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 raisins and nuts, ready to eat cereal, soft boiled eggs, crisp bacon, buttered toast, coffee or cocoa. Lunch—Corn chowder, creamed string beans on toast, frizzled ham, apple Betty, tea or milk. Dinner—Lamb pie with cheese crust, steamed rice, pickled beets, endive salad, raspberry ice, small cakes, coffee.

TUESDAY Breakfast—Sliced bananas with ready to eat cereal, buckwheat cakes, little sausages, syrup or jam, coffee or cocoa. Lunch—Vegetable soup, toasted crackers, bread pudding, tea or milk. Dinner—Boiled corned beef, boiled new potatoes—carrots,—turnips,—onions—cabbage, watercress salad, old-fashioned strawberry shortcake, coffee or beer.

WEDNESDAY Breakfast—Grapefruit, hot wheat cereal, jelly omelet, broiled bacon, coffee cake, coffee or cocoa. Lunch—Corned beef hash, fried new potatoes, pickled beet salad, cup custard, tea or milk. Dinner—Minute steak, french fried onions, buttered peas, avacado and tomato salad, cherry tarts, coffee.

THURSDAY Breakfast—Orange juice, fried mush with maple syrup, scrambled eggs, frizzled ham, hot biscuits and honey, coffee or cocoa. Lunch—Grilled liverwurst with curry butter, asparagus tip salad, prune whip, tea or milk. Dinner—Kidney saute, boiled rice or baked potatoes, buttered carrots, romaine salad with French dressing, Boston cream pie, coffee or beer.

FRIDAY Breakfast—Stewed figs, ready to eat cereal, baked eggs, French toast with syrup or jelly, coffee or cocoa. Lunch—Clam chowder, tomatoes stuffed with shrimp salad, cottage pudding, tea or milk. Dinner—Baked haddock, macaroni and cheese en casserole, buttered asparagus, cole slaw, layer cake, coffee.

SATURDAY Breakfast—Honey Dew melon, ready to eat cereal, waffles, sausage patties, coffee or cocoa. Lunch—Escalloped corn, fried liver, hot gingerbread, tea or milk. Dinner—Roast shoulder, of veal, hashed browned potatoes, braised celery, cucumber and radish salad, blueberry pie (canned blueberries), coffee.

SUNDAY Breakfast—Strawberries and cream, ready to eat cereal, ham and eggs, German fried potatoes, raisin-nut toast, coffee or cocoa. Dinner—Tomato bouillon, fried chicken, corn fritters, baked onions, fruit salad, hot biscuits, molded biscuit tortoni, little pastries, coffee. Supper—Casserole of crabmeat, hardboiled eggs, mushrooms and green peppers, sliced tomatoes, lemon layer cake coffee or tea.

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



PIES BECOMING KNOWN AS MANS DISH, VARIETY LARGE

Though the word "pie" has been in existence since about the fifteenth century and pies have been sold and made since then, it has been about in just the last twenty-five years that pies have reached the height of perfection. This is partly due to the great variety of pies that are now available, and also to the fine ingredients that have been available for their preparation.

Now days, when a woman is in doubt as to what to serve in the way of a dessert, nine times out of ten, she will decide on a pie as it is so satisfying and can be truly called a man's dish. Here is one that is worth trying the next time that pie "urge" is felt.

PINEAPPLE PIE

1 package lemon flavored gelatin
2 tablespoons sugar
¼ teaspoon salt
1 cup boiling water
2 egg yolks
1 cup pineapple juice
1¼ cups drained, crushed pineapple
1 baked 9-inch pie shell.

Combine gelatin, sugar, salt, and 2 tablespoons of water. Add egg yolks and stir well. Add remaining water gradually, stirring until gelatin is dissolved. Add pineapple juice. Chill. When slightly thickened, fold in pineapple. Turn into cold pie shell and chill until firm. Top with a generous amount of whipped cream.

CHAFING DISH THE CENTER OF DELIGHTFUL, EASY COOKING

"English Monkey" And "Scotch Wood-cock" Two Fine Examples Of Results Obtained

Sidney Snow

It is a far cry from the speak-easy of prohibition days to the chafing dish of scrambled eggs served at home late in the evening, but the road is clearly marked out and well defined.

Probably few poultrymen or professional egg folk foresaw this by-product of repeal. It is an interesting study in the ramifications of our civilization.

