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—Orange juice, ready to eat cereal, shirred eggs, buttered toast, grilled bacon, marmalade or jam, coffee or cocoa. Lunch—Bean soup, Frozen fruit salad, chopped chicken sandwiches, ginger cookies, tea or milk. Dinner—Roast stuffed shoulder of veal, baked sweet potatoes, brussels sprouts, endive salad with french dressing, cocoanut custard pie, coffee.

TUESDAY

Breakfast—Grapefruit, hot cereal, buckwheat cakes, little sausages, syrup or jam, coffee or cocoa. Lunch—Corn pudding with bacon, hot biscuits with honey, baked apples with cream, tea or milk. Dinner—Spareribs, sauerkraut, boiled potatoes, assorted mustard pickles, lettuce with Russian dressing, hot gingerbread with whipped cream, coffee, beer.

WEDNESDAY

Breakfast—Apple sauce, ready to eat cereal, baked eggs with frizzled [illegible], hot muffins, strawberry jam, coffee or cocoa. Lunch—Baked macaroni and cheese, buttered peas, orange pudding, tea or milk. Dinner—Pineapple juice cocktail, brunswick stew with vegetables and potatoes, mixed green salad, coffee parfait, cookies, coffee.

THURSDAY

Breakfast—Stewed prunes with cream, hot cereal, minced ham omelet, hot corn bread, coffee or cocoa. Lunch—Baked pork and beans, hot brown bread, spiced pears, cookies, tea or milk. Dinner—Smoked beef tongue, baked potatoes, creamed spinach, cucumber salad, apricot whip, assorted cakes, coffee or beer.

FRIDAY

Breakfast—Tomato juice, hot cereal, cod fish cakes, hashed brown potatoes, buttered toast, coffee or cocoa. Lunch—Asparagus soup, Waldorf salad, jelly roll, tea or milk. Dinner—Baked sea trout, Creole rice, string beans, cole slaw with boiled dressing, pickled beets, or relish, lemon snow pudding, coffee.

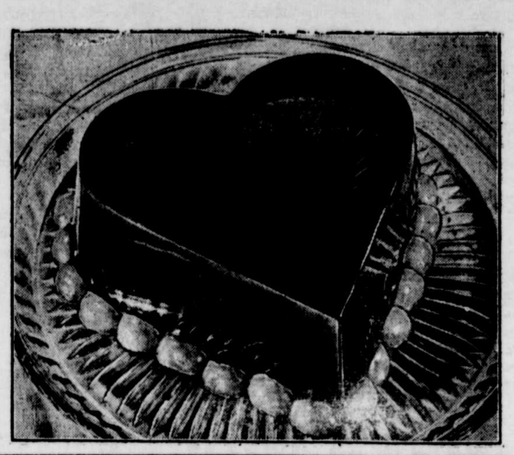
SATURDAY

Breakfast—Stewed apricots, boiled rice with butter, sugar and cinnamon, broiled ham and baked eggs, graham muffins, jelly or jam, coffee or cocoa. Lunch—Beef broth, toasted bacon and cheese sandwiches, diced pineapple, cookies, tea or milk. Dinner—Broiled lamb chops, whipped potatoes, glazed carrots, watercress salad, cottage cheese with minced onion and caraway seeds, layer cake, coffee.

SUNDAY

Breakfast—Stewed pears, ready to eat cereal, broiled chicken livers and bacon, plain waffles and syrup, coffee or cocoa. Dinner—Grilled grapefruit, roast stuffed chicken, candied sweet potatoes, glazed onions, jellied cranberry salad, molded biscuit tortoni, assorted cakes, coffee. Supper—Cheese fondue, broiled tomatoes and crisp bacon, corn muffins, fruit gelatine, coffee or tea.

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



VALENTINES DAY CALLS FOR HEART SHAPED DESSERT

A very fitting climax to all good things served for Valentine's Day dinner would be a cherry-red gelatin dessert, garnished with maraschino cherries and served in a heart-shaped mold. Even if the dinner for this occasion is a "just another dinner," you can gladden the hearts of all by serving one of these colorful desserts. They are also ideal for childrens' parties.

