SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

Copyright BY SIDNEY SNOW, 1935

Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

Menu Of The Week

MONDAY Breakfast—Orange juice, ready to eat cereal, fried ham and eggs, buttered raisin toast, coffee or cocoa. Lunch—Chicken broth, combination sandwiches, potato chips, prune whip, iced tea or frosted coffee. Dinner—Tenderloin of beef, fresh lima beans, julienne potatoes, chicory salad, spiced pears, assorted cookies, coffee.

TUESDAY Breakfast—Chilled melon, ready to eat cereal, French toast, broiled bacon, jelly or syrup, coffee or cocoa. Lunch—Fried calves brains with tomato sauce, au gratin potatoes, cold asparagus salad, fresh raspberry sundae, tea or milk. Dinner—Roast leg of mutton, oven browned potatoes, mashed summer squash, field salad, sliced peaches with whipped cream, lady fingers, coffee or beer.

WEDNESDAY Breakfast—Fresh figs with cream, ready to eat cereal, frizzled ham, scrambled eggs, buttered toast, coffee or milk. Lunch—Tomato juice, club sandwiches, assorted pickles and olives, strawberry shortcake, iced tea or chocolate. Dinner—Wienerschnitzel, fried potatoes, asparagus hollandaise, mixed green salad, apple cake, Coffee or beer.

THURSDAY Breakfast—Grapefruit, ready to eat cereal, poached eggs on toast, grilled sausages, coffee or cocoa. Lunch—Frozen fruit salad, chopped chicken sandwiches, cup cakes, hot tea. Dinner—Boiled tongue with greens, parsley potatoes, hot rolls, fruit cup, pound cake, coffee.

FRIDAY Breakfast—Blackberries with cream, hot wheat cereal, baked eggs with cheese, buttered toast, jelly or jam, coffee or cocoa. Lunch—Baked beans, brown bread, cantaloupe a la mode, tea or milk. Dinner—Clam soup, broiled lake trout, boiled potatoes, fresh buttered peas, cucumber salad, coupe orientale, coffee.

SATURDAY Breakfast—Sliced peaches with cream, creamed chipped beef on toast, buttered toast, jelly or jam, coffee or cocoa. Junch—braised sweet breads, Flageolet beans, hearts of lettuce with Russian dressing, ice cream, tea or milk. Dinner—Broiled steak, mashed potatoes, french fried egg plant, tomato salad, French pastry coffee.

SUNDAY Breakfast—Chilled cantaloupe, fried mush, ham omlet, pop-overs, coffee or cocoa. Dinner—Jellied consomme, Alligator pear salad with French dressing, assorted pickles, olives, celery hearts, Meringue glace, au chocolat, small coffee. Supper—Crab cakes, cole slaw, iced tea or coffee.

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

MODERN REFRIGERATION MAKES POSSIBLE MANY INTERESTING MENUS

In the not so long ago, buffet suppers and tea parties were as popular as they are today.

It's really amusing to some of these hostesses of years ago to listen to the young hostess of today complain about having to stand over a hot stove all day! Well, when we sit down to think about it seriously, with the exception of cleaning up the "mess" that so many of us are capable of making, we really spend very little time in the kitchen with the best of results. Now here is a good example of what our good refrigeration makes possible and is this good for a buffet supper, or is it good?

REFRIGERATOR CHEESE CAKE

½ cup butter
¼ cup sugar
2 cups fine zweiback crumbs
2 teaspoons cinnamon
2 tablespoons gelatine
½ cup cold water
3 eggs
½ cup sugar
½ cup water
5 packages cream cheese
1 lemon, juice and rind
¼ teaspoon salt
½ cup whipping cream

Blend butter, ¼ cup sugar, crumbs and cinnamon. Press half of this on the bottom of a 9-inch spring form mold. Soften gelatine in ½ cup cold water. Cook egg yolks, sugar and water in double boiler for three minutes, stirring constantly. Add softened gelatin, stir until dissolved. Add this gradually to the cream cheese. Add lemon juice, grated rind and salt. Fold in whipped cream, then fold in stiffly beanten egg whites. Pour onto crumbs in pan. Sprinkle remaining crumbs over top and chill.

DUTCH OVEN COOKERY ON A TWO-BURNER PLATE

"Schmorrbraten" Ideal Kitchenette Dish

Of course, atmosphere has ever so much to do with the success of a meal. And here it was with a capital "A"—and yet provided without expense—in fact, it was just the opposite of expensive. If this particular little Austrian artist had been making money, the atmosphere would probably have been ruined. As it was, he had a one room studio in which he lived and worked. And he cooked meals now and then over a little gas plate with two burners.

