SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

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Food, of course, must be well seasoned to be worthy of its piquancy

Menu Of The Week

MONDAY Breakfast—Grape fruit, ready to eat cereal, baked eggs, broiled bacon, raisin toast, coffee or cocoa. Lunch—Lamb patties, buttered carrots, boiled potatoes, apple pie, tea or milk. Dinner—Pot roast of beef, potato pancakes, baked squash, green salad, Bavarian cream, coffee.

TUESDAY Breakfast—Orange juice, plain waffles, frizzled ham, syrup or jam, coffee or cocoa. Lunch—Hot beef sandwiches, mashed potatoes, hot canned beets, cup cakes, tea or milk. Dinner—Kidney Saute, boiled rice, peas and carrots, hearts of lettuce with French Dressing, steamed bread pudding, coffee.

WEDNESDAY Breakfast—Baked apples, hot cereal, scrambled eggs and bacon, plain doughnuts, coffee or cocoa. Lunch—Cream of potato soup, combination salad, toasted muffins, chocolate pudding, tea or milk. Dinner—Roast loin of pork, bread dressing, fried potatoes, buttered beans, apple sauce, romaine salad, youngberry cobbler, coffee.

THURSDAY Breakfast—Stewed pears, ready to eat cereal, poached eggs on toast, crisp bacon, coffee or cocoa. Lunch—Chow mein, crisp noodles, rice cakes, tea or milk. Dinner—Wiener Schnitzel, German fried potatoes, scalloped egg plant, green salad, prune torte, coffee.

FRIDAY Breakfast—Chilled melon, hot wheat cereal, buckwheat cakes, maple syrup or jelly, coffee or cocoa. Lunch—Clam chowder, toasted crackers, cheese souffle, tapioca pudding, tea or milk. Dinner—Creamed salmon in rice ring, buttered spinach, bran muffins, pumpkin pie, a la mode, coffee.

SATURDAY Breakfast—Tomato juice, ready to eat cereal, creamed chipped beef on toast, coffee or cocoa. Lunch—Creamed sweet breads in patty shells, buttered peas, cole slaw, canned blueberry tarts, tea or milk. Dinner—Italian spaghetti, meat balls, dressed lettuce, hot bread sticks, ice cream with assorted cakes, coffee.

SUNDAY Breakfast—Pineapple juice, hot cereal, jelly omelet, broiled bacon, pop-overs, coffee or cocoa. Dinner—Shrimp cocktail, rib roast of beef, oven browned potatoes, Hubbard squash, Waldorf salad, celery-olives-pickles, Angel food cake, molded coffee ice cream, coffee. Supper—Welsh rarebit, buttered toast, fruit compote, coffee or tea.

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

NOW MINCE MEAT RIVALS THE APPLE FOR RECEIPE VERSATILITY HONORS,

These New Pie Alliances Score Big Successes

The apple is justly famous as a versatile fruit, but nowadays mince meat is giving this favorite fruit close competition for variety honors. Besides being a pie delicacy all on its own, mince meat adds new zest and flavor to a great variety of staple fruit pies and with each new alliance achieves new personality and deliciousness. Apples and cherries seem to have a special affinity for mince meat in this role. And modern packaged mince meat makes such alliances easy and economical.

FRUITED APPLE SAUCE PIE

1 (9-oz.) pkg. dry mince meat
1½ cups water
2 cups fresh-cooked or canned apple sauce
Pie crust

Break dry mince meat into pieces. Add water. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for one minute. Allow to cool. Line a 9-inch pie plate or small pie plates with pastry and fill with mince meat mixture. Spread apple sauce over top. Place upper crust over top. Place upper crust on filed lower one and press edges firmly together. Trim off surplus pastry. Bake 35 minutes in a hot oven (400 F.) Garnish with sprigs of holly.

