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—Sliced oranges, ready to eat cereal, corn fritters with maple syrup, broiled bacon, coffee or cocoa. Lunch—Oven baked beans, hot brown bread, sliced tomatoes, egg custard with caramel sauce, tea or milk. Dinner—Tomato juice cocktail, braised veal with carrots, buttered noodles, spinach, endive salad, hot gingerbread with whipped cream, coffee.

TUESDAY

Breakfast—Grapefruit, hot corn meal mush, scrambled eggs, frizzled ham, toast, coffee. Lunch—Creamed tuna on toast, escalloped corn, dressed lettuce, fruit compote, cookies, tea or milk. Dinner—Grilled lamb chops, mushrooms and tomatoes, smothered carrots, beet and celery root salad, pumpkin pie, coffee.

WEDNESDAY

Breakfast—Stewed prunes, fried eggs, fried bacon, toasted English muffins, orange marmalade, coffee or cocoa. Lunch—Macaroni and cheese en casserole, string bean salad, chocolate sundae, cookies, tea or milk. Dinner—Dutch oven pork chops, baked potatoes, smothered cabbage, dressed lettuce, apple cake, coffee.

THURSDAY

Breakfast—Ready to eat cereal with sliced bananas and cream, griddle cakes, maple syrup, little sausages, coffee or cocoa. Lunch—Cream of celery soup, combination salad, toasted muffins, layer cake, tea or milk. Dinner—Rib roast of beef, mashed potatoes, French fried onions, buttered beets, cabbage and pineapple salad, frozen custard, assorted cakes, coffee.

FRIDAY

Breakfast—Stewed peaches, cold rice cereal, jelly omelet, popovers, currant jelly, coffee or cocoa. Lunch—Creamed eggs on toast, asparagus tip salad, cocoanut custard pie, tea or milk. Dinner—Fried oysters, French fried potatoes, cole slaw, with boiled dressing, hard rolls, upside down cake, coffee.

SATURDAY

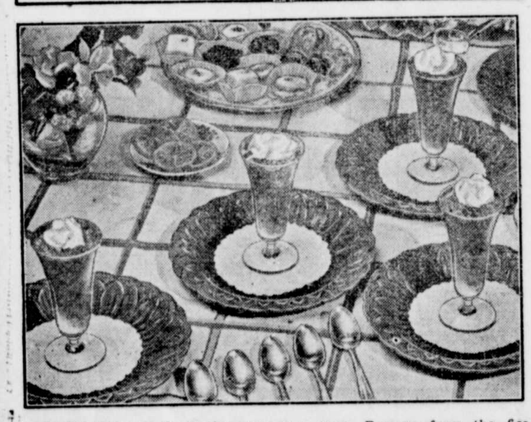
Breakfast—Orange juice, plain waffles, broiled bacon, syrup or strawberry jam, coffee or cocoa. Lunch—Crab cakes, canned peas, melba toast, brown betty, tea or milk. Dinner—Tomato juice cocktail, beef pot pie, with vegetables, pear and cottage cheese salad, rice pudding, coffee.

SUNDAY

Breakfast—Pineapple juice or sliced pineapple, hot or cold cereal, fried ham and eggs, fried potatoes, corn bread, coffee or cocoa. Dinner—Shrimp cocktail, roast duck with dressing, apple sauce, brown rice, ripe olives and bread pickles, string beans, green salad, molded chocolate ice cream with cocoanut layer cake, coffee. Supper—Assorted waffles, little sausages, syrup, jam, jelly, or creamed chicken, assorted cakes, coffee.

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

Tang of Crimson Cranberry Adds Zest to These Dishes



AMERICA'S own fruit, the cranberry, is finding its way into many recipes nowadays. And what a noble contribution it makes! In a tapioca dessert, it's a perfect partner to the delicate smoothness of quick-cooking tapioca and lends the dessert a color to gladden the eye. In these muffins and in this gelatin dessert, the cranberry adds a crowning touch of deliciousness.

Cranberry Tapioca

¼ cup quick-cooking tapioca
2 1/3 cups boiling water
¼ teaspoon salt
1 cup ten-minute cranberry sauce
1 cup whipped cream
2 tablespoons orange juice
1 teaspoon grated orange rind

Drop tapioca into boiling salted water. Cook in double boiler five minutes, stirring occasionally. When cold, add ten-minute cranberry sauce, orange rind and juice. Lastly fold in whipped cream. Pour into glasses. Chill. Top with whipped cream.

Ten-minute Cranberry Sauce

1 pound or quart (4 cups) cranberries
2 cups water
1½ to 2 cups sugar

Boil sugar and water together 5 minutes; add cranberries and boil without stirring (5 minutes is usually sufficient) until all the skins pop open. Remove from the fire when the popping stops, and allow the sauce to remain in vessel undisturbed until cool.

