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

BREAKFAST—Honey Dew Melon, Coffee Cake, Frizzled Ham, Coffee.
LUNCHEON—Fruit Cup, Assorted Sandwiches, Potato Salad, Cup Cakes, Iced Tea or Milk.
DINNER—Shrimp Cocktail, Vegetable Plate, Tongue Salad, Peach Shortcake, Coffee.

TUESDAY

BREAKFAST—Waffles with Crushed Raspberries, Canadian Bacon, Coffee.
LUNCHEON—Chicken Broth, Fruit Salad, Hot Muffins, Peach Ice Cream, Tea or Milk.
DINNER — Minute Steak, Potato Cakes, String Bean Salad, Blackberry Cobler, Coffee or Beer.

WEDNESDAY

BREAKFAST — Blueberries with Cream, French Toast, Maple Syrup, Coffee.
LUNCHEON—Tomato Juice Cocktail, Deviled Crab, Cole Slaw, Nut Wafers, Tea or Milk.
DINNER—Roast Lamb with Mint Sauce, Browned Potatoes, New Peas, Tomato and Cucumber Salad, Raspberry Ice Cream, Coffee.

THURSDAY

BREAKFAST—Sliced Peaches with Cream, Poached Eggs on Toast, Broiled Bacon, Coffee.
LUNCHEON—Vegetable Soup, Deviled Egg Salad, Toasted Biscuits, Tea or Milk.
DINNER—Lamb Pie with Biscuits, Mixed Green Salad, Peach Tarts, Coffee.

FRIDAY

BREAKFAST — Cantaloupe, Baked Eggs, Buttered Toast, Coffee.
LUNCHEON—Clam Chowder, Vegetable Salad, Graham Nut Muffins, Strawberry Sundae, Tea or Milk.
DINNER— French Fried Lobster, Shoe String Potatoes, Cole Slaw, Apple Dumplings, Coffee.

SATURDAY

BREAKFAST — Grapefruit Juice Ham Omelet, Pop-overs, Coffee.
LUNCHEON—Jellied Tomato, Bouillon, Assorted Salads, Melba Toast, Vanilla Ice Cream wih Caramel Sauce, Tea or Milk.
DINNER—Broiled Ham, Fried Apples, Baked Potatoes, Brocolli, Cole Slaw, Watermelon, Coffee.

SUNDAY

BREAKFAST—Peaches and Cream, Griddle Cakes, Little Sausages, Coffee.
DINNER—Stuffed Breast of Veal, Browned Potatoes, Creamed New Cabbage, Buttered Peas, Fruit Salad, Cocoanut Custard Pie, Coffee.
SUPPER—Hot Roast Beef Sandwiches, Sliced Tomatoes, Pickles, Olives, Celery, Home-made Ice Cream, Coffee or Tea.

PRIZE-WINNING RECIPES

Mrs. Raymond B. Ladd, of Stratford, Conn., a reader of the Fairfield, Conn., News, is the winner of a Seceni hard made, hand painted salad bowl. Mrs. Ladd's recipe is as follows: and very unusual it is:

APPLE OMELET

2 large apples
1 tablespoon butter
1 tablespoon flour
1-2 cup milk
2 eggs

Peel, core and slice the apples. Melt butter and steam the apples for five minutes. Add mixed, the flour, milk, yolks of eggs, and stir well; then add the stiffly beaten whites of the eggs and the apples. Turn into a buttered pan, cook and fold. Serve immediately.

A box of Cox' Gelatine and an apron has been awarded to Mrs. F. L. Gregory of Linden, N. J., a subscriber of the Linden, N. J. News.

Mrs. M. J. Hanley of Randallstown, Md., a reader of the Reisterstown, Md., Community News, is the winner of a case of National Beer.

A cheestray with an assortmnt of seven kinds of Borden's' Cheese has been awarded to Mrs. Milton Marlatt, of Hackekttstown, N. J., a subscriber of the Washington, N. J. Star.

Mrs. Messie R. Yingling, of Reisterstown, Md., a reader of the Reisterstown, Md., Community News, has won a rice bally and a box of All Comet Rice Products.

A case of Ruppert's beer has been won by Mrs. James H. Potter of Hahopac Falls, N. P., a reader of the Carmel, N. Y. Courier.

Mr. E. W. Johnson of Babylon, L. I., a reader of the Babylon, L. I., Leader, has been awarded a case of Trommer's White Label Beer.

A metal recipe holder with recipes and a can of Pompeian Olive Oil has been awarded to Mrs. Elsie Schaffer of Newark, N. J., a reader of the Milford, Conn., News.

