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—Sliced peaches and cream, ready to eat cereal, baked eggs with cheese, buttered toast, coffee or cocoa. Lunch—Crab cakes, cole slaw, hot tea biscuits, iced coffee or tea Dinner—Grilled lamb chops and kidneys, baked potatoes, asparagus hollandaise, beet salad, strawberry cream pie, coffee or beer.

TUESDAY

Breakfast—Orange juice, ready to eat cereal, coddled eggs, frizzled ham, toasted biscuits, jelly or jam, coffee or cocoa. Lunch—Macaroni salad, stuffed eggs, stuffed olives, pickled beets, pineapple water ice, cookies, tea or milk. Dinner—Yankee pot roast, potato pancakes, summer squash, mixed green salad, Dutch apple cake, coffee or beer.

WEDNESDAY

Breakfast—Youngberries and cream, ready to eat cereal, chicken liver omelet, buttered toast jelly or jam, coffee or cocoa. Lunch—Eggs a la king, asparagus tip salad, melba toast, crumb cake, tea or milk. Dinner—Chicken soup, paprika schnitzel, au gratin potatoes, artichoke salad, strawberry water ice, coffee or beer.

THURSDAY

Breakfast—Grapefruit with cherries, ready to eat cereal, Griddle cakes, maple syrup, coffee or cocoa. Lunch—Cold Virginia ham, Bretonne salad, potato salad, ice cream, tea or milk. Dinner—Chicken fricassee, dumplings, buttered asparagus, field salad, baked huckleberry roll, coffee.

FRIDAY

Breakfast—Cantaloupe, ready to eat cereal, shirred eggs, buttered nut toast, coffee or cocoa. Lunch—Cream of celery soup, mixed vegetable salad, assorted butter sandwiches, German coffee cake, tea or milk. Dinner—Boiled salmon trout, baked potatoes, string beans, chicory salad, blackberry cobler, coffee.

SATURDAY

Breakfast—Raspberries with cream ready to eat cereal, plain waffles, sausage patties, maple syrup, coffee or cocoa. Lunch—Cold sliced pot roast, fried baked potatoes, tomato salad, apricot upside down cake, tea or milk. Dinner—Corned beef and cabbage, boiled potatoes-carrots-onions, cucumber salad, peach meringue, coffee.

SUNDAY

Breakfast—Mixed orange and grapefruit, buckwheat cakes, broiled bacon, syrup or jam, coffee or cocoa. Dinner—Crab flake cocktail, roast leg of veal, smothered carrots, spinach with egg, pickled beet salad, hearts of celery, angel food cake, home made coffee ice cream, coffee. Supper—Welsh rarebit, buttered toast, chilled watermelon, coffee or tea.

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

Lilly White's Chicken and Rice Pie



Dear Miss Wilma:

Rember de times Ah uster fix up a good chicken and rice pie fo yo supper. My chile, and how yo done et! Yo'd stick out a mile an most cudn't get close to be table for yo dessert. Fust Ah'd boil two cups ob white rice in salty water until it be soft. Den Ah'd stir in one tablespoon ob butter while it's still hot, and den add a scant two cups ob milk and two aiggs. Den Ah'd put all dis in a bakin dish, and den one cut up bird an den a crust ob rice and den Ah'd bake it in a moderate hot oven until a light brown.

Hopin yo is de same,
Your humble servant
LILLY WHITE

Icing Tea and Coffee

Iced tea or coffee seem such easy things to make but everyone knows what a washed out glass of something it can be if improperly made. One hasn't the slightest idea if they are drinking dish water or rust from the pipes.

ICED COFFEE

Make the coffee extra strong. About twice as strong as for coffee to be served hot. Have a goodly amount of ice in the glasses or pitcher. Pour the hot coffee over the ice. Then you may add more ice to make the glasses frosty. Serve good thick cream and powdered sugar with it.

ICED TEA

Make the tea fresh and strong. Pour it while hot over the ice, then add more ice until the pitcher and glasses are frosted. Serve iced tea with sugar crystals and slices of lemon. A sprig of mint is fine here and all in all makes one of the finest beverages.

PEA PANCAKES—

Believe It Or Not

These little bits of tempting tastiness have probably not been heard of by many, but believe you me they're worth knowing about and will round out a meal to the ninth degree!

PEA PANCAKES

Take and heat one cup of canned peas. Mash them thoroughly while hot, season with salt and pepper, a very little sugar and a small piece of butter. Cool thoroughly. Then beat an egg well, add one-half cup of milk and one-fourth cup of flour sifted with half a teaspoon of baking powder. Beat this all very vigorously. Add the pea mixture, then beat again, hard. Bake on a hot griddle just like griddle cakes. Serve hot.

If something like this won't surprise your family then probably nothing will!

Interesting Vegetables

Making a meal of a vegetable is quite a common thing, and in many cases the meal will be a poor one. Vegetables require some thought in their preparation or they will become very uninteresting.

