SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

Copyright BY SIDNEY SNOW, 1935

Edited by WILMA DEUTE

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

MENU OF THE WEEK

MONDAY

BREAKFAST — Grapefruit, Baked eggs, Buttered toast, Coffee.

LUNCH—Cream of Celery soup, Crab meat salad, Bran muffins, Frozen custard, Tea or milk.

DINNER—Baked ham, Sweet potatoes, Asparagus, Tomato salad, Jellied fruit, Coffee or beer.

TUESDAY

BREAKFAST — Baked apples, French toast, Maple syrup, Coffee.

LUNCH—Ham mousse, Cream cheese sandwiches, Orange custard pie, Iced tea or milk.

DINNER—Assorted cold cuts, Cole slaw with boiled dressing, Corn on the cob, Lemon layer cake, Coffee.

WEDNESDAY

BREAKFAST — Orange Juice, Scrambled eggs with minced bacon, Pop-overs, Coffee.

LUNCH—Creamed mushrooms in noodle ring, Jellied vegetable salad, Melba toast, Strawberry ice-cream, Tea or milk.

DINNER—Pot roast, Potato pancakes, Smothered carrots, Dressed lettuce, Prune pie, Coffee.

THURSDAY

BREAKFAST — Fresh pineapple, Waffles, Strawberry jam, Coffee.

LUNCH—Hot Pot Roast Sandwiches, Fruit Salad, Iced Coffee or Tea.

DINNER — Broiled Lamb Chops, Broiled Tomatoes, Baked Potatoes, Avacado Salad, Green Beans, Sponge Cake, Strawberries, Coffee.

FRIDAY

BREAKFAST—Chilled Melon, Buckwheat Cakes, Syrup, Coffee.

LUNCH—Mixed Vegetable Salad, Hot Tea Muffins, Crumb Cake, Tea or Milk.

DINNER—Fried Trout, New Boiled Potates, Buttered Asparagus, Cole Slaw, Pickled Beets, Watermelon, Coffee.

SATURDAY

BREAKFAST—Stewed Prunes, Jelly Omelet, Toast, Coffee.

LUNCH—Fried Liver, Tomato and Avacado Salad, Assorted Cookies, Fruit Compote, Tea or Milk.

DINNER—Swiss Steak, Mashed Potatoes, Buttered Beets, Hearts of Lettuce, Stuffed Celery, Pineapple Ice, Coffee.

SUNDAY

BREAKFAST — Strawberries with Cream, Fried Eggs, Canadian Bacon, Coffee.

DINNER—Roast Duck, Fried Potatoes, Peas and Carrots, Apple Salad, Hot Biscuits, Home-made Ice Cream, Coffee.

SUPPER—French Fried Lobster, Shoe String Potatoes, Cole Slaw, Assorted Cakes, Coffee.

HOME REFRIGERATION NOT GUESS WORK—LET YOUR LOCAL DEALER TELL YOU WHY

Housewife Not An Engineer—Satisfactory Results For A Few Dollars More, Better In Long Run

The housewife who has had experience with machinery in the home invariably sets up for herself a mental rule to follow—"Beware of the Bargain."

Household machinery—ranges, refrigerators and the smaller electrical devices are all pieces of machinery and like the equipment in the factory, must not only be kept up well but must be right to start with, if the operation and ownership are to be satisfactory.

Probably the most cruel of modern impositions is the foisting upon a housewife with a limited budget of a "bargain" refrigerator. She probably saved long and carefully to accumulate the purchase price or she has committed herself to a series of weekly payments. Then, when it comes time to settle down to the refrigerator to be finally selected, she hears of a so-called "bargain" make—winding up with what seems to be a fine, big piece of equipment, only to find that it is nothing but a beautifully decorated shell, scientifically imperfect and woefully expensive in operation. Some of the so-called bargain refrigerators can eat up power like the poverbial star boarder while others can't get the entire cooling chamber down to the point where food may be safely kept.

