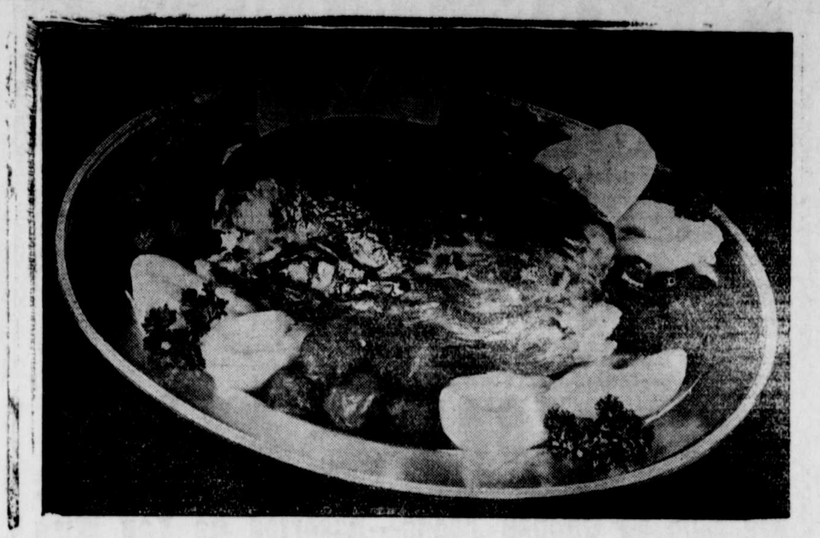
SIDNEY SNOW will be glad to answer any questions on food

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





LILLY WHITE MAKES HER EGG SURPRISE

Dear Miss Wilma,

Dere ain't nuthin nicer to gib yo sewing club foh lunch dan mah surprise eggs.

Furst yo take loaves ob bread and cuts off de crust and den cuts de insides into kubes about two inches or a little moh in ebery way like a great big dice. Den fry dese heah kubes brown in butter. Den take a knife and slit a hole in one side an scoop out most ob de innards ob de dice.

Den poach a aig for each kube an when de aigs is poached den yo slips a poached aig into each holler space an shuts it up. Den take a big glass baking dish of maybe two or three ef it am a big party an lay de kubes wid de aigs inside on da glass dishes. Den over each kbe pour some cream sauce an on top ob de cream sauce sprinkle a little grated cheese and den bake till be sauce am kind ob brown.

Hopin' yo is de same, yo humble servant, Lilly White.

DEFINED

'What are gentlemen farmers?'

'Gentlemen farmers are farmers who raise their hats, but very little else.'



HALLOWEEN PARTIES TO KEEP CHILDREN OUT OF MISCHIEF

(By Wilma E. Deute)

Well, well, if it isn't Hallawe'en time already! That great day for children! The day they can do all the so called "damage" their little heads concoct without fear of punishment at home. That is, if the "damage" isn't done at home.

Oh how I wish I could shrink just enough to get by with a few of those pranks myself. Especially making "rat-tats" on windows. But even as a youngster I was somewhat suppressed by a wise and knowing family. I was always given a grand party! I have sometimes wondered about that because every child in the neighborhood was invited, and that left no one around to chalk car windows and let the air out of tires. However, during the past few years I have come to see the wisdom of these parties and freely prescribe the same for worrying parents.

Not only do parties do away with much mischief but they do leave a life-time impression on a child. Especially if the party was given at their home. And such prestige they gain! Tsc Tsc! And who of the grown-ups can forget the games, blind man's bluff, pin the donkey's tail and best of all "apple ducking!"

Plan for a party for your children and for refreshments, serve home-made ice cream, little cakes, apple cider, lots of nuts and of course fruit. Decorate the dining room in orange and black crepe paper and there is always that ever popular "grab bag" solving the problem of favors!

A GARNISH AND A DELIGHT

Here is an unusual combination of roast, fruit and vegetables which is not only delicious but makes a very pretty dish.

