SIDNEY SNOW will be gad 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—Sliced bananas with cream, cereal, rice cakes, breakfast sausages, hot rolls, coffee or chocolate with whipped cream. Lunch—Consomme, creamed finnan haddie, baked potatoes, dressed lettuce, cheese and crackers, tea or milk. Dinner—Tournedos Bordelaise, julienne potatoes, cauliflower au gratin, orange meringue pie, coffee.

TUESDAY

Breakfast—Orange juice, ready to eat cereal, chicken liver omelet, buttered raisin toast, coffee. Lunch—Chicken a la king, Knickerbocker salad, peppermint tapioca pudding, tea or milk. Dinner—Broiled lamb chops, souffle potatoes, buttered beets, artichoke salad, vanilla ice cream with caramel sauce, cookies, coffee.

WEDNESDAY

Breakfast—Sliced peaches with cream, boiled rice-butter-sugar and cinnamon, poached eggs on toast, broiled bacon, coffee or cocoa. Lunch—broiled Virginia ham, french fried potatoes, peas, fruit compote tea or milk. Dinner—Roast tenderloin of beef, potato croquettes, stuffed tomatoes, asparagus tip salad, souffle pudding, coffee or beer.

THURSDAY

Breakfast—Baked apples with cream, read to eat cereal, griddle cakes, maple syrup, sausage patties, coffee or cocoa. Lunch—Chilled cantaloups, strained onion soup, parmesan croutons, fresh strawberry sundae, tea or milk. Dinner—Boiled corned beef-carrots-turnips-potatoes, lettuce and tomato salad, brown betty coffee.

FRIDAY

Breakfast—Tomato juice, cereal, omelet with onions, hot rolls, apple jelly, coffee or cocoa. Lunch—Baked macaroni with cheese, sliced tomatoes and cucumbers, lemon water ice, cookies, tea or milk. Dinner—Fillet of flounder Circassienne, julienne potatoes, asparagus hollandaise, escarole and chicory salad, cherry pie, coffee.

SATURDAY

Breakfast—Chilled melon, ready to eat cereal, buckwheat cakes, broiled bacon, blackberry jam, coffee or cocoa. Lunch—Combination sandwiches, mixed pickles, layer cake, frosted coffee. Dinner—Roast chicken, potato croquettes, cold artichokes with mustard sauce, broiled fresh mushrooms, orange coupe, macaroons, coffee.

SUNDAY

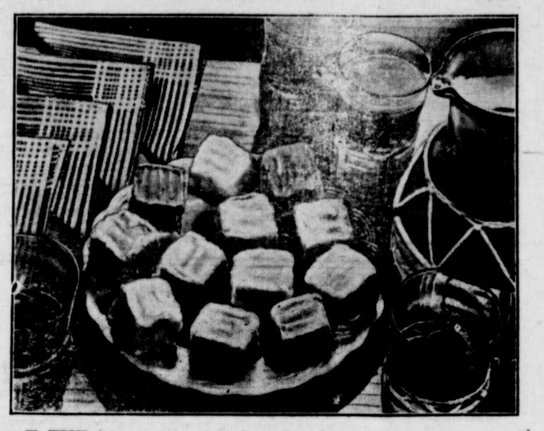
Breakfast—Fresh strawberries with cream, cereal, plain waffles, honey in comb, breakfast sausages, fried eggs, coffee or cocoa. Dinner—Boiled salmon, Hollandaise; roast tame duckling, apple sauce, potatoes au gratin, buttered asparagus, stuffed celery-olives, souffle glace, Pavlowa; coffee. Supper—Eggs, Belmont; chicken livers au Nadere, camembert cheese with crackers, coffee or beer.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 46

Boys Like Gooey Icings

They'll Eat a Little Cake With It

By SIDNEY SNOW



IF THE boy scouts are dropping in on their way home, you'll merit mental orchids if you just pick up a plain cake at the store—cut it into convenient cubes about an inch and a half in size and ice top and sides with quickly made, gooey icings. Here are a couple of good ones made out of condensed milk and sugar with a bit of flavoring:

Coffee Icing

2¼ cups conf. sugar
¼ cup sweetened cond. milk
1 teaspoon vanilla
2 teaspoons cocoa
2 tablspoons strong black coffee

Blend milk, coffee and vanilla. Add sugar and cocoa, sifted together. Blend well and spread on cakes.

Maple Filling

1 can sweet cond. milk
½ cup maple syrup
speck of salt

Mix all together in heavy stew pan and bring to boil, holding there for eight minutes, stirring steadily. Cook. Spread on cakes. Dust with powdered sugar.

Chopped nuts may be added to this icing, or walnut halves used for topping.

