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—Baked apples with cream, hot cereal, grilled ham and eggs, buttered toast, strawberry jam, coffee or cocoa. Lunch—Bacon rarebit, carrot salad, apple dumplings, tea or milk. Dinner—Beef pot pie, parsley potatoes, smothered cabbage, cucumber salad, hot biscuits, prune whip, coffee or beer.

TUESDAY

Breakfast—Grapefruit, ready to eat cereal, scrambled eggs, broiled bacon, hot rolls and jam, coffee or cocoa. Lunch—Canned corned beef hash, pepper relish, buttered carrots, stewed pears, assorted cookies, tea or milk. Dinner—Asparagus soup, hamburger patties, riced potatoes, scalloped corn, fried onions, pickled beets salad, butterscotch pie, coffee.

WEDNESDAY

Breakfast—Sliced bananas with ready to eat cereal, buckwheat cakes, little sausages, maple syrup, coffee or cocoa. Lunch—Split pea soup, toasted crackers, creamed chipped beef on toast, cup cakes with lemon sauce, tea or milk. Dinner—Pan fried liver and bacon, au gratin potatoes, lima beans, pear and cottage cheese salad, cocoanut layer cake, coffee.

THURSDAY

Breakfast—Stewed prunes, hot wheat cereal, broiled bacon, French toast, maple syrup, or marmalade, coffee or cocoa. Lunch—Ham and macaroni en casserole, mixed greens salad, nut cake, tea or milk. Dinner—Chicken soup, braised veal chops, hashed brown potatoes, creamed celery, dressed lettuce, lemon chiffon pie, coffee or beer,

FRIDAY

Breakfast—Orange juice, fried mush with butter, sugar and cinnamon, poached eggs on toast, coffee or cocoa. Lunch—Cream of potato soup, crabmeat salad, melba toast, bread pudding, tea o rmilk. Dinner—Corn bisque, creamed salmon in a rice ring, buttered spinach, endive salad with French dressing, apricot upsidedown cake, coffee.

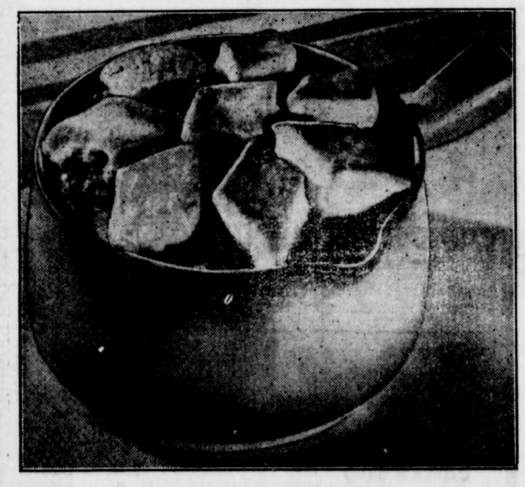
SATURDAY

Breakfast—Mixed orange and grapefruit sections, ready to eat cereal, crisp bacon, waffles and honey or syrup, coffee or cocoa. Lunch—Tomato soup, spanish omelet, hot rolls, fruit gelatine with whipped cream, tea or milk. Dinner—Baked sausage patties with pineapple rings, baked squash, cranberry and apple salad, chocolate cream pie, coffee.

SUNDAY

Breakfast—Grapefruit, ready to eat cereal, grilled kidneys, scrambled eggs, fried potatoes, buttered toast, coffee or cocoa. Dinner—Oyster cocktail, roast goose, mashed potatoes, baked stuffed onions, apple sauce, green salad, celery, olives, pickles or pickled beets, plum pudding with hard sauce, coffee. Supper—Shrimp and celery salad, hot biscuits, ice cream and cup cakes, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 30



COOKING SIMPLIFIED BY MODERN METHODS

Chicken Pot Pie Will Go Further When Made With Tapioca

Looking back over a number of years, one will not that styles in food and food preparations have changed just about as much as they have in clothing, furniture or anything else. This is probably due to the extensive testing and trying out of new mthods. There are people working all the time to simpify cooking for the housewife and one of the methods becoming more and more popular is the use of tapioca for thickening gravies, stews and ramekins.

This recipe for chicken pot pie is one of these recipes and how people will rave about it when it is served.