MUSHROOMS A LA KING

3 tablespoons butter
1½ cups fresh mushrooms, peeled and sliced
3 tablespoons flour
3 cups milk
2 hard boiled eggs, diced
1 cup celery, cooked and diced
¼ cup stuffed olives, sliced
1½ cups American cheese, grated
6 slices toast

Melt butter in a frying pan, add flour and stir until well blended. Add milk slowly, stir constantly, until thickened. Add remaining ingredients, except toast. Blend well. Serve on slices of toast. Garnish with a sprig of parsley, slices of stuffed olive, parsley or pimento. Serves 6.

Sweetbreads a la King

Wash sweetbreads and press out the blood in several waters. Parboil Cut in fine pieces to make two cups. Add one cup finely cut cooked chicken. Add a pimento chopped fine. Add three or four sliced ripe olives. Make a rich cream sauce and don't make it too heavy. Add sweetbreads and chicken mixture. Cook in double boiler. Be sure this dish is highly seasoned.

HOT OFF THE GRIDDLE

ESTHER DONLAN

A few fresh figs, previously steeped in any fruit syrup from canned fruit and garnished, if desired, with whipped cram and maraschino cherries, will be a good dessert.

Wher flavor is desird, bacon fat is one of the finest things for frying.

To fricassee is to braise but using heavier stock or sauce for the liquid. Stewing, braising or fricasseeing are practically the same thing.

To pan broil is to cook an article on a dry hot surface.

Large fish are sometimes stuffed and baked but if there be gravy they are in reality roasted.

Grilled chops are one of the best and most healthy dishes to give children. They are better for them than fried.

A fruit salad is easy to eat and refreshing after a large meal.

Never ask your husband for something expensive before dinner, always wait until after a fine meal.

A little salt and pepper, judiciously used will make all the difference in a dish.

Stuffed Prunes

2 dozen large prunes
1 dozen pecans
1 dozen marshmallows
granulated sugar

Pit the prunes. Stuff each prune with a nut and half a marshmallow. Roll in granulated sugar.

Cocoanut Snowballs

Make a rich white cake and bake in one large sheet. When cool, cut the cake in small rounds and in oblongs the shape of a French roll. Frost the cakes with white icing and roll in shredded cocoanut.

Diamond Found in Meteorite

Among the many specimens of meteorites at the Field Museum is a slice of iron with a small diamond projecting from its surface.

Pleasing Canapes

Nice canapes are made by removing crusts from a loaf of sandwich bread. Slice thin. Cut into fancy shapes with fancy cooky cutters. Toast one side of the bread a golden brown and spread the other side with soft butter. Then cover with something like the following:

Anchovy Paste with a border of sieved hard boiled egg yolk.

Goose liver garnished with a border of pimento or sliced stuffed olives.

Alternate rows of sardines and chopped hard boiled egg yolks. Garnished with bits of pimento or green pepper.

A thin slice of tomato with a border of choppd green pepper or parsley garnished with mayonnaise.

Caviar with a border of pearl onions garnished with bits of pimento.

Notice To Creditors

NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of

JOHN GARRISON THOMAS

late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 10th day of January, 1938, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 6th day of July, 1937.

JOHN STARLING, Administrator
T. Ringgold Jones, Register of Wills.

Grape Juice Is Start For Many New Drinks!

By SIDNEY SNOW



No beverage lends itself more readily to pleasing variations than does bottled grape juice. Every grocer carries a supply. A few deft touches and the addition of a smitch of this and that—and, lo, behold and presto!——

Frosted Grape Juice

For each serving, fill an iced tea glass three quarters full of grape juice. Add a sizeable scoop of vanilla ice cream. Whip thoroughly with a long handled spoon until ice cream is well dissolved. Serve with or without straws.

Bryan Tea

Into ice tea glasses place one lump of ice. Fill half full of iced tea. Add grape juice until glass is nearly full. Sweeten to taste — serve with slices of lemon.

California Cooler

Fill an ice tea glass with finely cracked or shaved ice. Pour grape juice until glass is full. Garnish with few sprigs of fresh mint.

A Light Lunch For Ladies

A grand luncheon for a group of friends, and one that requires no dessert is a frozen fruit salad with chopped chicken or minced ham sandwiches.

FROZEN FRUIT SALAD

1 tablespoon melted butter
2 eggs yolks
3½ tablespoons flour
3 tablespoons sugar
1 teaspoon salt
1-3 teaspoon paprika
few grains cayenne
2-3 cup milk
1-3 cup lemon juice
¼ cup orange
¼ cup cherries
¼ cup pineapple
¼ cup sliced banana
1 cup cream

Put butter in top of double boiler; add well beaten egg yolks and flour mixed with sugar, salt, paprika and cayenne. Then add milk and lemon juice; cook, stirring constantly until mixture thickens. Strain into bowl, heat two minutes; then cool. Add one cup mixed fruit, cut in small pieces; fold in stiffly whipped cream; put into a pine brick mold; cover with buttered paper and tin cover. Pack in ice and salt, and let stand three hours or place in mechanical refrigerator pans for 3 or 4 hours. Cut in slices and serve on lettuce. Serves 6.