SWEETHEART DESSERT

1 package strawberry flavored gelatin
1½ cups warm water
¼ cup maraschino cherry juice
12 maraschino cherries, quartered.

Dissolve gelatin in warm water. Add cherry juice. Turn into heart shaped mold. Chill until firm. Unmold and garnish with cherries around base. Serve whipped cream separate. Serves four.

FRUIT PUDDING

1 package cherry flavored gelatin
1 pint warm water
¼ teaspoon salt
½ cup chopped seedless raisins
12 dates, chopped
6 figs, chopped
1 banana, diced
¼ cup chopped nut meats

Dissolve gelatin in warm water. Add salt. Chill. When slightly thickened, fold in fruits and nuts. Turn into mold. Chill until firm. Unmold. Serve plain, or with whipped cream. Serves six.

SWEETHEART DESSERT WITH GLAZED FRUIT

1 package cherry flavored gelatin
1 pint warm water

Glazed apricots, prunes, and pineapple

Dissolve gelatin in warm water, Turn into heart shaped mold. Chill until firm. Garnish with glazed fruit. Serve with whipped cream. Serves 4.

For glazed fruit, prepare a thick sugar syrup of 1 cup sugar, ¾ cup water and 1 tablespoon light corn syrup; boil 2 minutes. Simmer half rings of canned pineapple, then soaked, dried apricots and seeded prunes, in syrup for 20 minutes, or until glazed. Cool. Glaze only a few fruits at a time and do not allow syrup to boil hard; this avoids breaking of fruit.

ESTHER DONLAN

Copper utensils are very durable as well as ornamental and if properly cared for will last a life time.

SUNDAY DINNER Suggestions

By ANN PAGE

THIS week brings the beginning of Lent with its demand for fish, cheese, eggs, macaroni, spaghetti, noodles and hearty vegetable dishes. Fish fillets, frozen, smoked and salt fish are fairly plentiful and reasonable in price. Canned fish is always dependable.

Fortunately for the consumer fresh eggs are plentiful and reasonable in price. Meat prices are steadily rising with lamb still the best value. All poultry prices are much lower than last year.

Citrus fruit and apple prices are higher. For variety at moderate cost try using canned fruits. Most fresh vegetables except root types are a good deal higher than they have been.

The three dinner menus given below are based on current market conditions.

Low Cost Dinner
Stuffed Shoulder of Lamb
Browned Potatoes Glazed Carrots
Bread and Butter
Vanilla Pudding
Tea or Coffee Milk

Medium Cost Dinner
Roast Beef Mashed Potatoes
Spinach with Onions
Bread and Butter
Floating Island
Tea or Coffee Milk

Very Special Dinner
Consomme
Roast Chicken Sweet Potatoes
Broccoli
Tomato Salad
Rolls and Butter
Spanish Cream with Strawberries
Coffee



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NOTICE

OLD KENT

BY

GEORGE A. HANSON

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TRANSCRIPT

Phone 2. Chestertown, Md.

Lilly White's Valentine Dessert



Dear Miss Wilma:—

Ah was wonderin if yo'd remember the purty things ah used to be fixing for you for yor Valentine party? In de center ob de tbale ah always fixed a big bokay ob sweet-heart roses wid lace edges and white ribbons running to all de girls' places and wen dey pulled de ribbon de big bokay split up into little ones fo each ob dem. An den de dessert ob sponge cake an pink ice cream, all ob dem like it jus heaps. Ah furst made a sponge cake ob 1 cu pob flour, 1 cup ob sugar, 3 eggs (separated) and beaten stiff an 2 tablespoons cole water. De trick od dis cage is to put the sugar and water on the stove and leave them come to a little bubble, an den add the yolks and den put in half de flour and half de whites, and den add de rest ob de flour and white den add a few drops ob lemon and a tiny pinch ob salt, and den bakd in a slow oven fo at least a half hour. Wen de cake was cole, ah cuts it up in good sized squares and with a heart shaped cutter ah cuts out de center of each square an fills it with pink ice cream and den ah frills de edges with pink whipped crema.

