THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

Jellies, jams and preserves should be stored in a cool, dry spot as mold is apt to form on those that have been stored in a warm or damp place.

For an interesting and different luncheon treat, split biscuits. On the cut surfaces, place slices of cooked ham, meat loaf, or scrambled eggs. Top with grated cheese. Bake in a hot oven (400 F.) until the cheese melts.

To sugar doughnuts, shake them up in a bag with powdered or granulated sugar. In place of being sugared, they may be iced with confectioners' frosting.

To prevent dampness or rust from attacking the wires inside your piano tack a small bag of unslaked lime inside the cover. The bag of lime will absorb the moisture.

Clean oil painting with a soft cloth moistened with a mixture of equal parts of linseed oil and turpentine and wipe off the picture lightly. The colors will regain some of the former depths and clarity.

Using honey or corn syrup for sweetening frozen desserts has several advantages. Both mix readily with cold milk or cream, so unless you need to use cooked fruit or a custard base or a little hot liquid for dissolving gelatin, no cooking will be necessary. A little longer freezing may be required than when made with sugar, but desserts will be smoother and less icy. Jelly or preserves, or canned fruit juices are good sweeteners too.

Picture marks on walls may be prevented by sticking thumb tacks in each of the lower corners of the frame. Do not push the tacks all the way in, but let them extend at least one-eighth of an inch.

Cream puff cases may be filled with ice cream and fresh fruit, or a soft, fluffy custard, or with one of the popular packaged puddings.

Turn fish carefully when broiling or pan frying to avoid breaking. Use a spatule, pancake turner, or broad knife. Slip it gently under the fish and lift carefully. Turn only once—at the middle of cooking period. If possible, avoid turning fish when boiling or baking.

When measuring brown sugar, pack it into the measuring cup so firmly that the sugar will hold its shape when turned out. Brown sugar contains a lot of moisture and must be packed firmly to allow for that.

Remove seeds from 6 green peppers Parboil 10 minutes. Simmer 1 pound liver 2 minutes and grind. Saute ½ cup chopped onion in fat, add 1 cup tomatoes, 2 cups cooked rice, the liver and salt and pepper to taste. Stuff peppers, cover with buttered crumbs, stand in casserole, add ¼ cup water. Bake in moderate oven (350 F.) 30 minutes.

Boston Brown Bread

There aren't many housewives who have a regular baking day in their weekly schedule now days, but anyone who does bake has good reason to be proud of her work. Home made breads make such a lovely display and such very good eating, whether they are quick or yeast breads.

Possibly one of the nicest breads that a homemaker can make is Boston brown bread—it's simply a "must" when home made baked beans are served and no special equipment need be bought for the bread—use a melon mold, one-pound baking powder cans, coffee cans or the like—providing they have tight-fitting covers.

BOSTON BROWN BREAD

1 cup yellow corn meal
1 cup whole wheat flour
1 cup sifted white flour
1 teaspoon salt
2 teaspoons baking soda
1 cup seedless raisins
¾ cup molasses
2 cups buttermilk or sour milk

Combine dry ingredients, add raisins and mix together thoroughly. Blend together molasses and buttermilk or sour milk, add dry ingredients, together thoroughly. Turn mixture into very well-greased molds or pans that have tight-fitting covers. Fill molds two-thirds full. Grease inside of covers, adjust and fasten on securely. Place filled molds on rack in steamer or deep kettle containing boiling water which comes half way up around molds. Cover kettle closely, keep water at boiling for 3 hours, add more boiling water if necessary after first hour. Remove bread carefully from molds, serve hot or cold.

Wooden Utensils

Never soak wooden utensils in water. Wash them quickly and thoroughly in hot, soapy water, rinse and wipe dry.

A Baked Stuffed Fish Has Fine Appearance And Has Real Flavor

Many simple, everyday flavors, combined, can often produce something full of appeal for every member of the family. This is true in the case of a fish stuffed with a pickle stuffing and served with tomato sauce. It will be another successful fish dinner and another feather in the homemaker's cap.

A baked stuffed fish always has a very elaborate appearance and if a good stuffing is used, it has an equally fine taste.

BAKED STUFFED FISH

3 to 5 pound fish
Salt and pepper
3 tablespoons melted fat
Pickle stuffing

Fat or lean fish may be used for baking; fat fish require less cooking care and less added fat. Season before baking, rubbing the inside of the fish thoroughly with a mixture of salt and pepper, but avoid salting the surface skin. Fill with dressing and sew the edges of the fish together. Place in a well-greased baking pan or on greased heavy paper in a shallow pan. Pour melted fat over fish. Bake in a moderately hot oven (375-400 F.) allowing 10 to 12 minutes per pound. If the fish is lean, baste every ten minutes.

Serve with heated condensed tomato soup, undiluted.

PICKLE STUFFING

3 cups soft bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons minced onion
⅓ cup melted butter or margarine
4 tablespoons chopped dill pickles
2 tablespoons chopped parsley

Mix crumbs with seasonings and onion; add butter slowly, and toss dressing with fork to mix. Then add chopped pickles and parsley.