Vinegar Sauce For Broccoli

1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon pepper
1 tablespoon lemon juice
2 tablespoons vinegar
1 tablespoon chives
6 tablespoons olive oil
1 tablespoon minced green pepper
1 tablespoon minced cucumber pickle
1 tablespoon chopped parsley

Combine all ingredients. Heat to boiling point and serve hot over broccoli.

Salt fish should be put to soak in cold water with the flesh side down, so that the salt will fall to the bottom. Otherwise, the fish will come out nearly as salty as when put to soak.

Interesting Ham Sandwiches

GRILLED HAM SANDWICHES

Grill thin slices of cold broiled ham in a hot frying pan with a little butter, cooking them quickly. Have ready slices of bread spread with mayonnaise, lay on the ham, cover with a leaf of lettuce dipped in French dressing and shaken dry, put on top slice and serve at once.

SMOTHERED HAM SANDWICHES

5 slices cooked ham
1 egg white
½ cup mayonnaise
1 teaspoon prepared mustard

Beat egg white very stiff and gradually mix in the mayonnaise and mustard. Lay ham on five slices of bread, cover with mayonnaise mixture and bake in a very hot oven four minutes, or until puffed up and brown.

Coffee Rolls Real Treat For Any Meal

These coffee rolls are ideal for breakfast, afternoon coffee or as a luncheon dessert.

COFFEE ROLLS

3 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
½ cup butter or other shortening
¾ cup milk
Melted butter
Sugar
½ cup currants or seedless raisins
1 egg yolk, slightly beaten
4 tablespoons nut meats, finely chopped

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir soft dough and follows spoon around bowl. Turn out immediately on a slightly floured board and knead 30 seconds. Roll ⅛ inch thick and cut in 2½ inch squares. Brush with melted butter and sprinkle with sugar. Sprinkle raisins over dough. Roll each square as for a jelly roll. Brush with mixture of egg yolk and 1 tablespoon sugar; sprinkle generously with nuts. Place rolls on ungreased baking sheet and bake in a hot oven (425 F.) 15 minutes, or until done. Makes 2½ dozen rolls.

ANNUAL REPORT OF AGRICULTURE HEAD

(continued from page seven)

fruit.

Chemistry And The Farmer

Both hopes and fears cluster about the possibilities of chemical research and its bearing upon new uses for the products and by-products of the farm. Enthusiasts foresee important new mrakets and a quick solution of the whole farm problem. Warning voices say the chemist will synthesize foods in the factory and put the farmer out of his job. Industrial chemistry, they point out , has no particular preference for agricultural sources of raw material and may find what it wants elsewhere. Both the hopes and the fears should be discounted. There is no possibility either that chemistry will slove all the farmers' difiulties overnight or that it will do away with the need for farms.

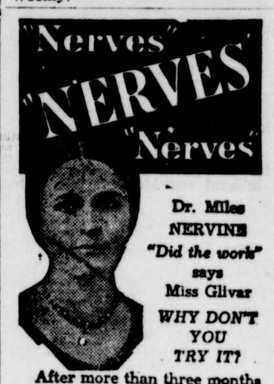
The worth of a chemical discovery depends on the economic as well as the technical factors. Such things as cornstalks and cereal straw, for example, have some value as feed for livestock and as fertilizer. It pays the farmer to sell them for industrial utilization only when he receives more from their sale than they are worth to him as feed and manure. After the chemist has demonstrated that an industrial use for a farm product is possible, the manufacturer must test its commercial feasibility. Also, the farmer should remember that the development of new uses for one of his products may hurt the market for others.

In like manner we may discount the fears generated by the progress of industrial chemistry. Chemists have synthesized a small number of organic compounds formerly obtained from plants, but man must still apply to nature direct for food, clothing, and shelter. Probably agriculture will always have to produce most of the food substances that man requires, most of the clothing materials, and a good part of the materials required in providing shelter. In any case the change of emphasis is not likely to be appreciable in the nera future. For as far ahead as we can see, chemistry will aid and not supplant the farmer. * *

Thsi Department endeavors simultaneously to promote the interests of producers, manufacturers, and consumers, because it is interested not only in the production but also in the commercial utilization and final consumption of agricultural commodities. While the work of the chemist in creating new uses for farm products may temporarily benefit some lines of production to the disadvantage of others, the Department believes the final balance will usually be in favor of the farmer.

