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—Sliced peaches, hot or cold cereal, French toast, maple syrup, coffee. **Lunch**—Ham mousse, sliced tomatoes, asparagus tips, bran muffins, cup custard, cookies, tea. **Dinner**—Beef steak, potato fritters, corn on the cob, dressed lettuce, custard pie, coffee.

TUESDAP—Breakfast— Cantaloupe, coffee cake, scrambled eggs, coffee. **Lunch**—Grapefruit juice cocktail, stuffed tomato salad,potato chips, ice-cream sandwich with butterscotch sauce, tea. **Dinner**—Creole stew, mixed green salad, graham muffins, layer cake, coffee.

WEDNESDAY— Breakfast — Apple sauce, ready-to-eat cereal, parsley omeet, buttered toast, coffee. **Lunch**—Toasted cheese sandwich, broiled tomatoes and bacon, tapioca pudding, tea. **Dinner**—Broiled ham with apple rings, buttered spinach, baked potatoes, stuffed egg salad, chocolate pie, coffee.

THURSDAY—Breakfast — Tomato juice, poached eggs on toast, broiled bacon, coffee. **Lunch**—Veal kidney saute, mashed potatoes, string bean salad, tea. **Dinner**—Rolled shoulder of lamb, buttered peas, pan browned potatoes, cucumber salad, assorted cakes, coffee.

FRIDAY—Breakfast — Honey-dew melon, wheat cerealjelly omelet, buttered toast, coffee. **Lunch**—Clam fritters, vegetable salad, cup cakes, tea or milk. **Dinner**— Deviled Imperial crab, cole slaw, quartered tomatoes, lemon meringue pie, coffee.

SATURDAY—Breakfast — Stewed prunes, buckwheat cakes, scrambled eggs, maple syrup, coffee. **Lunch**—Creamed chipped beef on baked potatoes, hot biscuits, sliced tomatoes, fresh fruit, tea or milk. **Dinner**—Shepherd's pie, stewed tomatoes, corn bread, dressed lettuce, chocolate eclairs, coffee.

SUNDAY—Breakfast— Mixed fruit juices, bacon waffles, strawberry jam, fried eggs, coffee. **Dinner**— Stuffed pork, baked sweet potatoes, corn on the cob, apple salad Alaska cake, coffee. **Supper**—Chili con carne, toasted muffins, olives, pickles, fruit gelatine, coffee.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper.

DRESS UP THE TABLE WITH A CROWN ROAST

Serve With Special Accompaniments And You'll have A Meal 'Fit For A King'

Planning a meal is something that is done best when one is relaxed and comfortable and a little hungry. Perhaps those few moments when resting after the housework.

One goes about planning a meal as she would about choosing a new outfit. The dress first, then the accessories, or the meat first an dthen the accompaniments. Of course, there are occasions when one can start from the other end and plan a meal because of a left over accompaniment.

But to get back to the regular planning, coming now into the pork season, a fancy roast may be just the thing. Say a 'crown roast.' (One can get such a roast by putting a little pressure on the butcher). It is made with the ribs and when properly prepared is most attractive. The meat question settled, one takes into consideration that apple sauce is the usual accompaniment but for once, to be a little different, chilled baked apples are given a chance. The potato question is well solved by using mashed potatoes and onions for a stuffing for the roast. Then follow a green salad, the favorite family dessert and beverage. Simple?

There is nothing complicated about the whole dinner though it gives the appearance of hours of preparation and tender nurs ng.

When ready for the oven, wipe the meat carefully and dredge it with a little flour and pepper. Set it in an open roasting pan and fill the center of the roast with very creamy mashed potatoes into which have been beaten, along with the hot milk and butter two finely chopped onions. Cover the tips of the chop bones with cubes of bread, and cook. The potato filling may be put in the center of the meat during the last half hour of roasting. Otherwise, it should be covered until the last half hour. The roast however, should not be covered. A small lid will work splendidly. Allow twenty minutes per pound for the roast.

RED NICHOLS BAND LEADER BRINGS HOME ODD RECIPES

We ordinary human beings paint mental pictures of the celebrities living in exotic surroundings, being served strange and expensive foods by humble menials, prbably attired in loin cloths and turbans. It just goes to show how far we may be off the mark. To me, Red Nichols, the band-master, has long seemed to be such an individual. See him dragging music out of his band—realizing that here is the man who originated swing music—and one thinks of the heart of Africa, the shores of coral islands and lions roaring beyond Indian villages.

My, my! Now let this self same Red Nichols bring you down to earth. When most of us, especially us women folk, are hiding the dirty dishes in the wash tub, where will you find this man, Nichols? Well, if the truth be known, unless he is producing music,he's probably producing food.

