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

Standing Broccoli upright in boiling salted water is one way to make sure it will cook tender from flower to end of stalk. If stalks seem rather thick split them up, so that water may penetrate more easily.

Food should never be crowded on a plate o rplatter. If a two-inch margin is left all around it, it will not only look better, but be easier to serve. In saucing a food, it is better to pour sauce around, rather than over the food.

Cottage Cheese, or eggs, or meat, or fish in salad increase the nutritive value greatly. All these foods are rich in excellent protein.

A tablespoon or two of lemon juice added to the water in which fish or sweetbreads are cooked will keep them white. Also good for keeping apples and bananas from darkening after they are peeled.

Most lovers of alligator pear prize this fruit for its delicious flavor and smooth texture. But it is also a good solid nourishing fruit. Combined with grapefruit—it makes a perfect food.

Flavored Gelatins make tasty and colorful garnishes for meat. Lime gelatin for example, teamed up with ⅛ teaspoon spearmint extract, molded and chilled—is delicious with lamb.

Buy some of those handy little paper cups to use in the drawer of the refrigerator; for molded salads; ices; frozen puddings; they make individual servings which are turned out of the cups before taking to the table. Saves washing too.

When rolling sandwiches, cut the entire crust from the bread the day before using. Wrap the bread in a damp cloth and keep in ice box or cool place until ready for use. The bread will then slice and roll easily.

To avoid scraping carrots; scrub them, then boil and when tender rinse in cold water and the skins may be rubbed off easily, just as the skins of beets.

A little vinegar in the water in which table glasses are rinsed will give extra brilliance to the polish. The same applies to washing windows.

To prevent a crust from forming on starch puddings: Cover the dish with wax or parchment paper while pudding is hot and place rubber band over paper.

Wax newly painted woodwork and floors to preserve paint and make washing easier.

When melting chocolate, place a piece of wax paper in a dish before putting in chocolate. Melted chocolate will slip from paper and the dish will be clean. A small dish placed in top of tea kettle makes an excellent double boiler for this purpose.

Always use freshly boiling water when making coffee.

Use a knife dipped in hot water to cut the meringue of a pie without crumbling it.

To insure full flavor, always use freshly roasted coffee.

kitchen is often caused by cooking it kitchen is oftne caused by cooking it too fast, or too long, which at the same time, dried out the fish and impairs its flavor. Fish cooks best at low temperature.

For a quick dessert there is the ever-popular ambrosia. Slice a layer of oranges into a large bowl. Shake powdered sugar and moist cocoanut over it. Continue until you have quantity needed. Chill this mixture thoroughly.

A dash of nutmeg will add a change of flavor to rolls or biscuits. A little ginger to rich muffins is also a good touch.

Glycerine which, after all, is nothing except pure edible fat ultra-refined to the purest of oils, is becoming more and more widely recognized in cake baking. Especially in England, glycerine is being used in fruit cakes, pound cakes and the cakes which are made to be eaten over a period of time and must retain moisture.

Wise is the woman who knows how to use the canned varieties of soups in cold weather—to set off the luncheon or dinner to a glowing start. A bit of onion adds a flavored touch to cream of tomato soup; float a half-slice of freshly cut lemon in split pea soup; or thin slices of frankfurter, first browned in butter.

The Way To A Man's Heart Via Sole And A. Sauce

"Yes, My dear Patron," the elderly French chef went on, "There is no fish quite like the sole. It lends itself to greater variety of treatment than any other fish. Next to the potao and the egg, comes the sole. Every day I can think of a new way to serve sole. And to think that in so many American homes it appears only fried with Tartar Sauce." And, almost with tears in his eyes, he went on to say:

Consider, for instance, Fillet of Sole, Voisin. Here is one of the simpler recipes, but yet one of exquisite charm. It can be made with ease in any home, in the smallest of kitchens.

