SIDNEY SNOW will be glad 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—Honey dew melon, ready to eat cereal, soft boiled eggs, broiled bacon, corn muffins, raspberry conserve, coffee or cocoa. Lunch—Cold sliced salami, sliced dill pickles, lettuce and tomato salad, whole wheat bread, Newport pudding, tea or milk. Dinner—Chilled grapefruit cup, ham piquante, pineapple rings, brown potatoes, German style red cabbage, combination salad, layer cake, coffe or beer.

TUESDAY Breakfast—Orange juice, buckwheat cakes, maple syrup, sausage patties, coffee or cocoa. Lunch—Chicken broth with rice, creamed salmon on waffles, fruit salad, egg custard with caramel sauce, tea or milk. Dinner—Oven fried chicken, sliced apples, buttered peas, mashed potatoes, watercress salad, chiffonade dressing, pecan cake, coffee.

WEDNESDAY Breakfast—Chilled grapefruit, ready to eat cereal, poached eggs on corned beef hash, buttered toast, coffee. Lunch—Cheese and celery soup, ribbon sandwich, stuffed olives, sweet pickle, home made ice cream, tea or milk. Dinner—Swiss steak, stuffed potatoes, green beans with crumb sauce, grape and apple salad, cocoanut custard pie, coffee or beer.

THURSDAY Breakfast—Stewed pears, hot cereal, ham omelet, baking powder biscuits, orange marmalade, coffee or cocoa. Lunch Savory mushroom toast, lima beans, cheese sticks, pineapple-nut salad, iced tea. Dinner—Pork chops and scalloped potatoes en casserole, buttered spinach, grape salad, pistachio ice cream, coffee

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, coddled eggs, raisin-nut toast, coffee or cocoa. Lunch—Shrimp a la king, tomato salad, toasted biscuits, chocolate pudding, tea or milk. Dinner—Baked halibut steak, lemon garnish, French fried potatoes, corn on the cob, tomato jelly salad with celery, hard rolls, prune and cherry compote, ice box cookies, coffee.

SATURDAY Breakfast—Sliced bananas, ready to eat cereal, scrambled eggs, frizzled ham, buttered toast, coffee or cocoa. Lunch—Lima bean soup, mushroom omelet, ice box buns, fruit tapioca, tea or milk. Dinner—Broiled steak, baked potatoes, French fried onions, buttered peas, shredded lettuce with Roquefort cheese dressing, fig and ginger pudding, coffee.

SUNDAY Breakfast—Pineapple, grapefruit and orange juice, hot wheat cereal, baked eggs with cheese, sausage patties, bran muffins, coffee or cocoa. Dinner—Cream of tomato soup, Roast duck stuffed with sauerkraut, baked sweet potatoes, wax beans, cole slaw, orange rolls, celery and nut salad, pineapple nut torte, coffee. Supper—Chili con carne con frijoles, sliced tomatoes, toasted crackers, lemon water ice, coffee or tea.

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

Fruits, Vegetables And Bits Of Meat

By SIDNEY SNOW



Once upon a time nobody bothered about mixed grills except Englishmen. And they limited it to a chop and a kidney and a sausage. But American habits of adventuring about have induced first a vegetable or two and later on a bit of fruit.

A truly smart summer or fall dish is the attractive array of a grilled ham. Now add to that, a few potatoes. And for the center of attraction and to add snap and zest to the mixture, rely upon the slices of pineapple, hurried right from the can to the broiler and done to a tawny golden hue.

When in doubt as to what to serve for luncheon or dinner, this sort of a mixed grill is certain to please one and all, including the butcher, the grocer and the vegetable man. What a splendid way in which to spread happiness in so many directions at once.

Common Salad Gone "Snooty"

It may be common, in fact nearly everyone might know how to make it and have it once a week but it's still good and for those who have never made it here it is:

MACARONI SALAD

1 cup celery, diced
1 cup cleery, diced
¾ cup cabbage, shredded
1 tablespoon minced parsley
1 tablespoon lemon juice
½ teaspoon salt
¼ teaspoon paprika
1 cup mayonnaise
1 head lettuce
Radish roses

Boil the elbow macaroni for 9 minutes in 4 quarts rapidly boiling water to which 1 tablespoon of salt has been added. Drain and chill. Combine the elbow macaroni, celery, cabbage, parsley, lemon juice, salt and paprika. Add the mayonnaise dressing, chilled. Toss together with a fork and serve on crisp lettuce leaves. Garnish with radish roses and quartered lemons.