This is all so quick and easy—and yet conveys such an expression of friendliness that you'll be the grandest lady on the street to all the youngsters.

salt

Mix well the sugar, flour and a pinch of salt Add boiling water gradually, stirring continuously. Then add the butter and cook for five minutesh. Remove from the fire and stir in the nutmeg. Serve hot on apple dumplings

Filled Cheese Pastry

½ pound butter
1 package cream cheese (¼ lb.)
1 cup flour

Cream butter well. Add cream cheese and blend well. Stir in flour which has been sifted Chill. Roll out dough and cut into squares or triangles and fill with jam, cooked prunes or any other cooked fruit, drained well o fall juice. Fold dough and pinch together Bake in a moderate oven 350 F. for 10 minutes.

WORTON

Mr. and Mrs. Ford Matthews and son, Sheridan have returned to their home in Clarendon, Va., after spending some time with his parents, with Mr. and Mrs. Jas. S. Matthews.

Mrs. Carter Rash and son, Larry Lee, returned frm oa two weeks visit with her sister, Mr. and Mrs. Harold Bonnie of Havre de Grace, Sunday.

Mrs. Laura Cranor, of Lankford, is visiting at the home of her sister, Mrs. B. F. Rash and family.

The Worton Ladies Aid will meet at the home of Mrs. Charles Miller, Kennedyville, Wednesday afternoon, June 2nd instead of Thursday the usual date.

Mrs. Albert Williams who has been quite ill is recuperating.

Mr. B. F. Sewell returned home Sunday after a weeks visit with relatives in Baltimore.

Mrs. Ethyl R. Cooper and Mrs. Henry S. Rasin spent last Thursday in Wilmington.

Mr. and Mrs. Wm. Loller entertained at a family dinner Sunday at which time their little son, "Billy" was christened by Rev. Lee Marker.

Mr. Mowbray Hadaway is still improving and able to be out some each day.

The Betterton Minstrel held here last week was largely attended and well worth going to see.

Mrs. Wm. Campbell and daughter, Ruth, of Collingsdale, N. J., visited Mr. and Mrs Louis Newsome this week.

The Quarterly Conference will meet at Piney Neck M. E. Church, Thursday afternoon, June 3rd at 2 o'clock.

Mr. and Mrs. W. E. Dodson, Jr., Mrs. W. E. Dodson, Sr., Lester and Howard Smith spent Thursday in Philadelphia and Palmyra, N. J.

Oculist, Optometrist

The oculist is an eye physician or surgeon, a doctor of medicine who has had special training not only in optical defects but in the diseases of the eye. An optometrist is an eye measurer who specializes in the examination of the eyes for defects which can be corrected with lenses to create normal vision as far as possible.

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The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Your whole system is poisoned and you feel sour, sunk and the world looks punk.

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Dining Abroad At Home

Kalsoppa Med Frikadeller

Sweedish cookery, though very tasty is somewhat plain, with simpler recipes than we find from France or Italy. Though they are probably best known for their breads, no one has been heard to complain about Sweedish soups. Here is one that will make a meal in itself.

CABBAGE SOUP WITH MEAT CROQUETTES

Remove the outer and coarse leaves of one cabbage and the ribs. Chop the cabbage and cook in three tablespoons of butter until light brown. Add one tablespoon of golden syrup, and stir continuously until the syrup is thoroughly brown, being careful not to let it get too dark.

Add three quarts of good stock, 8 or 10 whole peppers, cover and simmer for about 2½ to 3 hours. Serve with FRIKADELLER: For this the ingredients required are: ¼ pound minced beef, 2 tablespoons butter, 1 tablespoon bread crumbs, ½ cup milk, 1 teaspoon potato flour, 2 teaspoons salt and ½ teaspoon pepper. Put the beef three times through a meat grinder, mix with the butter, bread crumbs, potato flour, and the milk, and season with salt and pepper. The mixture should be quite smooth Shape into very small balls, and boil in salted water for ten minutes.

Ice Box Entrees

There is something about an ice box entree that suggests time and careful preparation, yet a frozen entree is one of the simplest things to prepare. And in spite of their expensive appearance, they can be most reasonably made, using up left overs from any meal of the day. Here is one that is worth trying as it is bound to please.

STUFFED EGGS IN TOMATO JELLY

4 eggs hard cooked
4 tabelspoons mayonnaise
½ teaspoon salt
½ teaspoon pepper
paprika
2 cups tomatoes

Cut hard cooked eggs in halves. Mash yolks with mayonnaise, salt, pepper and paprika and refill the whites.

1 teaspoon grated onion
½ teaspoon salt
⅛ teaspoon paprika
4 teaspoons gelatine
2 teaspoons sugar
¼ cup cold water

Soak gelatin in cold water. Cook tomatoes with onion, salt, sugar and paprika and put through strainer. Dissolve the gelatin in the hot liquid, then cool. Fill mold with layers of stuffed eggs and tomato jelly, letting each layer harden before adding the next one. Chill in ice box until firm. Serve on hearts of lettuce.