Cranberry Mold

1 package lemon-flavored gelatin
1½ cups warm water
½ cup finely cut celery
½ cup drained canned crushed pineapple
1 cup thick cranberry sauce

Dissolve gelatin in warm water. Chill. When slightly thickened, fold in remaining ingredients. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 6.

Cranberry Flakes Muffins

1½ cups sifted flour
4 teaspoons double-acting baking powder
½ teaspoon salt
½ cup sugar
1 cup coarsely chopped cranberries
2 eggs, well beaten
1 cup milk
4 tablespoons melted butter or other shortening
1 cup bran flakes

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add cranberries to 1/3 cup flour mixture. Combine eggs, milk, and butter; add to flour mixture, beating only enough to dampen all flour. Fold in cranberries and flakes. Bake in greased muffin pans in hot oven (425° F.) 25 minutes, or until done. Makes 18 muffins.

PRIZE WINNING RECIPES

One of the winners for this week is Mrs. Stanley King, of Southampton, L. I., a reader of the Southampton, L. .I., Press. Mrs. King's recipe is certainly all we ask for in the way of being novel and is equally as delicious. Mrs. King will receive a case of Trommer's beer for her recipe which is for:

ANGEL CAKE ROLL WITH CHOCOLATE FILLING

½ cup egg whites
¼ teaspoon salt
½ teaspoon cream of tartar
⅝ cup of sugar, sifted
½ cup sifted cake flour
½ teaspoon vanilla
½ teaspoon orange extract

Beat salted egg whites until foamy, add cream of tartar. Beat until stiff but not dry. Fold in sugar gradually, then the flour and the flavoring. Pour into a wax paper-lined jelly roll sheet 10x15 inches. Bake in a moderate oven for 20 minutes. Cool, turn out on a cloth sprinkled with a little powdered sugar, remove paper. Spread cake with chocolate filling. Roll and let stand wrapped in cloth until ready to serve. Cut in slices.

CHOCOLATE FILLING

½ cup milk
1 teaspoon vanilla
¾ cup sugar
1-3 cup flour
½ teaspoon salt
4 yolks of eggs slightly beaten
1 square unsweetened chocolate

Scald milk and chocolate in the top of a double boiler. Mix sugar, flour, salt, egg yolks togetherr. Add milk nad chocolate slowly to egg mixture. Return to duoble boiler, cook until thick, stirring constantly. Chill and add vanilla before spreading.

Mrs. Richard Dorland of Nassau, New York, a subscriber of the Chatham, New York Courier has been awarded a case of Ruppert's Beer.

Mrs. Wilber Scott of Bridgeton, New Jersey, a reader of the Bridgeton, New Jersey Evening News is the winner of a rice ball and a box of All Comet Rice Products.

Mrs. Marion E. Burns of Northport, L. I., a reader of the Northport, L. I., Observer has been awarded a box of Friend's Food Products from Melrose, Mass.

Mrs. Edith B. Mather of Philadelphia, Pa., a reader of the Chestertown, Md., Transcript, has won a metal recipe holder with recipes and a can of Pompeian Olive Oil.

Mrs. F. Howard Hunt, of Upper Montclair, New Jersey, a subscriber of the Montclair, New Jersey Times, has been awarded a cheese tray with an assortment of seven kinds of Borden's Cheese.

HOT SOUP FOR THE CHILDREN DURING WINTER MONTHS

Favorite Recipe Of Middle West Woman Who Keeps Soup Ready All Winter

This past summer we are talking with a woman from the middle west. The day was one of the very hot ones and like most people we were drinking iced tea. The conversation moved slowly around various foods and recipes and the subject was brought upp about winter day drinks for children. Now this woman was wise, she had a way of her own which we think will be most helpful to many other mothers. On the back of her stove she keeps, all during the cold weather, a great pot of home made soup, and the minute the children come in from playing in the snow, she heats a few cups of this soup, which, in their half frozen state, they drink without complaint. Something unheard of at the dinner table. The following is her favorite soup recipe:

VEGETABLE SOUP

½ cup chopped onion
1 tablespoon butter
1½ quarts boiling water
2 cups shredded cabbage
½ cup shredded carrot
1 tablespoon chopped pepper
Pinch of paprika
2 tablespoons flour
1 tablespoon chopped celery
1 potato
1 tomato
1½ teaspoons salt
¼ teaspoon pepper
¼ cup milk.

Brown onion in butter, add water and all vegetables but potato and tomato. Boil rapidly for 10 minutes and then gently for an hour. Now add the potato, diced, tomato and seasoning. Cook one hour longer. Have cover partially off during the entire time. Ten minutes before serving, thicken with flour mixed with milk.

