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—Orange juice, ready cooked cereal, shirred eggs, coffee or cocoa. Luncheon—Macaroni and cheese, cole slaw, ginger bread; tea or milk. Dinner—Paprika goulash, boiled rice, French fried onions, pickled beets, Bavarian cream, coffee or tea.

TUESDAY Breakfast—Stewed prunes, oat meal, creamed chipped beef, coffee or cocoa. Luncheon—Georgia Brunswick stew, banana fritters, stewed tomatoes, canned pears, cookies, coffee or tea. Dinner—Chicken broth, boiled tongue, creamed spinach, German fried potatoes, fruit salad, Gorgonzola cheese and toasted crackers, coffee.

WEDNESDAY Breakfast—Baked apple, sausage cake, waffle, syrup, coffee or cocoa. Luncheon—Broiled ham steak, baked potatoes, sliced tomatoes, tea biscuits, canned berries, coffee or tea. Dinner—Pea soup with croutons, roast lamb, new peas and carrots, mashed potatoes, mint jelly, mixed green salad, lemon meringue pie, coffee.

THURSDAY Breakfast—Grape fruit, corn flakes, soft boiled eggs, muffins, orange marmalade, coffee or cocoa. Luncheon—Tongue hash, creamed celery, fresh toast, pineapple and cheese salad, warm bread pudding, coffee or tea. Dinner—Mutton broth with barley, pot roast with browned carrots, onions and potatoes, field salad, raspberry sherbet, plain cookies, coffee.

FRIDAY Breakfast—Pineapple juice, boiled rice, poached eggs on toast, coffee or cocoa. Luncheon—Baked noodles, canned pears, cheese straws, water cress salad, chocolate pudding, coffee or tea. Dinner—Clam broth, baked sole in white wine sauce, potatoes boiled with jackets, waldorf salad, up-side-down cake, coffee.

SATURDAY Breakfast—Canned berries, broiled bacon, hashed brown potatoes, hot cakes, coffee or milk. Luncheon—Mixed vegetable omelet, pear salad, cocoanut cake, tea or milk. Dinner—Cream of celery soup, lamb pot pie with vegetables, spiced pears, cucumber salad, apple pie, coffee.

SUNDAY Breakfast—Mixed fruit juices, ready to eat cereal, eggs Benedick, toasted English Muffins, marmalade, coffee or cocoa. Dinner— Shrimp cocktail, Roast suckling pig, onion stuffing, currants or apple sauce, broccoli hollandaise, browned potatoes, molded Bavarian cream, assorted cakes, coffee. Supper— Oyster rarebit, buttered toast, fruit gelatine, coffee or tea.

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

SIMPLE RECEIPE FOR ECLAIRS OR CREAM PUFFS AND FILLING

What a dreadful feeling it is not to be able to find a nice lucious cream puff or eclair in the bakery when our systems tell us that the one and only thing we want at that moment is a cream puff or chocolate eclair. It happens so often. The best thing to do is to have on hand a fine recipe, one that will satisfy that gnawing urge in a short time.

ECLAIRS OR CREAM PUFFS

1 cup sifted cake flour
1-3 cup butter
1 cup boiling water
3 eggs, unbeaten

Sift flour once measure. Melt shortening in water. Stir flour into rapidly boiling water. Cook, stirring constantly, until mixture leaves sides of pan in smooth, compact mass. Remove at once from fire. Add eggs, one at a time, beating only until smooth after each. Shape on ungreased baking sheet, using pastry bag or two teaspoons to make rounds for cream puffs, or strips 5x1 inches, for eclairs. Bake in a hot oven 450 F. for 20 minutes; reduce heat to moderate (350F.) and bake 25 minutes longer. Make slit in one side; insert chocolate cream filling or whipped cream and cover with chocolate frosting.

CHOCOLATE CREAM FILLING

1½ squares unsweetened chocolate
1 cup milk
6 tablespoons sugar
2 tablespoons cake flour
¼ teaspoon salt
1 egg yolk, slightly beaten
½ tablespoon butter
½ teaspoon vanilla.

