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—Baked apples with cream, ready to eat cereal, crisp bacon, scrambled eggs, coffee cake, coffee or cocoa. Lunch—Cream of mushroom soup, toasted crackers, pineapple and cream cheese salad, cold cuts, jelly tarts, tea or milk. Dinner—Noodle soup, boiled beef, horse-radish sauce, boiled potatoes, stewed tomatoes, green bean salad, lemon chiffon pie, coffee or beer.

TUESDAY Breakfast—Orange juice, hot cereal, soft boiled eggs, frizzled ham, toasted English muffins with marmalade, coffee or cocoa. Lunch—Grilled tomatoes and bacon on toast, fresh fruit salad, graham muffins, tea or milk. Dinner—Ragout of veal, dumplings or noodles, boiled carrots, beet salad, fruit gelatine with whipped cream, coffee or beer.

WEDNESDAY Breakfast—Grapefruit, hot cereal, sausage patties, French toast with syrup of ham, apple rings, coffee or cocoa. Lunch—Creamed salmon on toast, canned asparagus tips, creamy rice pudding, tea or milk. Dinner—Fried calves liver and bacon, baked potatoes, cauliflower au gratin, cole slaw, preserved blue berry pie, coffee.

THURSDAY Breakfast—Sliced bananas with ready to eat cereal, griddle cakes, frizzled ham, syrup or honey, coffee or cocoa. Lunch—Stuffed green peppers, sliced beets, fruit tapioca pudding, tea or milk. Dinner—Roast pork, bread dressing, apple sauce, pan roasted potatoes, steamed squash, romaine salad, pineapple whip, coffee.

FRIDAY Breakfast—Mixed stewed fruits, hot cereal with cream, parsley omelet, pop-overs, jelly or jam, coffee or cocoa. Lunch—Salmon loaf with mint pears, asparagus tip salad, brown Betty, tea or milk. Dinner—Fried Haddock fillets, glazed white onions, oven browned potatoes, cucumber salad, ice cream puffs with chocolate sauce, coffee.

SATURDAY Breakfast—Preserved figs, ready to eat cereal, bacon and eggs, raisin toast, coffee or cocoa. Lunch—Hot pork sandwiches, buttered peas, custard pie with ginger snap crust, tea or milk. Dinner—Swiss steak, mashed potatoes, smothered carrots, lettuce, tomato and cucumber salad, deep dish apple pie, coffee.

SUNDAY Breakfast—Grapefruit, hot cereal, eggs Benedict, toasted English muffins, marmalade, coffee or cocoa. Dinner—Shrimp cocktail, Roast leg of lamb, mint ice, pan browned potatoes, fresh buttered peas, jellied carrot salad, Baked Alaska, coffee, Supper—Barbecued beef sandwiches, potato chips, assorted pickles, butterscotch tarts, coffee or tea.

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



SANDWICHES BELIE THEIR NAMESAKE, QUALITY AS EPICUREAN DELIGHTS

The earl of Sandwich was thought t obe a boorish fellow because he munched hunks of bread and meat on horseback instead of dining afoot. Subsequently epicures frowned on the man sized sandwich as a crude method of hasty eating; but recently the sandwich has been endowed with artistry and has emerged proudly in the social register of delicacies.

Help yourself parties are the smartest as well as the easiest way to dispense hospitality. Serve a platter of assorted cheese, cold meats or let each guest cut and spread his own. Here are some tasty mayonnaises which will give zest to your salad sandwiches and, magically, they are guaranteed curdleproof, made with sweetened condensed milk. And they can be made in five minutes kitchen duty.

CHEESE DRESSING

¼ cup vinegar
¼ cup salad oil
2-3 cup sweetened condensed milk
1 egg yolk (unbeaten)
½ teaspoon salt
Few grains cayenne
1 teaspoon dry mustard
¼ cup grated American cheese

Place ingredients (except cheese) in a pint jar in the order listed. Fasten top on jar tightly and shake vigorously for two minutes. The mixture will blend perfectly. If thicker consistency is desired, place the jar in the refrigerator to chill before serving. (This mayonnaise may also be made by stirring ingredients in a bowl.) Just before serving, blend in the grated American cheese. Makes 1¼ cups.