CHICKEN POT PIE

2½ tablespoons tapioca
¼ teaspoon salt
Dash of pepper
Dash of paprika
2 tablespoons melted butter
2 cups cooked chicken, cut in pieces
1¼ cups milk or chicken stock
6 or 8 unbaked baking powder biscuits, rolled ¼ inch thick

Combine ingredients in order given. Turn into greased casserole and bake in a hot oven (425F.) for 25 minutes, stirring mixture twice durinfl the first 10 minutes of baking. Place biscuits on top of chicken mixture after it has baked 10 minutes, return to oven and bake 12 to 15 minutes longer or until biscuits are browned. Serves 4.

Time And Patience Required In Preparation Of Hors d' Oeuvres

Refreshments to be served with cocktails, in order to do justice to the housewife who probably worries herself for hours, should be interesting and attractively prepared. It is true that they do take a great deal of time to prepare but what a feeling of satisfaction it is for the hostess when she hears friends exclaiming over the attractiveness of her refreshments.

Refreshments of the sandwich type can be prepared an hour or more in advance if they are kept covered with a damp cloth until serving time. This group would include caviar or anchovy paste open sandwiches as well as those using two slices of bread. Along with these, however, it is very popular to serve a few hot hors d'oeuvres. These of course, simply must be prepared at the last minute before serving. If the hostess is entertaining over a period of several hours where guests are apt to be dropping in at all times, a fresh supply must be made for every group of new arrivals; cut bread about one-fourth of an inch wide. Spread with butter and sprinkle with salt and pakrika. Cover the top with grated Parmesan cheese and bake in oven until the cheese is sofetened. Serve at once before the cheese hardens.

Here is another type that can be served either hot or cold. Both ways are delicious: Use 3 large onions, 3 chicken livers, 2 hard-boiled eggs and salt and pepper to taste. Saute the livers together until black it may take two hours). Season to taste with salt and pepper. Mince the hard-boiled eggs and mix with the onions and chicken livers. Serve on unbuttered toast cut in rounds or fancy shapes.

Date Pudding

1 teaspoon vanilla
4 eggs
2 cups pecans
2 cups dates
2 cups sugar
2 teaspoons baking powder
½ pint cream
4 tablespoons flour

Cream the egg yolks and sugar very light, add the flour, and beat well. Then add the baking powder, nuts and dates. Fold in the stiffly beaten egg whites. Put in a square pan in hot water and bake in a moderate oven about 1 hour. When cold serve with whipped cream.

CHOP SUEY AMERICAN CONCEPTION OF WHAT CHINESE DISH SHOULD BE

"A Mixture Of Odds and Ends, Fried Together" Makes What Americans Call Chop Suey

Sidney Snow

Once I heard a Chinese cook in California say: "Melicans allee samee clazee. Make em tea belly hot. Put in ice. Make em belly cold. Put in sugar. Make em plenty sweet. Put in lmeon. Make em plenty sour. All samee clazee."

We, in turn, consider some of the dishes the Chinese are supposed to enjoy and we put out fingers to our hedas and say "Nuts—those Chinese!"

It's all in the point of view or in our early training.

I used to know in prep. school in California, a splendid young Chinese of excellent family. His name was Ong Yet Nam. We had one great hobby in common. We liked to cook and, against the rules of the school, which was kept well hidden. On I owned an alcohol chafing dish propitious nights, usually after Nam had had leave of absence and had gone to San Francisco and brought back sundry and novel ingredients from his uncle, Ong yet Choy, we cooked the conglomeration which may be called Cha Sui or Chop Suey. Nam used to explain that this dish is not Chinese, any more than corned beef and cabbage is Irish, but it is an American's conception of what a Chinese dish ought to be.

He said that Chop Suey corresponded to American hash, and that the nearest possible meaning in Chinese was " a mixture of odds and ends, fried togehter," which, after all, is about what it really is.

There are countless stories as to the invention or origin of chop suey. One of the most reasonable is that San Francisco people, always fond of their chinese colony, used to enjoy pilgrimages to the Chinese restaurants many of thm to this day of marked splendor and excellence.

It was quite evident, though, that the native Chinese dishes were somewhat beyond the American conception. And so the Chinese chefs, with thoughtful consideration, began to plan American interpretations or variations—in short, a dish which had many of the characteristics of Chinese cook ing but inclined to the American persuasion. Thus, grew up the dish which has become the American idea of Chinese food, popular from Coast to Coast—

CHOP SUEY

1 pound beef, pork, or chicken
1 stalk celery
1 pound bamboo shoots
1 onion
10 mushrooms
2 teaspoons shortening
1 teaspoon sherry
1 teaspoon sugar
3 teaspoons soya sauce

Cut all the first five ingredients very fine. Take a pan, put in the lard and allow to become very hot. Add the meat and cook one minute, stirring constantly. Pour in the sherry wine and soya sauce and cook another three minutes.