LILLY WHITE'S CREOLE SAUCE



Dear Miss Wilma,

Dey don make much creole sauce in Maryland but Ah knows a women fum Newerleans name is Cookoo or somthin like dat and she make it bery good an dis is how she do it:

She take a skillit an put in three heepin table spoons butter an when de butter melt she put in a big onyun sliced up an three green peppers sliced up. She simmer dis foh about ten minutes an den she pour in a quart can ob tomatoes wid all de jooce. Den she takes a can ob mushrooms and slice dem fine an put dem in an den she take two or three nice peementos from a can and slice dem and put dem in and den salt an pepper. Ef nobody lookin she put in a speck ob garlic. But ef you is cookin foh white folks yo better not put in de garlic or dey cut yo kollopp out. Simmer dis about one hour. Ef it get too thick yo can put in a little soop broth. Hopin you is de same, your humble servant, Lilly White.

Education Week Being Observed

Education Week, set nationally for the dates from November 9 to 15, was being observed at Chestertown High School this week with a committee of teachers composed of Harry R. Poole, Robert T. Fleetwood and Miss Margaret A. Russell in charge of the program.

A special invitation has gone out to parents of school children and other interested people to visit the school during the week and observe it in operation. The principal and teachers have expressed a willingness and desire to inform the patrons as to the "why and how" of the school routine.

The National Education Association has issued a list of "Activities for Parents" during Education Week. It is as follows:

1. Visit the schools.
2. Become familiar with the program which the child follows in his school day.
3. Observe the provisions which are made in the school for:
   (a) Health.
   (b) Intellectual growth.
   (c) Social cooperation.
   (d) Emotional stability.
4. Observe the ways in which the school attempts to develop confidence, success, and security on the part of the children.
5. Inquire into the way in which the routine of the home and the community can be made to be a part of the child's education.
6. Find out how the home, through its program may increase the effectiveness of learning on the part of the child.
7. Discover the kind of family projects and home activities which will assist in developing the interests of the children.
8. Respect the personality of the child and do not embarrass him by talking about him before others. If you have problems which you would like to discuss with the teacher take these up either personally with the teacher alone, or in conference between the teacher, your child, and yourself.

ROOM TO GROW



Miss Pain—Papa declares that I am his greatest treasure.

Mr. Truth—Indeed! Then he isn't as wealthy as I supposed.

U. S. Continues Supreme in World Telephone Development

Universal telephone service, the dream of pioneer men and women since the first connection was established between Alexander Graham Bell, the inventor, and Thomas A. Watson, his assistant, March 10, 1876, is more and more nearing a reality.

Telephone communication today reaches nearly 70 countries and geographical locations on the six continents of the world, with 50 billion calls annually. Of the total calls about 25 billion are made between users of the service in the United States where there are more than half of the total telephones in the world.

In this country there are about 13½ telephones for each 100 of the 125,000,000 population, which is over six times the corresponding telephone development of Europe, according to the Bell Telephone Quarterly. Canada continues second in development with 11 telephones for each 100 people. Denmark has 10.31 telephones and New Zealand 10.20 for each 100 of its population. In no countries other than these four are there more than one telephone for every ten inhabitants. Major European countries rank low in relative telephone development.

Great Britain has only 5.06 telephones for each 100 of its population, which is tenth in rank among the countries of the world. Germany has more telephones than any other country except the United States, but ranks eleventh in relative telephone development with 4.69 telephones for each 100 people. France has 3.30 telephones, which is seventeenth in rank.

More than 61 per cent of the world's telephones are operated by privately owned systems and private ownership tends to predominate in the countries with the highest telephone development. In the United States, the best developed country in the world in point of telephone facilities by a substantial margin, the service is wholly privately operated. Canada, with 84 per cent of the telephones under private operation, is second in telephone development. In Denmark, the world's third highest ranking country in respect of telephone development, 96 per cent of the telephones are owned and operated by private companies. Great Britain, Germany, and France, where all telephone service is operated by government agencies, have a telephone development only a fourth to a third as high as that in the United States.

Japan, twenty-first in telephone development, has only 1½ telephones for each 100 people. In South America, Argentina leads in telephone development, but has only 2.69 telephones for each 100 of its people.

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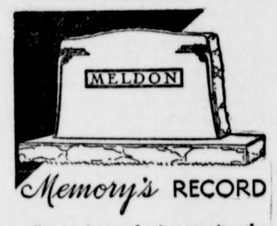
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We consider this part of our work as important as any other. Our highest aim is to have our patrons look upon us as trusted friends, ready and anxious to render sympathetic assistance to those who remain behind.

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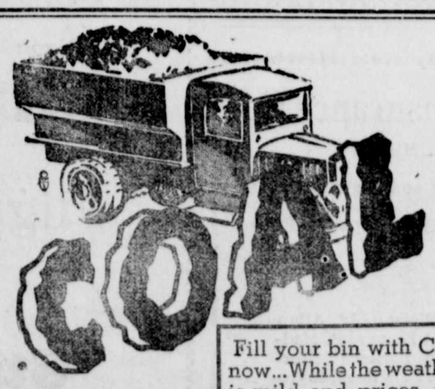
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