Whatever our personal opinion of the speak-easy may be, it surely was a great attraction to millions of young folks—and older ones too. There was an air of wickedness about it which drew out the devil in many of us. Sticking around at home held a promise of boredom and the young men felt called upon to think up something fascinating to do. The speak-easy was a ready made attraction.

Now, the speak-easy was notoriously a poor customer for chicken eggs.

With speak-easies rather out of the present day scheme of things and there being nothing particularly wicked about going to a wide-open tavern, home entertaining has made tremendous gains during the last few years.

Now, home entertaining means food—sooner or later. And if it happens to be later in the evening, the egg comes into its own. This is especially so if there be a chafing dish in the home.

With a chafing dish, a few eggs and a little of this and that, the veriest amateur can toss together many a delightful morsel. And with the chafing dish duly organized in the center of the group, everyone can be put to work. Right in that point lies one of the strongest advantages of chafing dish cooking—no one need stand around or sit around. With everyone with a chore to do, preparing the supper is probably as much fun as eating it.

First, let us consider that delightful dish with the intriguing name of

ENGLISH MONKEY

Have ready: 2 eggs, 2 cups of milk, 2 tablespoons butter, 1 large cup fine bread crumbs and a large cup of cheese.

With the blazer of the chafing dish over the water which has been well heated, melt the butter, then add the cheese and stir as it melts. Last of all, stir in the egg, milk and bread crumbs which have been beaten together.

And then there is a dish named (for no reason at all) a

SCOTCH WOOD-COCK

In the blazer, over the water, make a cup of white sauce. Rub in a tablespoonful of essence of anchovies or anchovy paste (boned anchovies rubbed smooth in a cup.) Last of all lay in as many hard boiled eggs as desired, each egg cut lengthwise into quarters. Serve on toast.

While someone is delegated to make up a stack of bread and butter, lettuce and mayonnaise sandwiches, it is quick and easy to toss together a dish of

SPAGHETTI & EGGS

Have ready: half a cup of cooked spaghetti, chopped into half inch lnegths, 5 eggs well beaten, 1 cup milk, 1 tablespoon butter, ½ cup canned mushrooms, a little chopped parsley, salt and pepper to taste.

Melt the butter in the blazer and in it saute the mushrooms lightly. Add the milk and spaghetti. When this mixture is well heated, put the blazer over the water bath and add the beaten eggs. Stir and cook until the eggs have set. Last of all, add the parsley, pepper and salt.

Should you wish to be a little more daring and adroit, then rise to the heights and prepare.

EGGS BENEDICT

Have ready: (for four servings) four portions of ham in slices, four eggs for poaching, two eggs for the sauce, eighth of a pound of butter, the juice of a lemon, pepper and salt, also bread for toasting.

First of all, fry the ham lightly and set in a warm spot.

Now, with the blazer over the water bath (which must not be more than just hot—(not boiling) melt in the blazer one half of the butter. As it melts, stir in the yolks of two eggs. Then immediately stir in the rest of the butter. Add the lemon juice and salt and pepper. Stir carefully until it thickens into Hollandaise Sauce. Don't hurry this operation and overheat the mixture as that will cause it to curdle.

As soon as the sauce is made, make the toast and poach the eggs.

To serve, place the slices of ham upon the slices of toast, place the poached eggs on the ham and cover with the sauce.

Lilly White's Black Bean Soup



Dear Miss Wilma:

Aint nuthin' bettah than black bean soup. It's a meel to itself. Gib me a few soup plates o' black bean soup and then a big slab er apple pie and yo' all kin hab all de rest.

Black bean soup starts last night. Ef you wants black bean soup today, last night you puts two cups black beans to soke after lookin' them ovah. In de mawnin', pick out any bad beans and put all good ones in de pot. Put in 12 cups water. Put in to de pot a hunk salt pork big as a apple an twice as much lean beef. Cut up de pork and de beef before puttin' in de pot. Cut up a carrot and put dot in. Take a middle size onion and cut it up and put it in. Put in a dash red pepper, a pinch mace, 3 cloves and a speck nutmeg. Cover de pot wid a lid and cook 4 hours or until beans is tender. Den rub tru a sieve an put back in de pot. Make sure de soup is salty enuf. If too thick, put in a little hot water and cook a few minutes. Take off de fire. Put in a wine glass sherry. Pour in a tooreen and put in 3 hard boiled eggs sliced and half a dozen thin slices lemon. Say Glory Be an' serve. Hopin you is de same, your humble servant, Lilly White.