In another pan put 1 teaspoon of lard, allow to become hot and add the mushrooms, celry, onion and bamboo shoots. When these are cooked, add the prepared meat and wine and lyet cook for another three minutes. If the mixture seems a little dry, add just enough water to moisten it.

Decorative And Tasty Salads For Buffet Or Luncheon

Here is a salad that is fine for either a bridge luncheon or a buffet supper. It is very decorative and will make a beautiful display as well as please hungry guests.

It is a salad of shrimps in an aspic border and is made by first setting a border mold in ice water; then dip hard boiled egg, cut in halves lengthwise and trimmed to fit the mold in aspic jelly, and press against the sides of the mold alternately with small vegetable balls or peas dipped in half set aspic; fill gradually the empty space in the mold with partly cooled jelly, adding vegetables here and there if desired. Let remain in the ice water until jelled, then dip in hot water and turn out of mold onto a platter of lettuce leaves. Fill in the center with torn lettuce leaves, and one pint of shrimps, broken in pieces and dressed with French dressing. Cover with mayonnaise and decorate with more shrimps and small hearts of lettuce.

Another interesting party or family salad is made with shrimps in cucumber boats. First pare the cucumbers, which should be rather short, and cut them in halves lengthwise; remove the seeds and steam the cucumbers until tender; chill, and arrange on lettuce leaves or on a bed of watercress. If the shrimps are large, divide them into two or three pieces. Mix with mayonnaise and place in the cucumber boats. Decorate with mayonnaise put through a pastry tube, and whole shrimps.

Here's A Free Book Of Grand Chocolate Recipes

The other day I ran across a collection of lovely chocolate recipes all bound into a cute little book.

They ought to be in every woman's kitchen library, and thought there are too many to include in this page, there are too many to include in this page, there are recipes for fudge cake, mocha frosting, cocoanut devil's food, tier cake (like you see in expensive French pastry shops—but not hard to make if you know how—and many others in this book.

The publishers told me I could have fifteen hundred copies to offer to "Three Meals A Day" readers. If you want a copy, just write me a postal carde of this paper. Remember that over three quarters of a million homes get this page in their home newsppaer and so fifteen hundred copies of the book will go out fast. So write early to make sure you get a copy. Just write to Sidney Snow, care of this paper.

Baked Bananas For Two

2 bananas
¼ cup raisins
1 cup boiling water
1-3 cup sugar
1 teaspoon cornstarch
1 teaspoon butter
½ teaspoon vonilla or
1 tablespoon lemon juice

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in a casserole in a moderate oven, to bake until the skin is blackened and the pulp is soft. It will take about ten minutes. Take the pulp from the skins without ruining the shape, and place in saucers in half circles. Pour over the sauce. Serve hot as n aentree with meat or as a dessert dish. To make the sauce: cook the raisins in the water until tender. Stir in the cornstarch and sugar mixed together, let simmer six or eight minutes, add the butter and flavoring and the sauce is ready. The water will evaporate during the cooking of the raisins. Add more as needed but do not have more than half a cup in the dish when the cornstarch is added.

Mint Sauce For Lamb

1 cup vinegar
2 tablespoons water
4 tablespoons mints leaves
3 tablespoons sugar

Soak 3 hours, then strain, and serve with lamb.

ANCHOVY SAUCE

To one pint of drawn butter, add one heapng tablespoon of anchovy paste, stir well together and serve.

HORSE RADISH SAUCE

1 teaspoon mustard
1 tablespoon vinegar
1 good sized root of horseradish, grated
½ pint cream
salt

Mix the mustard and vinegar and add the horseradish; let stand for an hour, then add the cream. Excellent with roast beef.

CAPER SAUCE

Make a white suace and add 1 cup of finely cut capers and chopped hard boiled eggs, the whites chopped and yolks mashed, before serving. This sauce is served with boiled mutton.

