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—Strawberries with cream, ready to eat celery, fried ham and eggs, buttered toast, jelly or jam, coffee. Lunch—Chicken broth combination sandwiches, prune whip, iced tea or iced cocoa. Dinner—Tenderloin or beef, fresh lima beans, julienne potatoes, chicory salad, spiced pears, assorted cookies, coffee.

TUESDAY

Breakfast—Stewed apricots, ready to eat cereal, french toast, apple jelly or maple syrup, coffee or milk. Lunch—Frozen fruit salad, chopped chicken sandwiches, assorted cakes, tea or milk. Dinner—Ham steak and escalloped potatoes en casserole, asparagus hollandaise, pickled beet salad, strawberry cream pie, coffee.

WEDNESDAY

Breakfast — Grapefruit, ready to eat cereal, baked eggs with cheese, buttered toast, coffee or cocoa. Lunch—Crab omelet, parsley potatoes, cole slaw, jelly tarts, tea or iced cocoa. Dinner—Corn chowder, jellied meat and cucumber salad, sliced tomatoes, asparagus tips, stuffed eggs, chocolate pudding, coffee or beer.

THURSDAY

Breakfast — Chilled melon, cereal, scrambled eggs, crisp bacon, raisin toast, coffee or milk. Lunch—Cold cuts, potato salad, lemon sherbet, [illegible] cookies, iced tea. Dinner—Italian spaghetti, meat balls, dressing, biscuit tortoni, small puffs, coffee.

FRIDAY

Breakfast—Sliced peaches, ready to eat cereal, Jelly omelet, buttered toast, coffee or cocoa. Lunch—Potato soup, tomato aspic, deviled eggs, ice cream cake, iced tea or cocoa. Dinner—Fried trout, parsley potatoes, creamed cauliflower, mixed green salad, apricot upside down cake, coffee or beer.

SATURDAY

Breakfast—Pineapple juice, bacon and eggs, pop overs, jelly or jam, coffee. Lunch—Creamed eggs, with mushroom sauce, pineapple salad ring, chocolate layer cake, tea or milk. Dinner—Dutch oven lamb chops, buttered noodles, smothered carrots, tomato salad, peach Melba, coffee.

SUNDAY

Breakfast—Sliced bananas with ready to eat cereal, griddle cakes, little sausages, syrup or jelly, coffee or milk. Dinner—Crab meat cocktail, Stuffed capon, mashed potatoes, giblet gravy, peas and carrots, beet salad, hot biscuits, assorted pickles-olives, Souffle glace, assorted iced cakes, coffee. Supper—Boston baked beans, brown bread, sliced tomatoes, water ice, coffee, tea or cocoa.

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

For The Forgotten Meal

Here's A Good Coffee Cake To Start The Day Off Right

By SIDNEY SNOW

QUICK COFFEE CAKE

2 cups sifted flour
2 teaspoons baking powder
¾ teaspoon salt
½ cup sugar
6 tablespoons butter or other shortening
1 egg, well beaten
½ cup milk
1½ tablespoons melted butter
4 tablespoons sugar
1 tablespoon flour
½ teaspoon cinnamon

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening. Combine egg and milk; add to flour mixture, stirring until mixture is blended. Turn into greased 9-inch layer pan, spreading dough evenly. Brush top with melted butter. Sprinkle with mixture of sugar, flour, and cinnamon. Bake in a hot oven (400 F.) 25 to 30 minutes. Cut in wedges in pan.

Black Bean Soup

1 pint beans
4 ounces salt pork
1 carrot
1 tablespoon salt
3 cloves, and a little mace
1 lemon
3 quarts water
½ pound lean beef
2 onions
1 salt spoon cayenne
3 eggs

Soak beans overnight. In the morning put in water over the fire, which as it boils away must be added to, to preserve the original quantity (three quarts). Add salt pork, the lean beef cut in bits, the carrot and onions, cut fine, and the seasoning. Cover closely and boil four hours. Rub through a seive and put in a soup tureen on three hard boiled eggs, sliced, one lemon cut in thin slices and one glass of sherry if desired.