FILLET OF SOLE, VOISIN

In a buttered sauce pan, put four fillets of sole, and sprinkle with one teaspoon of finely minced onion, a teaspoon of chopped parsley and one small tomato, cut into tiny bits. Season with salt and pepper. Now add one half an ordinary water glass of white wine. Cover the dish and place in medium oven for about thirty minutes. Remove the fish to a hot platter. Add to the sauce in the pan, another half glass of white wine and let it cook well for five minutes. Then pour over the fish and serve.

FILLET OF SOLE, MATISE

On a buttered baking platter or glass pie plate, place four fillets of sole and season with salt and pepper. Sprinkle over the sole a tablespoon of onion chopped very fine and a teaspoon of finely minced parsley. Prepare a bouillon cube in a half cup of warm water and fill the balance of the cup with white wine. Pour this mixture around the fish, putting a small piece of butter on top of each fillet. Then set the platter in a medium oven and bake for thirty-five to forty minutes. Serve on the same platter.

FILLET OF SOLE, CLIQUOT

Put four fillets of sole in a flat, buttered baking dish. Season with salt and pepper. Lay a slice of cucumber on the top of each fillet—then one slice of peeled tomato, then a few slices of sour pickle and a few capers. Season again with salt and pepper. Add a half a water glass of ginger ale. Put a teaspoon of butter on top of each fillet. Bake in moderate oven for half an hour. Serve hot, direct from oven.

FILLET OF SOLE, ENSENADA

First make the sauce—putting two ounces of butter in a stew pan. Add a medium sliced onion and a minced carrot, and simmer all until tender. Then add a half cup of canned mushrooms, one half cup of sliced pimentos, four peeled and sliced tomatoes, one cupful of tomato sauce and a little salt and pepper. Boil all this for ten minutes. Now place four fillets of sole in a buttered baking dish, season with salt and pepper and cover with the sauce. Bake in medium oven for about thirty minutes. Place fish on hot platter and pour sauce over it.

There's An Art In Poaching Eggs

Can you fry an egg? Well, most people can, but can you poach one and be proud of it? A poached egg is really something to be proud of if you are one of those lucky people who are able to serve it sitting firmly on a buttered piece of golden brown toast. If you poach them in this manner you'll want poached eggs morning, noon and night.

Fill a skillet about 2-3 full of boiling water or enough to cover the eggs well. Add 1 tablespoon vinegar. Add ½ teaspoon salt for each pint of water. Break the desired number of eggs, one at a time into a saucer and slip carefully and quickly into the water. Cover skillet, remove from heat but keep warm and let stand until whites are set and a film has formed over the yolks about 3 minutes. Then remove eggs carefully. Sprinkle with salt, pepper and butter, Serve on hot buttered toast.

Appealing Meal With A Cost Is So Little

When you come right down to it, the cost of a meal has very little to do with it's appeal to the appetite. It's the appearance that really counts, and of course the preparation! Take for example this one piece dinner composed of macaroni, creamed ham and vegetables and spinach. It takes a person of vision to visualize this beautiful dish but the possibilities are there.

ELBOW MACARONI WITH CREAMED HAM AND VEGETABLES IN SPINACH RING

½ package elbow macaroni
3 cups spinach, cooked
3 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon salt
⅛ teaspoon pepper
1½ cups cooked ham, diced
½ cup cooked carrots, diced
2 tablespoons parsley, chopped

Boil the elbow macaroni for 9 minutes in 2 quarts rapidly boiling water to which ½ tablespoon salt has been added. One or two minutes more may be allowed for extra tenderness. Drain. Chop the spinach, adding a pinch of salt and ⅛ teaspoon pepper. Press into a buttered ring mold. Place mold in a pan of hot water to keep hot until serving time. Make a white sauce of the butter, flour, milk and seasonings. Combine the sauce with the ham, carrots and parsley. Unmold the spinach onto a hot platter on a bed of elbow maraconi. Fill the center of the mold with the creamed ham mixture. To add a finishing touch, dot the spinach ring with bits of pimento.

Both black and white pepper are made from the dried berry of a tropical climbing shrub.