Now, over one of these burners, he had a little Dutch Oven, which may be bought in any hardware store for a small sum. And out of this Dutch Oven there emerged a "Schmorrbraten" designed to bring joy to the heart and sparkle to the eyes and water to the mouth.

If you happen to have a single gas burner and a little Dutch oven, here is how the famous dish is prepared—and done in the proper manner: Of course, one can't toss this dish together in a hurry. It takes planning and arranging and advance preparation. If you want this Schmorrbraten for, say, Sunday afternoon dinner, you start off last Friday—buying a four to six pound piece of rump beef or "eye of the round." This is "larded," then, by running a sharp knife blade lengthwise with the grain and in the slit inserting a strip of bacon and then so on at intervals of an inch or so.

Then rub with salt, pepper and a clove of garlic. Now place in an earthen jar or pot, add a sliced onion, a sliced carrot, a few scraps of celery a couple of bay leaves, two cloves and a few pepper corns. Bring a quart of wine vinegar to a boil and pour over the meat, letting this stand for forty eight hours. Now, put a couple of big tablespoons of butter into the Dutch oven and when very hot, place the meat in and fry good and brown on all sides. Remove meat and put on a platter for the time being. Add two tablespoons flour to the butter in the Oven and let it brown. Then add a water glass of the liquor in which the meat was soaked and a quart of broth (using bouillon cubes if no broth available). Put the well browned beef in this—also adding two or three chopped tomatoes, a couple or three medium sizer carrots, cut up, a few stalks of celery and sliced onion. Cover and simmer slowly until meat is tender. Then remove meat to a platter, strain the gravy and, if necessary, thicken a little more with a little flour.

Serve this dish with noodles or steamed rice. Provide a cole slaw to eat with it. For a beverage, of course, beer is indicated, and for dessert a platter containing two or three kinds of cheese, some fresh fruit and good coffee.

It is reported that ladies who "live alone and Don't like it" have been highly successful when the hook is baited with this morsel. As an illustration of what can be done in the way of cosmopolitan and suave dining in even the tiniest of apartments, it ranks among the top. (I have an autograph book in which ladies who "ring the bell" with this recipe are expected to write appropriately. S. S.)

Fruit Punches

TEA PUNCH

Make a syrup by boiling one-half cup each of sugar and water to a thread. Stir into this a tablespoon of Orange Pekoe tea, add the juice of one lemon and two oranges, with one-fourth cup each of shredded pineapple and preserved raspberries. Let the whole stand for an hour or longer, strain, add cold water to make a quart and serve chilled.

CHOCOLATE JULEP

Add to one-fourth cup of chocolate syrup the juice of two oranges, one half cup syrup from canned raspberries, and one cup of pineapple juice. Add one pint sparkling water. Serve chilled.

THREE FRUIT PUNCH

Mix the juice of one lemon, one-half cup of strawberry juice, and one-half cup of pineapple juice. Add one-fourth cup of sugar or more if fresh fruit is used. Add water, either plain or sparkling, to make a quart.

Simple Summer Soup

Many people are of the opinion that something hot on a hot day is more cooling than something iced. If this be so, a hot soup is just the thnig. Here is a recipe that is really simple in that it uses canned corn.

CREAM OF CORN SOUP

1 No. 2 can golden bantam corn, cream style
2 tablespoon butter
1 tablespoon flour
2 cups milk
2 slices onion
Salt and pepper.

Rub the corn through a sieve. Cook the onion in the butter; remove the onion when yellow, stir in the flour; add the milk gradually and stir until the sauce boils. Stir in the strained corn pulp; season. Serve in hot bowls with a sprinkling of minced parsley or paprika.

Chocolate Cream Pie

Here Is A Poplar Favorite Of Boys Six And Equally So For Boys Of Sixty

By SIDNEY SNOW



IT REALLY isn't much more work to make two of these pies instead of one. Simply double the recipe's ingredients. One of these pies goes so fast, and the mere male is apt to become dangerous if only one pie is provided. However, here is the recipe for one single solitary pie:

3 squares Unsweetened Chocolate
2½ Cups milk
1 cup sugar
6 tablespoons flour
½ teaspoon salt
2 egg yolks, slightly beaten
2 tablespoons butter
1 teaspoon vanilla
1 baked 9-inch pie shell
2 egg whites
4 tablespoons sugar

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar, flour, and salt; add gradually to chocolate mixture and cook until thickened, stirring constantly; then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously; return to double boiler and cook 2 minutes longer. Remove from boiling water; add butter and vanilla. Cool. Turn into pie shell. Beat egg whites until foamy throughout; add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Pile lightly on filling. Bake in moderate oven (350d F.) 15 minutes, or until delicately browned. Pie may be bordered or topped with plain or fruited whipped cream instead of meringue, if desired.