The problem to many housewives, though, is this: "I am not an engineer and neither is my husband. We cannot afford to throw away a lot of money on what may be just a fancy name."

And here is the answer: There are many makes of refrigerators. Some are naturally much better than others It is wiser to have even a small refrigerator that is economically sound than to have a great big controption that fails to perform properly.

In the operation of a refrigerator, as in all other mechanical appliances, there is occasional needed upkeep. That must be done by the man who knows how. It should be done, too, by the man from whom one buys the refrigerator. That enables one to put the responsibility right on the man who should be responsible—the local dealer.

The safest way, then, to get satisfactory home refrigeration is to search out the local dealer and look him over. If he has a good home town record for business honesty, look to him. Buy the make he handles and look to him to keep you satisfied. He may have to charge you a few dollars more, but he can no doubt show you why he has chosen to sell the particular make he is displaying. Oftentimes, there is more than one good local dealer, just as there is more than one good make of refrigerator. That gives you a choice. But the soundest advice in the buying of "gadgets" is to make the local dealer the partner of the concern that makes the equipment. That is the same as getting two signatures to a note. It makes satisfaction double sure.

HOUSEHOLD HINTS

By ETHEL M. HUNTER
Eastern Shore Public Service

REFRIGERATOR GINGERBREAD

2 cups flour (sifted before measuring.)
1 1-2 tsp. baking powder
1 tsp. ginger
1 tsp. cinnamon
1-4 tsp. allspice
1-4 tsp. clove
1-4 tsp. clove
1-4 tsp. nutmeg
1-2 cup buttermilk (or sour milk)
1-2 tsp. salt
1-2 cup sugar
1-2 cup lard (or crisco)
2 eggs
1-2 cup molasses
1-2 tsp. soda.

Cream lard and sugar, add eggs and mix well. Combine molasses and soda, add to ard mixture, add dry ingredients (well blended) alternatey with milk. Keep in covered dish in refrigerator until ready to bake. Bake in nine inch cake tins or large sheet pan, 350 degrees for thirty to forty minutes.

JELLIED TOMATO BOUILLON WILL ADD A BRIGHT SPOT TO ANY MENU

Here is another bright spot to add to your menu in pljace of ordinary soup.

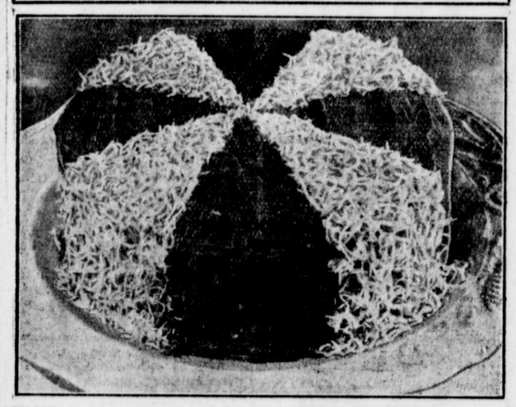
JELLIED TOMATO BOUILLON
2 tablespoons gelatine
1-4 cup cold water
1-2 cup boiling water
1 quart tomatoes or
4 cups fresh tomatoes
1 tablespoon chopped onion
1-2 teaspoon celery seed
Tops of celery stalks
1-2 teaspoon salt
4 or 5 whole cloves
1 bay leaf

Soak the gelatine in cold water five minutes and dissolve in boiling water. Cook remaining ingredients slowly for twenty minutes. Strain and add the gelatine. Stir until dissolved. Pour into shallow pan and put in refrigerator to congeal. Serve in bouillon cups, either cutting the jellied mixture into small cubes or beating lightly with a fork.

Young To Get Olympic Tryout

Gibbons (Gibby) Young has been invited to compete in the tryouts for the U. S. Olympic track team and will compete in the 100 meter event to be staged today in Washington.