A variety of all foods must be used to supply the many food nutrients which have been found necessary for health. No one food alone can do this.

BABY FOOD FOR GROWN-UPS

Puree Of Carrots

Several night ago, as usual, the talk centered around food. We mentioned puree of carrots and the general comment on that was "baby food." True, it is a baby food, but not when well seasoned and cooked with a bit of ham. Just out of curiosity we prepared some and it certainly was a big success.

To prepare a puree of carrots, clean the required number of young carrots without scraping. Cut in slices, braise in butter with chopped shallops or onions, a sprig of celery, a ham bone, and a few mixed spices; add strong beef bouillon, let boil, shove back to simmer until the carrots are cooked to a pulp, remove the ham bone thicken with flour and water or grated raw potatoes. Cook until it becomes transparent. Rub through a puree strainer, season with salt and white pepper. Serve with boiled barley if one likes boiled barley.

The informality of a supper party affords opportunity for originality and personality, both in food and in table arrangement.

Centreville Horse Show Labor Day

Arrangements are rapidly going forward for the seventeenth annual Horse Show to be staged by the Queen Anne's County Horse Breeders Association on Labor Day, Monday, September 6th, at the Centreville Race Track near town.

At a meeting held last week committees were named to manage the several branches of the affair, looking toward one of the biggest shows in the history of the association. Those who have been named as chairmen are:

Advertising—Miss Betty Earle, Chairman; Miss Sarah Turpin and A. Temple Blackwood.

Program—Thomas J. Keating, Jr.

Prize Committee—J. Harman Whiteley.

Ground Committee—H. K. Lane.

Ring Detail Committee—Charles Chew Mickle, Jr.

Draft Horse Committee—Oliver C. Jones.

Ladies' Committee to take care of lunch for members and their guests will be named within the next few days.

Announcement has also been made that a special feature will mark the day's program.

Again this year considerable attention will be given to draft horses, and it is expected that the entry list will be greater than ever before.

The officers of the Horse Breeders Association are: President, Charles Chew Mickle, Jr.; Vice President, Thomas J. Keating, Jr.; Secretary, Alan B. Lane; Treasurer, Oliver C. Jones. The Board of Directors includes the officers, Charles S. Quimby, Temple Blackwood and Joseph C. Bishop.

Canned Corned Beef Sandwiches

A can of corned beef, a little of this and that and we have

CORNED BEEF AND CHOWCHOW SANDWICH

1½ cups minced corned beef
½ cup chopped chowchow
a little red pepper
1 teaspoon Worchestershire sauce
1 teaspoon sugar
1 tablespoon mayonnaise

Mix all thoroughly, using mustard in chowchow. Spread on white bread.

CORNED BEEF SANDWICH

1 can corned beef, chopped
24 stuffed olives
1 cup mayonnaise
lettuce

Mix beef with dressing and spread on whtie or rye bread. Slice stuffed olives over top and lay on a lettuce leaf. Cover with another slice of bread.

New England Cookies

Last week, we talked about the cookie jar on the pantry shelf and suggested Northfield Nut Cookies to start the jar. When I went to Northfield Seminary, there was another cookie that was a great favorite in that center of fine, old New England cooking which might well go into the jar this week.

OAT MEAL MACAROONS

Start with the white of an egg and add a pinch of salt, then beat up stiff, then, still beating, add gradually one cup of granulated sugar. When well mixed and beaten, fold in one cup of rolled oats, one quarter cup of grated coocanut and half a teaspoon vanilla. Mix everything well. Then drop little dabs from a teaspoon into a greased cookie tin and bake in a moderate oven (about 350 degrees) for ten to twelve minutes.

Cream Of Corn Soup

2 cups corn (fresh or canned)
¾ cup water
½ teaspoon sugar
2 tablespoon chopped pimento
2 slices onion
¼ teaspoon salt
2 cups white sauce

Cook corn, water, sugar, pimento, onion and salt for twenty minutes. Press through a pure sieve. Cool and place in ice box until ready to serve. At meal time combine with white sauce. Serve very hot with a dash of paprika, a few strips of pimento on top. If corn mixture is very thick this soup may need to be thinned with a little milk.

Frozen Cheese Rolls

6 ounces cream cheese (2 pkgs)
½ cup candied cherries
6 large graham crackers
½ cup chopped nut meats
1 cup grated pineapple, drained

Cream cheese, add cherries and well drained grated pineapple. Form in a roll. Roll cracker crumbs fine or put through a wire strainer. Mix with nut meats and cover cheese with this mixture. Roll in waxed paper and freeze. Serves 6.