Add chocolate to milk and heat in double boiler. When chocolate is mleted, beat with rotary egg beater until blended. Combine sugar, flour, salt add gradually to chocolate mixture and cook until thickened, stirring constantly; continue cooking 10 minutes, stir ring occasionally. Add egg yolk, stirring vigorously; cook 2 minutes longer, stirring constantly. Remove from boiling water; add butter and vanilla, and cool. Makes 1¼ cups filling.

Pickled Eggs Popular Accompaniment For Beer

In a great many homes in the west and in a few in the east, pickled eggs have been adopted as the popular accompaniment for a glass of beer. A woman whose husband is inclined to entertain quite a bit and serve beer, finds that pickled eggs are ideal sa she can prepare many in advance and keep them on hand, and as this fine accompaniment also tastes good, its merits are doubled.

PICKLED EGGS

16 eggs, hard boiled
1 quart vinegar
1 level teaspoon black pepper
1 level teaspoon allspice
1 level teaspoon ginger

The shells of the hard boiled eggs can be either removed or slightly cracked. Arrange the eggs compactly in a wide-necked jar. Boil the pepper, spices, and vinegar until some of their flavor is gone and pour, while boiling hot, over the eggs. When cold, cover closely and store in a cool, dry place.

Pot Roast With Spaghetti

4 pounds bottom round of beef
4 medium sized onions
1 carrot
2 cloves garlic
1 bay leaf
½ cup butter
2 sprigs parsley
2 stalks celery
10 cloves
2 tablespoons olive oil
2 cups tomatoes
½ pound spaghetti
Salt and pepper
Parmesan Cheese

Make an insision in the top and bottom of the roast and fill each with a clove of garlic and a few cloves. Dredge with flour and rub all over with salt and pepper. Heat 1 tablespoon of the olive oil in a large heavy pot and brown the roast well on both sides in the oil. Remove the roast; put in the rest of the olive oil and add the chopped onions. When the onions are a deep brown, put back the meat; add the rest of the vegetables, which have all been chopped, bay leaf, cloves, salt and pepper and tomatoes. Cook all together for 20 minutes, then pour in 1 quart of boiling water; cover the pot closely and let cook slowly for about 3 hours or until the meat is perfectly tender.

Fill another pot with salt water, and when boiling vigorously put in the spaghetti, cook 20 minutes, stirring from time to time with a fork to bring out all the starch. Drain in a colander, but do not run cold water through the spaghetti. Replace in saucepan, mix with butter, and just before serving, sprinkle 2 tablespoons of grated cheese throughout.

Strain the gravy, mashing all the vegetables into it through a course sieve. Cut a slice off the pot roast, chop it fine, and mix it with the gravy. Put the roast in the middle of a hot platter, arrange the spaghetti as a border around it, and pour a cupful of the gravy with the chopped meat over the spaghetti. The rest of the gravy serve in a separate dish.

Shrimps In Cream

1 pound shrimps
1 cup cream
2 teaspoon lemon juice
Lemon peel
Salt and pepper
1 scant tablespoon butter

Boil the shrimp. Drain and shell them and put in a pan with the butter. When the butter has melted, add the cream, a little salt, and a bit of the lemon peel. Let simmer 4 minutes; add lemon juice and, when the cream has bubbled up once again, pour into a hot dish and serve with boiled hominy or rice.



MAKING THE MOST OF THE JUICY BIVALVE

So very, very popular in the fine restaurants and hotels—and yet so very, very rarely seen on the dinner table at home—that's the mystery of the oyster on the half shell. And why?

The answer seems to lie in the difficulty which the average individual in the average home seems to have in trying to pry open the two shells of the little beastie who manages so well to keep its face closed.

Still, once the trick is learned, and, like anything else, it is easy. As with other members of the shell fish family, the closed shell is a live and healthy tenant—just the kind to enjoy for dinner.