Smiles Beam 'Round and 'Round When You Bake "Windmill Cake"



ISN'T it heart-warming to hear murmurs of admiration when you bring a handsome, eye-filling cake to the table? Don't such tributes repay you royally for the time you took to decorate your cake?

And you can vary this decoration: You can frost this cake with white frosting and tint the coconut pink before you apply it; you can tint the frosting pink and decorate either with white or toasted coconut.

Windmill Cake

3 cups sifted cake flour
3 teaspoons double-acting baking powder
¼ teaspoon salt
½ cup butter or other shortening
1½ cups sugar
½ cup milk
½ cup water
1 teaspoon vanilla
¾ teaspoon almond extract
3 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with liquid, a small amount at a time, beating after each addition until smooth. Add flavoring; fold in egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 20 minutes. Spread chocolate frosting between layers and on top and sides of cake. While frosting is still soft, mark off in eight sections. Sprinkle moist, sweetened coconut on alternating sections, beginning from top center and work out and down on sides.

To Toast Coconut: Spread coconut in thin layer in pan or baking sheet. Place in hot oven (400° F.) or under broiler. Toast until delicately browned stirring frequently to prevent burning.

PRIZE WINNING RECIPES

There aremany, many perfectly lovely recipes being sent to us for our new contest for novel recipes. Some are good substantial dishes and others are clever accompaniments for dinner dishes and there are desserts and candies.

Mrs. M. F. Strang, of Peeksville, N. C., will receive a Seceni, Hand Made, Hand Painted Salad Bowl for her recipe for a

WATERMELON CAKE

White Part

5 egg whites
2 cups sugar
2-3 cup butter
2-3 cup milk
3 cups flour
1 tablespoon baking powder

Red Part

5 eggs
1 cup red sugar
1-2 cup butter
2 cups flour
1 tablespoon baking powder
1-3 cup milk
1-2 cup butter
1-2 pound seeded raisins, rolled in flour.

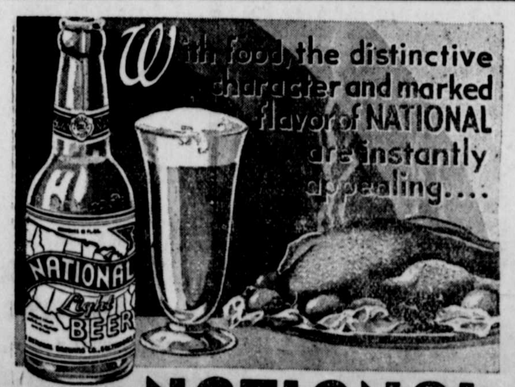
Mix as for two separate cakes. First put the white part in a loaf pan then with the aid of a large spoon, fill the center with the red part, making sure that the white portion of the cake is well up the sides of the pan. This makes a very large loaf cake.

Mrs. Wm. Lee, of Philadelphia, Pa., is the winner of a box of Cox Gelatine and an apron.

Mrs. Olga Schad has been awarded a case of Ruggert's Beer and Mrs. Freda Pheifer, of Newark, N. J., has won a cheese tray with an assortment of Seven kinds of Borden's Cheese.

A case of Trommer's White Label Beer has been awraded to Mrs. Edith Brady of South Hampton, L. I., and a rice ball and a box of All Comet Rice Products has been won by Harriet Stuart of Stephentown, N. Y.

Ifyou have a novel or unusual receipe of any kind, send it to Sidney Snow in care of this paper. It might be a prize winner.



"BREWED FOR FLAVOR"
NATIONAL BEER
THE NATIONAL BREWING CO., BALTIMORE, MD.

AT THE MOVIES NEXT WEEK

Franchot Tone and Grace Moore in "The King Steps Out"—A Columbia Picture

Human vampires, throat clutching creatures of the night, come out of the darkness to cast strange shadows on the screen of the New Lyceum theatre in "Dracula's Daughter," the Universal film drama which comes here on Monday and Tuesday, June 8 and 9.

