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, soft-boiled eggs, broiled bacon, raisin-nut toast, coffee or cocoa. Lunch—Creamed chipped beef on toast with string beans brown Betty with hard sauce, tea or milk. Dinner—Minute steak, French fried potatoes, buttered lima beans, watercress salad, cocoanut custard pie, coffee or beer.

TUESDAY Breakfast—Sliced bananas in orange juice, ready to eat cereal, ham and eggs and fried potatoes, buttered toast, currant jelly, coffee or cocoa. Lunch—Vegetable soup, creamed shrimp in patty shells, buttered peas, vanilla ice cream with chocolate sauce, tea or milk. Dinner—Pot roast, carrots and onions, potato pancakes, cole slaw, orange layer cake, coffee.

WEDNESDAY Breakfast—Grapefruit, hot cereal, chicken liver omelet, buttered toast, apple butter, coffee or cocoa. Lunch—Chicken chow-mein, crisp noodles, rice cakes, tea or milk. Dinner—Boiled corned beef, boiled new cabbage, potatoes, carrots, turnips, lettuce and chopped onion salad, deep dish apple pie, coffee or beer.

THURSDAY Breakfast—Orange juice, fried mush with syrup, broiled ham, doughnuts, coffee or cocoa. Lunch—Corned beef sandwiches, asparagus tip salad, prune whip, tea or milk. Dinner—Roast leg of lamb, mint jelly, pan browned potatoes, string beans, chicory salad, fruit compote, coffee.

FRIDAY Breakfast—Preserved figs, ready to eat cereal, jelly omelet, hot biscuits and honey, coffee or cocoa. Lunch—Clam chowder, toasted crackers, vegetable salad, cottage pudding with fruit sauce, tea or milk. Dinner—Clam juice cocktail, baked haddock, macaroni, asparagus, cole slaw, lemon meringue pie, coffee.

SATURDAY Breakfast—Sliced oranges, hot cereal, sausage patties, waffles, syrup or honey, coffee or cocoa. Lunch—Lamb patties on pineapple rings, peas, hot gingerbread with cream cheese, tea or milk. Dinner—Shoulder of veal, hashed brown potatoes, braised celery, cucumber and radish salad, orange sherbet, home made cookies, coffee.

SUNDAY Breakfast—Grapefruit, ready to eat cereal, baked eggs with cheese, broiled ham, pineapple coffee ring, coffee or cocoa. Dinner—Baked sugar cured ham, raisin sauce, braised red cabbage, candied sweet potatoes, jellied carrot and pineapple salad with romaine lettuce, stuffed celery, ripe olives, ice cream shortcake with whipped cream and sliced bananas, coffee. Supper—Crabmeat newburg, shredded cabbage, cup cakes with orange sauce, coffee or tea.

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

OYSTER AND GRAPEFRUIT SALAD EVE ARDENS FAVORITE DISH

Eve Arden, the gorgeous commedienne, whose flip retorts cause Ken Murray no end of trouble on his radio show, softens his "wrath" with some of her home-cooked meals. Her favorite dish for a summer's night is oyster and grapefruit salad. Here's the recipe.

OYSTER AND GRAPEFRUIT SALAD

1 pint oysters
2 grapefruit
4 tablespoons tomato catsup
3 tablespoons grapefruit juice
¾ tbalspoon Worcestershire sauce
6 drops Tobasco sauce
Salt.

Remove tough muscles from oysters. Chill. Cut grapefruit in halves, remove pulp, drain and add to oysters. Add seasonings. Refill grapefruit with mixture and grarish with curled celery.

Lilly White's Pecan Pie



Dear Miss Wilma:

Yor letter done come dis mornin and Ah knos jes what yo all means wen yo sesy o wants a good pie recipe. Dis here one is gonna make eberyone happy as can be. It's a pecan pie and Ah makes it by jes cremeing together one-eights a pound ob butter and ½ cup of sugar. Den Ah adds 3 whole eggs, three-fourths a cup of molasses and bout de juice ob one lemon. Den Ah beats and beats it wid a egg beater, and den Ah adds one cup of pecans wot Ah's cut into chips like we usta do wid de soap. Den Ah beats well some mo and den pours it in a good pie crust and bakes it ten minutes in an oben bout 450 F. and den bout 30 minutes at 350 F. Ah serves it cole with heaps ob whipped cream. Dis sho am rich but jes a little better dan Ah can spell. Hopin yo is de same,

Yo humble servant,
Lily White.