Lilly White's Chicken Croquettes With Brains And Mushrooms



Dear Miss Wilma:

Wen Ah was a bit of a girl ma mammy done went to Nu Oleens wit a nice family to do de cookin an scrubbin an de cook what live beside dem told ma mammy how to be fixin a fine dish ob chicken an stuff. Den long fore an went with yo mammy she done learned me how to be fixin it. Ah fixes it wit a little bit of this and that though. Ah jes had de noshin it be a likely dish fo de women yo all knoes. Furst yo scrambles one small set ob brains in butter until dey be dry. Den cut up 1 small can ob mushrooms fine, and mix dem well with two cups ob chicken what is minced. Den make a thick white sauce by creaming up one large tablespoon ob butter an three tablespons ob flour and one and one-half cu pob milk. Cook it good and den add one teaspoon ob Worcestershire sauce an one tablespoon ob chopped parsley and one teaspoon ob salt (maybe some more) an one-half teaspoon ob pepper. Den fold in de mixture ob chicken, brains and mushrooms. Set by to cool and den mold (de funny word agin) into shapes an roll in good fine cracker crums and then in a aigg, beaten up, and agin in de cracker crums an fry dem in deep fat. Den drain dem on brown paper. Hopin you is de same.

Hot Off The Giddle

ESTHER DONLAN

When preparing iceberg lettuce, cut the stem out well up into the head and let cold water run on that end. The leaves, which are tightly closed together, will then separate and come off without breaking.

If muffin and cup cakes stick in the pan it is usually because you wash the pans. Just scrub them out each time with a paper towel, polishing finally with waxed paper and let no water touch them.

Old potatoes often turn black when boiled. A good remedy for this is to put a cup of milk in the water in which they are being boiled. They will come out white and mealy.

Here's a good wrinkle to know while making sandwiches. Use soft butter and spread the bread before you cut each slice, you can then have the slices as thin as desired with no broken ones.

A chilled fruit cup, lightly sugared makes both a dessert, a first course for luncheon or is perfectly grand for breakfast and most timely on these warm days.

Canned fruit juices are a boon to the housewife. Easy to keep icy cold, ready for instant use in any number of cooling beverages. They also make grand water ices and sherbets.

A special treat is candied prunes simply steam some large prunes and stone them. Stuff with raisins and chopped walnuts. Dip each prune in boiled icing or in fondant and roll in powdered sugar to make them dry.

For extreme simplicity but grand eating one of the best salads to serve is just watercress and cucumbers dressed with French dressing.

Sandwich Recipe Filing Cards Offered Here

We have just received an offer of interest to home makers who keep thir recipes in filing card form. These recipes have been made by the manufacturr of a well known condiment salad dressing.

There are twleve recipes, all printed in clear, concise form on three by five inch cards. the standard size for modern kitchen recipe files.

This grand set of cards includes interesting and new ideas for appetizers and canapes which can be prepared in a very few minutes. New ideas fro sandwich spreads, short cuts in maknig sandwiches, special sandwiches for school lunches, picnics, sandwiches appealing to men, all are included in this interesting group. All were prepared by Miss Anne Pierce, eminent food authority and have been carefully prepared and tested.

You can have a set of these fine recipe cards without charge if you just drop a postcard or letter requesting them to Sidney Snow in care of this paper.

WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning Rarin' 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 bloats up your stomach. You get constipated. Your whole system is poisoned and you feel 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 anything else. 25¢

Individuality In Entertainment

Just around the corner from all of us there is always someone who does nice little things in a nice way. Some times it is a woman who serves afternoon tea everyday to some few friends, (it's such a flattering way of entertaining) or maybe some other woman has nice friendly bridge parties. Now around our way there's a woman who fixes nice little dishes in a chafing dish. She does it right on her lovely terrace these nice days and it certainly delights everyone. Hre is one of her specialties:

CRABS A LA CREOLE

1 green ppeper, chopped
1 clove garlic, chopped fine
1 small onion, chopped fine
1 tablespoon butter
1 cup tomatoes
1 cup crab meat
Pepper and salt

Put the butter in the blazer; when melted, add the garlic, onion, salt, pepper and tomatoes, and let cook ten minutes; add the crab meat. Serve on hot buttered toast.

Strawberry "Putting Up" Time"

This glorious weather makes us all a little reluctant to think of winter but think we must as it's time to be "putting up" jellies and jams for cold day breakfasts.