Hopin yo i sde same, your humble servant. Lilly White.

To buy old, poorly kept eggs is not only uneconomical but absolutely wasteful. The yolks will not separate readily from the whites, and the result will be a poorly finished product, whether a cake, pudding or quick bread. Nearly all good recipes call for separated yolks and whites.

VALENTINES DAY OFFERS EXCUSE FOR A PARTY

Hostess Gets Opportunity To Entertain At Fancy Luncheon Or Dinner

Valentine's day is one of those days that are not exactly holidays but which gives the housewife an excuse for a little luncheon or dinner party with all the trimmings with which every woman so loves to fuss.

If her party is to be a luncheon, here is a splendid menu:

Jellied tomato bouillon
Celery hearts
Melba toast
Creamed shrimps in timbale cases
Shoe string potatoes
Baking powder biscuits (cut in fancy shapes)
Valentine salad (molded beet and horseradish)
Heart molds of strawberry Bavarian cream or Fruit gelatine
Fancy cakes, Salted nuts, Heart shaped mints
Coffee

Here are the recipes for the biscuits, which must be light and fluffy if the party is to be a success; and for the strawberry Bavarian Cream

BAKING POWDER BISCUITS

2 cups flour
½ teaspoon salt
4 teaspoons baking powder
3 tablespoons shortening
2-3 cup milk

Mix and sift flour, salt and baking powder. With a knife or a pastry blender cut in the shortening, add the milk gradually and mix to a soft dough. Roll or pat out lightly; cut with biscuit cutter and place in greased pan. Brush cream over top of biscuits before baking. Bake in an oven 425 F. for twelve to fifteen minutes. Makes 12 to 14 biscuits.

STRAWBERRY BAVARIAN CREAM

2 tablespoons gelatine
¼ cup cold water
½ cup fruit juice
1½ cups crushed fresh strawberries (or)
1½ cups canned berries, drained of their juice
1½ cups cream

Soak gelatine in cold water and dissolve in boiling fruit juice. Cool. If fresh fruit is to be used, sweeten to taste, depending upon the sweetness of the berries (about ½ cup); if canned fruit, no extra sugar will be needed. Add fruit and place in refrigerator to chill, stirring occasionally. When mixture begins to thicken fold in cream, whipped stiff. Turn into mold, first dipped in cold water, and return to refrigerator to become firm. Unmold on serving plate and garnish with whole strawberries or whipped cream 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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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.

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THE NATIONAL BREWING CO., BALTIMORE, MD.

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

Will Assist Grapefruit Juice Sales

In an effort to further aid growers to market the all-time bumper grapefruit crop without heavy financial losses, food chain companies today agreed to promote a canned grapefruit and grapefruit juice sales campaign in their 37,000 stores throughout the country next summer.

This drive will supplement the nation-wide fresh grapefruit sale, begun in mid-January and continuing through February. The present campaign was undertaken by the National Association of Food Chains at the request of the growers in Florida, Texas, Arizona and California, when they were confronted with a record-smashing grapefruit crop of 29,000,000 boxes almost twice the production for the last eight-year average.

Hot Off The Griddle

ESTHER DONLAN

Butter the size of an egg, usually measures 1½ tablespoons.

One cup of liquid sweetening, such as thick syrup, is considered the equal of 1 cup of sugar plus ¼ cup of water.

Economy does not mean purchasing cheap, inferior products. It means thoughtful buying.

A little left over cauliflower, asparagus, or celery that has been served with a white sauce can be rubbed through a seive and made the base of a cream soup.

A fresh fish is known by the firmness of its flesh and the brightness of its eyes and gills.

Frozen meats should be thawed slowly, long before they are to be cooked.

LOVE POINT FERRY

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