THREE MEALS A DAY

SIDNEY SNOW will be gad to answer any questions on food

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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—Chilled melon, ready to eat cereal, fried ham and egg buttered toast, coffee or cocoa. Lunch—Clam broth, combination sandwiches, potato chips, strawberry sundae, tea or milk. Dinner—Roast leg of lamb, pan browned potatoes, summer squash, romaine salad, roquefort cheese dressing, ice box cake, coffee.

TUESDAY

Breakfast—Baked apples with cream, cold cereal, griddle cakes, broiled bacon, syrup, jelly or jam, coffee or cocoa. Lunch—Baked onion soup, parmesan croutons, cold cuts, butterscotch pie, tea or milk. Dinner—Broiled ham steak, french fried potatoes, new creamed peas, lettuce and tomato salad, stuffed peaches, coffee or beer.

WEDNESDAY

Breakfast—Grapefruit juice, hot cereal, buckwheat cakes, grilled sausages, syrup, coffee or cocoa. Lunch—Pineapple juice with avacado balls, eggs a la king, sliced tomatoes, soft rolls, coffee ice cream, tea or milk. Dinner—Cream of tomato soup, lamb pot pie, hot biscuits, string bean salad, peach whip, coffee.

THURSDAY

Breakfast—Sliced oranges, fried mush, broiled bacon, poached eggs on toast, coffee or milk. Lunch—Salisbury steak, hashed browned potatoes, lima beans, lemon water ice, tea. Dinner Ragout of veal, buttered noodles, asparagus, watercress salad, cheese cake, coffee or beer.

FRIDAY

Breakfast—Strawberries and cream, ready to eat cereal, scrambled eggs with mushrooms, hard rolls, jelly or jam, coffee or cocoa. Lunch—Crab cake sandwiches, cole slaw, hot apple pie, tea or milk. Dinner—Sauted fillet of sole with wine sauce, julienne potatoes, buttered spinach, shredded lettuce with Russian dressing, frozen egg nog, assorted cakes, coffee.

SATURDAY

Breakfast—Cantaloupe, ready to eat cereal, frizzled ham, onion omelet, whole wheat toast, strawberry jam, coffee or cocoa. Lunch—Stuffed peppers, buttered beets, sliced tomatoes, chocolate pudding, tea or milk. Dinner—Pork tenderloin, hashed browned potatoes, pea and carrots, spring salad, apricot up-side-down cake, coffee or milk.

SUNDAY

Breakfast—Sliced oranges and grapefruits, cereal, eggs Benedict, hot rolls, jelly or jam, coffee or cocoa. Dinner—Crabmeat cocktail, fricassee of chicken, dumplings, buttered string beans, artichoke salad with mayonnaise, assorted pickles, stuffed celery, biscuit glace, coffee. Supper—Welsh rabbit, stuffed olives and pickles, buttered toast, fruit compote, coffee, tea or milk.

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

A Welsh Rabbit For Four

Well Made—Its Marks the Suave Hostess

By SIDNEY SNOW



PROPERLY made and delicately served, the Welsh Rabbit establishes the perfect hostess—or host. A little practice in the privacy of just the family, and then the most discriminating and critical guests may be brought on.

There are various Welsh Rabbit recipes—but here is one which, while not the simplest in conception, is only moderately difficult. It is unusually fine, though, and with a bit of rehearsal will bring peans of praise.

A Welsh Rabbit To Serve Four

In a soup plate, break two eggs. Add a tablespoon lemon juice, a tablespoon dry mustard, a few dashes of paprika and two pinches of salt. Mix well. Set to one side.