Men "Show-Off" As Cooks With Sunday Supper

The very term, "Sunday Night Supper" has a special flavor of its own. It immediately suggests freedom from the usual routine. Often the man of the house has a secret yearning to be a cook and this offers him his one chance to "show off" in a big way. You will usually hear such a man asking his friends very casually to "drop-in" for a Sunday night supper. And here is a good idea, if he needs a new one:

DOMESTIC DUCK

Slices Breast of cold duck, or part of the breast and the meat from the bones.
½ cup gravy left from roast
6 olives
2 tablespoons tomato sauce or catsup
2 tablespoons grape or currant jelly
1 tablespoon butter, creamed with small teaspoon corn starch
Small glass Claret wine

Put gravy, olives cut into bits, butter, tomato sauce, jelly, salt pepper and dash of cayenne into the chafing-dish. Stir until thoroughly heated. Then add the duck, pour over the wine and cook six minutes. Serve with small pieces of buttered toast.

A Tasty Salad From Over Foreign Lands!

It seems that in every home and restaurant we run across the same salads, day in and day out without much variation. Perhaps it is because we are so fond of these particular salads but then again it might be that we just don't know of any others.

There are just hundreds of nice foreign salad recipes waiting to be used in this country. Here is one from France called, Salade Parisienne, which is a meal in itself.

SALADE PARISIENNE

Left-over boiled beef, or knuckle of veal
2 or 3 cold cooked potatoes
1 small blanched onion
1 or 2 hard-boiled eggs
2 or 3 tomatoes
1 small head of lettuce
1 teaspoon of chopped parsley
French dressing

Cut the meat in thin strips and put in salad bowl, with the sliced potatoes, onion, tomatoes, and the lettuce leaves. Dress in the ordinary way and sprinkle with chopped parsley.

This particular salad would make a very delicious and filling lunch, such as this.

Salad Parisienne
Hot buttered Toast
Creamed Chocolate Sponge
Tea

If you wrap cheese in a cloth wet with vinegar, it will prevent the cheese from drying out.

Simple Desserts Turned Into Rare Delicacy

Every woman who plans her meals with an eye to a perfectly balanced menu knows that dessert is not just a frill. She knows that desserts can and should be real contributions to the food value of a meal.

And sometimes it's the adding of just such a simple a thing as chocolate that turns the simplest home pudding into something which is quite a delicacy. Here are some cases in point:

CHOCOLATE TAPIOCA CREAM

4 tablespoons quick-cooking tapioca
½ cup sugar
¼ teaspoon salt
2 squares unsweetened chocolate, cut in pieces
1 egg yolk
4 cups milk
1 egg white, stiffly beaten
1 teaspoon vanilla

Combine tapioca, sugar, salt, chocolate, egg yolk, and milk in top of double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) and cook 5 minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Cool—mixture thickens as it cools. add vanilla; chill. Serve in sherbert glasses and garnish with whipped cream.

BAKED CHOCOLATE CUSTARD

2 squares unsweetened chocolate
4 cups milk
4 eggs, slightly beaten
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat until blended. Combine eggs, sugar and salt; add chocolate mixture gradually, stirring until sugar is dissolved. Add vanilla and pour into custard cups. Place in pan of hot water and bake in slow oven (325 F.) 1 hour. or until knife inserted comes out clean. (Water in pan should not reach boiling temperature). Chill. Unmold and serve with cream, if desired.

What Is Curry Powder Made Of

Did you ever try to take curry powder apart? And did you ever know that while we think of just one mixture called "curry" powder, in India, where they really go in for curry in a big way, there is a different combination of spices for a great variety of curries. Each sort of meat and of fish calls for a particular preparation curry. The single combination which seems to suit us is made up of

Coriander seed
turmeric
cinnamon
cummin seed
cardamon seed
fenugreek seed
ginger
cayenne pepper
pimento
black pepper
long pepper
clove

Quite an array! and we wonder who first thought of getting it together!

Serve Just Tea And Some Orange Toast

While we have long regarded toast as primarily breakfast fare, there are so many interesting ways of preparing stale bread for welcome appearance at other meals. We should not alone for the sake of economy, but for variation of the family menu, utilize these other methods.