Two small-sized flank steaks have been combined in this. To prepare, whipe the meat with a damp cloth and sprinkle with salt and pepper. For the stuffing, mix 2 cups of soft bread crumbs with 1 teaspoon salt, 4 tablespoons drippings, 1 tablespoon chopped parsley, 1 or 2 tablespoons minced onions as you prefer, 2 tablespoons chopped green pepper. Add 1 beaten egg and enough water to moisten. Spread between the steaks and tie securely. Sprinkle with salt and dredge with flour. Melt 4 tablespoons of drippings in a deep baking pan, place on top of the stove and brown the meat quickly on all sides. Reduce the heat and cook for fifteen minutes.

Cover and cook in a moderate oven (350F.) for about two hours. About fifteen minutes before the roast is done, place the pears in the oven.

Serve surrounded by the pears, little boiled beets and sprigs of parsley.

Menu Of The Week

MONDAY

Breakfast—Grapefruit, ready to eat cereal, poached eggs on toast, frizzled ham, coffee, or cocoa. Lunch—Chili con carni, sliced tomatoes, toasted crackers, canned peaches, tea or milk. Dinner—Roast leg of lamb, hashed in cream potatoes, buttered peas, apple and nut salad, lemon meringue pie, coffee.

TUESDAY

Breakfast—Sliced oranges, hot wheat cereal, buckwheat cakes, sausage patties, coffee or cocoa. Lunch—Fried calves liver and bacon, buttered peas, lettuce and tomato salad, tea or milk. Dinner—Ham and escalloped potatoes en casserole, molded spinach in a bacon ring, mixed green salad, spice cake, coffee.

WEDNESDAY

Breakfast—Stewed peaches, ready to eat cereal, scrambled eggs, with diced bacon, home made doughnuts, coffee or cocoa. Lunch—Clam fritters, cole slaw, bread and butter sandwiches, jelly tarts, tea or milk. Dinner—Fruit cup, individual lamb pies with carrots, onions and potatoes, hearts of lettuce with roquefort cheese dressing, fruit gelatine with whipped cream, coffee.

THURSDAY

Breakfast—Prune juice, ready to eat cereal, waffles, bacon, apple jelly, coffee or cocoa. Lunch—Corned beef hash with poached eggs, asparagus tips, tapioca pudding, tea or milk. Dinner—Chicken fried steak, country gravy, mashed potatoes, buttered beets, lettuce roll salad, custard pie with graham cracker crust, coffee.

FRIDAY

Breakfast—Stewed pears, hot cereal baked eggs, coffee cake, coffee or cocoa. Lunch—Cheese souffle mixed vegetable salad, with French dressing, hot biscuits, chocolate pudding, tea or milk. Dinner—Fried scallops, tartare sauce, shoe string potatoes, cole slaw with boiled dressing, broiled tomatoes, deep dish apple pie, coffee.

SATURDAY

Breakfast—Orange juice, ready to eat cereal, bacon omelet, toasted corn bread, orange marmalade, coffee or cocoa. Lunch—Chicken a la king, canned corn, pineapple salad, cup cakes, tea or milk. Dinner—Roast shoulder of pork, oven browned potatoes, red cabbage, apple sauce, green salad, cheese cake, coffee.

SUNDAY

Breakfast—Mixed fruit juices hot wheat cereal with cream, eggs Benedict, hot coffee cake, coffee or cocoa. Dinner—Dutch oven rabbit, baked potatoes, smothered carrots, buttered peas, cucumber boats, peppermint biscuit glace with assorted cakes, coffee, Supper—Welsh rarebit, buttered toast, fruit compote, assorted cookies, tea or coffee.

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

Aid to Civilization

Jud Tunkins says maybe civilization would go on with greater smoothness if more people were tryin' to please one another instead of scarin' one another.

Father of American Fish Culture

Seth Green (1817-88) is sometimes called the father of American fish culture. He is credited with making fish breeding practical on a large scale.