Now, break into small bits one pound American cheese. Put this into a chafing dish or double boiler, adding two or three tablespoons of beer or ale—just enough to keep the cheese from "frying." When the cheese starts to soften, stir constantly IN ONE DIRECTION. The mixture must never come to the boiling point. When the cheese is melted, add the eggs and seasoning, stirring steadily in one direction until well blended and creamy. DO NOT LET IT COME TO THE BOILING POINT as that will tend to cause curdling. Now, add a pinch of bicarbonate of soda and stir for a moment more. Pour the rabbit over four pieces of toast on a very hot platter or in four individual very hot dishes.

French Fried Egg Plant

Do yourself and your family a real favor and prepare a mess of French Fried Egg Plant. French fried onions are grand. French fried potatoes are standard the world over. French fried egg plant is newer—but will top both of the others in sheer goodness.

Take the small egg plants. Peel of the skins. Then slice very thin—about an eighth of an inch in thickness. Drain off the liquid. Dip in eggs beaten up. Then dip in stale bread crumbs. Then drop in deep fat and fry as one fries French fried potatoes. Drain on brown paper and serve at once on a very hot platter.

Almond Sandwich Loaf

3 cups flour
½ cup sugar
4 teaspoons baking powder
1½ teaspoons salt
1 cup chopped almonds
2 tablespoons melted butter or other shortening
1 cup milk
1 egg

Sift dry ingredients together; add nuts. Beat the egg; add milk and melted shortening and stir into first mixture. Transfer to greased bread pan; let stand for 20 minutes; bake in a moderate oven 375 F. for 50 minutes. This bread is better if cut when a day old. Serve thinly sliced with butter or make into sandwiches.

Corn Bread

1 cup white or yellow cornmeal
4 tablespoons sugar
1 teaspoon salt
1 egg, well beaten
1 cup skimmed milk
1 cup flour
4 teaspoons baking powder
2 tablespoons melted shortening

Add the sugar and salt to the cornmeal. Beat the egg well and pour into the milk; stir this mixture into the meal, beating thoroughly. Sift the flour and baking powder into the meal, add the melted shortening and beat hard. Pour the mixture into a greased pan and bake in a hot oven 400 F. until brown. To make a thin crisp Johnny Cake, use an oblong pan and spread batter thinly For a soft loaf, spread batter thickly.

Grilled Grape Fruit Grand First Course

Take halves of grape fruit. Remove the seeds but not the dividers or the center core. Spread with dots of butter. Then over the butter, sprinkle a table spoon of brown sugar. Then put under the broiler, using a high flame. The trick is to grill the grape fruit so rapidly that the butter and sugar melt down into the grape fruit while the grape fruit still retains its shape and texture. Serve immediately as a first course. This is a surprising delicacy which you will want to serve often at luncheon or for dinner.

Lilly White's Waterless Dinner



Dear Miss Wilma:

A couple ob years ago, de jedge said we gotta have one of des waterless cookers, cause some ob de nabors had dem so Ah learns to cook wit it an it sure be a fine thing. Ah cooks a whole meal at once and den has de hole afternoon free to jes smoke ma pipe an think.

Ah heats de waterless cooker jes hissin hot; and browns real quick in de bottom of de cooker one pound and a half of de bottom ob de round ob beefsteak. Den ah places above the meat six potatoes, all pared and washed; and adds two teaspoons ob salt; den Ah removes de skin and outside layers ob six Bermuda onions (regular onions takes to long to cook) and puts into one ob de insets dats what de man called dem); into de other inset ah puts three cups ob ruhbarb and one cup ob sugar. Ah covers de cooker and sets over de fire for an hour an a half. Dat's all der be to it an it sure am a great idee.