When a simple tea is to be served nothing is more suitable than thin slices of orange toast. All ingredients may be prepared in advance and put aside to be used when needed.

ORANGE TOAST

Cut stale bread in slices about a quarter of an inch in thickness. Remove the crusts, then cut in three pieces crosswise. Toast on one side. Brush the other side with melted butter and sprinkle with half cup of sugar that has been blended with one quarter of a cup of grated orange rind and two tablespoons or orange juice. Toast on broiler just long enough to have bubbles rise.

To keep lettuce crisp, wrap in a damp flour sack.

Linoleum will last much longer if dried after washing.

There is a cheese for every occasion.

Sparkling Coffee Pot

To keep a coffee pot sparkling inside as well as out, occasionally boil a solution of baking soda and water in the pot for about five minutes, then rinse thoroughly in boiling water.

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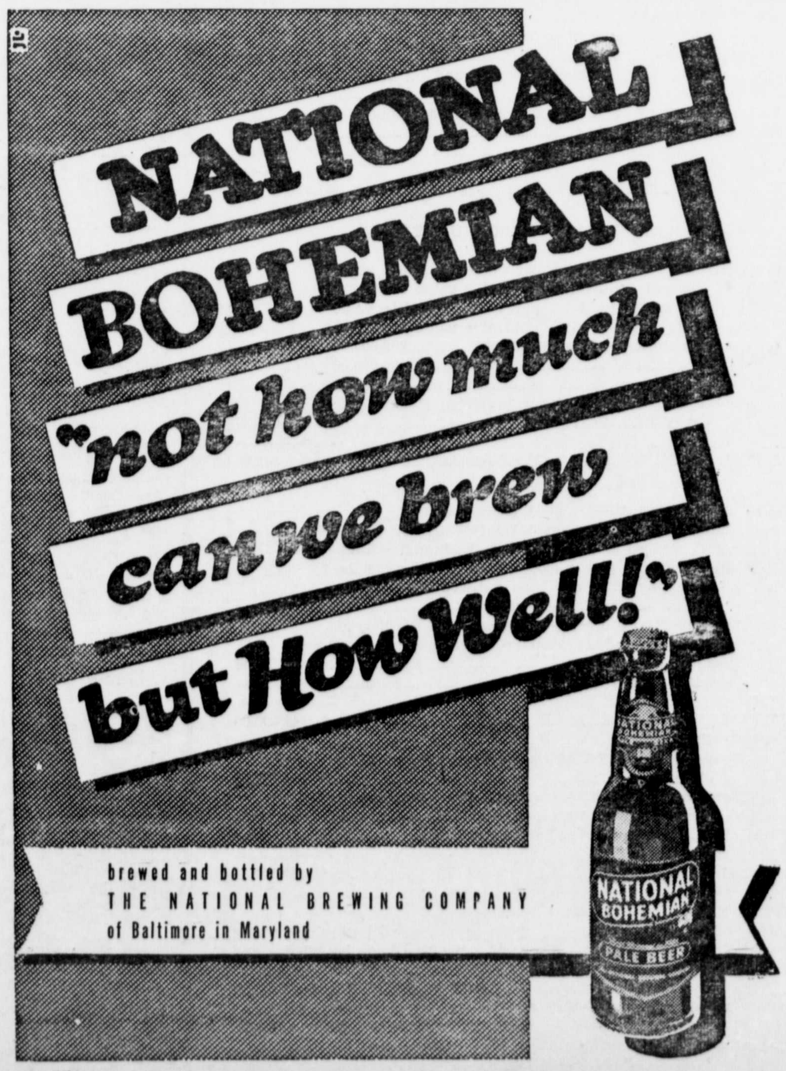
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ANNOUNCES THE ADOPTION OF A NEW CONSTITUTION

Extending membership in the Society to all who donated one dollar or more prior to December 11th in the year 1945.

All members are urged to attend the Annual Meeting of the Society to be held in the American Legion Memorial Home on Thursday, January 10, 1946 at 2 P. M.



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