When cooking quick-frozen vegetables, start them cooking, in the amount of boiling water specified on the package, when still in their frozen state. (Never try to refreeze them once they have been thawed.) As the vegetables begin to thaw out in the cooking water, pull them apart with a fork. Continue cooking as directed on the box in which they came. Do not overcook.

Irish Stew With Dumplings, Any Man's Dish; And A Fine Use For Leftovers

Some like stews dark, others like them light, but to most men, a stew is a stew, provided it is well made—and whether brown or white, every drop and crumb will be eaten, and the serving bowl carefully drained of it's last bit of broth or gravy—and the last dumpling will not be left because of any ideas of being too polite to take the very last bit of something on the platter.

IRSIH STEW WITH DUMPLINGS

2½ cups meat stock of water
1½ pounds cooked lamb, diced
1 teaspoon salt
¼ teaspoon pepper
2 onions, sliced
1 turnip, diced
2 carrots, diced
1 stalk celery, diced
Sprig parsley
2 cups cubed potatoes

Add enough stock or water to cover meat; season. Add onions, turnip, carrots, celery, parsley and potatoes and cook 35 to 40 minutes. Thicken liquid with flour if necessary and serve with

DUMPLINGS FOR STEW

2 cups sifted flour
1¼ teaspoons baking powder
¾ teaspoon salt
1 tablespoon butter
Milk (about 2-3 cup)

Sift dry ingredients together. Cut in butter. Add milk to make a soft dough. Turn onto floured board and roll ½-inch thick. Cut into small squares, drop into hot liquid, cover closely and cook 20 minutes. Makes 12 dumplings.

Economical Sponge Cake

2 eggs, separated
1 tablespoon grated orange rind
1 tablespoon orange juice
1 cup sugar
½ cup hot milk or water
1 cup sifted cake flour
1½ teaspoons baking powder
¼ teaspoon salt

Beat egg yolks until thick and light colored; add grated orange rind and juice. Gradually beat in the sugar and continue beating until mixture is very light and fluffy. Add, hot liquid slowly, beating constantly. Sift flour, baking powder and salt together several times and sift over the egg mixture, folding in carefully. Fold in egg whites which have been beaten until stiff, but not dry. Pour batter in ungreased 8-inch square pan. Bake in a moderate oven (350 F.) 30-35 minutes. Invert pan and allow cake to cool.

Beets Too, Are Very Fine Stuffed

When we stuff vegetables, it usually isn't with the idea of stretching them—it's for variety and good eating. Beets for example, are very tasty and attractive when stuffed and it's an excellent way to use up left-over bits of other vegetables.

BAKE STUFFED BEETS

6 large cooked beets
¼ cup minced green pepper
2 tablespoon smelted fat
1 cup soft bread crumbs
½ to 1 cup left-over vegetables
1 teaspoon lemon juice
Salt
Pepper
½ cup buttered bread crumbs

Peel beets and scoop our centers. Cook green pepper in melted fat 5 minutes. Add bread crumbs, left-over vegetables and lemon juice. (Some of the beet centers, chopped fine, also may be added, especially if there is but ½ cup of left-over vegetables. If there are more cooked vegetables on hand, the beet centers may be reserved for the next meal's salad.) Season to taste with salt and pepper. Stuff beets with this mixture. Top with buttered crumbs. Stand beets in cups of muffin pan. Place a spoonful of water in each cup and bake in moderately hot oven (375 F.) until crumbs are browned. Serves 6.

To make soft bread crumbs, remove crusts from bread that is 3 to 4 days old. Tear apart with fingers or fork.

For buttered crumbs, melt 2 tablespoons of butter or margarine in a saucepan, add ½ cup dry bread crumbs and work into butter with a spoon or fork.

Jellied Salads Are A Accompaniment To Fall Menues Also

Though we usually associate jellied salads with hot weather menues—there are numerous fall dishes with which jellied salads are the ideal accompaniment. Any type pork dinner for example, does very well with a jellied salad—whether it be a roast loin or a ham—and a good salad combination for such a dinner would be a jellied

CARROT AND CABBAGE SALAD

1 package lemon-flavor gelatin
2 cups hot water
2 tablespoons vinegar
1 teaspoon salt
1 cup grated carrots
1 cup finely shredded cabbage

Dissolve gelatin in hot water; add vinegar and ½ teaspoon of the salt. Chill until slightly thickened. Season carrots and cabbage with remaining salt; fold into gelatin. Turn into 1 large or 6 individual molds; chill until firm. Unmold on crisp lettuce, garnish with mayonnaise. Serves 6.

Many A Fine Meal Is Complete With Fritters

It happens in the best of families—a good dinner just about ready to be served, when we suddenly discover that it doesn't look quite large enough to satisfy the look of hunger on family faces—so—quick as a whistle—we add the finishing touch—those ever popular accompaniments—fritters. Whip up the batter in a jiffy, heat the fat and use either fresh fruits of some left-over vegetables you have tucked away in the refrigerator.