COCKTAIL PARTY PLAYS LARGE PART IN AMERICAN HOME LIFE NOW

Successful Non-Alcoholic Cocktails Should Be Low In Sugar Content —TWO RECIPES

The cocktail party has become an important part of American home life. It provides opportunity for smart conversation, a chance to wear the new 'cocktail' gown—(it used to be an afternoon gown), and, for the hostess, endless possibilities in the serving of dainty tid-bits.

Of course, the cocktail recipes run into the hundreds and in the home where the alcoholic concoction is established, the question is merely on of selection. Thre are, however, many homes where the alcoholic cocktail is definitely absent, but that does not mean that the cocktail party need be erased from the program of entertainment activities. As a matter of fact, many friendly soul scintillate to best advantage on non-alcoholic beverages. We have attended countless cocktail parties where the quality of the conversation and the sparkle of the wit attained greatest heights. In all fairness, though, we must say that probably a little higher standard of brain power is required to be a success at a non-alcoholic cocktail party. Still, among certain people, even that handicap can be overcome. That leaves only the problem of the making of the cocktail and even this is not so difficult, bearing one essential element in mind. The sccessful non-alcoholic cocktail for the cocktail party must be low in sugar content. Beware of the heavy syrups and highly sweetened fruit juices. Keep the cocktails as nearly 'dry' as possible. This calls for a dependence upon the dry ginger ales, the still or sparkling ciders of high quality and fresh, unsweetened fruit.

CIDER COCKTAIL

Add 3 cloves, 2 or 3 allspice berries, and a 1 inch piece of stick cinnamon to 1 pint of sweet cider. Heat slowly, stirring often. Strain and chill thoroughly. Before serving, add lemon juice and orange juice to taste.

MINT COCKTAIL

Make a syrup of 1 cup of sugar and 2 cups of hot water. Boil for 10 minutes. While still hot, pour over a few springs of fresh mint leaves, washed and crushed. Add the juice of three lemons and the finely chopped peel of lemon. Allow this to cool, then strain. Add the juice of 2 oranges. Chill thoroughly and serve very cold garnished with fresh mint leaves.

JUGGED CHICKEN A SUBSTANTIAL AND WHOLESOME DINNER

As the summer drags along to a close, even the nicest of hot weather dishes become commonplace. We start to long for something more substantial and wholesome. But we hesitate to undertak a complicated dinner. That is the moment to think of the jugged chicken. Or it may be a duck or a rabbit. Or it may be even bits of lamb or veal. But as for most of us, there is nothing like a chicken, even if has seen its best days and is past the first blush of youth.

We make short work of the undertaking. We bring out the trusty beanpot or maybe the less romantic but equally effective deep casserole. The meat is cut up into convenient morsels, seasoned with pepper and salt, dredged in flour, browned in butter and then deposited gently but firmly within the confines of the pot. Add to the pan in which the meat was browned a cup of water or broth and stir up over the fire while the bits of flour and so on are all taken up into a brown gravy. Pour this over the meat. Add, now, a tablespoonful or two of canned mushrooms, an onion cut up, a bay leaf, a couple of cloves, four or five black pepper corns and a sweet pickle chopped fine. Salt and pepper if needed Put on the lid. Put the pot into the oven at medium heat and let it simmer an hour to two hours or even longer, depending upon the powers of resistance of the chicken or other meat.

This dish is served right from the pot, placed upon the table. The gravy may be slightly thickened if desired.

If one wishes, a few bits of ready cooked vegetables a few left over peas some young carrots or tiny onions or potatoes may be added to the pot fifteen minutes before serving and allowed to beat through in the gravy.

With this, a fresh vegetable salad or plan sliced tomatoes or cole slaw will go well, and the dessert might be a fresh apple pie or water-melon or a refrigerator made ice.

If one wishes, the potted chicken may be practically finished in the morning, while the house is being cleaned up, leaving nothing to do before dinner but ot heat it up with the fresh vegetables, make up the salad and assemble the dessert. This makes possible that casual and leisurely service of dinner which so intrigues the guest.

DR. JULIAN T. POWER
Chestertown, Maryland



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

PERSONAL AND SOCIAL ITEMS IN KENNEDYVILLE

Miss May Pennington, of Chestertown, is visiting Miss Marian Pennington.

Mr. Harry Rasin and family, of Millington, spent Sunday with relatives here.

Mr. and Mrs. Robert Hill, Mr. and Mrs. Raymond Hill and Dan and Mr. and Mrs. Jacob Melvin, of Wilmington, visited Robert Hill at Camp Rodney on Sunday.

Rev. and Mrs. Crowding and Miss Sophie Miller spent Wednesday in Baltimore.

Mr. and Mrs. Weer Chew, of Merchantville, N. J., visited Mrs. James Weer on Sunday, Master Billy Fogwell returned home with them for a visit.