Let's get back of the scenes and watch him cook up messes for his friends. He goes off to the Isle of Capri. We'd say he was there to seek inspiration for some captivating melody. But actually he spends most of his time coaxing recipes out of fishwives.

For instance, here is a recipe for

CAPRI LOBSTER

Take one or two cooked lobsters and remove all the meat carefully. In a skillet, heat olive oil and in it brown the lobster meat. Add a small onion, minced very fine and also a nubbin of garlic, minced fine and a few chopped sprigs of parsley. (Besure to add these AFTER the lobster has started to brown. Then season with salt and pepper. Then add three tablespoons of tomato puree and let simmer a few minutes. Last of all, add a half a cup of white wine (dry-not sweet). Let this mixture simmer —but do not let it boil after the wine has been added. Boiling will injure the nice flavor of the wine.

This may be made in a chafing dish or in one of those little, earthenware dishes with a stem handle—you find them in any Italian houseware store.

Now, it so happens that this self same Ded Nichols wandered about in Africa, ostensibly to develop African rhythm sense out of which to develop 'swing' music. If the truth be known, the 'swing' idea was an early inspiration of his boyhood days in his native Utah.. What he actually brought out of Africa was a recipe for a special.

MOROCCAN VEGETABLE LUNCHEON

Take four medium sized onions and slice. Brown in olive oil in a skillet. When the onions are browned, add four medium sized not too ripe tomatoes, sliced quarter inch thick. Tehn slice three medium sized green peppers into the mixture. And now season highly with pepper or use a small hot pepper, if you can get one in this country. Add a little salt to taste. When this mixture has simmered to a 'mush', fill individual casseroles three quarters full, place a raw egg into a slight hollow in each dish of the 'mush'. Set into the oven and when the egg is 'shirred,' serve the dish.

If properly made, it will be well to have a fire extinguisher within reach should the guests burst into flame.

OYSTERS POPULAR FOR QUICK MEAL

Easy To Prepare And Most Novel As A Hot Appetizer

With oysters again in season, many a problem is solved with little thought. Fried, sauteed, scrambled, escalloped, broiled, in pie or in stew they fit all occasions.

Oysters are so easily prepared, that they are very populor for a quick, Sunday night supper, and most novel for a hot 'appetizer.'

Like claims, the oyster shells are closed while the oyster is alive. This serves as an excellent guide for freshness. The oyster may be opened with a knife when raw, using a thin, sharp knife inserted first between the shells just back of the large muscle or hinge. The shells should be scrubbed well though before opening and the oysters dropped into a sieve over a bowl so as not ge lose any of the fine flavored liquor.

This recipe given below, is really a good one to know because it can serve on many occasions, either as an appetizer, a luncheon dish but especially nice as a Sunday night supper dish.

SCRAMBLED OYSTERS

6 eggs
6 tablespoons cream
2 tablespoons butter
3-4 teaspoon salt
2-3 cup chopped celery
1 cup oysters, chopped coarsely
2 tablespoons chili sauce
Anchovy paste
Buttered toast

Break eggs slightly with a spoon, add cream, butter, salt, ceery and mix well. Pour into a frying pan with melted butter as for srambled eggs and stir with a spoon whie cooking. When about half done, add oysters. Just before removing from fire, add chili sauce. Spread toast triangles with anchovy paste and serve scrambled oysters on these with a garnish of parsley or crisp bacon.

PEANUT CANDY BY LILY WHITE



Dear Miss Wilma,

Honey, you all wants to know how I makes peanut candy. Well, I feels honored to tell you.

Dis am a old fashioned receipt which my own ma used ter foller. It am specially good for summer complaint and de blues. You munches dis peanut candy until you is tired and den sleeps.

Well, fust you puts a pint ob molasses in a pan and boils until it will harden when you drops it in cold water. Right den you puts in two tablespoons vanilla and right after dat one teaspoon dry baking soda. And right next you puts in de peanuts. To get de right amount ob peanuts you takes four quarts ob roasted peanuts in de shells and shells dem and what you gets when you shells dem is what you puts into de candy. Mix dis all up and run out onto a big flat board wid greased paper on it. Spread out kind ob thin wid a broad knife and make it so dat de peanuts kind ob sticks out a little on de top. When it dry den you breaks it up and eats it. Dis is de originul and ainshunt way to make peanut candy.

P. S. I is sending you a picher ob me. Hoping you are de same your humble servant, Lily White.

The String Question Maybe

Government Examiner—How did you come to mark this man's paper 101 per cent? Don't you know that nothing con be more perfect than 100 per cent?

New Assistant—Yes, but this man answered one question we didn't ask —Pathfinder Magazine.

Playing Safe

An old lady in church was seen to bow whenever the name of Satan was mentioned.