Hopin you is de same,
Your humble servant,
LILLY WHITE

A Summer Salad Fresh From The Garden

And isn't it a pleasure to be able to walk into a market and see displayed rows and rows of fine summer vegetables, to be served both hot and in a salad. All winter long, housewives can be heard bemoaning the fact that tomatoes came from hot houses and cucumbers aren't quite as they should be, but now, thank goodness, we can serve salads that will touch the hearts of a confirmed meat eater. Here is one such salad that is just bound to please. It's called a summer salad, and is, of course, best when served at this time of the year. To make this salad, cut into one-inch squares, one large cucumber, three tomatoes and three cold boiled potatoes. Mix thoroughly two tablespoons of French dressing, one scant teaspoonful of prepared table mustard and one tablespoonful of lemon juice, and pour over the vegetables. With the silver forks, mix all together carefully and set aside to chill for at least three hours. Serve in a salad bowl with mayonnaise dressing; garnish (if desired) with anchovies and stuffed olives.

Kitchen Scales Handy For Many Recipes

Though few housewives own one, a kitchen scale is one of the handiest things imaginable. Not only for weighing ingredients for recipes but for also weighing purchases from the store. In this way the housewife can be certain that her grocer is giving her exact measurements.

Here is a recipe for candied grapefruit peel, which is fine and simple to prepare but which needs a scale for it's preparation.

CANDIED GRAPEFRUIT PEEL

Cut the peel into strips about one half an inch wide. Weigh the peel and take its weight in sugar; cover the peel with cold water, and let stand at least twelve hours; let simmer until very tender (about four hours); Let stand in kettle to cool for twelve hours; drain. To the prepared sugar add water weighing one half the weight of the sugar and cook to a thin syrup, add the cooked peel and let simmer until the syrup is all absorbed. Cool partly, but while still warm, roll in granulated sugar (using a silver fork) and dry on waxed paper.

Spanish Fruit Pie

This is a fine pie that just screams of summer:

1 cup shredded pineapple
2 tablespoons sugar
1 tablespoon flour
2 oranges, peeled and cut in slices crosswise
1 large banana
½ cup Malagra grapes or raisins
Rich pastry.

This pie calls for a two inch deep plate, but it can be made in an earthen or glass baking dish with the richest and lightest pastry you can make, and place over the bottom a cup of shredded pineapple, mixed with two tablespoons of sugar blended with 1 tablespoon of flour. Over this lay two oranges peeled and cut in slices, crosswise. Cover these with one large banana, cut first across, then lengthwise, and fill in the chinks with half a cup of raisins. Repeat, beginning with the shredded pineapple, sugar and flour and make a second layer of everything. Cover with an upper crust, and bake until this is brown.

Pulled Peppermint Creams

A nice dish of home made candy is always pleasing to have on hand just for a nibble now and then. Here is one candy that is a little unusual and very delicious:

PULLED PEPPERMINT CREAMS

4 cups granulated sugar
1 cup water
1 cup butter
15 drops oil of peppermint

Boil together the sugar, water, and butter, stirring gently until the butter and sugar are melted, then allowing to boil without stirring until it hardens when a spoonful is dropped in cold water. This should be about 248 F. Remove from fire and drop in the oil of peppermint, pull like taffy until it begins to harden, then pull in one long, even string, cut in inch or half inch lengths with a sharp scissors, and when cold, store in a tin box to cream. It should be creamy in a day or two.

Fig Muffins

It is the desire of nine out of every ten women to become known among her friends for some special recipe that only she can make. This recipe is usually kept a deep dark secret in spite of pleadings from envious friends. Now if you don't happen to be one of these women, try this recipe next time you are entertaining and see if it won't be a great success:

FIG MUFFINS

6 tablespoons of butter
6 tablespoons sugar
1 egg yolk
2 cups bread flour
6 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 stiffly beaten egg white
1 package chopped figs

Cream the butter and sugar, add egg yolk. Sift together the flour and baking powder and salt. Add dry ingredients and milk alternately to the butter and sugar mixture and lastly ad dthe stiffly beaten egg white. Fold in the chopped figs. Bake twenty-five minutes in a hot oven 400 F. Makes 12 muffins.

