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—Grapefruit, ready to eat cereal, plain waffles, honey in comb, frizzled ham, coffee or cocoa. Lunch—Creamed eggs and mushrooms in casserole, hot tea biscuits, vanilla ice cream with chocolate sauce, tea or milk. Dinner—Dutch oven lamp chops, buttered noodles, smothered cabbage, lettuce roll salad, French dressing, mocha eclairs, coffee.

TUESDAY

Breakfast—Apple sauce with cream steamed rice with butter, sugar and cinnamon, raisin-nut toast, coffee or cocoa. Lunch—Oven baked beans, brown bread, sliced tomatoes, stewed plums, assorted cookies, tea or milk. Dinner—Chicken soup, New England boiled Dinner, raw onion salad, pickled beets, German apple cake, coffee.

WEDNESDAY

Breakfast—Pineapple juice, hot cereal, baked eggs, broiled bacon, rolls, coffee or cocoa. Lunch—Corned beef hash, canned peas, dressed lettuce, cup custard, lady fingers, tea or milk. Dinner—Cream of mushroom soup, Rheinbraten, lyonnaise potatoes, romaine salad, Roquefort cheese dressing, cocoanut custard pie, coffee.

THURSDAY

Breakfast—Assorted fruits, ready to eat cereal, boiled eggs, crisp bacon, buttered toast, marmalade, coffee or cocoa. Dinner—Oyster cocktail, salted almonds-celery-radishes-ripe olives, roast turkey, giblet gravy, chestnut stuffing, cranberry sauce or jelly, candied sweet potatoes, baked squash or succotash, hearts of lettuce with egg dressing. Mince meat pudding with hard sauce or pumpkin pie, Roquefort cheese and crackers, assorted fruits, coffee. Supper—Cold assorted meats, potato salad, coffee.

FRIDAY

Breakfast—Orange juice, hot cereal, parsley omelet, toasted English muffins, jam or jelly, coffee or cocoa. Lunch—Italian spaghetti, dressed lettuce, neopolitan ice cream, assorted cookies, tea or milk. Dinner—Clam chowder, fried scallops, shoe string potatoes, cole slaw, toasted rolls with cheese, apple strudel, coffee.

SATURDAY

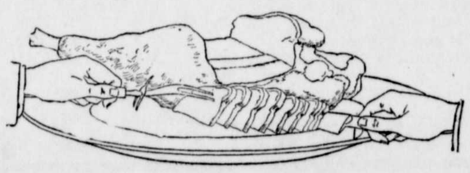
Breakfast—Stewed prunes with cream, ready to eat cereal, French toast, crisp bacon, syrup or jelly, coffee or cocoa. Lunch—Cold sliced turkey, chestnut stuffing patties, cranberry sauce, canned fruit gelatine, tea or milk. Dinner—Turkey soup, swiss steak, German fried potatoes, string beans, Waldorf salad, Mince meat pudding with hard sauce, coffee.

SUNDAY

Breakfast—Mixed fruit juices, hot or cold cereal, scrambled eggs, broiled chicken livers and bacon on skewers, pop overs, jelly or jam, coffee. Dinner—Fruit cup, roast leg of pork, mashed potatoes, buttered peas, apple sauce, celery olives-pickles, green salad, Dariole Duchess, coffee. Supper—Assorted waffles, grilled bacon or sausage patties, coffee, tea or milk.

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

THE GENTLE ART OF CARVING



Two Ways To Carve The Leg Of Lamb

If you are to become really expert oin the art of carving, a knowledge of the anatomy of the various meat cuts is essential. You should know where bones and joints are found and in which direction the fibers of the meat run. It is well to gain this knowledge before you are confronted with the immediate task of carving. Take time to examine the meat in the kitchen even before it has been cooked. Then you will know just what your carving problem is going to be.

CARVING A LEG OF LAMB

The roast should be placed before the carver with the small end to the left and the skin side down. There are two methods of carving a leg of lamb. According to the method, the slices are cut through the center, perpendicular to the long bone and parallel to the aitch bone. Begin at the large end and make the first incision with the knife just ahead of the aitch bone. Cut several slices through to the bone, then run the knife along the bone to release the half slices. For a second serving, turn the leg over and carve the other side in the same way.

This method gives a maximum number of slice sof uniform size, cut across the grain of the meat.

