SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

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Edited by WILMA DEUTE

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

MENU OF THE WEEK

MONDAY

BREAKFAST — Grapefruit Juice, Cold Cereal, Hot Muffins, Coffee.

LUNCH—Asparagus with Cheese Sauce on Toast, Tomato Salad, Hot Gingerbread with Whipped Cream, Iced Tea or Milk.

DINNER—Pineapple Juice, Broiled Ham and Raisin Sause, Buttered New Cabbage, Potato Salad, Raspberry Shortcake, Coffee or Beer.

TUESDAY

BREAKFAST—Honey Dew Melon, Bacon Omelet, Toast, Coffee.

LUNCH—Cold Cuts, Cabbage and Carrot Salad, Bread Pudding with Fruit Sauce, Tea or Milk.

DINNER—Dutch Oven Lamb Chops, Buttered Noodles, Fresh Peas, Cucumber Salad, Blueberry Pudding, Coffee.

WEDNESDAY

BREAKFAST — Cantaloupe, Canadian Bacon, Hot Biscuits, Honey, Coffee.

LUNCH—Ham Croquettes, Pineapple, Cheese an Ndut Salad, Sugar Buns, Iced Cocoa.

DINNER—Baked Beans en Casserole, Boston Brown Bread, Sliced Tomatoes, Raspberries Ice Cream, Cup Cakes, Coffee.

THURSDAY

BREAKFAST — Blueberries with Cream, Poached Eggs on Toast, Frizzled Ham, Coffee.

LUNCH—Fresh Vegetable Salad, Bread and Butter Sandwiches, Sliced Peaches with Cream, Tea.

DINNER—Split Pea Soup, Meat Loaf, Spaghetti with Tomato Sauce, Spring Greens Salad, Roquefort Cheese Drsesing, Cherry Roly-Poly, Coffee.

FRIDAY

BREAKFAST—Fruit Cup, Cod fish Cakes, Buttered Toast, Coffee.

LUNCH—Bakd Bean Club Sandwiches, Grilled Tomatoes, Watermelon, Tea or Milk.

DINNER—Tomato Soup, Broiled Stuffed Mackerel, Escalloped Potatoes, Cole Slaw, Cantaloupe a la Mode, Coffee.

SATURDAY

BREAKFAST — Raspberries with Cream, Scrambled Eggs and Chicken Livers, Pop-overs, Coffee.

LUNCH— Vegetable Omelet, Hot Blueberry Muffins, Tea or Milk.

DINNER —Tomato Juice, Boiled Tongue, Mustard Sauce, New Boiled Potatoes, Fried Eggplant, Beet and Carrot Salad, Blackberry Cobler.

SUNDAY

BREAKFAST—Sliced Peaches and Cream, Waffles, Little Sausages, Coffee.

DINNER—Honey Dew Melon, Broiled Chicken, Corn Fritters, Fresh Lima Beans, Cucumber, Watercress Salad, Fresh Pineapple Sundae, Assorted Cakes, Coffee.

SUPPER—Club Sandwiches, Cole Slaw, Peach Shortcake, Iced Coffee or Tea.

THE SPOILER

A Woman there was and she wrote
for the press,
(As you or I might do);
She told how to cut and fit a dress,
And how to stew many a savory mess,
But she had never done it herself;
I guess—
(which none of her readers knew).

Oh! the hour we spent and the flour we spent,
And the sugar we wasted like sand
At the best of a woman who never had cooked,
(And now we know that she never could cook)
And did not understand

A woman there was and she wrote right fair,
(As you or I mgiht do),
How out of a barrel to make a chair,
To be covered with chintz and stuffed with hair,
'Twould adorn any parlor and give it an air!
(And we thought the tale was true.)

Oh! the days we worked and the ways we worked,
To hammer and saw and hack,
In making a chair in which no one could sit,—
A chair in which no one could possibly sit,
Without a crick in his back.