Hot Off The Griddle

Esther Donlan

Exact measurements are necessary to successful cooking.

It is good economy to buy the choice ham rather than an over-salted poorly cured ham. The loss in large portion of the lean meat through salt hardened fibres, entirely offsets the higher first cost of the better ham, whose trimmings, shank bones, and often even the rind, may be appetizingly utilized.



Courtesy Modern Science Institute

VIRGINIA BAKED HAM WITH WINE SAUCE

World Renowned Dish From The South

If you are a lover of baked ham and if you wish to emulate the famous cooks in Virginia who have made this State world renowned for their delicious Virginia baked hams, then simply follow the directions given below:

VIRGINIA BAKED HAM

Trim the fat and skin from a boiled smoked ham, coat with brown sugar and whole cloves, place in an open roasting pan and surround with vegetables. Pour one bottle of red still Burgundy domestic wine over the ham and bake for one hour basting often with the wine. Serve ham from a platter garnished with orange slices. A sauce may be prepared from the liquid remaining in the roasting pan.

In measuring by teaspoon, the standard size to use is one which holds 60 drops. The speen may be tested with an ordinary dropper and cold water.

Keep account of the amount of food rquired for your family for previous meals, and buy accordingly.

Left over boiled or baked potatoes can be utilized to make hash, using with them remnants of boiled beef, corned beef; they may be sliced or minced and sauted in melted butter, ro thy may be cubed or sliced and made into a salad. Left over mashed potatoes make excellent potato borders or fried potato cakes.

Fish should be cooked at once to retain the food value and fine flavor which are lost by long keeping.

When meat becomes surface tainted, scrape the surface with a dull knif, then rub with olive oil.

W. C. T. U. ESSAY CONTEST

The Women's Christian Temperance Union of Kent County is sponsoring a temperance essay contest in the four high schools of Kent County. This is the first year that the contest has been open to pupils from all four high schools. The title of the essay is "Alcohol and Its Effects on Man." The essays are to be not less than five hundred words and not more than seven hundred fifty words in length. Four prizes are offered, five dollars, three dollars, and two two dollar prizes. Essays will be judged by a group of ministers chosen from the county.

High school students competing in this contest are asked to have the essays in the hands of the Contest Chairman no later than April 1st, 1937. The winning essays will be read at the County Convention during the latter part of April.

DATE BREAD

(By Mrs. Ethel Hunter, Home Economist for the Eastern Shore Public Service.)

1 cup dates
2 tbsp. sugar
2 tbsp. butter

Pit the dates; cut fine, add dates, sugar and butter to any bread dough. Put in pan, let rise and bake in a slow oven 325 degrees until done.

May be served hot or cold, makes excellent sandwiches with a nut or fig filling.

SUNDAY DINNER Suggestions

By ANN PAGE

HADDOCK, fish fillets, cod steak, swordfish and whiting are particularly good values this week along with oysters, clams, salt and smoked fish. All poultry is very reasonable. Eggs are less plentiful but still a good value. The meat picture is somewhat changed, lamb prices are higher, veal prices lower, beef a trifle lower and pork unchanged.

Grapefruit is an outstanding value though apples, oranges and bananas are moderate in price. Pineapples and strawberries, where available, are reasonable.

Although many vegetables are rather high, the usual winter standbys, beets, carrots, cabbage, onions, spinach and turnips are inexpensive.

Here are three dinners built around foods which are well distributed and moderate in price.

Low Cost Dinner
Roast Shoulder of Pork
Browned Potatoes
Creamed New Cabbage
Bread and Butter
Apple Pie Cheese
Tea or Coffee Milk

Medium Cost Dinner
Pot Roast of Beef New Potatoes
Carrots Onions
Bread and Butter
Caramel Cup Custards
Tea or Coffee Milk

Very Special Dinner
Stuffed Celery
Roast Chicken Sweet Potatoes
Cauliflower, Maitre d'hotel
Grapefruit Salad
Rolls and Butter
Floating Island
Coffee

IN MEMORIAM

In memory of our dear husband and father, John Ward who departed this life February 23, 1923. Gone but not forgotten.

