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

Courtesy Modern Science Institute

MENU OF THE WEEK

MONDAY

BREAKFAST— Cantaloupe, Bacon Omelet, Connamon Toast, Coffee.

LUNCH—Combination Salad, Fried Cheese Sandwich, Pineapple Ice, Tea or Milk.

DINNER—Tomato Juice Cocktail, Stuffed Green Peppers, Steamed Squash, Lyonnaise Potatoes, Cucumber Salad, Apricot Whip, Coffee.

TTUESDAY

BREAKFAST — Stewed Prunes, Scrambled Eggs, Raisin Toast, Coffee.

LUNCH—Escalloped Corn, Cabbage and Pineapple Calad, Hot Biscuits with am, Tea or Milk.

DINNER—Ragout of Veal, Spinach, String Bean Salad, New Boiled Potatoes, Jelly Roll, Coffee or Beer.

WEDNESDAY

BREAKFAST — Pineapple Juice, Broiled Ham, Poached Eggs, Buttered Toast, Coffee.

LUNCH—Frozen Fruit Salad, Cream Cheese and Raisin Bread Sandwiches, Tea or Milk.

DINNED—Sliced Corned Beef, Fried Egg Plant, Hashed Browned Potatoes, Dressed Lettuce, Ice Box Cake, Coffee.

THURSDAY

BREAKFAST — Sliced Peaches, French Toast, Maple Syrup, Broiled Bacon, Coffee.

LUNCH—Creamed Chipped Beef on Toast, Asparagus Tip Saald, Cup Cakes Tea or Milk.

DINNER— Roast Leg of Lamb, Browned Potatoes, Timbles of Spinach, Apple Salad, Blueberry Toast, Coffee.

FRIDAY

BREAKFAST—Orange Juice, Corn Fritters, Maple Syrup, Coffee.

LUNCH—Creamed Salmon, on Toast, Fried Tomatoes, Fruit Cup, Assorted Cookies, Tea or Milk.

DINNER—Crab Cakes, Cole Slaw, Cream Corn, Blackberry Cobbler, Coffee.

SATURDAP

BREAKFAST—Honey-dew Melon, Grbble Cakes, Little Sauages, Syrup or Jam, Coffee.

LUNCH—Assorted Sandwiches, Tuna Fsh Saad, Fruit Gelatine, Iced Tea or Milk.

DINNED—Lamb Pot Pie Green Salad, Biscuits, Pigled Beets, Layer Cake Coffee.

SUNDAY

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

DINNER—Stuffed Breast of Veal, Egg Plant, Hen Casserole, Baked Potatoes, Pickled Onions, Carrot Salad, Mocha Cake, Coffee.

SUPPER—Chili Con Carne, Sliced Tomatoes, Toasted Crackers, Melon, Coffee or Tea.

PORK CHOPS, FRENCH STYLE

It is not difficult to serve deliciou meals, especially if you know the secret of proper seasoning. There are dozens of delightful flavors we can use to season foods, but one of the easiest to use it domestic wine. You must remember, however, that too much wine is disastrous as toom uch salt, sugar or spice and should be guarded against.

Many housewives make the mistake of believing that wine should only be used in preparing elaborate and extravagant dishes. While it is true that many formal and elaborate meals do include such recipes, many of our every day foods are at their very best, only when flavored with wine.

Pork Chops French Style is a splendid example of the glorfication of an every day dish. Try this recipe and see of you don't like it too.

PORK CHOPS, FRENCH STYLE

4 loin pork chops
1-2 teaspoon salt
1-8 teaspoon pepper
2 cored and pared apples
1 teaspoon sugar
1-2 teaspoon butter
1-2 uup domestic red wine
1-2 cup hot water

Trim chops and dust with salt and pepper. Put in a baking dish into which they fit snugly. Cover with thin slices of apple, dust with sugar and a little more salt and dot with butter. Cover closely and bake in a hot oven (400F) until the apples begin to soften and the chops to brown. Then pour in the hot water and the wine and bake 30 minutes longer. Baste occasionally with the liquid in the baking dish. When done, the apples will be tender and slightly brown.

FRUITS, FROZEN OR PLAIN FINE SUMMER DESSERT

'Hit The Spot' On A Warm Day By Serving One Of These Frozen Desserts

Fruit desserts of all kinds seem to be the most popular during warm weather. Now the fruit can be canned or fresh, it doesn't matter just as long as it's fruit. There's something so cooling and refreshing about the idea of eating it either plain, in pies or frozen dishes. For those who like just 'fruit,' there is always fresh pineapple which is so delightfully refreshing, or melon or canned pears and peaches but for those who like their fruits in frozen dessert form these two recipes will just 'hit the spit.'

PINEAPPLE DELIGHT

1 cup canned crushed pineapple
1 cup marshmallows
1 cup macaroons
1 cup dates
1 cup cream, whipped

Mix pineapple with marshmallows, cut in quarters, macaroons, crumbled, and dates pitted and cut in small pieces. Let stand for several hours in the refrigerator tray. Then fold into the whipped cream and chill again. Serve in sherbet or parfait glasses and garnish with maraschino cherries or nuts.