MAGIC MAYONNAISE

2-3 cup sweetened condensed milk
¼ cup vinegar or lemon juice
¼ cup salad oil or melted butter
1 egg yolk
½ teaspoon salt
Few grains cayenne
½ teaspoon dry mustard.

Place ingredients in mixing bowl. Beat with rotary egg beater until mixture thickens.

ROQUEFORT CHEESE DRESSING

¼ pound roquefort cheese
2 tablespoons chili sauce
3 tablespoons mayonnaise
1 teaspoon Worcestershire sauce

Mash cheese until creamy and combine with remaining ingredients. Mix until smooth and pour over quartered lettuce or a citrusfruit salad.

SUNDAY DINNER Suggestions

By ANN PAGE

THE best values to be found in market this week are lamb and poultry, particularly ducks, turkey, small fowl, broiling and frying chickens. Eggs continue to be plentiful and very reasonable. Fish is none too plentiful for Lenten needs.

Small heads of iceberg lettuce are inexpensive and so is celery. New cabbage and spinach are the cheapest of the green vegetables, carrots, beets and new potatoes of the roots. Onions and turnips are higher but still reasonable. Beans and peas are expensive.

Grapefruit, oranges and bananas are the best fruit values though pineapples and strawberries are low for the season. Red skinned apples are higher.

The dinners below are planned for Saturday, Sunday and the holiday.

Saturday's Dinner
Fried Oysters Tartar Sauce
Baked Potatoes Buttered Spinach
Bread and Butter
Caramel Cup Custards
Tea or Coffee Milk

Sunday's Dinner
Lamb Chops or Roast New Potatoes
Glazed Carrots Celery
Bread and Butter
Ice Cream with Strawberries
Tea or Coffee Milk

Holiday Dinner
Grapefruit
Roast Chicken, Duck or Turkey
Giblet Gravy
Sweet Potatoes Stewed Celery
Green Salad
Rolls and Butter
Strawberry Shortcake
Coffee

ELECTION NOTICE

The regular Biennial election of Chestertown, Md., will be held at Town Office, 115 Court St., Monday, March 15th, 1937, 9 A. M. to 6 P. M., with Monday, February 22 as registration day. Monday, March 1, Hours 1 P. M. to 9:00 P. M., as revision day.

According to the provisions of the Charter of Chestertown, an eligible voter must be a resident of Chestertown; must be assessed for Two Hundred ($200.00) Dollars worth of property; must have paid all corporation taxes on or before February 22, 1937, and be registered on the city register. The offices to be filled at this election are for Mayor, Councilman for the first ward and Councilman for the third ward. Any eligible voter who desires to run for any of the above stated offices may do so by filing the proper affidavit, with the endorsement of (10) eligible voters from his ward, or from the city at large, for Mayor, as the case may be, with the Judges of election, not later than (15) days prior to the election.

By order of the Judges of Election.
LAURENCE G. BROWN,
WILLIAM F. MALIN.

GALENA

Miss Sara Hyland, of Baltimore, is recuperating at her home here, after an operation of appendicitis in Union Memorial Hospital, Baltimore, Md.

Miss Selma Scotton returned home last Monday after spending several weeks with her sister, Mrs. Harry Smith, in Salisbury, Md., the latter returned to spend a week here with her parents, Mr. and Mrs. James Scotton.

Mr. and Mrs. Warren Johnston and family spent last Sunday, with his father, Mr. Robert Johnston, near Sassafras, Md.

Miss Virginia Spry, of Prospect Park, Pa., spent several days last week with her mother, Mrs. Irving Spry.

Mr. and Mrs. William Otty, of Philadelphia, Pa., were Sunday guests of her niece, Mrs. Heston Coxe.

Miss Hazel Bolton, of Salisbury State Normal School, spent the week end with her parents, Mr. and Mrs. Harry Bolton.

Mr. and Mrs. James Skinner returned to their home last week after spendnig several months with their daughter, Mrs. Leo Gale in Millington, Md.

Mrs. John George, II, Mrs. Elsie Sudler, of Sudlersville, Md., were visitors in town last Friday at the home of Mr. Frank Ruth.