Stuffed Sweetbreads

Select two pairs of shapely sweetbreads of medium size. Blanch them, parboil, chill and cut in halves crosswise. Season with salt and pepper, and saute in butter mixed with a teaspoon of beef extract until nicely browned. Remove sweetbreads to a warm place and prepare the filling as follows: melt one tablespoon of butter and in it fry one tablespoon of chopped onion and when about half done add six mushroom caps which have been peeled and finally chopped. When both onions and mushrooms are done, add one third a cup of soft breadcrumbs, taken from the center of a stale loaf of bread, and just enough heavy cream to moisten; it will take only a spoonful of two. Cook all for a moment until thickened, and place this stuffing between 2 halves of sweetbread, being careful that the halves match. Place them on a baking sheet or a shallow pan and cover the top of each one with grated parmesan cheese made soft enough with heavy cream to spread. Place under the flame to brown and then remove to serving dish and surround with a cream sauce

Hot Off The Griddle

ESTHER DONLAN

Sulphur in thin silk bags keeps ants out of bread boxes.

Heat milk before adding to mashed potatoes.

To measure one-half cup of shortening, fill the cup half full of water, fill with shortening, and then pour off the water.

For an evening party, a room or buffet should be set apart for refreshments. Supper is often served at private parties and usually takes place between the first and second parts of the dances arranged

If the washing, or a considerable part of it is done at home, it is almost impossible for the general maid, unless she has some assistance, to do her ordinary household duties at the same time. Usually, if all the washing is done at home, the housewife hires someone to assist at the wash tub, and herself sees to little matters in the way of dusting, clearing the breakfast table, and folding, starching and ironing the fine things. If the housewife owns a washing machine she can, of course, accomplish the whole wash herself, and the duties of the maid would remain unaffected.

To remove cocoa or chocolate stains, wash the article in cold water.

Soap rubbed on the edges of dresser drawers make them slide easier.

SUNDAY DINNER Suggestions

By ANN PAGE

SOMEWHAT lower prices for meats, butter and eggs prevail in wholesale markets and the housewife should find beef, lamb and fowl a little less high. Eggs are plentiful, their quality is good and the price reasonable, three good reasons for using eggs freely.

In general vegetables are higher as gaps in production occur between one producing section and the next. Gradually the list of available fruits is increasing. The first cherries and huckleberries have arrived with promise of more to come.

All salad greens except large heads of Iceberg lettuce are reasonable. Serve salads to flagging spring appetites.

Seasonable foods make up the following menus.

Low Cost Dinner

Braised Chuck Steak
Mashed Potatoes Yellow Turnips
Bread and Butter
Prune Whip Soft Custard
Tea or Coffee Milk

Medium Cost Dinner

Stuffed Shoulder of Veal
New Potatoes Spinach with Egg
Bread and Butter
Rhubarb Pie
Tea or Coffee Milk

Very Special Dinner

Pineapple and Strawberry Cup
Individual Chicken Pies
Sweet Potatoes Peas and Celery
Salad of Mixed Greens
Rolls and Butter
Chocolate Souffle Hard Sauce
Coffee

ROCK HALL

Mr. and Mrs. Robert Kenney and son, of Baltimore, spent Sunday with the latters parents, Mr. and Mrs. William Clark and family.

Miss Helen Shallcross spent the week end from Chestertown with her parents, Mr. and Mrs. Preston Shallcross and family.

George Foss, of Balimore, was a week end guest of his mother, Mrs. Kate Whaland.

Mr. and Mrs. Louis Gesswein have as guest from Baltimore their daughter, Mrs. Anna Weaver for a short visit.

Mrs. William Hudson and Mrs. Charles Reiche, of Chestertown, attended services at Wesley Chapel on Sunday. From Church they spent the remainder of the day with Mr. and Mrs. Joseph Ryan and family.

Mr. and Mrs. Alfred Cornelius, of Newark, Del., spent Sunday with Mr. and Mrs. Martin Wagner.