A woman there was and she had had her fun,
(Better than you or I);
She wrote recipes and she never tried one,
She wrote about children,—of course she had none;
She told us to do what she never had done,
(And never intended to try).

And it isn't the toil and it isn't the spoil,
That brims the cup of disgrace;
It's to follow a woman who didn't know beans,
(A woman who never had cooked any beans),
But wrote and was paid to fill space.

—Congregationalist.

FISH FANCIERS FIND FISH FLAKES FINE FOR FEASTING

Try Eating Fish Other Than On Friday And Taste The Difference

So many people leave all their fish-eating until Friday and oh! the faces that accompany it. It might be because Friday is fish day, but just for fun, try it some other day and see if it doesn't taste better. For example try:

FISH FLAKE BALLS WITH BACON

2 cups cut potatoes
1 tin or 2 cups fish flakes
Sliced bacon
1-2 teaspoon black or red pepper
1 egg, well beaten

Mix ingredients thoroughly. Take up the tablespoonful, shape slightly and fry in deep fat to a delicate amber color. Roll slices of bacon into cylindrical shapes, run a wooden tooth pick through each, to hold it in shape. Fry in deep fat until crisp and well cooked. Garnish with parsley and pieces of lemon. Serve a roll of bacon with each fishball.

FISH FLAKE SOUFFLF

1 tin or 2 cups fish flakes
2 tablespoons butter
2 tablespoons flour
1-4 teaspoon pepper
1 1-2 cups milk
1 teaspoon minced onion
1 tablespoon finely chopped parsley
3 eggs

Melt butter; in it cook flour and pepper; add milk and stir until boiling; add scraped onion and finely chopped parsley, fish flakes and the beaten yolks of eggs; mix all together thoroughly, then fold in the whites of the eggs, beaten dry. Bake in a buttered dish in a very moderate oven until firm in the center. Serve at once with or without cream or tomato sauce.

SUNDAY BREAKFAST GAINS IN POPULARITY WITH GUESTS AND HOSTS

Whereas many families have gained popularity among their friends because of either their buffet suppers or Sunday night suppers, so have others very successfully gained the same popularity for Sunday morning breakfasts.

Invitations read 'Breakfast on Sunday Morning from 10 to 12. Come and Get it.'

The table consists of various electrical gadgets such as toaster, waffle iron, electric grill and coffee pot. There is a large bowl of fruit or a platter of melons, cream, syrup, sugar, a bowl of waffle batter, butter, bread andf rom the kitchen at intervals, ocmes a fresh supply of omelet mixture to be prepared in the electric grill.

CHICKEN-LIVER OMELET

1 egg
1 tablespoon milk
Salt and pepper to taste.

Beat lightly, melt butter, (2 or 4 tablespoons) in the grill and turn in the mixture. As it cooks, lift it along the edges, permitting the liquid portion to run underneath that which is already cooked. When firm, arrange the chicken livers (cooked) over the surface and roll up with a spatula.

A small amount of making powder added to the cooked mixture is a good winkle and will help greatly in creating a fluffy, light omelet.

CHAIN STORES TO AID BEEF MARKETING

TO HELP SIX MILLION CATTLE RAISERS MEET EMERGENCY

Washington, D. C., July 28—Newspaper advertising will play an important part in a far reaching program to be employed by leading food chain organizations in a nation-wide effort to relieve an acute situation which faces the country's live stock producers. The campaign was requested by representatives of important live stock groups to aid a large percentage of the six million cattle raisers throughout the country. Farmers and ranchers, forced by the drought to rush their cattle to the market, combined with the heavy seasonal shipments from other sections are causing a large temporary oversupply of beef.

C. B. Denman, of Chicago, President of the National Live Stock Marketing Association, stated. 'The National Domestic Beef Sale was prompted by a serious situation confronting the beef industry. June slaughter of beef was the highest on record,' he explained. 'The spread in price between choice and common grades of cattle was one of the narrowest on record. These factors caused heavy loses to cattle feeders and were a depressing influence n the seasonal market prices for fat cattle as well as for feeder animals. In a neffort to stimulate the sale of domestic beef, 'Mr. Denman continued,' 'representatives of producers first asked and obtained the assistance of food chain stores. Subsequently independent meat dealers, packers and other agencies joined in the campaign to move a seasonal surplus of beef during th month of August at fair prices to producers and consumers.'