One day the minister met her and asked why she did so.

"Well," she replied, "politeness costs nothing, and you never know!"

Cause Enough

"You say you pay a very low rent for this beautiful apartment?"

"Yes, but I'm going to move."

"Good gracious, what has come over you?"

"An opera singer." — Answers Magazine.

Too Much Golf

Doctor—What you need is rest.

Government Clerk—But I can't afford to go away.

Doctor—You don't need to. Just stay at the office a couple of hours more every day.—Pathfinder Magazine.

Would Need Help

Wiggom—I see where a professor has discovered a hundred-foot worm. What do you think of that?

Slugg—I think the early bird getting that one would be calling for help instead of bragging.—Pathfinder Magazine.

FACTS AND FIGURES ON YOUR TELEPHONE BY Edwin P. Hill



Telephone calls have increased 7 per cent in Maryland, Virginia, West Virginia and the District of Columbia in the past year. Officials of the Chesapeake and Potomac Telephone Companies report 3,500,000 originating calls are now being made each twenty-four hours. In Maryland there are 917,000 daily calls, Virginia 1,112,000, West Virginia 625,000 and the District of Columbia 855,000 calls. Service improvements include more calls being completed on the first attempt of the operator to reach the subscriber and a substantial decrease in operating errors.

Quicker Service

During the past year more than 83 per cent of all local Bell System telephone calls in the United States were answered on the first attempt of the operator as compared with about 81 per cent in 1929. Telephones reported busy or not answered accounted for nearly all of the calls not completed immediately. In the six years—1929 to 1935 inclusive—operating errors on local calls throughout the country were decreased 40 per cent. On long distance calls the average time required for completion of connections was reduced from slightly less than 3 to 1½ minutes and all but 8 per cent of such calls were handled while the person calling remained at the telephone as compared with 29 per cent in 1929. As a result of these and other betterments, 750,000,000 telephone calls or about three per cent of the total calls made throughout the country last year were handled with much more satisfaction to telephone users than would have been the case six years previously.

Fewer Troubles

Improvements were not limited to the service for 95 out of every 100 telephones were installed last year under the practice of arranging with the customer to place the telephone at a definite time agreed on as compared with 57 out of every 100 telephones six years ago. Records show that subscribers' lines and telephones were in service without interference an average of 23½ months as compared with 20 months. The percentage of troubles cleared on the day reported was increased during the year from 87 to 96 per cent.

TELEPHONE SCIENCE WONDERS DISCLOSED



PILOT WIRES

Voice currents require less energy on circuits in long distance cables on cold days than on hot ones. For example: On a 200-mile long distance telephone circuit in cable nine times as much current is required on a hot day as on a cold one. To overcome this difficulty a temperature recorder and current regulator has been developed by the Bell Telephone Laboratories, which, by means of a thin pilot wire inside the cable, adjusts the current to suit the temperature.

There are now in service about 16,000,000 miles of long distance telephone wire in the United States, thirty per cent of which is in cable. Temperature recorders and current regulators are operated at intervals of 100 to 200 miles on certain long distance cables, so that changes from cold to hot or vice versa respond to the changes in the pilot wire, which automatically adjusts the volume of the current. No human being could be as accurate as this device, which is particularly valuable in the summer months.

On a hot day a sudden rain storm may blow up, cooling the cable, which will reduce the amount of current necessary. The pilot wire automatically reduces the amount of current necessary in the operation of these circuits. The pilot wire transmits the message and the regulator makes the change immediately.

Telephone calls are completed and people talk just as satisfactorily whether it's hot or cold. As far as they are concerned nothing out of the ordinary has happened.

Son of Pocahontas

Pocahontas left one son, Thomas Rolfe, who was educated by his uncle, Henry Rolfe, in England. Thomas Rolfe afterward went to Virginia where he acquired wealth and distinction, leaving at his death an only daughter.

Fragrant Shrubs, Vines

Some of the flowering shrubs and vines that are fragrant are: Sweetshrub or calycanthus, lemon verbena, lilacs, mockorange, or syringa, the butterflybush, honeysuckle, wistaria and various sweet species of clematis.

Medals for Large Families

For years France has awarded a decoration to mothers for raising large families, a bronze medal for having five children, a silver one for having eight, and a gold one for having ten or more.

Something Lacking

"It do look," said Uncle Eben, "like a man kin be mighty smart about makin' money and not have sense enough to buy anything wif it but trouble."

Where Witch-Hazel Grows

The witch-hazel is a native of southeastern Canada and of many portions of the United States, extending as far south as northern Florida and eastern Texas.

Wandering Musicians

In the Trossachs, the romantic mountainous regions of southern Scotland, bagpipe players wander along the highways, striking up a tune whenever they meet travelers.

