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

A mixture of cornmeal moistened with vinegar should remove stains from the hands after hulling berries.

Canned lobster may be used in any of the dishes calling for cooked lobster meat. Get a good brand and use only if it looks and smells good. Lobster is quickly and easily tainted.

Carving knives should be chosen with care, with the shape of the blade suitable for its purpose, and always with a handle roughed or shaped so that it is easy to hold without slipping. For carving hot meats the knife with a thin blade, about 1 inch wide the whole length. The knife for carving birds and game is smaller than for joints of meat, with a long slender point.

Mashed potatoes are much better if the milk is heated and the butter melted in the heated milk before adding to the potatoes.

To prepare bread croustades or basket use unsliced bread, either a large or small loaf, according to the size of the family. With a sharp knife remove all crusts. For croustades, cut bread into slices 2 inches thick. Place slices flat on bread board, and with a fork or grapefruit knife hollow out each slice to form a square box. For a basket, place whole loaf flat on bread board and scoop out the center of the loaf so as to leave an oblong "Shell" with walls and base approximately ½-inch thick. Brush croustades or basket generously with melted butter or margarine inside and out. Place on greased baking sheet in hot oven (400 F.) until slightly browned.

To crumb food for frying in advance, scatter extra crumbs thickly on a platter or board and place the coated food on this dry foundation until ready to fr.y

To clean the inside of a glass teakettle, cut small pieces of lemon and put them in the teakettle with a small amount of water. Set the kettle on the fire and let the water boil. You'll be surprised how clean it will be.

Garnishes Add Extra Goodness To Soups

Of all first courses, soups are probably the most popular and the most often served, and though a good soup in itself is very acceptable, one topped with a good and interesting garnish has that extra something that makes the family ask for it again very soon.

EGG BALLS

2 hard-cooked egg yolks
2 tablespoons melted fat
1 egg white (uncooked)
Dash of white pepper
2 tblespoons melted fat

Press the egg yolks through a strainer, add salt, pepper, and enough of the egg white to make a paste. Shape in small balls, roll in flour, panfry until brown in fat (about 5 minutes). Makes 12 balls.

TOMATO BLOCKS

1 cup tomato pulp
1 bayleaf
¼ teaspoon salt
Dash of tabasco sauce
2 egg whites, slightly beaten

Strain tomatoes, retaining juice for some other use. Put thick part throu sieve, set over fire, cook slowly to a thick paste, about 10 minutes. There should be ½ cup. Add other ingredients, mix well, pour into a shallow dish, set in pan with 1 inch of hot water, and cook on top of stove until paste is set (about 10 minutes). Cut in small fancy shapes and drop into soup just before serving. Makes 12.

CHEESE BALLS

3 egg whites, beaten
1½ cups grated cheese
1 tablespoon flour
¼ teaspoon salt
⅛ teaspoon pepper
¾ cup cracker crumbs, about

Add cheese, flour, and seasonings to beaten egg whites, form into balls the size of a walnut, roll in cracker crumbs, and fry in deep fat about two minutes. Add to soup just before serving, or pass. They should be served piping hot. Makes 15 balls.

A refrigeraotr should never be crammed with food in paper bags as air must be allowed to circulate freely around the food and throughout the cabinet, if the food is to be preserved at a safe temperature. Dishes can never be packed as tightly together as paper bags, and for this reason dishes are preferable.

A Wee Bit Of Sugar For A Honey Current Cake For Breakfast

Possibly you like your coffee cake for breakfast, or you might prefer it for an afternoon tea, but one way or the other, you will find a honey currant cake for the answer to your sugar situation. Just a couple of tablespoons for the topping—and for the cake itself, you use honey.

HONEY CURRENT CAKE

1 yeast cake
¼ cup lukewarm water
½ cup milk
¼ cup honey
¼ cup melted shortening
1 egg, beaten
2 cups sifted flour (about)
½ cup currants

Soften yeast in lukewarm water. Scald milk and cool to lukewarm. Add honey, salt, shortening and egg. Blend thoroughly. Add 1 cup flour and beat well. Add shortened yeast, currants, and remaining flour to make a moderately stiff drop batter. Beat until smooth. Cover and let rise until bubbly—about 1 hour. Stir down. Pour into greased (8x8x2 inch) pan, filling pan about half full. Sprinkle cinnamon sugar topping over batter. Let rise until double in bulk. Bake in a moderate oven (375 F.) 35-40 minutes. This may be baked as muffins, 20-25 minutes, if desired. Makes one coffee cake or 12 muffins.