According to the second method, the carver begins at the right end of the leg as before but instead of cutting straight down to the bone, he makes a thin slice at an angle of about 30 degrees. The slices are a little larger, but the meat fibres are longer, which is the reason the first method is usually preferred.

But however you care it, never cut a leg of lamb in horizontal slices, that is, parallel to the top, for then you are cutting with the grain and the result will be a stringy piece.

PRIZE WINNING RECIPES

This week Mary Jane Seviere of Stemmers Run, Md., a reader of the Dundalk, Md. Community Press is the winner of a box of Friend's Food Products from Melrose, Mass. Her recipe is very novel as the name will prove:

RICE MUFFIN FRITTERS

1 egg
1 cup milk
1 cup cooked rice
1½ cups flour
½ teaspoon salt
4 teaspoons baking powder
12 strips thinly sliced bacon
Currant jelly

Beat egg, add milk and rice; mix thoroughly; add flour sifted with salt and baking powder. Line 12 muffin tins with the strips of bacon. Fill with batter and bake in a hot oven 425 F. for 30 minutes. Turn upside down to serve, and top each with a spoonful of currant jelly.

The other winners are:

Miss E. Schmich of Stephentown, New York, a reader of the Chatham, N. Y., Currier, has been awarded a rice ball and a box of All Comet Rice Products.

Mrs. C. Heidinger fo Nutley, New Jersey, a subscriber of the Nutley, New Jersey Sun, is the winner of a cheese tray with an assortment of seven kinds of Borden's Cheese.

Jeanette Williamson of Stamford, Conn., a reader of the New Canaan, Conn., Advertiser, has won a case of Ruppert's Beer.

Miss C. Bagby of Woodstown, New Jersey, a reader of the Salem, New Jersey Sunbeam, is the winner of a metal recipe holder with recipes and a can of Pompeian Olive Oil.

Mrs. John Doxsee in Bay Shore, L. I., a subscriber of the Bay Shore, L. I. Journal, has won a case of Trommer's White Label Beer.

HOT OFF THE GRIDDLE

ESTHER DONLAN

To remove spots from polished tables, cover the spot with several soft paper napkins, cut the same size as the spot. Apply a hot iron to the paper, regulating the heat so that the paper does not scorch. Remove the napkins and the iron and apply a cloth on which are several drops of mineral oil. Then rub briskly, allowing not time for the spot to become cool. Polish with a dry cloth, and repeat the process if necessary.

To remove stains from porcelain, use a strong solution of oxalic acid, scrubbing with a brush or small mop. Oxalic acid solution will not burn the hands, but is poisonous.

Blood stains can be removed in water and a little ammonia.

Candle drippings can be removed with lard and benzol.

A very useful formula is the one for making transparent glue for glass: Use 5 ounces of white gelatine, 5 ounces of acetic acid, and 6 ounces of water. Soak the gelatine in the water for twelve hours or so then heat the softened gelatine and water until the gelatine is dissolved and then add the acetic acid. Water is then added until about a pint of glue is obtained.

To stop leaks in radiators, dilute shellac with its own volume of water. Use one cup of these diluted chellac solution, adding it to the water in the radiator.



ICE CREAM STILL FIRST IN POPULARITY AS DESSERT

Despite the fact that winter is here home made ice cream is still considered a great treat to the family. It's a double treat when its chocolate ice cream and served with a lucious cocoanut layer cake. Just the ideal dessert for dinner, the big event of the week.

CHOCOLATE ICE CREAM

3 tablespoons quick-cooking tapioca
2 squares unsweetened chocolate, cut in pieces
2 cups milk
½ cup sugar
¼ teaspoon salt
4 tablespoons light corn syrup
2 tablespoons sugar
2 egg whites
1 cup cream, whipped
2 teaspoons vanilla

Add tapioca and chocolate to milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes) and cook 5 minutes, stirring frequently. Beat with rotary egg beater to blend all ingredinets, if necessary. Strain hot mixture on ½ cup sugar, salt, and corn syrup, stirring (not rubbing) through very fine sieve. Stir until sugar is dissolved. Chill. Add 2 tablespoons sugar to egg whites and beat until stiff; fold into cold tapioca mixture. Fold in cream and vanilla. Turn into freezing tray of automatic refrigerator and freeze as rapidly as possible—3 or 4 hours usually required. Or turn mixture into container, cover tightly, and pack in qeual parts ice and salt 2 to 3 hours. Makes 1 quart ice cream.