FRITTER BATTER

1 cup sifted flour
1½ teaspoons baking powder
1 teaspoon salt
⅓ cup milk
1 egg

Sift together flour, baking powder and salt. Add milk and egg and beat until smooth.

APPLE FRITTERS

Pare and core 2 large apples, cut in eighths, dip in batter and fry in hot fat (375 F.) 1½ inches deep, 4 minutes or until brown. Drain on absorbent paper.

FRUIT FRITTERS

Bananas, cut in half lengthwise and then into 1-inch pieces; pineapple slices, well drained and cut into quarters; peaches, pared pitted and quartered; fresh plums, pitted, or canned plums, well drained and pitted. Dip in batter and fry as for apple fritters.

VEGETABLE FRITTERS

Dip pieces of cooked celery, cauliflower, broccoli, or other vegetable in batter and dry in hot deep fat (400 F.) until brown. Drain on absorbent paper and serve piping hot.

Deep Rooted Plants Aid Soil

Plants that root deep, including trees and some grasses, are important agents in enriching the surface soil, the department of agriculture has found. The deep-ranging roots draw from the deeper layers of the soil the various plant nutrients, particularly minerals. When the plant dies and decays these are returned to the soil, but are concentrated in the top layers where shallow-rooting plants can draw on them.

Sweet Potato Waffles A Tasty Tid-Bit To Accompany Menues

Roast ducks and turkeys will be appearing on most tables long about now and when it is possible to serve something different in the way of an accompaniment—why, every housewife likes to do just that—it makes the meal more interesting and adds glamour to an already elaborate "feed." One such tasty tid-bit, if you could actually call it a "tid-bit" are the followng waffles—make with good sweet potatoes.

SWEET POTATO WAFFLES

¾ cup sifted flour
2 teaspoons baking powder
¼ teaspoon salt
1 tablespoon sugar
1 teaspoon nutmeg
1 egg, separated
1 cup milk
1 cup mashed sweet potato
4 tablespoons fat, melted

Sift flour, baking powder, salt, sugar and nutmeg together. Combine with beaten egg yolk and milk and beat until smooth. Add mashed sweet potato and fat and continue beating. Fold in stiffly beaten egg white. Bake in heated waffle iron until brown. Sprinkle with sugar and cinnamon and serve with roast duck or turkey. Serves 4.

A Real Pecan Pie With Little Sugar

Every now and then certain members of the family will talk over old times (a year or two or three back), and invariably something will crop up about the rich gooey desserts that used to be! Ho hum, they sigh and look very pathetic indeed. Possibly they are thinking of the wonderful pecan pes you used to serve wheh tne weather started to turn a bit cool—which is right at this time of the year.

Everyone would certainly be surprised if that same pecan pie made a sudden and unexpected appearance on the table one night soon—and with the low-sugar recipes, it's a possibility, and can easily be a reality.

PECAN PIE

3 eggs
¼ cup sugar
1 cup dark corn syrup
1 teaspoon vanilla
¼ teaspoon salt
3 tablespoons butter
1 cup pecans (4 ounces)
1 unbaked pie shell

Beat eggs slightly; add sugar, syrup, vanilla, salt and the butter, which have been broken into coarse Blend well, then add the pecans, which have been broken inot coarse pieces. Pour into an 8-inch unbaked pie shell. Bake in a hot oven (450 F.) 15 minutes; reduce heat to moderately slow (325 F.) and continue baking about 30 minutes longer or until a knife inserted in the filling comes out clean.

Fried Food

Physicians now doubt the idea that fried foods are the most difficult to digest. One study reveals that the starch in french-fried potatoes is digested more easily than in boiled ones.

Sausage Ingredients

The ingredients of a hot dog are meat and seasoning. In addition to the meat, a sausage may also contain 3½ per cent cereal or dried skim milk. Of course, when such additions are made, the sausage is marked, "Cereal added" or "Dried skim milk added."

Cloudless Skies

When Australia starts developing its infant film industry and decides to build a counterpart of Hollywood, it won't be able to set it up in central Australia. The weather's too dry there for film-making. Clouds needed for essential pictorial effects in the cattle-droving epic, "The Overlanders" were so rare that on one occasion they had to race 60 miles across a tableland to catch up with a herd of cattle and photograph them while the thin, fleeting clouds were still around.

Biggest Pack of Peas

Illinois and neighboring states produced the biggest pack of green peas on record in 1945 with 462,780 tons, which exceeds the previous high record of 423,910 tons produced in 1942 by about 9 per cent. The average for the 10-year period 1934-43 was 287,270 tons.

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NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of

CHARLES A. GALINES

late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 2nd day of May, 1946, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 30th day of October, 1945.

Clara Galines Nicholson
Administratrix

W. Paul Joiner.
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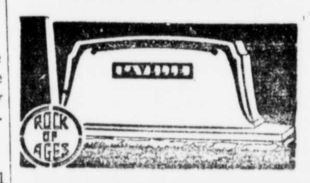

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