Good Brown Betty

Some like it hot, some like it cold, but hot or cold it's perfectly delicious; especially when topped with hard sauce or whipped cream:

BROWN BETTY

2 cups apples, peeled and sliced
½ cup sugar
2 tablespoons butter
1 teaspoon cinnamon
toasted or very stale bread

Line a buttered pan with a layer of apples, then a layer of toasted or stale bread, sprinkle with sugar and a little cinnamon, and small pieces of butter, and repeat until the pan is full. Cover pan so it will steam, and bake in an oven about three quarters of an hour. Then remove cover and allow t obrown . Serve with hard sauce or whipped cream.

Novelties In Vegetables

Asparagus Pudding

It might be an old Spanish custom to do things in an odd way but leave it to the Americans to actually produce something odd: (this probably had a foreign origin though)

ASPARAGUS PUDDING

½ cup asparagus tips
2 eggs
2 tablespoons flour
1 tablespoon finely minced ham
1 tablespoon butter
salt and pepper to taste
milk

Cut the asparagus tips about the size of peas, put them in a pan with the eggs, wheih have been well beaten, the flour, ham, butter, and pepper and salt to taste. Mix all well, and moisten with enough milk to make the consistency of a thick batter. Put into a pint mold, buttered, and tie tightly with a floured cloth. Place in boiling water and let boil for two hours. Turn out of the mold on to a hot dish, and pour drawn butter around, but not over the pudding.

Boston Gingerbread

1 cup molasses
1 cup sour milk
2¼ cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
1 egg, well beaten
½ cup melted butter or other shortening.

Mix the milk and molasses. Sift together the flour, soda, ginger and salt. Sift again and combine with ter and egg and beat until the mixter nad egg and beat until the mixture is smooth and creamy. Place in a greased cake pan and bake in a moderately hot oven 350 F. for about thirty minutes.

ETERNAL FRYING KILLS THE ROMANCE OF KITCHENETTE COOKERY

Iron Frying Pan And Lid Sufficient "Machinery" For Fine Foods

There is a certain touch of novelty and romance about being transplnated from a roomy small town or country home in New England or the West or the South into a tiny city apartment with its tinier kitchenette and its midget cooking arrangements. But the romance soon leaves the everlasting grilled lamb chop and the sausages fried in carbona, as Bobby Edwards of Village fame used to say.

There comes, then, a longing for the well cooked dishes which pleinly enough took time to prepare—dishes in which there seem to be many juices, and all swimming around together.

So we measure the capabilities of the kitchenette. We find that no matter how tiny, a good iron frying pan with a good lid is just about all the "machinery" needed to make that wonderful old fashioned central european dish called.

BEEF ROULADE

For four generous servings lay out the following:

2 lbs. round steak cut into slices half inch thick
¼ pound bacon cut into thin slices
1 onion, chopped fine
2 or 3 carrots cut in "tootpicks"
1 firm dill jickle, cut in thin strips, lengthwise.
2 level tablespoons flour
½ pound butter
1 or 2 cups bouillon or water
salt and pepper

Have the butcher pound the meat flat, in pieces cut about four by six inches.

Sprinkle with salt and pepper and then lay across each strip a layer of the filling: strips of bacon of carrots and of pickle—some minced onion and more seasoning. Then roll up the pieces of meat into neat, well filled "roulades" and either tie with string or fasten into place with toothpicks.

Heat the fat in the iron frying pan and when hot, brown the roulades well. Then sprinkle with flour and brown the flour. Then add the bouillon or water and stew slowly for an hour or a little more, keeping the pan covered. When tender, thicken the gravy slightly if needed and serve immediately.

An added touch is to season the gravy slightly with red sour wine or lemon juice.

This is an extremely tasty dish and a grand central creation for a small apartment dinner.

"Hurry-up" Meals From A Bare Cupboard

On one of those ever tragic days when the housewife is rushed and dinner is almost due and there is absolutely "nothing in the house," try something like this: It's a life saver: POTATO PIE. Use any kind of cooked meat, cut into dice. Line a deep dish with cooked and mashed and salted potatoes, then put in meat and small bits of butter, and one cup of gravy, if you have it. Cover with potatoes and bake for fifteen minutes.

Then to carry on, fix a SPINACH SOUFFLE(made in a jiffy by using two cups of either canned or fresh cooked spinach, which have been put through a colander, add cream sauce made of two tablespoons of butter, two of flour, one cup of milk and one cup of grated cheese. Mix well and cool, then add the beaten yolks of three eggs. Put in a buttered baking dish and cook fifteen to twenty minutes.

The meal can be finished with cup cakes from the corner bakery and a home made fruit sauce.