Mr. and Mrs. Raymond Sutton, of Baltimore, Md., were week end guests of her parents, Mr. and Mrs. L. R. Vansant.

Mr. Frank Cohe, of Fredericktown, Md., died suddenly at his home last Monday.

Mr. and Mrs. Joseph Craddock and family, of Prospect Park, spent the past week end with, Mrs. Josephine Davis.

Miss Florence Jones is convalescing at her home here and will return to her school duties at Towson State Normal School about March 1st.

Mr. and Mrs. Daniel Vermillion, of Washington, D. C., visited their aunt, Mrs. Linda Walls on Sunday.

Little Miss Kay Heigh Ahern returned to the home of her grandparents, last week after spending some time with her mother in Florida.

Mr. John Walls returned home on Sunday after spending several weeks with relatives in Washington, D. C.

The Rev. Mr. Wylie, of Fairlee conducted the Lenten service in the P. E. Church on Thursday evening. These services are held very Thursday evening during Lent at 7.30.

Mr. Kent Cornelius, of Galena, son of Mr. and Mrs. Clarence Cornelius was married to Miss Virginia Usilton, of Worton on Saturday night, Feb. 6 by the Rev. J. Lee Marker, of St. James M. P. Church.

Miss Justine and Miss Charlotte Woodall were week end guests of their parents, Mr. and Mrs. James E. Woodall, of Georgetown, Md.

Mr. and Mrs. Walter S. Hadley and daughters, of Claymont, Del., spent the week end with her parents, Mr. and Mrs. John Newnam.

Miss Margaret Williams is visiting her sister, Mrs. Melvin Jarvis, near Blacks.

Mr. and Mrs. Carl Dill and daughter, were Baltimore visitors on Saturday.

Mr. James Davis, Jr., and Mr. Jack Newnam, of Wilmington, spent the week end at their homes.

Mr. and Mrs. George Newcomb and family visited relatives in Cambridge on Sunday.

Mr. and Mrs. J. Crouch & Sons, and Mrs. Heston Cox and daughters, Ruth and Carolyn spent Saturday in Wilmington.

The Ladies Aid of the M. E. Church held a covered dish luncheon on Monday evening in the chapel.

Miss Julia Cruickshank, of Baltimore, spent the week end with her parents, Mr. and Mrs. Thomas Cruickshank near town.

Mr. and Mrs. George Carroll, and sons, of Dover, were week end visitors of their parents, her mother, Mrs. George Johnston returned home with them for a short visit.

FEBRUARY, THE MONTH OF HOLIDAYS

Alhtough February is the shortest month in the year it contains the greatest number of holidays. First, we observe Lincoln's birthday on February 12th—then to the delight of every child comes an old favorite—St. Valentine's Day on February 14th. Last, but not least, in this month of holidays, we observe the memory of George Washington, the father of our country. It is interesting to know that the observance of Washington's birthday is one of the few which was not delayed until after his death. Washington was a guest at many banquets and gatherings in honor of his birthday given by his fellow citizens in his late years.

The gracious and lavish hospitality characterized in the life of the late seventeen hundreds is often expressed today in the celebration we plan for the memory of George Washington, who lived at that time. Of course, the time honored story of the cherry tree and Washington, make the use of cherries at this time most fitting and appropriate. Perhaps the most popular form in which canned cherries appear on this date is in the ever welcome cherry pie or cherry tart. There are many other uses for cannd cherries at this time of the year when the cherry season is long passed, but a good cherry pie is always a favorite.

Most every housewife has her own recipe for cherry pie, but here is one which is sure to win new favor with you and your family. The texture is different, and the flavor is most unusual, and best of all, there's no chance for the juice to run out as it so often does in the best of well ordered pie baking. The combination of cherries, black walnuts, and that small dash of cinnamon do the trick to perfection.

CHERRY WALNUT PIE

2 cups pitted red cherries (or one No. 2 can)
1½ cups sugar
1¼ cups cherry juice
1 tablespoon plain gelatin
½ cup cold water
½ cup broken nut meats (black walnuts preferred)
Dash of cinnamon
½ pint whipping cream, whipped

Soak the gelatin in the cold water. Heat the sugar and cherry juice and cinnamon to the boiling point, stir to make sure sugar is dissolved. Add the soaked gelatin to the hot juice and allow to set in a cold place until a soft, quivery jelly is formed. Carefully fold in the cherries and broken black walnut meats so that they remain in suspension. Pour the mixture into a cold, crisp freshly baked pie shell and allow it to become firm before topping with whipped cream. This recipe will fill a nine inch pie shell.