Commenting upon the plan to be adopted by Retail Food Chain Stores, Hunter C. Phelan, of Norfolk, Va., President of the Food and Grocery Chain Stores of America, Inc., stated:

'Large national, sectional, and small local chains, operating over 32,000 retail chain food stores, promptly responded to the cattle raiser's request for assistance recognizing in their situation an unusual opportunity to employ the organized forces of retail food distribution to the joint advantoage of producer, distributor, and consumer alike. Wholeheartedly the chain grocery industry joined the movement. For the duration of this intensive Producer-Consumer campaign, special advertising copy featuring beef and beef products at reasonable prices wil be run in thousands of newspapers from one end of the country to the other; supplementing this newspaper advertising, unusual sales promotion will be conducted throughout the organizations of all these co-operating retail chain food store companies an dspecial displays featuring beef and beef products will be made in all stores, windows and markets. Such concerted sales effort will inevitably lead to increased consumption of beef.

'This present undertaking of the food industry,' Mr. Phelan, states, 'is most representative in its scope and include such prominent live stock organizations as National Live Stock and Meat Board and The Institute of American Meat Packers. Retail chain food store operators are particularly enthusiastic over the campaign for, cooperative action, such a sis proposed during August will again demonstrate that, whereas arbitrary regulation of distribution invariably works hardships upon some phase of the complete cycle of production, distribution and consumption, orderly procedure throughout these three phases of merchandising obtains the maximum benefits for all with excessive costs to no one. The retail chain food store industry is confident that the result which will be obtained by this united effort at orderly marketing with represent a forward step in efficient food distribution.'

MASSEY LOSES TO GOLDSBORO

LOCAL TEAM HELD TO TWO HITS

Goldsboro defeats Massey by score of five to one in a fast game of ball Sunday. Sneed on the mound for Goldsobro held the home boys helpless at bat allowing only two hits. Grady pitched well for Massey but errors played a large part in his defeat. Sneed and Dill collected seven hits to carry batting honors for the day.

Massey will play the C. C. C. boys at Goldsboro on Saturday. Sunday they will play at Kennedyville.

The linup of last Sunday's game follows:

GOLDSBORO	Ab	R	H
Schaube, 1b,	3	0	0
Cole, ss,	2	1	0
Snowberger, cf,	5	2	0
Dill, 1b, 2b,	5	0	3
Sneed, p,	5	0	4
Palmer, 2b, ss,	5	0	2
McCulley, c,	4	1	1
Knight, 3b,	5	0	1
Cane, rf,	5	1	2
Watts, lf,	2	0	0
Smith, lf,	3	0	0
Total	44	5	13

MASSEY	Ab	R	H
Cox, 3b, lf,	4	1	0
Betz, p, 3b,	4	0	0
Boulden, ss,	4	0	1
Peacock, c,	3	0	0
Pierce, rf,	3	0	1
Passwater, 1b,	2	0	0
Haley, 2b,	2	0	0
Cumbleford, cf,	3	0	0
Grady, p,	3	0	0
Camp, lf,	0	0	0
Total	28	1	2

Score by innings:

Goldsboro	1	0	0	1	0	0	0	3	0	—5
Massey	0	0	0	0	0	0	0	1	0	—1

Two base hit, Cane; sacrifice hits, Passwater and Peacock; stoleen bases, Cox and Knight; base on balls, Sneed 1, Grady 1; struck out by, Sneed 5, Grady 6; double plays, Sneed to Knight to Schaube, Cole to Palmer to Dill; life on base, Goldsboro 13, Massey 2; 5 runs, 13 hits off Grady in 8 innings; no runs, no hits off Betz in 1 inning; earned runs, Goldsboro one. Losing pitcher, Grady; umpires, Ford and Scotten; time 1 hr. 40 min.