Savory Recipes For Shrimp Eaters

A shrimp is a pecular little animal and unlike so many things, is usually either thoroughly liked or completely disliked; there doesn't seem to be much of a happy medium!

These recipes are particularly for the shrimp lover with the idea that their appetizing appearance will entice those others to give the poor shrimp a chance.

SHRIMP CROQUETTES

2 quarts shrimp
½ wineglass vinegar
1 tablespoon butter
a little grated nutmeg
1 tablespoon Worcestershire sauce

Run the shrimp through a meat grinder, mix with the butter, vinegar, Worcestershire sauce and nutmeg. Form into little cakes and fry in deep fat.

CREOLE SHRIMP

1 can tomato soup
onions, salt nad pepper
½ bell pepper
few strips bacon
2 quarts shrimp

Cut bcaon and fry, then add cut up peppers, onion, tomatoes and seasoning. Lastly, the cut up shrimp. Serve wtih a rice border.

DINING ABROAD AT HOME

Foreign Recipes Call For Kitchen Scales

In the preparation of so many foreign recipes, a kitchen scales is necessary as most quantities are given according to weight rather that actual measurements.

In this fine recipe from England, you will notice that all the ingredients are listed according to weight, and if you don't own one of these scales, it will be worth buying one just to use this recipe.

ENGLISH MARMALADE PUDDING

4 ounces orange marmalade
8 ounces bread crumbs
6 ounces finely chopped beef suet
2 eggs
½ teaspoon baking powder
a little milk

Mix the suet, bread crumbs, baking powder and a pinch of salt well together. Beat the eggs, add the marmalade, and when well mixed stir them into the dry ingredients. Beat the mixture lightly, and if at all stiff, add a little milk. Turn into a buttered mold, cover with waxed paper, and steam for 2½ to 2¾ hours. Serve with marmalade, or any other suitable sauce. This is sufficient for 5 or 6 persons.

WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning Ready to Go

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 blows up your stomach. You get constipated. Your whole system is poisoned and you feel sour, sunk and the world looks punk.

Laxatives are only makeshifts. A mere bowel movement doesn't get at the cause. It takes those good, old Carter's Little Liver Pills to get those two pounds of bile flowing freely and make you feel "up and up". Harmless, gentle, yet amazing in making bile flow freely. Ask for Carter's Little Liver Pills by name. Stubbornly refuse everything else.

Lilly White's Crab Salad

Dear Miss Wilma:

Ah's a bit late but de crabs am here an if you all feels like havin some fo lunch what ain't hot here am one ob mah extry speshila recipes: "it's called a crab mold (an Ah always figured mold was what come on de bread if it gets old), anyway yo jes sokes one-half an envelop (it's bout 1 tablespoon) ob gelatine in one-quarter cup of cole water, and den dissolve it in one half cup ob hot milk. Den add two cups ob crab meat an 1 teaspoon ob de French mustard and one bell pepper, chopped finelike and set it by to cool. Den when it begins to get thick, fold in one-half cup of cream what be whipped real stif. Den put it all in de mold and put in de ice box to get set. When its good an firm, turn it out on a platter and garnish it pretty like with parsley and serve it wit mayonase. Hopin you is de same,

Your humble servant,
Lily White.

Hot Off The Giddle

ESTHER DONLAN

Kerosene oil cleans windows easily and makes them shine. Use just enough to moisten the cloth.

Scratches on walnut or mahogany furniture will be removed if rubbed with the kernel of a butternut.

To keep poached gegs whole, put one teaspoon of salt in the water.

Wipe the sandwich knife clean after cutting each sandwich. In cutting soft cheese or jelly filled sandwiches wipe the knife clean after each individual cut.

When broiling meats, they should be well seasoned and placed under a hot boiler cooking fast at first so that they may sear quickly, preventing their juices from escaping. Care should be taken in broiling not to allow the meat to scorch or burn.

Old potatoes should be washed and pared and allowed to soak in cold water for a half hour or more before cooking.

Fish is one of the most important foods to today. While not quite so popular as meat, it is more easily digested. White fish meat is more readily digested than the red.

When hot dishes are prepared quickly, the importance of soups is sometimes overlooked.

Baked Pickerel

Pickerel
2 tablespoons butter
Juice of ½ lemon
¼ cup water
Salt and pepper

Wash and clean fish well. Place in baking dish and dot with butter. Season with salt and pepper to taste. Add lemon juice and water and bake in a hot oven 440 F. for about 20 minutes.

