confectioners' sugar
½ teaspoon vinegar
½ cup mayonnaise

Arrange 3 small cup-like leaves of lettuce on each salad plate. In one place pineapple, in another cherries and in the third orange. Any other three fruits may be substituted. Sprinkle with nuts, and garnish with Banana Salad dressing made as follows: To mashed banana, add sugar and vinegar. Fold this into mayonaise A few tablespoons of whipped cream may be added to produce a fluffy dressing.

PEAR MACAROON SALAD

Halves of canned pears
1 package cream cheese
Macaroon crumbs
Maraschino cherries

Mash cheese, and spread a thin layer on a half of pear. Cover with another half of pear and dip the whole pear, thus formed, in ground macaroon crumbs. To prepare crumbs roll dry macaroons finely with a rolling pin. Serve the fruit in a deep cup of crisp lettuce, garnishing the top with a Maraschino cherry, cut in half. Place a spoonful of mayonnaise at one side.

Vegetable Sandwiches Are Ideal for Summer

The variety of sandwiches to be prepared is so numerous that there is no need for monotony or sameness. Of course, we have been doing without those nice meat sandwiches lately, but have done wonders with vegtable sandwiches. They are so nice for summer and it would amaze everyone how popular they are with the children.

VEGETABLE SALAD SANDWICH

1 onion
3 stalks celery
1 large peeled cucumber
1 head lettuce
1 green pepper

Put all through food chopper and mix with mayonnaise, adding 1 hard-cooked egg, salt and pepper. Use with any kind of buttered bread.

VEGETABLE AND PEANUT SANDWICH

Grated carrot
Chopped celery
Chopped peanuts

Mix in about equal proportions, using salad dressing to moisten and seasoning with salt and pepper. Use with any buttered bread.

Recipes For Left-Over Meat

Small amounts of left-over meat make a tasty contribution to the dinner table in various forms—including

STUFFED ONIONS

6 large onions
¾ cup bread crumbs
¼ cup ground left-over meat
¼ cup grated cheese
2 cups white sauce
2 tablespoons butter
Pepper
Salt

Boil the onions until partially cooked, then drain and remove centers. Chop the center of onions and mix with meat, crumbs, butter, and seasonings. Put the filling in the onionss and place in buttered baking dish. Cover with white sauce, top with grated cheese. Bake in moderate oven until onions are tender and nicely browned on top.

POTATO—MEAT CROQUETTES

1 cup mashed potatoes
1 cup ground left-over meat
1 heaping teaspoon minced onion
Salt, pepper and parsley

Mix all ingredients and form into croquettes. Dip in beaten egg, roll in bread crumbs and fry in deep hot fat until browned. Or flour and brown in frying pan.

Brussels sprouts should be green; yellow ones may be too mature, and therefore of less delicate flavor, or may have been kept too long. Watch carefully for worm holes as sprouts frequently are attacked by worms. Sprouts usually are sold by the pound there being 50 to 60 small sprots to the pound. In some markets, they are sold by the quart box, which holds about 1¼ pounds, 1 pound, when trimmed and cooked, yields about 3 cups of sprouts. Serves 4 or 5.

More Maple Sugar Plan

More sugar from maple trees at lower cost is predicted for the not too distant future by agricultural scientists, who have been working to propagate trees with sap two or three times as sweet as is usual today. Cuttings from trees with high sugar percentages have been raised in greenhouses, and will soon be transferred to forest areas.

Valencia Photo Studio
99 SOUTH QUEEN ST.
PHONE 439



Specializing in Weddings, Groups, Portraits, Enlargements, Reproductions, Coloring, Photo Finishing, Also Passports and identification photos.
Quick Service, all work Guaranteed



Dr. Julian T. Power
Optometrist
Chestertown, Md.
Office Hours:—9:00 to 12:00 A. M
1:00 to 4:00 P. M.
Phone 132-W

Created FOR THE FUTURE
Guarantees that PROTECT—now and for the future—are vital in selecting a memorial, for no decision of a lifetime is more enduring. Let us assist you with our knowledge of memorial requirements, our experience in details unfamiliar to you, our ability to guarantee the everlasting perfection of your choice.
CHESTERTOWN MARBLE and GRANITE WORKS
JACK KIEFFER, Mgr.
ANNIE M. KIRBY, Prop.
Phones—Office 276 Home—367M
Chestertown, Maryland



Use 666
COLD PREPARATIONS
Liquid Tablets, Salve, Nose Drops
Use Only as Directed

FARM LOANS

You may obtain a Prudential Insurance Company amortized short or long term First Mortgage Loan on your farm, or to aid in purchasing a farm, at 4 PER CENT, payable semi-annually. Free appraisal, and no stock investment features.

For particulars consult
THOMAS D. BOWERS, Solicitor
Court Street Chestertown, Md.
Residence Phone 126 Office Pone 252J

LOVE POINT FERRY
To and from the HEART of BALTIMORE
(Standard Time)
LEAVE LOVE POINT
(S. A. & L. R. R. PIER)
DAILY ex. Sun. 7:00 a. m. DAILY 9:35 a. m. DAILY 4:00 p. m.
LEAVE BALTIMORE
(PIER 8, LIGHT STREET)
DAILY 7:00 a. m. DAILY 2:00 p. m. DAILY ex. Sun. 9:00 p. m.
Passengers, Automobiles and Trucks handled on All Trips
PASSENGERS:
55¢ ONE WAY • 94¢ ROUND TRIP (4-day limit)
72¢ 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

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_scm8233-0789