COCOANUT LAYER CAKE
(3 eggs)

2 cups sifted cake flour
2 teaspoons double-acting baking powder
½ teaspoon salt
2-3 cup butter or other shortening
1 cup sugar
3 eggs, unbeaten
1-3 cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add flour, alternately with milk, a small amount at a time, beating well after each addition. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (375 F.) 25 or 30 minutes. Spread Coconut Seven Minute Frosting between layers and on top and sides of cake.

COCONUT SEVEN MINUTE FROSTING

2 egg whites, unbeaten
1½ cups sugar
5 tablespoons water
1½ teaspoons light corn syrup
1 teaspoon vanilla
1½ cups moist, sweetened coconut.

Combine egg whites, sugar, water and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with ratary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Spread on cake, ing is still soft. Makes enough frosting is still soft. Mokes enough frosting to cover tops and sides of two 9-inch layers.



Corn Muffins Are Fine When Toasted

An added attraction to any meal comes in the form of hot muffins. The dullest meal can be made interesting and an interesting meal is given the final touch.

Corn muffins, though more seldom served are the favorite of many and are so delicious split and toasted when left over.

CORN MUFFINS

1½ cups sifted flour
2¼ teaspoons baking powder
2 tablespoons sugar
¾ teaspoon salt
¾ cup yellow corn meal
2 eggs, well beaten
1 cup milk
4 tablespoons melted butter or other shortening.

Sift flour once, measure, add baking powder, sugar and salt, and sift again. Add corn meal and mix well. Combine eggs, milk, and shortening; add to flour, stirring only enough to dmapen all flour. Bake in greased muffin pans in a hot oven (425 F) for 25 minutes or until done. This makes 12 muffins. These may also be baked in greased bread-stick pans.

SUNDAY DINNER Suggestions

By ANN PAGE

LUNCHEONS and dinners based on the one-dish meal idea are popular with housewives and most families after a weekend of holiday feasting. Soups, stews, casserole dishes and even a planked steak with its accompanying vegetables all fit this category.

The usual winter vegetables are plentiful and cheap, peas are again reasonable, green beans, while higher, are moderate in price since one pound goes as far as two pounds of peas.

Lamb is the most economical meat but pork and beef are moderately priced. Fish is none too plentiful. An increased supply of fresh eggs is expected before long. Oranges and grapefruit are the outstanding fruit buys.

Here are three menus made to fit different budget levels.

Low Cost Dinner
Baked Stuffed Breast of Lamb
Browned Potatoes and Carrots
Bread and Butter
Cocoa Bread Pudding
Tea or Coffee Milk

Medium Cost Dinner
Braised Lamb Shoulder
Mashed Potatoes Green Beans
Bread and Butter
Snow Pudding Soft Custard
Tea or Coffee Milk

Very Special Dinner
Grapefruit
Roast Lamb Franconia Potatoes
Glazed Onions Green Peas
Watercress and Orange Salad
Rolls and Butter
Spanish Cream
Coffee

Lilly White Makes Panned Oysters



Dear Miss Wilma:

Ah knoes yo all is very fond ob cookin in a chafin dish, specially on Sunday nites when yo has in a flock ob friends. Now dis heah receipe is one Ah gets from my cusin Lollie who cooks for de Jedge ober in Savannah an it goes like dis: yo melts 2 tablesponns ob butter in de chafin dish and den add 1 heapin tablespoon ob finely chopped celery, ½ teaspoon ob salt, a pinch ob black pepper and a pinch ob paprika an 1 teaspoon lemon juice an ½ cup ob oyster liquid. When all dis is very hot, add the drained oysters and cook until de edges curl. Den add de cream, stir well and serve. Dis is specially nice served on hot thin slices of toast. Hoping yo is de same, yo humble servant, Lillie White.