This fantastic tale, a sequel to the original "Dracula," follows the adventures of his daughter, who is portrayed by the exotic Gloria Holden. Other featured roles are played by Otto Kruger, Marguuesite Churchill, Irving Pichel and Edward Van Sloan.

Dracula's daughter flames to life each night and searches for victims to appease her terrible appetite. To escape from her appalling heritage, the female vampire seeks the aid of the famous psychiatrist, Jeffrey Garth, Thi sincites the jealousy of his sweetheart, but he persists in his efforts to solve the secret of the mysterous vampire.

"Dracula's Daughter" progresses amazingly to a climax that is calculated to make the pulses race with excited awe. The picture was directed by Lambert Hillyer.

Every once in a while, something electrifying happens on the screen, a new picture, a new personality emerges to make audiences tingle. This time it is a picture flushed with enchanting music, cleaved with a gay, amusing story, directed with the utmost finesse, acted by an excellent cast—and possessed of the screen's loveliest voice—Grace Moore's.

At the New Lyceum Theatre on Wednesday and Thursday, June 10 and 11, Columbia's musical romance "The King Steps Out," will burst forth in all its Viennese splendor. In it, Miss Moore lifts her lyric soprano voice to the tune of Fritz Kreisler music, and succeeds in thrilling all within hearing.

Handsome, talented Franchot Tone plays opposite the diva in the role of Emperor Francis Josef of Austria, a young monarch in search of a bride; he plays the part in fine fashion. Bouquets must also be thrust at Walter Connolly, who once more turns in a bull's eye performance; Raymond Walburn, an excellent character actor who also, in his short film career, has known no wrong; Victor Jory, Elizabeth Risdom, Nana Bryant, Freida Inescourt, Thurston Hall and Herman Bing.

The story goes that the young ruler wants a bride, and his ambitious mother selects for him Duke Maximilian's daughter Helena, without the girl's knowledge or consent. The Duke has always been on bad terms with the Dowager Empress, who is his sister-in law. Wanting to be on the scene, he takes his daughter Cissy with him incognito to the castle town. There the Emperor, thinking Cissy a seamstress, falls in love with her just as he has announced his betrothal to her sister Helena.

Naturally things come out all right; but not before Miss Moore has filled the theatre many times with her golden voice. Josef von Sternberg is responsible fgor the fine direction; and Sidney Buchman for the admirable screen play. 'The King Steps Out' is a winning picture, steeped in melody, romance, gaiety and entertainment.

Out of the thrilling pages of Harold Bell Wright's gripping novel, "The Mine With the Iron Door," comes a picture which combines thrills, action, romance and mystery in one of the most enjoyable screen entertainments that has been presented in many months at the New Lyceum theatre on Friday and Saturday, June 12 and 13.

Only the brilliant pen of Harold Bell Wright could create such a story—the legend of a lost treasure—defying the curse of the centuries.

Dramatically powerful because of its unique theme, "The Mine With the Iron Door" tells a story of love and passion and the search for a gold treasure that has been guarded for 300 years by a league of dead men! It was inspired by one of early Arizona's most fascinating legends, and the picture was photographed against some of the most beautiful backgrounds ever brought to the screen.

Cecilia Parker appears opposite Richard Arlen and the interesting supporting cast includes Henry B. Walthall, Stanley Fields, Barbara Bedford, Spencer Charters and Charles Wilson. David Howard directed.

AT THE CORNER DRUG STORE

Boy: 'Gimme 10 cents' worth of cod-liver oil—an' it's gotta be fresh.'

Druggist: '-'Fresh,' did you say? Do you think we're going to slaughter a whale every time a youngster like you comes in here and wants 10 cents' worth of cod-liver oil?'

The Morning After Taking Carter's Little Liver Pills

DR. JULIAN T. POWER
Chestertown, Maryland

OPTOMETRIST
CHESTERTOWN, MD.
In office at Chestertown every Monday, Wednesday and Saturday. Office

Take ALKA-SELTZER for

HEADACHE, Acid Indigestion, Colds, Neuralgia, Muscular, Rheumatic, Sciatic Pains. Pleasant—tastes like mineral water — Non-habit forming, Non-laxative—does not depress the heart.