RASPBERRY WHIP

1 tablespoon gelatine
2 tabelspoons cold water
1 pint raspberry juice
1 cup raspberries

Soak gelatine in cold water for 5 minutes and dissolve over boiling water. Add berry juice and chill until mxture is slightly thickened. Place in a pan of ice water and beat until light and frothy; continue beating until mixture will hold its shape, then fold in berries. Pour into molds and place in refrigerator to freeze. Fresh berries may be used just as well and the juice may be obtained by mashing berries through a sieve.

PRIZE WINNING RECIPES

Again this week we are offering a new prize, an assorment of Friend's Food Products from Melrose, Mass. The winner of this lovely prize is Mrs. Geo. B. Conrey of Chesapeake City, Md., a reader of the Elkton, Md. Cecil Democrat. Mrs. Conrey's recipe is for

LEMON FLUFF PIE

3 eggs
1-3 cup lemon juice
Grated rind of 1 lemon
3 tablespoons hot water
1-4 teaspoon salt
1 cup sugar

Beat yolks of eggs very light, add lemon juice and grated rind, hot water and salt, and 1-2 cucp sugar. Cook in double boiler until thick. Add -2 cup sugar to stiffy beaten egg whtes and fold into cooked mixture. Fill baked pie shell and brown in moderate oven.

A metal recipe container with recipes and a can of Pompeian Olive Oil has been won by Mrs. H. C. Buchingham of Milford, Conn., a reader of the Milford, Conn. News.

Mrs. E. A. Smith, of Babylon, L. I. a reader of the Chatham, New York, the winner of a case of Trommer's White Label Beer.

Mary Blunt of Hillsdale, New York, a reader of t he Chatham, ..ew York, Courier, has been awarded a rice ball and a box of Al Comet Rice Products.

A cheese try with an assortment of seven kinds of Borden's Cheese has been won by Mrs. B. M. Andrson of Philipsburg, New Jersey. A reader of the Washington, New Jersey Star.

If you would like to be the winner of one of these lovely prizes, just send your favorite novel original recipe to Sidney Snow in care of this paper. It may be a winner.

WORTON

Mr. and Mrs. George Williams, Jr., and little son, and Mr. and Mrs. Gorden Armstrong and daughter, of Baltimore, spent the past week end with Mr. and Mrs. George T. Williams.

Mr. Lawrence Lee and friend, Miss Betty Grant, of Wilmington, visited Mr. and Mrs. S. J. Lee, Sunday.

Mr. and Mrs. Henry Matthews, of Rochester, N. Y., and Mr. and Mrs. Ford Matthews and son, of Clarendon, Va., are visting their parents, Mr. and Mrs. James Matthews, Billy Beck Matthews, of Chester, Pa., was a week end guest.

Mr. and Mrs. Harry J. Rouse and daughter, Ann, of Aberdeen, were the guests of Mrs. Rouse's mother, Mrs. Henrietta Rasin, last week.

Mr. Howard Carter, of Syracuse, N. Y., joined his family at the home of Mr. and Mrs. B. F. Rash Sunday for a week's visit.

Miss Dorothy Ivens spent last Wednesday with Harriett Clark.

Margaret Ann Baxter is visiting her grand mother, Mrs. Kathryn Joiner.

Miss Mary Madeline Bell, of Roanoke, Va., was the guest of Miss Betty Hadaway several days this week.

Mr. and Mrs. Everett Clayville and son, Everett, of Baltimore, visited his parents, Mr. and Mrs. C. H. Clayville last week.

Mrs. Elizabeth Anderosn is spending some time wth her daughter, Mrs. Medford Green, of near Church Hill.

Rose Etta Bailey, of Denton, is visiting her brother, James Bailey at the home of Mr. and Mrs. Bradford Magrogan.

Mr. Marvin Nichols, of Selbyville Del., is the guest of Mr. and Mrs. Charles Crowding.

Mrs. M. W. Hadaway and daughter, Betty visited Mr. and Mrs. Harvey Brice, of Rock Hall, Tuesday.

Our sympathy goes to Mr. and Mrs. James Gears in the sad death of their little girl.

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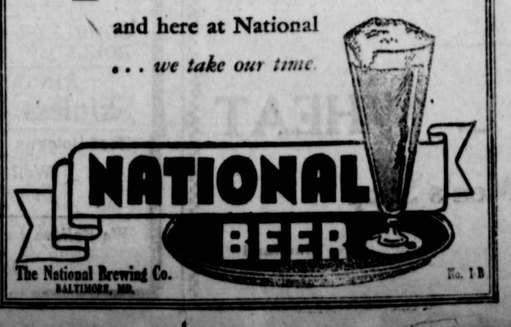

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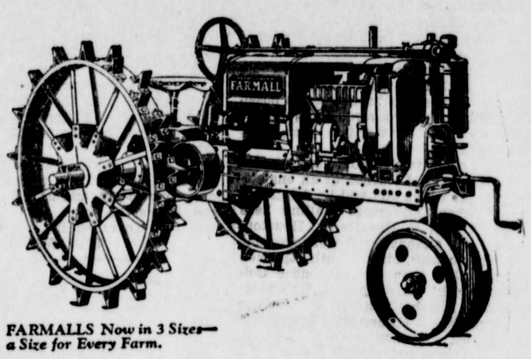

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