Goldenrod Pollen Heavy

Goldenrod is unjustly blamed as a villainous cause of hay fever, because goldenrod pollen is too heavy to ride any distance in the air.

Old English Custom

In some English rural parishes wheat is thrown over bridal couples, as wellwishers cry, "Bread for life and pudding forever."

Definition of Odd Number

The arithmetical definition of an odd number is a whole number which leaves a remainder when divided by two.

Wall Paper, Death Signal

Ancient Chinese families commemorate deaths of relatives by putting up a strip of wall paper every time a death occurs.

Do Your Own Thinking

He who thinks for himself is among those who are solving the world's problems.

Borneo Has Flying Frog

Borneo's flying frog is remarkable for its ability to parachute from branch to branch.



FROM THE EASTERN SHORE TO PIER 16 LIGHT STREET
(Subject to change without notice)
WEATHER PERMITTING
Effective September 8th, 1936
STANDARD TIME

Leaves Tolchester, week days and Sundays at 8.00 a. m. and 3.00 p. m.

Laves Tolhester, week days and Sundays 10.15 a. m. and 5.15 p. m.

Adults Tickets one way 60 cents. Round trip good 30 days $1.00; children half fare.

Saturday and Sundays special round trips good one day 75 cents.

Autos $2.00 including driver. Round trip $3.50, trucks at low rates.

TOLCHESTER COMPANY,
Pier 16 Light St., Baltimore.

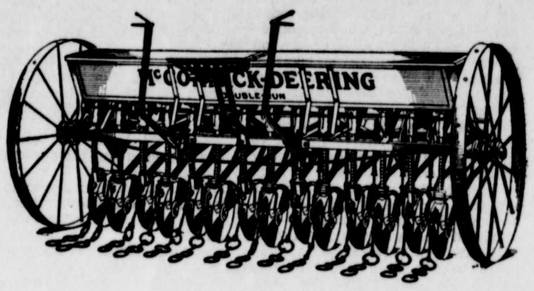
Thousands Are Finding HEALTH Through Chiropractic

WHY DO YOU SUFFER ?

Dr. W. H. Moyer
201 Washington Avenue,
Chestertown, Md.
Office Closed Every Wednesday

JOSEPH N. WHEATLEY & CO.
General Insurance
in all its branches
Chestertown, Md.

GRAIN DRILL



NOW IS THE TIME TO PLACE YOUR ORDER for a new grain Drill. We are in position to give you the best grain drill service possible, as we represent the two best and most favorably-know drills to be had.

ONTARIO DRILLS,
McCormick-Deering Drills

We not only sell these drills, but keep a complete stock of REPAIRS for them, which is most important. Visit our store and see these new drills and you will be proud to own one. A size for every farm.

Jones & Satterfield
Chestertown Phone 51 Maryland

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.

The Mutual Fire Insurance Co.
OF KENT COUNTY, MD.

Insures Property Against Fire and Lightning

All Policy Holders Participate In The Company's Profits

Conservation and caution its motto.

DIRECTORS

J. D. Bacchus, F. G. Usilton T. W. Eliason, Jr., Allan A. Harris, Eben F. Perkins, Edward Emory, P. Medford Brooks, Chestertown; Howard Turner, Betterton; Wm. A. Hyland, Galena;Wm. R. Wilson, Ingleside; James P. Brown, Church Hill; G. Ellsworth Leary, Rock Hall.

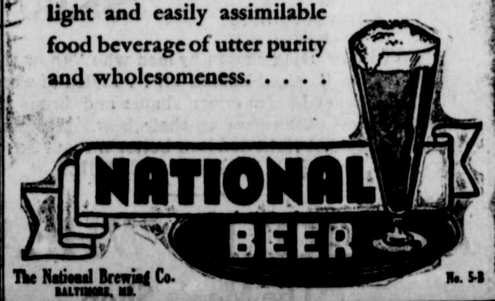
APPLICATION FOR INSURANCE MAY BE MADE TO George W. Owens, Betterton, Md.; Benjamin W. Duling, Millington, Md.; Frank H. Ruth, Galena, Md.; Howard Turner, Betterton, Md.; Medford E. Golt, Stevensville, Md.; J. Abner Bryden, Rock Hall, Md.; R. Wroth Stavely, Lynch, Md.;Eben F. Perkins, Chestertown, Md.

FRED. G. USILTON, President.
EBEN F. PERKINS, Sec.-Treas.



The Morning After Taking Carter's Little Liver Pills

A bottle of National Beer, upon going to bed, helps give you restful and refreshing sleep. Here is a light and easily assimilable food beverage of utter purity and wholesomeness. . . . .



The National Brewing Co. BALTIMORE, MD. No. 5-B