Mocha Icing and Filling

1 tablespoon butter
1 cup confectionrs' sugar
1 tablespoon cocoa
1 tablespoon strong coffee
½ teaspoon salt

Cream together well the butter and sugar; add cocoa, coffee and salt. Stir until smooth. If too dry, add more coffee; if too moist, add more sugar.

A FAMILY BANQUET

Stuffing Meats For Fine Feasting

One can take the best possible cut of meat and by stuffing it make it seem a banquet. The same can be done with a mediocre or poorer cut of meat. There's just something about stuffing that appeals to so many many people. It gives the impression of much time and great pains-taken.

A fine dinner can be built around a stuffed veal cutlet, it can be nicely accompanied by buttered noodles, fried pineapple and sauted mushrooms and it all goes like this:

Get small thick cutlets and split them almost through from the edge. Then make a bread stuffing as for fowl, adding finely chopped bacon and fillng the split cutlets. Fasten the edges with skewers, or sew them together firmly. Broil until tender. Take out the skewers. Saute some small mushrooms, seasoning with salt and pepper. Fry, rather well, halves of pineapple rings and dress the cutlets with seasoned melted butter. Arrange on a platter the cutlets, pineapple and mushrooms and at one end have nicely boiled and buttered noodles.

Frozen Oranges

Peel and cut into fine pieces, six oranges. Save the juice, so cut them into a bowl. Add one cup of sugar and set into refrigerator for an hour or two. Add two cups of water and freeze, in a freezer or in the freezing trays, just as you would for ice cream. Peaches may be done the same way.

SUNDAY DINNER Suggestions

By ANN PAGE

VEGETABLES are becoming increasingly plentiful and cheap while meat prices continue to rise sharply. Vegetable plates which are garnished with or include such foods as bacon, potted or savory meats, eggs, cheese or fish are more than acceptable to the average family.

Mid-summer fruits are fast becoming plentiful, including new cooking apples, melons, peaches, pears, plums and grapes as the early summer fruits gradually disappear.

Fish, small fowl, broilers and the forequarter cuts of lamb and veal are the best meat values. Eggs are reasonable. Be sure to keep them cold at this season to maintain their good quality.

Seasonable foods make up the following menus.

Low Cost Dinner
Baked Stuffed Potatoes with Cheese
Grilled Tomatoes Green Beans
Creamed Carrots
Bread and Butter
Plum Tapioca
Tea or Coffee Milk

Medium Cost Dinner
Roast Shoulder of Lamb
Pan-Browned Potatoes Green Peas
Bread and Butter
Bread Pudding with Crushed Peaches
Tea or Coffee Milk

Very Special Dinner
Fruit Cocktail
Jellied Chicken Mixed Vegetable Salad
Quartered Tomatoes
Rolls and Butter
Omelet Souffle Berry Hard Sauce
Coffee



SHE is going to call out-of-town at seven when the low night rates begin. Every night after 7 *and all day on Sundays*, these very low rates prevail.

Isn't there some far-away relative or friend you'd like to talk to? Make a call tonight. Ask "Long Distance" for the rate.

THE MUTUAL FIRE INSURANCE CO.
of Kent County, Md.
1845 1937

Insures Property Against Fire and Lightning

All Policy Holders Participate in the Company's Profits.

Pays Cash Dividends

DIRECTORS

James P. Brown, Church Hill; J. D. Bacchus, F. G. Usilton, T. W. Eliason, Jr., Allan A. Harris, Eben F. Perkins, Edward W. Emory, P. Medford Brooks, Chestertown; William A. Hyland, Galena; William R. Wilson, Ingleside; Arthur H. Brice, Betterton; G. Ellsworth Leary, Rock Hall.

APPLICATIONS FOR INSURANCE TO BE MADE TO THE FOLLOWING: Benjamin W. Duling, Millington, Md.; Frank H. Ruth, Galena, Md.; Medford E. Golt, Stevensville, Md.; J. Abner Bryden, Rock Hall, Md.; R. Wroth Stavely, Lynch, Md.; Eben F. Perkins, Chestertown, Md., and Joseph M. George, Sudlersville, Md.

FRED G. USILTON, President.
EBEN F. PERKINS, Sec'y-Treas.

What Every Motorist Wants



From Water in Your Radiator, to the Most Involved Mechanical Adjustments, One STOP is All that is Required.

COME IN AND SEE US.

Chestertown Motor Service

203 Maple Ave. Phone 323
L. B. VAN PETTEN Chestertown, Md.

Phone Johnny-on-the-Spot for Coal 149



EVERY man is looking for his money's worth and he's getting it when he is being supplied with coal from our yards. Every business day in the year we're at your service.

HIGHEST CASH PRICES FOR CORN

C. W. KIBLER & SONS

Phone 149
Chestertown, Maryland



Peak of Fashion

COTTON PRINTS!

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

Winnie Mae Frocks
$1.00

Bonnie Brights
$1.95

FOX'S

Cross Street
Chestertown, Md.



FOR THE WHOLE FAMILY

GILL BROS.
"A"
MILK

GILL BROS.

Phone 290 Cross St., Chestertown, Md.