Novelties In Cakes

Here is something with which to surprise the family.

TOMATO SOUP CAKE

1 can tomato soup
½ cup butter, melted
1 teaspoon soda
1 pinch salt
1 teaspoon nutmeg
1 cup raisins or nutmeats
2 cups sifted cake flour
1 cup sugar
1 teaspoon cinnamon
2 teaspoons baking powder
½ teaspoon cloves
Vanilla

Add melted butter and sugar to soup. Sift dry ingredients together. Add to tomato mixture, add raisins or nutmeats and vanilla. Pour into greased pan and bake 45 minutes in oven 325 F.

FROSTING

1½ cups powdered sugar
1 package cream cheese.

Cream together and add ½ teaspoon vanilla.

Foundation Punch For Cooling Summer Drinks

Delicious summer drinks can be prepared in a moments notice if the housewife will keep on hand, in her refrigerator a foundation punch which can be varied to make several different beverages. She can also have on hand a few recipes for quick drinks that will really prove a life saver.

FOUNDATION PUNCH

4 oranges
2 lemons
1 cup sugar
½ cup water

Squeeze the juice from the oranges and lemons. Boil sugar and water to the thread sage. Add fruit juice and enough water to make 2 quarts. One cup of chopper mint leaves may be steeped in boiling water, strained and substituted for part of the water. Cool the punch, turn into a glass jar and store in refrigerator.

OTHER FRUIT PUNCHES

Take equal parts of the foundation punch, and berry or other fruit juices, combine, and chill.

Lilly White's Southern Waffles

Dear Miss Wilma:

Seein as how it be getting well up in de hot weather Ah jes thinks to myself dat we usta hab waffles a lot at night with nice crisp bacon or frizzled ham and dey sure was popular. Yo all ust er et des waffles an Ah makes dem with one and one half cups ob boiling water and one half one half cups ob milk and three cups of flour, and three tablespoons ob sugar and three teaspoons ob bakin powder and one half teaspoon ob salt and two aiggs and three tablespoons ob melted butter. First Ah cooks de meal in de boilin water fo bout thirty minutes; den Ad adds de milk de dry ingreedeents (Ah means all de dry stuff). an den Ah adds de aigg yolks beaten well, an de butter an de aigg whites beaten good. Den Ah puts one tablespoon ob de waffle mixture in each compartment near de center ob de iron an cooks until good and puffy and nice an brown. Hopin you is de same, Your humble servant,

Lilly White.

Ginger Cup Cakes

With refrigerators what they are today, the housewife seldom finds herself with sour milk on hand, but should she care to make these cup cakes, she can let some sour.

GINGER CUP CAKES

½ cup melted shortening
1 egg, beaten
1¾ cups flour
1 teaspoon cinnamon
1 teaspoon baking powder
½ cup sugar
½ cup molasses
½ cup sour milk
1 teaspoon ginger
½ teaspoon salt
½ teaspoon soda

Mix all the dry ingredients. Stir in the egg, molasses, and sour milk. Add the melted shortening. Put in greased muffin tins and bake 20 to 30 minutes in a moderate oven.

SUMMER SUNDAY NIGHT SUPPER

Even during the summer when the weather is hot if not hotter the housewife will want to serve hot dishes if they are not too heavy.

When Sunday night comes rolling around and there is company, (usually the same company who has been to those grand Sunday night suppers at your home during the winter), you certainly want to serve something that will uphold your reputation, in spite of hot weather. And also, something that your guests are not apt to have at their own home. Here is a menu that will certainly increase rather than decrease your popularity.

Egg Louisette
Frozen Tomato Salad
Melba Toast
Iced Coffee

The Main dish is made as follows:

EGG LOUISETTE

Make a good pancake batter, and fry in a small round pan. Prepare soft scrambled eggs and put in the pancake. Fold over as a turnover. Before serving pour over the pancake a sauce made as follows:

1 cup mushrooms, chopped
lemon juice
2 tablespoons flour
1 tablespoon butter
1 cup rich cream
1 tablespoon white wine

Put chopped mushrooms which have been sprinkled with lemon juice in a frying pan and shake over a hot fire for a few minutes. Add cream sauce and wine. This sauce may be made up in advance and stored in your refrigerator. However, if this is done, do not add the wine until after the sauce has been reheated.

Hot Off The Griddle

ESTHER DONLAN

Clear soups, such as broths, consommes, bouillons, etc., are usually served at the beginning of a heavy meal. Remember that it is quality not quantity in such soups that is important.

Special attention should be given to all vegetables growing above the ground They should be soaked for at least one hour in cold, salt water to kill all small insects that have a tendency to cling to the leaves. Wash these vegetables several times to free them from sand and dirt.