Get Alka-Seltzer at your drug store in 30c and 60c packages for home use, or ask for a glass of Alka-Seltzer at any drug store soda fountain.

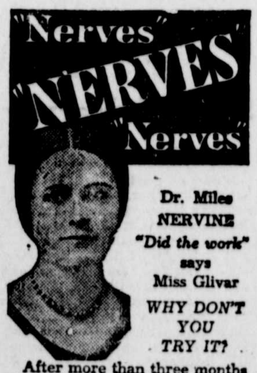
BE WISE - ALKALIZE

FOR THOSE WHO REMAIN

When death visits a home, the first concern is to perform the last service to the loved one in a becoming manner. What ever is done must express all the reverance and affection that is felt at such a time. But in addition to this a further responsibilty rests upon the funeral director. It is his privilege and duty to lessen as far as lies with in his power, the burdens laid upon those who remain. By countless little acts of thoughtfulness he can make the way easier for them.

We consider this part of our work as important as any other. Our highest aim is to have our patrons look upon us as trusted friends, ready and anxious to render sympathetic assistance to those who remain behind.

B. R. FELLOWS,
ar27 Funeral Director.
Phone 3 Still Pond, Md.



Dr. Miles NERVINE "Did the work" says Miss Glivar

WHY DON'T YOU TRY IT?

After more than three months of suffering from a nervous ailment, Miss Glivar used Dr. Miles Nervine which gave her such splendid results that she wrote us an enthusiastic letter.

If you suffer from "Nerves." If you lie awake nights start at sudden noises, tire easily, are cranky, blue and fidgety, your nerves are probably out of order.

Quiet and relax them with the same medicine that "did the work" for this Colorado girl.

Whether your "Nerves" have troubled you for hours or for years, you'll find this time-tested remedy effective

At Drug Stores 25c and $1.00.

DR. MILES NERVINE

DUTOX
The Non-Arsenical Insecticide

DUTOX is a non-arsenical insecticide developed and produced exclusively by The Grasselli Chemical Company. It will not injure foliage under normal conditions. Dutox is an effective control for weevils and many other beetles as well as other leaf-eating insects attacking vegetables, fruits and tobacco. It does not merely repel but as a rule kills them within a few hours after a application has been made.

Dutox can be applied as a spray at the rate of 2 to 3 pounds to 100 gallons of water or, as a dust, at the rate of 5 to 8 pounds per acre. It is especially effective against:

Mexican Been Beetle	Mole Cricket
Striped Cucumber Beetle	Ear Wig
Tobacco Flea Beetle	Walnut Husk Fly
Tobacco Horn Worm	Tomato Fruit Worm
Cabbage Worm	Strawberry Flea Beetle
Cabbage Looper	Potato Flea Beetle
Codling Moth	Melon Worm
Tomato Worm	Eggplant Beetle
Bud Worm	Cut Worm
Rose Chafer	Curculio
Pear Slug	Colorado Potato Beetle
Cherry Slug	Blister Beetles

Distributed by
O. A. NEWTON & SON COMPANY
Bridgeville, Delaware

USED CARS.

We have a Fine Stock of Guaranteed Used Cars for Sale—All makes.

NOW IS THE TIME
To Pick a Car with a Real Guarantee

Every Saturday
AT 4 O'CLOCK
We Will Sell a Used Car
To the Highest Sale bid

Further information will be supplied at our show-room, 110 Cross Street.

Eliason Motors, Inc
Chestertown, Md.

7-Course Dinner
50c

Shad Now in Season

Chestertown Restaurant
Open from 6 a. m. to 12 m.

Washington College
FOUNDED 1782
A Grade A, Co-educational College
Limited Enrollment