Cinnamon-Sugar Topping: Mix together 2 tablespoons sugar, ¼ teaspoon cinnamon and ¼ cup chopped nuts.

If potato cakes are rolled in bread crumbs, they will not readily stick to the pan when frying. This also helps them be a rich golden brown.

Bananas to be used in salads are improved in flavor and appearance if dipped in lemon juice. The juice keeps the bananas from darkening after they have been peeled.

You can mend the torn back of a book with adhesive tape. The tape can then be painted or tinted the same shade as the binding.

Reinforce cheap window shades by putting adhesive tape on the sides. The shades will then roll without cracking.

Pigs Knuckles 'n Kraut For Fine Fall Feasting

All summer long we wonder how we ever manage to tuck away a real hot wintery dish, but with the first signs of fall, thoughts turn to the more substantial dishes and we start remembering certain things that we haven't seen for quite a few months, and housewives start looking around for typically fall dishes and it isn't very long before the men of the family are hinting around for such dishes as

PIGS KNUCKLES AND SAUERKRAUT

4 pigs' knuckles
2½ cups water
1 teaspoon salt
1½ tablespoons lemon juice
2 tablespoons chopped onion
3 tablespoons chopped celery leaves
1½ pounds sauerkraut

Wash pigs' knuckles well. Place in saucepan. Add water, salt, lemon juice, onion and celery leaves. Simmer slowly until tender, 2 to 4 hours. Add sauerkraut and cook until just tender—about 15 minutes. Season to taste with salt, pepper, celery and caraway seeds. Serve with mashed potatoes. Serves 4.

To prevent the flour from lumping whenmaking pudding, mix the flour and sugar well together before adding the milk.

You can usually stop a squeaky floor by sprinkling talcum powder between the boards. If this doesn't work, try putting small wedges between them.

Before using a new plank wipe clean with a dry cloth and brush the top and edges generously with oil. Heat in a moderate oven (350 F.) about five minutes for the oil to penetrate into the wood. Repeat this process twice, or until the wood has absorbed all the oil.

A nice finish to any meal is a package of dates with a large bowl of mixed nuts in their shells. Let the folks shell their own while they visit.

If the lining of your coat shows wears under the arms, and you do not wish to have the coat entirely relined, sew dress shields to match the lining over the worn places.

Have your furnace thoroughly cleaned before you start your fire each fall. One-eighth of an inch of soot in the furnace will cause twenty-eight per cent loss of fuel.

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Notice To Creditors—

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.
Register of Wills

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BECK & CARVELL, Attorneys

Order Nisi

In the Matter of the Estate of GEORGE L. BOWERS, Deceased

IN THE ORPHANS' COURT FOR KENT COUNTY No. 1834

ORDERED this 30th day of October, 1945, that the sale of the real estate of George L. Bowers, deceased, made by Jessie W. Usilton and J. Willis Wells, Administrators d.b.n., c.t.a. of the Estate of George L. Bowers, deceased, and this day reported to this Court, by the said Administrators, be ratified and confirmed, unless cause be shown to the contrary, on or before the 5th day of January, 1946 next.

Provided a copy of this order be inserted in some newspaper published in the Town of Chestertown, Kent County, at least once a week, for four successive weeks, before the 24th day of November next.

The report states the amount of sales to be $4,700.00.

ROLAND R. COREY
GEORGE R. RASIN
HARRY M. STAVELY
Judges

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MONTAGNE Traiteur

The words, "Montagne, Traiteur," used to appear, and I hope they still do, over the door of a rather simple exterior in Paris. The word, "traiteur," at first disturbed us, until we learned that it means, in French, the "keeper of an eating-house."

But, from out of that "eating-house," there has come much which has inspired the masters who brew National Beer—both NATIONAL BOHEMIAN and NATIONAL PREMIUM.

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