Preparation Of Brussles Sprouts Developed By Communities

Recipes for Brussles Sprouts, though not so numerous as for many other vegetables, are found to be different in all parts of the country. There is always the good way of preparing them by merely boiling in salted water and serving with melted butter, such a recipe as this is known all over the land, but occasionally one will come across recipes that have been developed by a certain community, such as the following:

BRUSSELS SPROUTS WITH CHESTNUTS

Make a small slit in the flat side of large Italian chestnuts. Put them in a frying pan with 1 teaspoon of butter to every pound of chestnuts. Let the butter melt on top of the stvoe, shake the frying pan until the chestnuts are slightly heated. Put i nthe oven for 5 or 6 minutes. Take off the shells and inner skin with a knife while the chestnuts are still hot. Cook in boiling salted water until tender; drain off all the water, and mash chestnuts in a bowl with 1 tablespoon of butter to every pound. Moisten with hot milk, season slightly with salt and pepper, and beat until light.

Wash the sprouts and pick them over carefully. Cook in boiling salted water 20 minutes. In a baking dish lay half of the sprouts, dot generously with butter; then put in half the chestnuts, lay in the remaining sprouts with bits of butter on top, and finally the rest of the chestnuts, with more butter on top. Put in a hot oven until the butter is melted.

When choosing game at the market, be sure that the flesh is firm, and plump and not discolored. Blue patches denote that the bird has hung too long. Game should be heavy for its size.

Do not be afraid to use plenty of hot water and soap when washing dirty dishes. There is nothing so unattractive for a table as greasy, smudged dishes.

Glasses that have been used for milk, should be rinsed in cold water before being washed.

SUNDAY DINNER Suggestions

By ANN PAGE

FREEZING weather in California and flood conditions in the Mississippi basin have affected supplies and prices of most foods either directly or sympathetically due to increased demand on whatever is available. Most directly affected are navel oranges, lemons, avocados and Iceberg lettuce with peas, celery and broccoli to a lesser extent.

Lamb, pork and poultry offer the best meat values, eggs are plentiful and very reasonable and butter is lower than last year at this season.

The three dinners given below are based on current market conditions.

Low Cost Dinner

Boiled Calli Ham
Mashed Potatoes Creamed Spinach
Bread and Butter
Apple Tapioca Pudding
Tea or Coffee Milk

Medium Cost Dinner

Chicken Fricassee Boiled Rice
Glazed Carrots
Bread and Butter
Orange Spanish Cream
Tea or Coffee Milk

Very Special Dinner

Fresh Pineapple Cup
Roast Lamb Parsley Potatoes
Green Peas, Beans and Limas
Green Salad French Dressing
Rolls and Butter
Vanilla Ice Cream with Crushed Strawberries
Angel Cake
Tea or Coffee

HORNE ADVENTURE TALES

...a tingling series of breath-taking thrills!!!

Read how a century-old Kentucky mountain feud was turned to romance when wolves attacked the son and daughter of these warring families . . . how heroism and quick-thinking saved their lives when the odds were against them!!

These and many more hair-raising episodes—all of them impossible, but true—are now told for the first time by William Horne, globe-trotter and magazine writer. Turn to this series now . . . get a new thrill from these red-blooded adventure tales that will leave you gasping for breath!!

A FEATURE THAT YOU WON'T WANT TO MISS!!

How many times has a Headache ruined your day's work—spoiled your evening's pleasure?

Users of Alka-Seltzer say that Alka-Seltzer gives unusually prompt and effective relief from Headache. Try Alka-Seltzer for Acid Indigestion, Muscular, Rheumatic, and Sciatic Pains.

Alka-Seltzer contains an analgesic (Acetyl-Salicylate) for pain relief. Its vegetable and mineral alkalizers correct the cause when due to hyper-acidity of the stomach.

At your drug store soda fountain and in 30 and 60 cent packages for home use.

BE WISE ALKALIZE!

AMERICA'S Greatest FOOD VALUES

SOUPS that are flavor-feasts of real Southern charm and savor. Sixteen popular varieties made from finest, field-ripened vegetables—grown in the heart of Maryland and sold at a neighborly price.

"Soups Doubly Nutritious are Phillips Delicious"

At Your Grocers

Washington College

FOUNDED 1782

A Grade A, Co-educational College

Limited Enrollment

NOTICE

OLD KENT

BY

GEORGE A. HANSON

Republished copies of the original.

$15.00 per copy.

TRANSCRIPT

Phone 2. Chestertown, Md.

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

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.