Mr. and Mrs. Frank Keys, of Wilmington, spent the week end with Mr. and Mrs. Harry Redmile.

Mrs. William Cleaver has been quite a sufferer with a very sore foot from walking on a nail one day last week.

A large crowd attended the M. P. picnic at Crystal Beach last Thursday. All enjoyed the day.

Mrs. Earl Nickerson returned home on Saturday from a hospital very much improved.

Mrs. Mary Miller spent a part of this week with her sister, Mrs. William Thornton at Worton Point.

The Christian Endeavor held a Weeney Roast at Crystal Beach on Wednesday evening.

Miss Ethel Solloway is spending some time with her friend, Mrs. Edgar Pennington.

Mr. and Mrs. Harvey Hopkins entertained the Christian Endeavor Social at their home on Friday evening.

Miss Helen Myers and Miss Catherine Haggerty are spending some time at Rehoboth.

Mr. and Mrs. Wilmer Ford and daughter, of Wilmington, came down last week and furnished their apartment. Mr. Ford visited a few days with his son, Mr. Willie Ford.

Mr. and Mrs. James Kirby spent the week end with relaties in Baltimore.

Miss Virginia Archibald is spending some time with her grand parents, Mr. and Mrs James Archibald.

Miss Sara Scotten and Marian Kennedy spent a few days with Betty Jean Groves.

Miss Sophie Miller is entertaining Rev. Crowding and wfe, of Lewisburg, Pa.

Mr. and Mrs. Charles Smith and son, Bobby, of near Philadelphia, visited relatives here this week. They spent Monday at Hollywood Beach. Doris Oliff accompanied them on Tuesday they visited at Tilghman's Island.

Mr. and Mrs. Harry Scotten and Mr. and Mrs. William Anthony spent Sunday with Mr. and Mrs. Carl Lynch.

Sara Scotten is visiting Mr. and Mrs. William Anthony.

Mr. and Mrs. William Miller, Mr. and Mrs. Ralph Miller and Mrs. Mary Miller spent Friday in Baltimore.

Mr. and Mrs. John McGee and daughter and husband, of Woodbury, N. J., were Sunday visitors at Miss Sophie Millers.

Miss Lula Van Dyke spent the week end with her sister, Mrs. Katie Crew and family, near Chestertown.

Mr. and Mrs. Van Atta, of Baltimore, spent this week with her motner, Mrs. Bessie Cain.

Miss Catherine Atwell, Miss Helen Baucher and Mr. Allen Baucher were week end guests of their parents.

Mrs. Acca Crew, Mr. and Mrs. George Rasin visited Mr. and Mrs. Thomas Van Dyke, they also had as their guests Mrs. Ralph Van Dyke and Mrs. George Williams.

DID YOU KNOW?

BY C. COX HOPPER

DID YOU KNOW:

That in the year 1901 the commissioners of Kent County granted the Chestertown Light and Railway Co., a duly incorporated body the privilege of using certain public roads or highways for the purpose of establishing an electric Railway between Chestertown and Rock Hall. The line was to begin at the corporate limits (at Radcliffe Mill); thence along the side of the public road to Flannels Branch to Fiarlee, McClains Corner, St. Pauls Church, Edesville to Rock Hall, a dream that fortunately never came true.

DID YOU KNOW:

The Westcott Memorial Fountain which still ornaments the public square in Chestertown was presented August 7, 1900, and that Stephen R. Collins, the present Prosecuting Attorney for Kent County turned the spigot which set the water flowing.

The fountain was presented by Mrs. Harriette L. Hill in honor of her father the late George Burgin Westcott.

How Did Fugit Sound?—A man went into a shop to buy a fountain pen. The young saleswoman gave him one to try, and he covered several sheets of paper with the words, 'Tempus Fugit.'

The saleswoman offered him another pen.

'Perhaps,' she said, 'you'd like one of these better, Mr. Fugit.'—Exchange.



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DAILY 7:00 a.m. | DAILY 10:00 a.m. | DAILY 3:00 p.m. | DAILY 5:00 p.m. | DAILY except Saturday 9:00 p.m.
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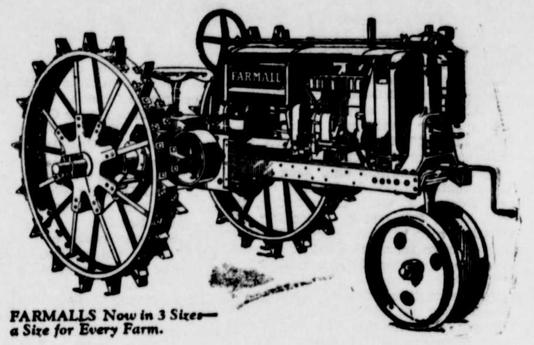
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