I have loved one's in that city.
Those who left me long ago.
But with joy are waiting for me.
Where no farewell team ere flow.

In that city bright city
Some with loved one I shall be
And with Jesus live forever
In that city beyond deaths sea.

We will never say good-bye in Heaven.
We wil never say good bye.
For in that land of joy and song
We will never say good bye..

By his loving wife and children.



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WORTON

Mr. and Mrs. Lawrence Lee, of Wilmington, were the guests of his parents, Mr. and Mrs. S. J. Lee last week end.

Miss Lula Van Dyke, of Kennedyville, is visiting her sister, Mr. and Mrs. George Williams.

Mr. and Mrs. Julian Crew entertained at a turkey dinner Sunday. Those present were: Mr. and Mrs. George Glenn, Mrs. Acca Crew and Miss Lula Van Dyke, of Kennedyville and Mrs. Katie Crew and daughter, Miss Helen.

Mr. Gus Lambert was rushed to Kent and Queen Anne's Hospital Sunday for an emergency operation, and is doing nicely at this writing.

Mrs. John C. Money and son, George Gilbert, of Kennedyville, spent several days this week with Mr. and Mrs. Henry S. Rasin.

Mr. John Free, of St. Thomas, Canada, who with his mother, spent the winter here three years ago, has returned for a visit with friends.

The wind storm Sunday night did considerable damage at the home of William Knight, up-rooting a large tree in the yard, blowing over the wind mill and brooder house.

Mrs. Blanche Loller entertained at a family dinner Sunday. Those present were: Mr. and Mrs. Charles Ford, of Chestertown, Mr. and Mrs. John Dwyer, Mrs. Carlia Crew and daughter Thelma.

We are glad to report Mrs. R. A. Loud is somewhat improved. Her daughter, Mrs. Josephine Morris, is with her.

Mr. Charles Joiner and sons, Billy and Charles, and Miss Anna Taylor, who have been quite sick with grippe are convalescing.

Mrs. Julia Matthews returned home Sunday after spending last week with Mr. and Mrs. Howard Rasin, of Still Pond.

Mr. and Mrs. Marion Rash entertained a few friends Saturday evening.

Mr. Paul Joiner and Mrs. George Patrick, are suffering with lagrippe.

The Ladies' Aid will meet at the home of Mr. and Mrs. Norman Baxter Thursday afternoon, March 4th.



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At your drug store, at the soda fountain, and in 30c and 60c packages for home use.

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with its organization.

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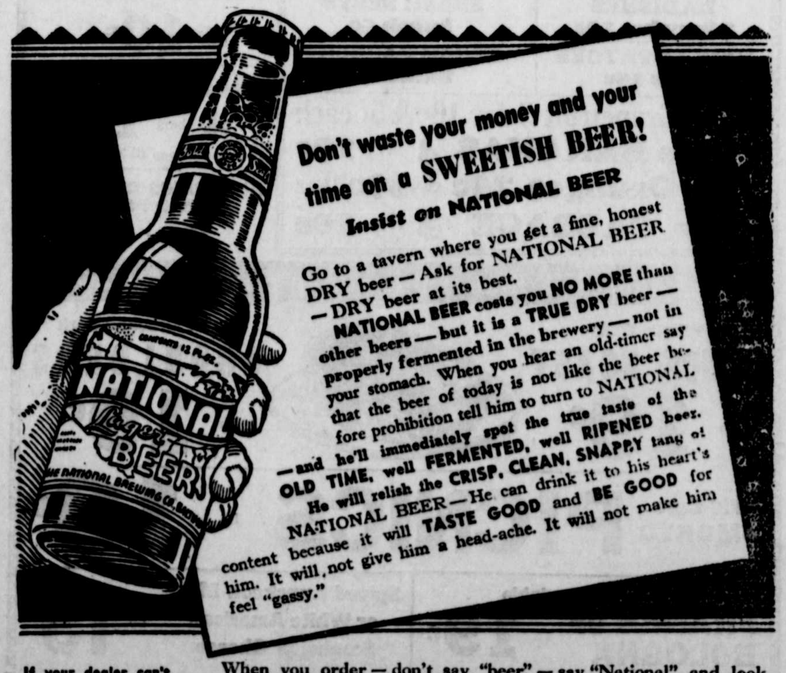
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