Hot Off The Griddle

ESTHER DONLAN

Pickled beets that are in danger of spoiling can be reheated in their own juice. This will preserve them for several days longer.

Water in which rice or macaroni has been boiled should not be wasted, but saved to use as an addition to potato, or vegetable soups.

Slices of light cake, added to a custard mixture make a very nice pudding.

Keep all scraps and remnants of bread in a clean, covered jar. Drying in a cool oven will prevent mold.

Beef is the most nutritious meat mutton is next, then pork and poultry; and the least nutritious is the flesh of immature animals, such as lamb, veal, suckling pig, etc.

There are many meat substitutes. Eggs and fish are first in importance, followed closely by vegetables made into entrees in combination with cheese, butter, eggs milk and cream

Spinach served with eggs, asparagus served with eggs and sauce, macaroni au gratin, and lentils cooked with salt pork, etc., are all considered good meat substitutes.

Food articles that are rich in the same substance should not be combined in the same menu.

Cold Weather Hints For Motorists

By C. R. Strouse
Director, School of Automobiles, International Correspondence Schools

NEVER run an engine in which alcohol is used as the anti-freeze agent, after steam starts to issue from the overflow pipe. The steam will cause the radiator solution to run out of the overflow pipe until the radiator is empty. Scored cylinders, burnt pistons, etc., are likely to be the result.

* * *

When an automatic shutter, or winter front, fails to open at any temperature, the thermostatic unit is probably defective and should be replaced. When the shutters open, but will not close, the trouble is probably due to a broken closing spring.

* * *

Check the generator charging rate. Because of the heavy demand on the storage battery during cold weather, it is often advisable to increase the generator output during the winter months.

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

SUNDAY DINNER Suggestions

By ANN PAGE

EGG prices are running an average of eight to ten cents a dozen under their price of last year at this time. Fish continues to be plentiful, particularly fillets, haddock, cod, swordfish, oysters, clams and smoked and salt fish. Canned salmon is also an economical and delicious standby for luncheons and suppers.

Poultry continues low in price. Veal is plentiful and moderately priced for the first time in months. Lamb is a little higher and beef, fresh and smoked pork about steady.

The vegetable and fruit situation has changed very little during the week, the best values being available in spinach, cabbage and the various root vegetables and in apples, bananas, grapefruit and oranges.

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

Low Cost Dinner
Veal Pot Pie
Potatoes Carrots Onions
Bread and Butter
Raisin Bread Custard
Tea or Coffee Milk

Medium Cost Dinner
Brown Fricassee of Chicken
Sweet Potatoes Spinach
Bread and Butter
Pineapple Cream Pie
Tea or Coffee Milk

Very Special Dinner
Cream of Mushroom Soup
Roast Stuffed Veal Tomato Gravy
New Potatoes Glazed Carrots
Green Salad
Rolls and Butter
Lemon Meringue Pie
Coffee



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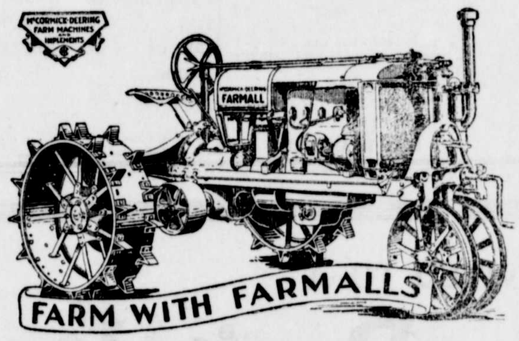
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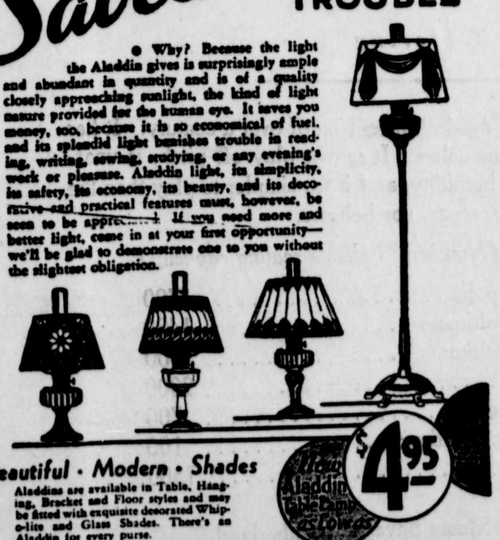
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