Mr. and Mrs. Charles Davis, Jr., of Baltimore, were over night guests of the formers parents, Mr. and Mrs. Charles Davis, Sr., and family.

Miss Caroline Hadaway, of Baltimore, spent the week end near Rock Hall with her parents, Mr. and Mrs. Walter Hadaway, Jr., and family.

Lloyd Rodney and friend, Joseph Barhing, of Baltimore, spent from Saturday until Monday with the former's parents, Mr. and Mrs. Nelson Rodney.

Edmond and Yarnell Wheat, of Philadelphia, were week end guests here of their mother and sister.

Rock Hall M. E. Church was well attended on Sunday with a special Mother's Day program. A night Mrs. Wolfson preached her farewell sermon. She leaves many friends she made while here.

Wesley Chapel M. P. Church had an attendance of 218 present on Sunday. A special program for Mother's Day and followed by sermon by Rev. A. N. Stubblebine. Solos by Mrs. Carey Thurmlert and Betty Mercer.

Jesse Downey's class of young men had charge of the evening service.

Mrs. Beulah Collyer and Mrs. Katie Stevens attended the state convention of the Daughters of American at the Hotel Emerson in Baltimore this week.

Glass-Blowers' Language

Glass-blowers speak a language of their own, says Literary Digest. Blowers are known as "gaffers." They are assisted by "gatherers." The small amount of glass they work with is called "gather," and a "punty stick" and a "glory hole" are important aids in the difficult process.

WILMINTON DAY NEXT WEDNESDAY

Spring Cooperative Selling Event Promises To Be Big Success

Right at the very peak of the Spring purchasing season the merchants of Wilmington, through the Mercantile Section of the Chamber of Commerce, announce the official Spring "Wilmington Day" as being held on Wednesday, May 19. This is an annual Spring co-operative event in which the leading Wilmington merchants, under the auspices of the Mercantile Section, combine in a stated merchandising event which will be held for the benfeit of their customers in all parts of hte Del-Mar-Va Peninsula and surrounding territory of Pennsylvania, New Jersey and Maryland. The sponsors are arranging for the widest and best observance of the day since these semi-annual events were inaugurated several years ago.

Every possible step has been taken by Wilmington merchants to insure the most attractive and economical purchasing event which has been offered to housewives in the city's natural retail trade territory for many years. Stores handling every character of merchandise are cooperating to make "Wilmington Day" an occasion that long will be remembered by the thrifty, discrominating buyer, an doffers an opportunity to all to concentrate their Spring purchasing of any and all merchandise required, at one time and on one visit to the city, whether these requirements are needed for personal dress or adornment, or for ues in any part of the home.

In every line of merchandise, including staple articles for home use, clothing and miscellaneous articles which may be required by every or any member of a family, and through th eentire list of articles which may be needed for any and every household purpose, the Wilmington merchants have made the most thorough efforts to provide their stores with goods and materials of all descriptions which, based upon their years of experience, best will furnish economically, completely and satisfactorily any requirements of the visiting throng of shoppers which past records show will take advantage of this special day in the Wilmington stores.

Special Parking Arrangements Provided for Visiting "Wilmington Day" Shoppers

As it is expected that there will be a great influx of automobiles bringing shoppers from out-of-town into Wilmington to participate in the official Spring Wilmington Day," May 19th the Mercantile Section of the Wilmington Chamber of Commerce has arranged special parking privileges for the city's visitors. The coupon printed below has been sanctioned by the Bureau of Police of the City of Wilmington, and is provided exclusively for the use of visiting "Wilmington Day" patrons.

Clip This Coupon and Paste It On Your Windshield.

NOTICE

Department of Public Safety

The owner of this car is an out-of-town visitor and guest of the Wilmington Chamber of Commerce on the occasion of the official Spring "Wilmington Day." Please extend every courtesy and assistance.

(Signed) Frank Mahoney,
Chief of Police
Wilmington, Delaware.

May 19, 1937.



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