WORTON

Mr. and Mrs. Norman Solloway, of Roanoke, Va., are the guest of his parents, Mr. and Mrs. Wm. Solloway.

Miss Mary Beulah Hadaway returned home Saturday from a very pleasant visit with relatives in Elmira, N. Y.

Mr. and Mrs. John Duyer spent Saturday with Mr. and Mrs. George P. Ashley, near Centreville.

Mrs. Mamie Walters and family, of Baltimore, are spending the summer at their home at Smithville.

Mrs. John Houck and children, of Baltiomre, are visiting her parents, Mr. and Mrs. John Hickman.

Mr. and Mrs. George Clayville of Dover, spent last week with his parents, Mr. and Mrs. C. H. Clayville.

Mr. Thomas Hadaway is the guest of friends in Baltimore.

Misses Frances Harris and Nina DeWitt returned from Camp Wright Tuesday. Frances won the 'Life Saving Medal and is also a very good long distance swimmer congratulations 'Babe.'

Miss Dorothy Ivens is visiting Mr. and Mrs. Fred Monroe, of Greensboro.

Mrs. Howard Carter and daughter, Betty, Mrs. Barney Cooper and Mrs. James Coleman visited Wilmington, Monday.

Mr. and Mrs. B. F. Rash, Mrs. Ethyl Cooper and Mrs. Marion Rash visited Rev. and Mrs. S. L. Hanby, of Lincoln City, Del., last week.

Miss Helen Christopher spent several days this week with Mr. and Mrs. John Money, of Kennedyville.

STRANGE WEDDING

An illustrated article which describes the weird and elaborate wedding of a monkey bride and groom at a gala festival such as superstitiouu India has never before seen. Read about it in the August 2nd issue of the American Weekly, the biv mavazine which comes repularly with the BALTIMORE SUNDAY AMERICAN. Your newsdealer has your copy.



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BE WISE—ALKALIZE!

PERSONAL AND SOCIAL ITEMS IN KENNEDYVILLE

Miss Catherine Atwell spent the week end with her parents, Mr. and Mrs. John Atwell.

Master Billy Fogwell will leave on Sunday to spend awhile with Mr. and Mrs. Weer Chew in Merchantville, N. J.

A large crowd attended the Mite Society picnic at Mr and Mrs. Will Webbs on Tuesday.

Mr. and Mrs. Will Black, of New York, spent the week end with Mr. and Mrs. Homer King.

Dorothy Sue Johnston visited her aunt, Mrs. James Weer a part of this week.

Mr. and Mrs. Delbert Robinson, of Reading, Pa., spent the week end with his parents, Mr. and Mrs. James Robinson.

The cannery opened on Friday to can corn the Bohemians arrived on Thursday.

Mr. and Mrs. Marcus Hedley and Mrs. Pippen, of New Port, Del., spent Friday with Mr. and Mrs. Joe Oliff.

There will be no service in Grace Presbyterian church during August.

Miss Brown, of Chestertown, spent the week end with Mrs. Helen Myers.

Miss Sophie Miller is entertaining a relative from Baltimore.

Miss Nellie Walters, of Chestertown, is spending some time with Mrs. William Jewell.

Mr. Norris and family, of near Coleman moved in the Redmile property on Saturday.

Mr. and Mrs. George Johnston spent a part of this week with relatives in Philadelphia.

Joe Weer and sister, Marie, are spending some time in Washington, D. C.

Misses Scotten, Mr. Will Irving, Miss Bernice Scotten and sisters visited Mr. and Mrs. Carl Price in their new home near Odessa on Sunday. Miss Lizzie Scotten remained to visit a few days

Mr. and Mrs. James Kirby spent the week end at Rehoboth.