Believed Writing Could "Talk"

An odd belief in the power of writing prevailed in Hawaii in the early 19th century. When the missionaries prepared a written language for them, says Collier's Weekly, the natives believed that writing could "talk," and that an owner's name on an article protected it from theft because if it was stolen the word would repeat the name until the thief was caught.

WORTON

Mr. and Mrs. B. F. Rash had as their guests Friday Mrs. Caddie Burris, of St. Georges, Mr. Clarence Clayton, of Middletown, Mr. and Mrs. Fred Becht and daughter, of Philadelphia.

Ann Livingston Harris entertained some little friends Sunday, the occassion being her sixth birthday.

Mr. and Mrs. William Loller are being congratulated upon the arrival of a fine baby boy at the Kent and Queen Anne's Hospital, Friday evening..

Mr. and Mrs. Maurice Dowling, of Baltimore, visited their father, Mr. B. F. Sewell Sunday, who accompanied them home for a visit.

Mr. and Mrs. Walter Moffett and sons, Robert and Walter, Jr., spent Sunday with Mr. and Mrs. John Droyer.

Miss Jane C. Cooper, of Baltimore, was the guest of his sister, Mrs. James Matthews, last week-end.

Mr. and Mrs. Wallis Ford visited his brother, Mr. Clarence Ford Sunday, who is in a Baltimore Hospital and report his condition improved.

Miss Louise Wolf, of Baltimore, was the guest of her aunt, Mr. and Mrs. Marion Rash, Sunday.

The Ladies Aid will meet at the home of Mrs. E. R. East Thursday afternoon, November 5th.

Mr. and Mrs. Charles Ivens entertained some friends at dinner Sunday.

Mrs. Albert Williams was the guest of her parents, Mr. and Mrs.. Raymond Lusby, of Broad Neck, part of last week.

Mr. and Mrs. Thomas Parsons entertained the latter's mother, Mrs. Jewell, of Still Pond, several days last week.

Mr. Ernest Taylor an d famiiy, of Philadelphia, Mr. and Mrs. Henry Taylor, of Wilmington, visited Mr. and Mrs. Charles Joiner, Sunday.

Important

The master, to impress on his pupils the need of thinking before speaking, told them to count 50 before saying anything important, and 100 if it was very important.

Next day he was speaking, standing with his back to the fire, when he noticed several lips moving rapidly.

Suddenly the whole class shouted: "Ninety-eight, ninety-nine, a hundred. Your coat's on fire sir!" —Expositor.



The Morning After Taking Carter's Little Liver Pills



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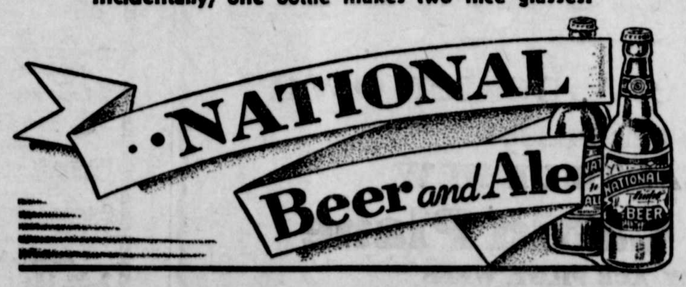
To make an event out of a meal - - keep a few bottles of National on hand.

A bottle or two of National Beer served during the course of the meal often turns "just food" into an hour of charmed living. » » » » »

Take, for instance, a bit of a pot roast, some well cooked fall vegetables, « « « golden carrots, well-flavored onions, browned potatoes « « « with plenty of good gravy. Set that before a hungry man and top it off with a bottle of National Beer or Ale. Then enjoy that smile of smug satisfaction that wreathes his face like a halo. « « « « « « « « « «

We emphasize National Beer or Ale because National Beer or Ale are very good to serve with food. Rich in malt and aromatic with just the right amount of hops. A fine mellow taste and grand appearance in the glass. » » » » »

Incidentally, one bottle makes two nice glasses.



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