Hot Off The Griddle

ESTHER DONLAN

It is wise not to repeat one kind of food in the same meal.

Avoid using all one type of foodstuff in one meal, such as rice, potatoes and cornstarch pudding.

Certain flavors go naturally together but rice combines with any flavor.

Avoid serving more than one strong-flavored food in one meal.

The table is set according to the type of service that is to be used. If there is no maid, set the table to make the service simple and easy. Avoid all unnecessary steps. The service table is set with silver and dishes for the courses to follow. This is more simple than going to the kitchen for everything.

The fundamental rules that govern table setting are based on convenience, utility and balance. These rules are the same whether for a simple breakfast, a quick luncheon, a family dinner, or a formal party.

A buffet type of service is well suited to the spirit of a supper party. Use gay linens, interesting dishes, colorful food attractively garnished and deliciously appetizing.

SUNDAY DINNER Suggestions

By ANN PAGE

VEGETABLES and fruits are both plentiful and comparatively low in price. Other good values are to be found in butter, cheese and eggs. Fish prices, too, are reasonable.

All meats are high with pork at the top, beef and veal intermediate and lamb the best value available. Ducklings are now the most attractive buy in the poultry market.

Peaches, pears and plums are in full season. Apples are again plentiful together with melons, huckleberries, nectarines and lemons. Corn and lima beans, potatoes and tomatoes are the outstanding vegetables now in market.

The following menus call for seasonable and reasonable foods.

Low Cost Dinner

Braised Lamb Shanks — Potatoes
Creamed Carrots and Peas
Bread and Butter
New Apple Pie
Tea or Coffee — Milk

Medium Cost Dinner

Roast Duckling — Sweet Potatoes
Baked Stuffed Tomatoes
Bread and Butter
Fruit Compote — Cookies
Tea or Coffee — Milk

Very Special Dinner

Fruit Cup
Roast Lamb — Browned Potatoes
Succotash
Combination Salad
Bread and Butter
Deep Fruit Pie — Cheese
Coffee

STILL POND

The Sunday School picnic which was held at Tolchester last Wednesday was very well attended and enjoyed by all.

Mr. and Mrs. B. R. Fellows and family spent a few days last week visiting her brother in Pennsylvania.

Mr. and Mrs. William Hepburn, of near Wilmington, spent the week-end with her parents, Mr. and Mrs. William Hepburn.

The community extends it's deepest sympathy to the family and relatives of Mrs. Emma Thompson who passed away Saturday evening after several weeks illness.

We also extend our sympathy to the relatives of Mr. Edward Guiser, of Smyrna whose funeral service was held at the M. E. Church here Sunday afternoon.

Mr. Edward Baugeard of New York was the guest of Miss Clara Medders at the home of her parents over the week-end.

Mr. and Mrs. Lamont Hackett and friends, of Baltimore, were Sunday guests of Mr. and Mrs. Elwin Ford.

Mr. Howard Hurlock, of Wilmington, spent the week-end with Mr. and Mrs. Howard Toulson.

Mrs. William Cordory and son, of Wilmington, are spending sometime wih her parents, Mr. and Mrs. Stanley Mathews.

Mr. Muldew, of Baltimore, spent a few days last week with his sister, Mrs. Nicholas Walters, of near town.

Mrs. William Willis, of Fairlee visited with Miss Louisa Travers last Friday.

Mrs. Wilbur Reed and daughter, Peggy Joyce, of Chestertown, spent last week with Mrs. Edna Robinson.

Mr. and Mrs. Walker Myers spent last Sunday at Atlantic City.

Mr. and Mrs. Harry Johnson and son spent the week end in Washington. Dorothy Sue returned home with them after spending the week with her aunt.

Mrs. E. M. Taylor, of Baltimore, visited with Mrs. Rachel Dority on Sunday.

Mr. and Mrs. James Collins and son, Donald, of Easton are spending this week with her parents, Mr. and Mrs. Elburn Ford.

A picnic was held at the home of Mr. and Mrs. Maxwell Meeks, near town, on Sunday celebrating the birthday of Mr. Frank Meeks. Those present were: Mr. and Mrs. Frank Meeks, Mr. Harry Meeks and son, Mr. and Mrs. Earl Meeks, Mr. and Mrs. Howard Casey and sister, of Woodlyn, N. J., and Mrs. Alice Meeks, of Baltimore.

Mr. and Mrs. Eugene Massey and friends spent Sunday at Rehoboth Beach.

Mr. and Mrs. Edward Fellows, of Philadelphia, spent Sunday and Monday with their parents here.

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