The Mite Society met at the home of Mr. and Mrs. Ross Wiltbanks on Wednesday evening it was decided to hold their picnic at Mr. Will Webbs on Tuesday afternoon.

Doris Leathen, of Philadelphia, is visiting Lena Garey.

Florence Brown and Francis Bennett are visiting their aunt, Mrs. Frank Estes in Washington, D. C.

Mrs. William Lipscomb returned home on Sunday from a visit with her mother and sister in Camden, N. J.

Mr. and Mrs. Ralph Miller spent Wednesday at Harrington Fair.

Mr. and Mrs. William Anthony and Mrs. Warner Garey and daughter spent Sunday at Atlantic City.

Sara Scotten spent Tuesday with Betty Jean Groves.

The M. P. Sunday School held their picnic at Crystal Beach on Tuesday.

Mrs. Mollie Archibald and Mr. and Mrs. Ralph Garey spent Saturday in Wilmington.

Betty Jean Groves spent a few days with Mary Rowe Groves.

Mrs. Paul Boggs and daughter, Miss Sara, and girl friend, of Nassawadox, Va., spent the week end with Mr. and Mrs. Henry Boggs.

Rev. Ferguson was entertained at he home of Mrs. James Weer on Sunday.

QUAKER NECK ITEMS IN BRIEF

Rev. and Mrs. Wm. L. McClintock, of Lozman, Md., were entertained at lunch on Saturday at the home of Mr. and Mrs. T. R. Starr after which Rev. McClintock officiated at the funeral of Mrs. Susie Meekins in Chestertown. We were very sorry to learn of the death of Mrs. Meekins she was a member of Bonds M. E. Church and our sympathy is extended to the family.

During the storm on Monday evening the lightning struck 3 horses belonging to Mr. George A. Corrall, of Pomona this was quite a loss.

Hilda Mae Goodman is spending a while at the home of her sister, Mrs. Nelson Boone, Betterton.

Mr. John Boggs, of New York City, is visiting his sister and brother in law, Mr. and Mrs. Comegys Brown, Jr.

Mrs. Philip Vansant and family, of Bloomfield, N. J., are at their summer home in Cliffs for the remainder of the summer.

Mr. Gill Wrightson and family, of Baltimore, have been guests of Mr. and Mrs Clarence Hadaway.

Rev. Robert L. Kirby, of Williamsburg, Md., was guest of his mother a short time one evening last week, Mrs. Ida V. Kirby.

Services as usual at Bond and Mowbray Chapel on Sunday.

Rev. and Mrs. Truitt, Mr. and Mrs. Sego and Mr. and Mrs. Russell Starr and family and Mrs. Russell Starr's sister and baby from Cumberland, Md., were entertained at Sunday dinner at the home of Mr. and Mrs. T. R. Starr.

Miss Alma Carroll is entertaining her cousin, Mary Carroll, from Fairlee.

Bond Chapel Epworth League held its picnic at Tolchester on Thursday evening the past week.

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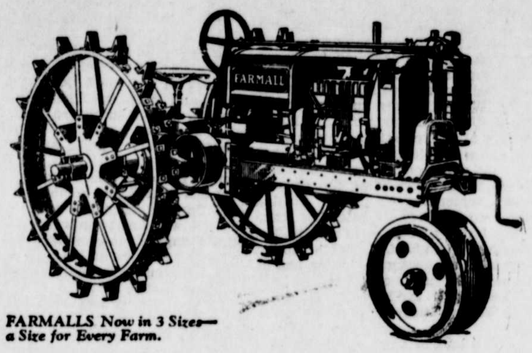
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APPLICATION FOR INSURANCE MAY BE MADE TO George W. Owens, Betterton, Md.; Benjamin W. Duling, Millington, Md.; Frank H. Ruth, Galena, Md.; Howard Turner, Betterton, Md.; Medford E. Golt, Stevensville, Md.; J. Abner Bryden, Rock Hall, Md.; R. Wroth Stavely, Lynch, Md.; Eben F. Perkins, Chestertown, Md.

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