Now that Strawberries are reasonably priced it's just the right time for using them in our canning. It's so easy to do and gives so much pleasure when being eaten. Things we make ourselves always taste good.

To make strawberry jam, wash and pick the berries; and allow three fourths of a pound of sugar to each pound of berries; crush the fruit, put it over the fire, and let boil for twenty minutes; add part of the sugar, and when again boiling, still more of the sugar, and when again boiling, still more of the sugar; continue until all the sugar is used, then boil until, when tested on a cold saucer, the mixture does not separate or grow watery. Seal in sterilized jars and put away for further use.

Blackberry Jam Cake

It's time to use up all the jam and jelly that was "put up" last year as it's time for a new batch. Here is one good way to use up some of the jam:

BLACKBERRY JAM CAKES

¼ cup butter
1 cup brown sugar
3 eggs
2 cups pastry flour
3½ teaspoon baking powder
1 teaspoon cinnamon
½ teaspono nutmeg
½ teaspoon cloves
¼ teaspoon salt
1 cup blackberry jam
¼ cup milk
1 teaspoon vanilla

Cream butter and add the brown sugar slowly. Beat the yolks of eggs until thick and add, Sift dry ingredients and add alternately with the jam and milk. Fold in the egg whites, beaten until stiff. Bake in two well greased layer pans in a moderate oven 365 F. for 35 to 40 minutes. Any other kind of jam can be used.

Campfire Cookery Fish Recipes For 'Roughing It'

Campfire cooking is really heaps of fun and whether or not the food to be prepared was home grown or caught by the persons involved in said cooking, the fun remains. Here is a recipe for skewered fish, (for small fish only) and with so many people fishing these days it ought to come in very handy.

SKEWERED FISH

Small fish may be skewered on a thin, straight, greenwood stick, sharpened at the end, with a thin slice of bacon or pork between every two fish, the stick being constantly turned over the coals like a spit, so that the juices are not lost.

Another way is to cut some green hardwood stick, about three feet long, forked at one end, and sharpened at the other. Lay a thin slice of pork inside each fish lengthwise drive tines through fish and pork, letting them through between ribs near backbone and on opposite sides of the latter—then the fish won't drop off as soon as it begins to soften and curl from the heat. Place a long lengthwise of edge of coals, laybroiling sticks on this support, slanting upward over the fire, and lay a small log overd their butts.

When In Baltimore
A
SPECIAL SERVICE
AT
NEW MID-CITY GARAGE
Charles St. at Redwood
New Electric-Lusteriz
SIMONIZ
Small cars $6.00
Medium cars $8.00
Large cars $10.00
Free Parking with Service

HENRY A. KRATZER
Shore Radio and Auto Supply Blg.
AUTO—FIRE—MARINE
SHORE INSURANCE SERVICE



SUNDAY DINNER Suggestions

By ANN PAGE

IN June milk is most plentiful and more butter and cheese are made than at any other season. That means low prices for these healthful foods. Eggs reached the year's low at wholesale last week.

Poultry prices continue to be lower than last year and fowl, broiling and frying chickens, ducklings and turkeys are all good values. Fish prices also are fairly low. Meats continue to be high. Best values are to be found in forequarter cuts of lamb and veal.

More summer fruits are arriving each week with promise of plentiful supplies and lower prices soon to follow. Potatoes are much cheaper.

Seasonable foods make up the following menus.

Low Cost Dinner
Baked Stuffed Breast of Lamb
Scalloped Potatoes Spinach
Bread and Butter
Berry Shortcake
Tea or Coffee Milk

Medium Cost Dinner
Fried Chicken Cream Gravy
Mashed Potatoes Green Peas
Bread and Butter
Orange Refrigerator Cake
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Broiled Chicken Parsley Potatoes
Buttered Mixed Vegetables
Combination Salad
Rolls and Butter
Cream Cake with
Mocha Butter Frosting
Coffee



FOR THE WHOLE FAMILY
GILL BROS.
"A"
MILK

GILL BROS.
Phone 290 Cross St., ...town, Md.



Peak of Fashion
COTTON PRINTS!

With their simple lines and school girl touches cotton prints are sweet .... yet sophisticated!

Winnie Mac Frocks
$1.00

Bonnie Brights
$1.95

FOX'S
Cross Street
Chestertown, Md.



An EXTENSION TELEPHONE *Would be* BETTER

With an extension telephone, calls can be answered more conveniently and more quickly.

The cost? Only a few cents a day.

Order yours now.

Telephone the Business Office,

CHESTERTOWN 9900