Waffles may be cooked on gas or electric waffle irons. Brush the iron well with a brush to clean; do not use water in cleaning Heat the iron well before pouring in the mixture, but do not overheat the iron. When the waffle is cooked it should not stick to the iron. Waffles may be served the same as pancakes or may be sprinkled with powdered sugar. They are very tasty when served with fresh or preserved fruit.

When making sandwiches, the butter should be soft and spread thinly and evenly.

Keep plates and platters hot for serving hot sandwiches.

When broiling ham, it should be cut into slices about one-half inch thick. Broil slowly until meat is well done. Time depends on thickness of ham.

Boil frankfurters slowly in water 25 to 35 minutes before serving. Frankfurters and sauerkraut is a very popular dish.

Popovers With Meat

Here is a dish that is every bit as tasty as it sounds.

POPOVERS WITH CREAMED MEAT

1 cup flour
¼ teaspoon salt
2 eggs
½ teaspoon melted butter
⅞ cup milk

Mix salt and flour, add milk gradually to make a smooth batter. Beat whole eggs until lgiht and add to mixture. Add butter. Beat two minutes with egg beater, turn into buttered custard cups or hissing hot buttered iron gem pans. Bake 30-35 minutes, beginning with a hot oven 450 F. and decreasing gradually to modertae oven 350 F. as popovers start to brown. When done open the popovers and pour in some creamed meat. Replace top and pour some of the creamed mixture over top. Garnish with parsley and serve hot. Serves six.

Meat Loaf With Round Steak, Pork

Here is a nice meat loaf recipe. A woman can bake this in a little while and have something grand on hand for sandwiches or something hot for dinner.

MEAT LOAF

1 pound ground round steak
¼ pound fat salt pork, ground
2 cups bread crumbs
1½ teaspoons salt
1 tablespoon Worchestershire sauce
2 eggs, well beaten
1 onion, chopped
1 green pepper, chopped

Mix the ground meat with crumbs, seasoning, chopped vegetables, and eggs. Blend thoroughly. Add enough water or milk if preferred to make a firm loaf. Pack into a greased loaf pan and chill. Turn out of the loaf pan onto a roasting pan which contains a little melted fat. A cupful of canned tomatoes may be poured over the meat loaf if desired. Bake for one hour in a moderate oven 350 F. Slice and serve hot with tomato sauce, or cool and slice for sandwiches.

Bread Crumbs Base For Variety Of Cookie Recipes

Well well! and what uses will they find for left overs. Here are a few cookie recipes that call for bread crumbs which are one of the greatest problems when we have extra bread on hand.

NUT CRUMB COOKIES

1 cup sweetened condensed milk
1 cup nuts, chopped
1 cup fine bread crumbs
½ teaspoon salt
2 teaspoons cinnamon
½ teaspoon vanilla

Combine all ingredients and drop by spoonfuls into buttered baking sheet. Bake in a moderate oven, 375 F. for about 12 minutes or until a golden brown.

CHOCOLATE INDIANS

4 squares chocolate
1-3 cup butter
2 eggs, beaten
1 cup sugar
½ cup dry bread crumbs
½ cup bran
½ cup nuts, chopped
1 teaspoon vanilla

Melt chocolate and add butter. Beat eggs until light. Add sugar and beat. Combine with chocolate, and add crumbs, bran, nuts and spread to ½ inch thickness. Bake in a moderate oven 375 F. for 20 minutes. Cool and cut into 2 inch squares.

Nutmeg Sauce

1 cup sugar
1 tablespoon flour
2 cups boiling water
1 tablespoon butter
1 teaspoon nutmeg, grated

SUNDAY DINNER *Suggestions*

By ANN PAGE

OUT-OF-DOOR eating and picnics begin to come into their own throughout the country as May slips into June.

Vegetable prices are somewhat lower, the most noticeable changes being in green beans, asparagus, cauliflower and lettuce. Beets and carrots are still relatively expensive.

Cherries and cantaloupes are in market but are far from cheap. Oranges, grapefruit, bananas, strawberries, pineapple and rhubarb continue to offer the best values.

Meats are higher, butter lower, eggs reasonable and fish a good choice.

Seasonable foods make up the following menus.

Low Cost Dinner

Roast Stuffed Breast of Lamb
Browned Potatoes Green Peas
Bread and Butter
Tapioca Cream
Tea or Coffee Milk

Medium Cost Dinner

Broiled Chicken Parsley Potatoes
Asparagus with Cream Sauce
Bread and Butter
Rhubarb Pie
Tea or Coffee Milk

Very Special Dinner

Fruit Cup
Roast Turkey or Baked Ham
Potato Balls Green Beans
Tomato Salad
Bread and Butter
Pineapple Ice Cream Wafers
Coffee

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