Superstitious Scotland

A moth is regarded as telling of a letter on its way; spiders in the home are lucky; killing a beetle brings rain; and a falling picture foretells news of a death. Very few people in Scotland move to a new home on a Saturday, as it is believed that "a Saturday flitting means a short sitting," or that misfortune will soon come along. To present a new-born baby with a silver coin insures luck for the child, but copper coins spell ill-luck for the innocent infant.—Pearson's Weekly.



Dr. Miles NERVINE "Did the work" says Miss Glivar

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Whether your "Nerves" have troubled you for hours or for years, you'll find this time-tested remedy effective.

At Drug Stores 25c and $1.00.

DR. MILES NERVINE LIQUID

SUNDAY DINNER Suggestions

By ANN PAGE

POULTRY is all lower and a roasting chicken will be a good choice for Sunday dinner. Lamb continues really low in price but there have been slight advances in the price of beef, pork and veal.

Eggs are gradually becoming more plentiful and cost slightly less. Butter wholesale prices have declined somewhat but not enough to reduce retails.

Citrus fruits and apples are chief in the fruit market but there is a wide variety of vegetables to choose from, most of the perishable ones coming from Florida, Texas or California.

Here are three menus made to fit different budget levels.

Low Cost Dinner

Baked Stuffed Spareribs
Sweet Potatoes Sauerkraut
Bread and Butter
Apple Whip Soft Custard
Tea or Coffee Milk

Medium Cost Dinner

Fricassee of Chicken
Boiled Rice Green Peas
Bread and Butter
Caramel Cup Custards
Tea or Coffee Milk

Very Special Dinner

Scotch Broth
Roast Stuffed Chicken Giblet Gravy
Mashed Potatoes Brussels Sprouts
Jellied Cranberry and Celery Salad
Rolls and Butter
Coffee Ice Cream Wafers
Coffee



He felt a different man next day, Relieved the Alka-Seltzer way.

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Your druggist sells Alka-Seltzer.

BE WISE—ALKALIZE!



SIMPLE RECIPE WILL BE MUCH PRAISED BY PARTAKERS

The efforts of a housewife are repaid in full, when serving a cheese souffle at a luncheon or buffett supper, she overhears a guest say longingly, "I wish we had food like this at our home." While she feels a thrill of pride she can't help but feel a little pity for the mother or wife of her guest who doesn't prepare such food at home. Especially when the recipe is so simple and calls for such little work and no worry. Here is the recipe for:

CHEESE SOUFFLE

3 tablespoon tapioca
1 teaspoon salt
1 cup milk
1 cup grated American cheese
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine tapioca, salt, and milk in the top of a double boiler. Place over rapidly boiling water, bring to the scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add cheese and stir until melted. Remove from boiling water; let cool slightly while beating eggs, add egg yolks and mix well. Fold in egg whites. Turn into a greased baking dish. Place in a pan of hot water and bake in a moderate oven (350 F.) for 50 minutes, or until souffle is firm. Serves 6.

HOT OFF THE GRIDDLE

ESTHER DONLAN

Choose cooking uttensils of good quality; it is false economy to buy inferior articles which soon wear out.

It is undoubtedly true that health depends very largely on diet, and unless the housewife serves really nourishing foods she will not have a healthy, happy family.

In purchasing fish, be sure that the eyes are bright, the flesh firm, the gills red and the fish well covered with scales.

Browned flour, often called for in recipes is made by sifting the desired amount of flour into a heavy frying pan and browning it inside the oven, scraping from the bottom of the pan as it browns.