Noting, first, that each oyster is inside a tightly closed shell, take each oyster and scrub the oustide of the shell. Then plcae the oyster in the left hand and with the thin side of the shell toward the thumb and forefinger, insert a thin, sharp, strong knife blade between the shells just back of the large muscle or hinge. Cut toward you through the muscle and around the shell. After the oyster is pried open, drop it into a strainer placed over a bowl so that any liquor which runs voer may be saved. Before serving, look over carefully and remove any bits of shell.

DOLLED UP BUTTER MAY BE AN EXPRESSION OF ART BY HOSTESS

Curry, Green, Water Cress, Mustard And Ham Butters Give Extra Flavoring And Hence More Taste And Eye Appeal

Sidney Snow

Wasn't it Antonio Canova who leaped into fame with his statue of the lion carved out of butter? It is a far cry from the Italian kitchen boy and his lion to the modern individual who presides over the kitchen or the kitchenette, but sometimes it seems that veen if one cannot carve out a lion, there is ample opportunity, just the same, to work in butter. And what a splendid touch it gives tc sandwiches! A sandwich, one should know, should be not only an item of food but an expression of the art of the host or hostess. And the "dolled up" butter may well be an important high light.

For spreading on toast before the grilled kidney is placed there on and for countless dainty sandwiches, one needs

CURRY BUTTER

Have laid out
½ pound butter
1 teaspoon lemon juice
1 pinch cayenne
1 level tablespoon curry powder

Beat the butter to a cream, then work in the curry powder, then the cayenne and then the lemon juice—making a smooth spreading paste.

For dainty little sandwiches to serve with salads, thin slices of bread with lettuce in between, are excellentñ and there is a nice touch through the use of

GREEN BUTTER

¼ pound butter
2 tablespoons finely minced parsley
1 tablespoon lemon juice
1 level tablespoon anchovy paste
pepper to taste

First beat the butter to a cream then work in the other ingredients, last of all adding pepper to taste.

Other interesting combinations, made in the same way, are water cress butter, using a quarter of a pound of butter, two tablespoons of finely minced water cress, with salt and pepper to taste.

Mustard butter is made, using a quarter pound of butter and one tablespoon prepared mustard.

Ham butter calls for a quarter pound of butter, one cup of finely ground left over ham, one tablespeen thick cream, pepper and cayenne.

Many recipes call for

CLARIFIED BUTTER

Here is how it is made: Put the butter into a little pan and melt it slowly. As it becomes liquid, a scum will arise, which must be skimmed as it appears. When there is no more scum, one will note a sediment in the bottom of the pan. Into a dry jar, perfectly clean, pour the liquid, being careful to leave the sediment behind. This will keep will in the refrigerator.

At least fifty percent of the enjoyment of a sandwich comes from its appearance and sheer artistry. A fancy butter is a first step.

Ham Stew On An Ice Cold Day



Dear Miss Wilma:

Deh's times when nothin am so good as jes food an foh jes food Ah does rekommend ham stew. Aint so much foh stile but foh plane eatin it kaint be beet.

Fust yoh cuts up 2 cups of cold baked er boiled ham in little chunks and puts in de stew pot. Put on top ob dat a quart ob water an a quart ob canned tomatoes and sum stalks of celery an three big raw potatoes cut in little chunks like de ham. Chop up a unyun an add dat. An a green pepper chopped up little. Some salt and pepper and some tyme. Boil slow ober a easy fire about a hour. Eet dis wid plenty bread an butter and a plate ob kole slaw an a bottle ob beer an dog mah cats dat am eets.

Hoping yo is de same your humble servant, Lilly White.

Simple Salads Using "Left Overs"

Left over vegetables are sometimes not acceptbale to many when reheated. If this is a housewife's problem, knowing that she is too thrifty to throw them away, we suggest their use in salads:

BRUSSELS SPROUTS SALAD

Toss Brussels sprouts lightly in French dressing, pile in a salad bowl partially filled with shredded lettuce and decorate with sliced beets.

PICKLED BEET SALAD

Use 1 part of thinly sliced onion to 2 parts of sliced pickled beets. Dress with either French dressing or Mayannoise.