Just in case you need a good recipe for the old fashioned cherry pie—here is one which you will wish to remember.

OLD FASHIONED CHERRY PIE

2 cups pitted red cherries (or one No. 2 can)
1½ cups sugar
4 tablespoons flour
1 tablespoon butter
Plain pastry for two crust nine inch pie.

Drain cherries, cover with sugar and let stand ten or fifteen minutes. Line a nine inch pie plate with pastry. Pat two tablespoons of flour into the surface of the lower crust. Fill the crust with the sweetened cherries and drdge with remaining two tablspoons of flour. Dot surface with butter and place top crust in usual manner. Bake at 400 dgerees for fifteen minutes, then reduce heat to 300 degrees for twenty to thirty minutes.

Lilly White's Oyster Pie



Dear Miss Wilma:—

Ah was so fussed up bout tellin you how don usta make yor Valentine purties dat ah forgots to tell you just what it was you asked fo in yor las letter.

Yes 'ndeed, oyster pie is one fine dish an how de company wud eat it and et it til I nowed dey'd buss. An its so easy to be fixin. Ah uses jes 2 cups ob white sauce, a little celery salt an 1 teaspoon ob onion juice and a dozen oysters. Ah put de celery salt into de white sauce, an den de onion juice, salt and ob cose do oysters. Ah always seasoned dis well fo all de fokes an den ah'd cober it with a gran pie dough an I'd bake it in a hot oben fo some 20 minutes. Ah can juge better by when de crust is done.

Planked Ham Steak Dinner

1 slice ham ¾ inch thick
1 cup fruit juice
4 small cored red apples, baked
4 parboiled green peppers
2 cups mashed potatoes
¼ cup milk
2 tablespoons butter
2 eggs

Score fat around ham. Broil for 10 minutes without turning, basting several times with fruit juice. Then remove to heated plank or oven glass baking platter broiled side down. Add milk, butter and eggs to mashed potatoes. Beat thoroughly. Season to taste and with pastry bat or spoon fill peppers. Arrange around ham with apples. Return to oven to heat through and brown ham and potatoes. Garnish with water cress or parsley. Serves 4.

Hot Off The Griddle

ESTHER DONLAN

Soup, soupstock, sauces, or roast gravy in danger of spoiling should be given a few seconds boiling, it will then keep form one to three days longer, according to the temperature.

If mould appears on jelly, carefully remove it; bring the jelly to the boiling point, then cool and set aside again.

All bits and pieces of beef and pork fat trimmed from roasts should be heated in a pan and the grease used to make shortening for frying.

Ham or bacon trimmings should be used in the making of omelets; or, minced or cubed, with the fat and coarse parts removed, may be served in a white sauce. They may also be used in such sauces as call for the flavor of these meats.

Fat left over from frying ham or bacon should be kept in a receptacleb y itself, and used to fry liver, potatoes, or other dishes where the flavor of these meats is in order.

The planning of the menu is equal in importance to the preparation of the foods, and it will call for a little study and effort on the part of the housewife to accomplish successfully this part of her duty.



You've heard men say: Why doesn't BEER TASTE like in the OLD DAYS?

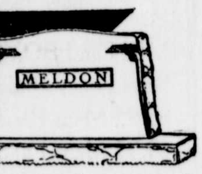
They say that because they have NOT YET FOUND a good DRY beer. To-day, too often one finds in a glass of beer a sweetish, sticky taste. That means a beer which is NOT PURE in its ingredients — not COMPLETE in its FERMENTATION. Remember that fine beer can never be rushed — in the making of fine beer, Time counts. Especially in FERMENTATION, beer requires TIME. Good beer ferments in the brewery — not in your stomach. Good beer does not "gag" you — does not "fill you full of gas" — on the contrary, it aids digestion. That is why we urge you to go out of your way and ask FOR 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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