Hot Sandwiches Great Favorite During Cold Weather

It's only natural that one wouldn't enjoy the same type food at this time of the year as a few months ago when the weather was warm and appetities were a bit "subdued." We have left dainty open faced sandwiches behind for the time being and are more interested in fairly good-sized ones, preferably hot. For example:

FRIED CHICKEN SANDWICHES

1 cup minced chicken
2 egg yolks
1 cup milk
1 teaspoon onion juice
Salt, pepper, paprika
10 slices of bread

Mix chicken with seasonings and spread between crustless slices of bread. Mix milk with beaten yolks and dip sandwiches into mixture. Fry in hot bacon fat until brown on both sides.

FRIED CHEESE SANDWICHES

Put in thin slice of cheese between two thin slices of white bread and dip in a mixture made of one beaten egg and a cup and a half of milk, with a bit of salt. Fry like French toast.

Left-over Sweets Cooked With Apples

Sweet potatoes are in vogue this time of the year and occasionally there are bound to be some left over. Here are some grand recipes for those that are left over:

LEFT OVER BAKED SWEET POTATOES

Cut the potatoes in half and scoop out the center, leaving the shell unbroken. Mash the potato and add a little chopped corned beef or other left over meat. Season well with salt, pepper and butter. Put mixture back into shells, with dots of butter on top. Place in a pan and brown in a hot oven.

SWEET POTATOES WITH APPLES

Cut the potatoes into thick slices. Put in a buttered baking dish with slices of apples, dots of butter and a little brown sugar. Bake in a moderate oven ½ hour.

SWEET POTATO PUFFS

To 3 cooked sweet potatoes, mashed, add the beaten yolks of 2 eggs, 2 tablespoons of hot milk, pepper, salt and butter. Fold in the beaten egg whites. Put in greased baking dish and bake in a moderate oven ½ to ¾ of an hour or until brown on top. Marshmallows may be put on the top during the last few minutes if desired.



Over-indulgence in food, drink, or tobacco frequently brings on an over-acid condition in the stomach, gas on stomach, headache, sour stomach, colds, and muscular pains. To get rid of the discomfort and correct the acid condition, take

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JAMES S. PENNINGTON, Attorney

Order Nisi

In the Matter of the Estate of John H. Spayd, Deceased

In the Orphans' Court for Kent County, Maryland

Ordered this 4th day of November 1036, by the Orphans' Court for Kent County, Maryland, that the sale of the real estate mentioned in these proceedings made and reported by James S. Pennington, Ancillary Administrator C. T. A. under the Last Will and Testament of John H. Spayd be Ratified and Confirmed unless cause to the contrary thereof be shown on or before the 7th day of January, 1937, next, provided a copy of this Order be inserted in some newspaper printed and published in Kent County, once in each of four successive weeks before the 7th day of December, next.

F. BAYNARD HARPER,
GEORGE R. RASIN,
HARRY M. STAVELY,
Judges of the Orphans' Court for Kent County, Maryland.

True Copy, Test:
T. RINGGOLD JONES,
Register of Wills.

HERBERT E. PERKINS, Attorney

Order Nisi

Thomas M. Harrington, Assignee
versus
Clarence E. Cornelius, et al

In the Circuit Court for Kent County
In Equity No. 3017

Ordered, this 30th day of October, 1936, by the Circuit Court for Kent County in Equity, that the sale of the Real Estate mentioned in these proceedings, made and reported by Thomas M. Harrington, Assignee, under and by virtue of the authority contained in a mortgage from Clarence E. Cornelius and wife to The Federal Land Bank of Baltimore, a corporaation, dated August 28, 1919, and duly assigned to Thomas M. Harrington for foreclosure and collection, be ratified and confirmed, unless cause to the contrary thereof be shown on or before the 1st day of January next; Provided, a copy of this Order be inserted in some newspaper printed and published in Kent County, once in each of four successive weeks before the 23rd day of November next.

The Report states the amount of Sales to be $2500.00.

True Copy,
ROBERT A. SHALLCROSS, Clerk

Test:
ROBERT A. SHALLCROSS, Clerk

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THOSE WHO REMAIN

When death visits a home, the first concern is to perform the last service to the loved one in a becoming manner. What ever is done must express all the reverance and affection that is felt at such a time. But in addition to this a further responsibilty rests upon the funeral director. It is his privilege and duty to lessen as far as lies with in his power, the burdens laid upon those who remain. By countless little acts of thoughtfulness he can make the way easier for them.

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.

B. R. FELLOWS,
Funeral Director.
Still Pond, Md.

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