Dry ingredients should be measured after they have been sifted once. They should be lifted lightly by spoonfuls until the measuring cup is slightly heaping. Then leveled by cutting across the top of the cup with a knife.

Salad Plate Ideal From Standpoint Of Taste As Well As Appearance

An assorted salad plate for a buffet supper is a very fine thing indeed, from the standpoint of appearance as well as taste.

It is completely up to the hostess whether or not this particular type of salad is to be individual or appear on large platters for self service. One is as attractive as the other though most people seem to prefer the individual plate.

Even in winter there is a wide assortment of foods to be used for these salads, all tending ot make a fine combination. Of course, each portion is set in a crisp lettuce cup and in the case of a large party it is often times well not to dress the salads but serve tiny paper cups filled with mayonnaise and a pitcher of French dressing.

Here is a fine assortment of salads, and using one serving, it is as follows: On a large lettuce leaf, place two slices of tomatoes, with two or three canned asparagus tips on them, top crosswise with a slice of pimento. On another lettuce leaf place either a half or a whole canned pear and pipe the edges and across the top with cream cheese; sprinkle the cheese with a little shredded cocoanut and top with a maraschino cherry. For a third salad, fill lettuce leaves with a generous serving of macaroni salad, also topped with a strip of pimento.

CHAFING DISH CENTER OF ACTIVITY AT SMALL PARTY

If you don't own a chafing dish, hunt up your particular Santa Claus and whisper into his ear that you want one of the new ones that can be found in the stores selling electric gadgets.

For really grown up people, the chafing dish provides a social center around which the bridge group may gather with distinct pleasure to all and much gratification to the hostess.

And for younger people, the chafing dish will not only prove the mechanism for preparing an endless variety of nice things to eat but the excuse for luring the children into an evening at home.

An expensive chafing dish forms a center of activity aruond which two or four or six or any number can have a most enjoyable time. It solves the problem of how to keep an odd number of people of assorted ages and sizes all happy and busy and hopeful.

Here are just a few guides to interesting evenings and interested "tummies" - -

SEA FOOD A LA HOLLLANDAISE

1 cup milk
6 tablespoons butter
2 tablespoons flour
¾ teaspoon salt
⅛ teaspoon white pepper
⅛ teaspoon paprika
Dash cayenne
2 egg yolks
1 cup shrimp
½ cup crab meat
½ cup lobster meat, cut in cubes
3 tablespoons lemon juice

Pour 1 1-3 cups water into water pan. Heat on fast. Scald milk in food pan. When scalded, pour into cup or small bowl. Place butter in food pan. When melted, add flour and mix to a smooth paste. Add scalded milk, salt, white pepper, paprika and dash cayenne. Cook until thick, stirring occasionally. Add slightly beaten egg yolks and stir. Add shrimp, crab meat and lobster meat. Cover and cook 10 minutes on slow. Add lemon juice and serve.

SHRIMP A LA NEWBURG

2 tablespoons butter
3 cups dried canned shrimp
4 tablespoons Sherry
1 teaspoon salt
Dash cayenne
4 egg yolks
1 cup coffee cream

Pour 1 1-3 cups of water into water pan. Heat on Fast. Melt the butter in the Food Pan, add the shrimp that has been well drained, salt, Cayenne and Sherry. Cover and cook for 10 minutes. Add cream and beaten egg yolks that have been mixed together. Stir until thick and creamy, approximately 5 minutes.

HAZARDOUS

Golfer: "Hi, caddie! Isn't Major Pepper out of that bunker yet? How many strokes has he had?"

Caddie: "Seventeen ordinary, sir, and one apoplectic."

HIS BUSINESS

English lawyer, crossexamining a witness: "You drink a great deal, do you not?"

Witness: "That is my business."

Lawyer: "Have you any other business?"



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Chestertown, Md.

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,
ar27 Funeral Director.
Phone 3 Still Pond, Md.

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