Chestertown Is Beaten Sunday

Bows, 8-7, To Church Hill Nine

Chestertown dropped the opening game on its home diamond here last Sunday, losing to Church Hill 8-7 after having an early lead.

Eddie Harris, Chestertown southpaw, left the game at the end of the fifth with his team in front 2-1. Loller who followed was touched for eight hits and five runs and did not complete the sixth. He was followed by Wheat and Cornell.

Chestertown made a desperate bid with five runs in the latter innings but failed to knot the count.

Chestertown visits Sudlersville on Sunday.

Chestertown	Ab	R	H
Johnson, 3b	5	2	3
Money, c	5	2	1
LeCates, cf	5	0	2
Bennett, 1b	4	1	2
Kennedy, 2b	4	0	2
Porter, ss	5	0	2
Robinson, lf	5	0	1
Brockerson, rf	1	1	0
Harris, p	2	0	0
Loller, p	0	0	0
Wheat, p	2	0	0
1Squares, rf	1	1	1
2Cornell, rf, p	1	0	1
Totals	40	7	15

Church Hill	Ab	R	H
F. Plummer, rf	3	2	0
O. Powell, 3b	5	1	1
W. Jarvis, cf	4	1	2
J. Moore, 1b	5	1	0
G. Leverage, 2b	5	1	2
R. Lucus, lf	5	1	2
W. Porter, ss	4	0	0
E. Turner, c	4	1	1
W. Plummer, p	4	0	0
1L. Moore, c	0	0	0
Totals	39	8	8

1—Batted for Wheat.
2—Batted for Brockerson.
1—Batted for E. Turner.

Chestertown	1	0	0	0	1	0	2	2	1—7
Church Hill	1	0	0	0	0	5	1	1	0—8

THOSE WHO REMAIN

When death visits a home, the first concern is to perform the last service to the loved one in a becoming manner. What ever is done must express all the reverance and affection that is felt at such a time. But in addition to this a further responsibilty rests upon the funeral director. It is his privilege and duty to lessen as far as lies with in his power, the burdens laid upon those who remain. By countless little acts of thoughtfulness he can make the way easier for them.

We consider this part of our work as important as any other. Our highest aim is to have our patrons look upon us as trusted friends, ready and anxious to render sympathetic assistance to those who remain behind.

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ar27 Funeral Director.

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SUNDAY DINNER *Suggestions*

By ANN PAGE

THE bride is apt to find marketing, what and how much of various foods to buy, her hardest job. Lower prices for vegetables, lower prices for lamb and fish, a lengthening list of fruits and lower prices for butter and eggs await the early June bride's first marketing. Of course the first arrivals of peaches, melons or new variety of berry are high but each week sees a longer list and lower prices.

Carrots are the only really high priced vegetable left. Beets cost but two-thirds of last week's price. New potatoes are more plentiful and lower.

Seasonable foods make up the following menus.

Low Cost Dinner

Veal Pot Pie with Vegetables
Potatoes Onions Peas
Bread and Butter
Vanilla Pudding with Bananas
Tea or Coffee Milk

Medium Cost Dinner

Roast Beef Pan Browned Potatoes
Green Beans
Bread and Butter
Strawberry Ice Cream Cookies
Tea or Coffee Milk

Very Special Dinner

Jellied Consomme
Roast Lamb Sauteed Bananas
Boiled Rice Asparagus
Hearts of Lettuce
Rolls and Butter
Strawberry Angel Roll
Coffee

Sympathy at Work

Out of sympathy, and we are out of service. No man can help another man while out of sympathy. The entente cordiale, the good understandings, the sympathy in service, is the biggest benefit we enjoy.

Pancakes on Shrove Tuesday

The English custom of eating pancakes on Shrove Tuesday arose from the economy of making use of the eggs and fat which were formerly forbidden articles of diet during Lent.

Growth of Knights of Labor

In 1885, there were 110,000 members of the Knights of Labor, initial "big union" organization, founded secretly in 1869. A year later this organization had a membership of 730,000.

Still Coughing?

A bark that makes the rafters ring, and brings an echo from the goblets on the shelf?

The family are weary of your sound effects, too, after three long weeks!

It's plainly time to see your doctor. Persistent coughs may be a first sign of tuberculosis.

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