BROCOLLI SALAD

ded lettuce dress with French Dress-
Arrange brocolli on a bed of shreding.

STRING BEAN SALAD

Add a little chopped onion to cold string beans, mix with mayonnaise, arrange on a lettuce leaf and serve chilled.

Much waste is prevented by keeping every article in the place best suited for it.

SUNDAY DINNER Suggestions

By ANN PAGE

THERE has been little change in meat prices during the last week. Forequarter cuts of lamb and beef are better values than hindquarter. If you are planning to have a steak, I suggest a chuck steak of beef or individual lamb steaks from the shoulder for an inexpensive meal. Chickens, fowl and turkeys average about one-fourth less than they did this time last year.

Egg production is high and consequently prices for fine fresh eggs are lower. If the weather permits, plenty of fresh fish will be available at moderate prices. Frozen fish, however, is reasonable.

There is great variety of fresh vegetables and fruits. Shipments of new potatoes and strawberries are increasing, and the prices are lower.

Here are 3 menus using seasonable foods, planned to fit three pocketbooks.

Low Cost Dinner
Shoulder Lamb Steaks
Buttered Beets Mashed Potatoes
Bread and Butter
Half Grapefruit
Tea or Coffee

Medium Cost Dinner
Beef Pot Roast with Potatoes,
Turnips and Carrots
Lettuce Salad, Russian Dressing
Bread and Butter
Apple Dumplings, Hard Sauce
Tea or Coffee

Very Special Dinner
Grapefruit Juice
Roast Chicken, Celery Stuffing
Hominy Fresh Spinach
Lettuce and Tomato Salad
Rolls and Butter
Sponge Cake with Strawberries
Coffee

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.
ar27 Still Pond, Md.
Phone 3

DR. H. C. HUGHES
DENTIST
Office in the Telephone Exchange Building, Chestertown, Md.
PHONES: Office 223
Home 254

Why pay more when you can get it for less?
Here Are the Smartest Wash Frocks We've Seen in a Long Time!
"FRUIT OF THE LOOM"
FROCKS!
The materials and tailoring are of the quality not ordinarily found in dresses selling at this low price!
98c
FOX'S
5c to $1.00 Store
Where your dollar has morecents

SPECIAL
SEASONED
CORD WOOD
PRICED AT ONLY $8 Cut In Cord Lengths
DELIVERED AND CUT ANY LENGTH
$9.00
TRI-COUNTY SALES CORP.
SUCCESSORS TO THE
BACCHUS COAL CO.
PHONES 22 AND 50, CANNON ST.
CHESTERTOWN, MARYLAND

Insist upon a DRY BEER!
Beware of sweetish tasting beers!
ORDER NATIONAL BEER



YOU may like your coffee sweet—but your beer should be DRY. Ask any old time beer lover. If your own experience takes you back to the pre-prohibition days, recall the great beers of those days—they were DRY beers. When your glass of beer is DRY it means that proper ingredients for lager beer were used—no substitutes were mixed in—And it means that your beer was properly fermented IN THE BREWERY—That means it won't ferment in your stomach. A DRY beer—a properly brewed and properly fermented beer will not give you head-ache—it will not "gag" you—it will not make you feel "log-y." On the contrary, it will agree with you.

That is why you should go out of your way to insist upon NATIONAL BEER. NATIONAL BEER is DRY Beer at its best. Sip it carefully and enjoy its CRISP, CLEAN, SNAPPY FLAVOR. Drink it to your heart's content. It will agree with you because it is good for you.

When you order—don't say "beer"—say "National" and look for the label on the bottle before it is poured.

THE NATIONAL BREWING CO., BALTIMORE, MD.

If your dealer can't supply, write us for name of nearest distributor.

BOTTLES
BOTTLES
BOTTLES
IF YOU HAVE ANY
GILL BROS.
"A" MILK BOTTLES
PLEASE
Return Them at ONCE,
As We Loose 10,000 a Year
GILL BROS.
Phone 290. Cross St., Chestertown, Md.